

# Programs and Events

## Sample Weekly Calendar

We have a range of regular programs designed to meet residents' physical, intellectual, spiritual, emotional, and social needs. A typical week at 15 Craigside might look like this:

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
2 PM Bible Study	10 AM Great Courses (Video Lecture)	<b>11 AM</b> Meet with HMSA	10 AM Great Courses (Video Lecture)	<b>11 AM</b> Mindfulness Class	2 PM Weekly Excursion	<b>11 AM</b> Line Dancing
4 PM Vespers Service	11 AM Craft Club Meeting	2 PM Rainbow Writing Group	1 PM Bridge Game	2 PM Matinee Movie	<b>6 PM</b> Music with Noly Paa	<b>6 PM</b> UH Football Screening
	3 PM Magic Club	7 PM Kanikapila	2 PM Ukulele with Mel			
<b>Highlight</b> = Special Event      No Highlight = Weekly Program or Monthly Club Meeting						



## Clubs

Resident clubs are great places to meet new friends and learn a new skill. Join a club or start your own!

- Bridge Club
- Craft Club
- Magic Club
- Mah Jong Club
- Photography Club
- Poker Club
- Scrabble Club
- Travel Club
- Writing Group



## Excursions

Get your hats and sunglasses ready—we're going on an adventure! Here are some places we've been to before:

- Costco (Dillingham)
- Honbushin Daikon Festival
- Kailua Town Center
- Marukai
- Shirokiya
- Waikiki Aquarium
- Ward Warehouse
- ... and more!



## Special Events

Every week has its own selection of special events ranging from live entertainment to social functions and small-group activities. Our monthly calendar has included these events and more:

- Art Class with Regina Bode
- Craft Fair
- Holiday Parties
- Line Dancing
- Medicare Q&A
- Meet with HMSA
- Mini Golf with Wellness
- PacRim Vocal Ensemble
- Resident Variety Show
- Royal Hawaiian Band
- Save and Share  
(Upcycle Old Holiday Cards)
- Story Time with Danny Lyman
- Taishokoto Performance
- Tea for the Soul
- University of Hawaii Football  
and Volleyball Screenings
- Volunteer for the YMCA



# Weekly Wellness Classes

Event	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Arthritis Foundation Aqua Exercise</b>			✓				
<b>Arthritis Foundation Land Exercise</b>		✓		✓			
<b>Better Balance (Advanced)</b>		✓		✓			
<b>Better Balance (Regular)</b>	✓				✓		✓
<b>Chair Aerobics</b>	✓	✓	✓	✓	✓		
<b>Exercise Machine Demo</b>		✓		✓			
<b>Functional Fitness</b>	✓				✓		
<b>Gym Open 24/7</b>	✓	✓	✓	✓	✓	✓	✓
<b>Luk Tung Kuen (LTK) Video Class</b>		✓		✓			
<b>Osteoporosis Exercises</b>	✓		✓		✓	✓	✓
<b>Pool Open</b> *Open on a sign-up basis	*	*	*	*	*	*	*
<b>Strength Training (Advanced)</b>	✓		✓		✓		
<b>Strength Training (Regular)</b>	✓		✓		✓	✓	
<b>Tai Chi with Les Asada</b>		✓			✓		
<b>Video Exercise</b>						✓	✓
<b>Water Balance</b>	✓				✓		
<b>Water Walking</b>		✓		✓			
<b>Yoga</b>		✓		✓			

## Fitness Assessments

If you're not sure what classes are right for you, we can help! Our team provides complimentary assessments of your balance and functional fitness level.

## 1:1 Personal Training

Meet with one of our Wellness Trainers for a personal workout that meets your fitness goals. Personal Training is \$7 per 15 minutes.