

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 Scrabble Club	11 AM Meet with HMSA	1 PM Bridge Game	10 AM Japanese Language Class	2 PM Weekly Excursion	1 PM Shopping Excursion
4 PM Vespers Service	11 AM Craft Club 6:30 PM Korean Drama	2 PM Hula with Charlotte 3 PM Bingo	2 PM Ukulele with Mel	2 PM Matinee Movie 7 PM Kanikapila	3 PM Line Dancing with Esther 4 PM 500 Rummy	6 PM UH Football Screening
Highlight = 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
- Photography Club
- Scrabble Club
- Travel Club
- Writing Group
- Mah Jong Club



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
- Honolulu Museum of Art
- ... and other fun places!



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 featured these events and more:

- Craft Fair
- Holiday Parties
- Line Dancing
- Medicare Q&A
- Meet with HMSA
- PacRim Vocal Ensemble
- Resident Variety Show
- Royal Hawaiian Band
- Save and Share
(Upcycle Old Holiday Cards)
- Taishokoto Performance
- University of Hawaii Football and Volleyball Screenings
- Volunteer for the YMCA



Weekly Wellness Classes

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

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 \$26 per hour.