

# 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 Arcadia might look like this:

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1:30 PM Readers Theater Class  7 PM Vespers Service	10 AM Weekly Excursion  11 AM Craft Club  <b>4 PM</b> "Hear, Here!" Live guest speaker	11 AM Buddhist Service  2 PM Garden Club  7 PM Short Story Hour	10 AM Morning Music Club  1 PM Hand Chimes Class  7 PM Movie Night	<b>11 AM</b> Plant Sale  <b>2 PM</b> Alzheimer's Basics	2 PM Hula Club  <b>4:30 PM</b> Piano Hour + Blue Zone's Wine @ 5PM	<b>1 PM</b> UH Football Screening  <b>6 PM</b> Honolulu Jazz Quartet
<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
- Diners Club
- Garden Club
- Hula Club
- Mah Jong Club
- Photography Club



## Excursions

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

- Ala Moana Shopping Center
- Hawaii Symphony Orchestra
- HPD Museum
- Made in Hawaii Festival
- Pearlridge Center
- Waikiki "Holoholo"
- Wahiawa Cherry Blossom Tour
- Windward Shopping Center
- ... 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:

- Aloha Hour with drinks and pupus
- Ask HMSA Q & A
- Bingo Night
- Craft Fair
- Follies Performances
- Games Nights
- Holiday Parties
- Honolulu Wind Ensemble
- Ice Cream Socials
- Line Dancing
- Medicare Q&A
- Monthly Farmers Market
- Paul Conrad Piano Hour
- Royal Hawaiian Band
- "Tech Talk"
- University of Hawaii Football and Volleyball Screenings



# Weekly Wellness Classes

Event	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Advanced Strength Training</b>	✓		✓		✓		
<b>Aqua Fit &amp; Balance</b>		✓		✓		✓	
<b>Assisted Balance &amp; Coordination</b>	✓		✓		✓		
<b>Bon/Line Dancing</b>	✓						
<b>Chair Class</b>	✓	✓	✓	✓	✓		
<b>Functional Fitness</b>				✓			
<b>Gym Open 24/7</b>	✓	✓	✓	✓	✓	✓	✓
<b>Hula</b>			✓				
<b>Luk Tung Kuen (LTK)</b>		✓					
<b>Osteoporosis</b>	✓		✓		✓		
<b>Pick &amp; Strum Ukulele</b>		✓					
<b>Pool Open*</b> Weekdays 6 AM – 4 PM Sat 7 AM – 12 NOON Sun Closed	✓	✓	✓	✓	✓	✓	
<b>Senior Fit Video</b>	✓	✓	✓	✓	✓	✓	
<b>Sing Along Ukulele</b>				✓			
<b>Sports Fukiya</b>					✓		
<b>Strength Training</b>	✓		✓		✓	✓	
<b>Stretch &amp; Balance</b>		✓		✓			
<b>Tai Chi</b>		✓		✓			
<b>Video Exercise</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 \$7.25 per 15 minutes.

*Class offerings subject to change based on demand.*

*\*Pool open during aforementioned hours and any other time a wellness trainer is present.*