

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	10 AM Weekly Excursion	11 AM Buddhist Service	10 AM Morning Music Club	11 AM Plant Sale	2 PM Hula Club	1 PM UH Football Screening
7 PM Vespers Service	11 AM Craft Club	2 PM Garden Club	1 PM Hand Chimes Class	2 PM Alzheimer's Basics	4:30 PM Piano Hour + Blue Zone's Wine @ 5PM	6 PM Honolulu Jazz Quartet
	4 PM "Hear, Here!" Live guest speaker	7 PM Short Story Hour	7 PM Movie Night			
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
- 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
Advanced Strength Training	✓		✓		✓		
Aqua Fit & Balance		✓		✓		✓	
Assisted Balance & Coordination		✓		✓			
Bon/Line Dancing	✓						
Chair Class	✓	✓	✓	✓	✓		
Functional Trivia				✓			
Gym Open 24/7	✓	✓	✓	✓	✓	✓	✓
Hula			✓				
Luk Tung Kuen (LTK)		✓					
Osteoporosis	✓		✓		✓		
Pick & Strum Ukulele		✓					
Pool Open* Weekdays 6 AM – 4 PM Sat 7 AM – 12 NOON Sun Closed	✓	✓	✓	✓	✓	✓	
Rise and Shine	✓	✓	✓	✓	✓		
Senior Fit Video	✓	✓	✓	✓	✓	✓	
Sing Along Ukulele				✓			
Sports Fukiya					✓		
Strength Training	✓		✓		✓	✓	
Stretch & Balance		✓		✓			
Tai Chi	✓		✓				
Video Exercise	✓	✓	✓	✓	✓	✓	
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 \$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.*