

MAY

May 10 - 23, 2020

USAG Hawaii Family and MWR created a variety of virtual programs to remain connected to our Hawaii Garrison communities during temporary closures in response to the COVID-19. Stay up-to-date on our MWR Hawaii Facebook.

- Virtual Workout of the Day • Boredom Busters
- Arts & Crafts • Storytimes • Mindfulness & Resilience Contest
- On-Demand Videos • Family Advocacy
- Fitness Classes • Kid's Workouts & more!



Schedule is subject to change without notice.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10</p> <p>Mother's Day Stay-cation Contest USAG Hawaii Family & MWR</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p>  <p>NEW! GRAFTS TO-GO! Arts & Crafts Center</p>	<p>11</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Strong Zumba with Liliana (Live-Zoom) Health & Fitness Center</p> <p>10 a.m.: Family Advocacy Program: "Post-Partum Depression" (NSPS) (video) Army Community Service</p> <ul style="list-style-type: none"> Virtual Storytime Army Libraries Hawaii <p>6 p.m.: Strong Zumba with Liliana (Live-Zoom) Health & Fitness Center</p>	<p>12</p> <p>Information & Referral: "Volunteer/VMIS Process" (Video) Army Community Service</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>10 a.m.: Zumba with Liliana (Live-Zoom) Health & Fitness Center</p> <p>6 p.m.: Insanity with Liliana (Live-Zoom) Health & Fitness Center</p> <p>6:30 p.m.: Yoga Sweat with Katelyn (Live-Zoom) Health & Fitness Center</p>	<p>13</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Pre-Recorded Workout • Strong Zumba with Liliana (Live-Zoom) Health & Fitness Center</p> <p>10 a.m.: Employment Readiness: "Resume Writing for the Private Sector Part 3" (Youtube) Army Community Service</p> <ul style="list-style-type: none"> Virtual Storytime Army Libraries Hawaii <p>12 p.m.: Financial Readiness: "Budget & Money Management" (video) Army Community Service</p>	<p>14</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Insanity with Liliana (Live-Zoom) Health & Fitness Center</p> <p>10 a.m.: Mobilization, Deployment and Support Stability Operations "Virtual SFRG Tips" (Youtube) Army Community Service</p> <p>6 p.m.: Insanity with Liliana (Live-Zoom) Health & Fitness Center</p> <p>6:30 p.m.: Yin Yoga with Katelyn (Live-Zoom) Health & Fitness Center</p>	<p>15</p> <p>EFMP: "Social Stories for our EFMP Parents" (video) Army Community Service</p> <p>Youth Sports Footwork Friday's USAGHI Youth Sports & Fitness</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Bootcamp with Kristy (Facebook Live) Health & Fitness Center</p> <p>10 a.m.: Virtual Storytime Army Libraries Hawaii</p> <p>*Pop-up Classes with Liliana (see HFC FB) Health & Fitness Center</p>	<p>16</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Zumba with Liliana (Live-Zoom) Health & Fitness Center</p> <p>10:15 a.m.: Strong Zumba with Liliana (Live-Zoom) Health & Fitness Center</p> <p>1:30 p.m.: Virtual Storytime Army Libraries Hawaii</p>
<p>17</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>Videos On-Demand:</p> <ul style="list-style-type: none"> Youth Sports & Fitness Workouts: <ul style="list-style-type: none"> Plyometric Workout #1 Footwork Friday's Bowling Center: <ul style="list-style-type: none"> Behind the Scenes DIY Arts & Crafts: <ul style="list-style-type: none"> 5 Minute Toddler Plate Golf: Golf Stretches Outdoor Recreation Center: <ul style="list-style-type: none"> Ocean Safety 	<p>18</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Strong Zumba with Liliana (Live-Zoom) Health & Fitness Center</p> <p>10 a.m.: Family Advocacy Program: "Stress Solutions" (video) Army Community Service</p> <ul style="list-style-type: none"> Virtual Storytime Army Libraries Hawaii <p>6 p.m.: Strong Zumba with Liliana (Live-Zoom) Health & Fitness Center</p>	<p>19</p> <p>Information & Referral: "Sponsorship Information" (Video) Army Community Service</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>10 a.m.: Zumba with Liliana (Live-Zoom) Health & Fitness Center</p> <p>6 p.m.: Insanity with Liliana (Live-Zoom) Health & Fitness Center</p> <p>6:30 p.m.: Yoga Sweat with Katelyn (Live-Zoom) Health & Fitness Center</p>	<p>20</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Pre-Recorded Workout • Strong Zumba with Liliana (Live-Zoom) Health & Fitness Center</p> <p>10 a.m.: Employment Readiness: "Resume Writing for the Private Sector Part 4" (Youtube) Army Community Service</p> <ul style="list-style-type: none"> Virtual Storytime Army Libraries Hawaii <p>12 p.m.: Financial Readiness: "Introduction to Credit & Debt" (video) Army Community Service</p>	<p>21</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Insanity with Liliana (Live-Zoom) Health & Fitness Center</p> <p>10 a.m.: Mobilization, Deployment and Support Stability Operations "Virtual Care Team Tips" (Youtube) Army Community Service</p> <p>6 p.m.: Insanity with Liliana (Live-Zoom) Health & Fitness Center</p> <p>6:30 p.m.: Yin Yoga with Katelyn (Live-Zoom) Health & Fitness Center</p>	<p>22</p> <p>EFMP: "Self-Care for Parents Caring for Special Needs Children" (video) Army Community Service</p> <p>Youth Sports Footwork Friday's USAGHI Youth Sports & Fitness</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Bootcamp with Kristy (Facebook Live) Health & Fitness Center</p> <p>10 a.m.: Virtual Storytime Army Libraries Hawaii</p> <p>*Pop-up Classes with Liliana (see HFC FB) Health & Fitness Center</p>	<p>23</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Zumba with Liliana (Live-Zoom) Health & Fitness Center</p> <p>10:15 a.m.: Strong Zumba with Liliana (Live-Zoom) Health & Fitness Center</p> <p>1:30 p.m.: Virtual Storytime Army Libraries Hawaii</p>