

APRIL

April 12 - 25, 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 • Family Advocacy • Fitness Classes & Workouts and more!



Schedule is subject to change without notice.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>12</p> <p><u>QUICK FACEBOOK LINKS:</u> (Click or Copy & paste urls)</p> <ul style="list-style-type: none"> • USAG Hawaii Family & MWR: https://hawaii.armymwr.com • SB Health & Fitness Center: https://www.facebook.com/SchofieldBarracksHealthandFitness • Army Community Service (ACS): https://www.facebook.com/Army-Community-Service-Hawaii-332495810239/ • Army Hawaii Libraries: https://www.facebook.com/US-AGHawaiiLibraries 	<p>13</p> <p>Family Advocacy Program: "Conflict Solutions" (video) Army Community Service</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.: Virtual Storytime Army Libraries Hawaii</p> <p>6 p.m.: Strong Zumba with Liliana (Live-Zoom) Health & Fitness Center</p>	<p>14</p> <ul style="list-style-type: none"> • Cultural Activity "Lei Making" (video) • "Boredom Buster" activity Army Community Service <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>15</p> <p>Employment Readiness: "Building your Federal Resume, Part 3" (Youtube) Army Community Service</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.: Virtual Storytime Army Libraries Hawaii</p>	<p>16</p> <ul style="list-style-type: none"> • "Mental Health Minute" (Resiliency topic) • "Boredom Buster" activity Army Community Service <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>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>17</p> <p>EFMP topic: "Developing a daily Routine" (video) Army Community Service</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Bootcamp with Kristy (Live-Zoom) 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>18</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>19</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>On-Demand DIY Arts & Crafts (Videos) • 10 Minute Easter Egg</p> <p>• Alone but not Lonely Painting with Dania</p> <p>• Serene Aloha Night Painting with Dania</p>	<p>20</p> <ul style="list-style-type: none"> • FAP "Couples Communication" (video) • "Boredom Buster" activity Army Community Service <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.: Virtual Storytime Army Libraries Hawaii</p> <p>6 p.m.: Strong Zumba with Liliana (Live-Zoom) Health & Fitness Center</p>	<p>21</p> <ul style="list-style-type: none"> • Cultural Activity "Lei Making", Part 2 (video) Army Community Service <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>22</p> <ul style="list-style-type: none"> • Employment Readiness: "Building your Federal Resume, Part 4" (Youtube) • Financial Readiness: "How to Read your LES" (video) Army Community Service <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.: Virtual Storytime Army Libraries Hawaii</p>	<p>23</p> <ul style="list-style-type: none"> • "Mental Health Minute" (Resiliency topic) • FAP Child Abuse Prevention Month Virtual Activity and Facts Army Community Service <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>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>24</p> <p>EFMP topic: "Developing a Daily Routine" (video) Army Community Service</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Bootcamp with Kristy (Live-Zoom) Health & Fitness Center</p> <p>10 a.m.: Virtual Storytime Army Libraries Hawaii</p> <p>*Pop-up Classes with Liliana (see HFC FB)</p>	<p>25</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>