

# MAY-JUNE


May 24 - June 6, 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  
Storytimes • Mindfulness & Resilience  
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><b>24</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p>  <p>Memorial Day Celebration MONDAY, MAY 25 • 3 P.M. <a href="#">U.S. Army Garrison Hawaii</a></p>	<p><b>25</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>9 a.m.: Strong Zumba with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>10 a.m.: Family Advocacy Program: "Resources for Victims of Domestic Violence" (video) <a href="#">Army Community Service</a></p> <ul style="list-style-type: none"> <li>• Virtual Storytime <a href="#">Army Libraries Hawaii</a></li> </ul> <p>6 p.m.: Strong Zumba with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p>	<p><b>26</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>10 a.m.: Zumba with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>12 p.m.: Information &amp; Referral: "Sponsorship Information" (Video) <a href="#">Army Community Service</a></p> <p>6 p.m.: Insanity with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p>	<p><b>27</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>9 a.m.: • Pre-Recorded Workout • Strong Zumba with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>10 a.m.: • Employment Readiness: "Building Your Federal Resume in USAJOBS, Part 1" (Youtube) <a href="#">Army Community Service</a></p> <ul style="list-style-type: none"> <li>• Virtual Storytime <a href="#">Army Libraries Hawaii</a></li> </ul> <p>12 p.m.: Financial Readiness: "Advanced TSP/BRS Brief" (video) <a href="#">Army Community Service</a></p> <p>6 p.m.: Yoga with Katelyn (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p>	<p><b>28</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>9 a.m.: Insanity with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>6 p.m.: Insanity with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p>	<p><b>29</b></p> <p>EFMP: "Resiliency Activity" (video) <a href="#">Army Community Service</a></p> <p>Youth Sports Footwork Friday's #3 <a href="#">USAGHI Youth Sports &amp; Fitness</a></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>9 a.m.: Bootcamp with Kristy (Facebook Live) <a href="#">Health &amp; Fitness Center</a></p> <p>10 a.m.: Virtual Storytime <a href="#">Army Libraries Hawaii</a></p> <p>*Pop-up Classes with Liliana (see HFC FB) <a href="#">Health &amp; Fitness Center</a></p>	<p><b>30</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>9 a.m.: Zumba with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>10:15 a.m.: Strong Zumba with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>2:30 p.m.: Virtual Storytime <a href="#">Army Libraries Hawaii</a></p>
<p><b>31</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p><u>Videos On-Demand:</u></p> <ul style="list-style-type: none"> <li>• Youth Sports &amp; Fitness Workouts:</li> <li>• Plyometric Workout #1</li> <li>• Footwork Friday's #3</li> <li>• Golf: <a href="#">Golf Stretches</a></li> <li>• Outdoor Recreation Center <a href="#">Ocean Safety</a></li> </ul>	<p><b>JUNE 1</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>9 a.m.: Strong Zumba with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>10 a.m.: Family Advocacy Program: "Calming Baby" (video) <a href="#">Army Community Service</a></p> <ul style="list-style-type: none"> <li>• Virtual Storytime <a href="#">Army Libraries Hawaii</a></li> </ul> <p>6 p.m.: Strong Zumba with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p>	<p><b>2</b></p> <p>"Lending Closet" Information <a href="#">Army Community Service</a></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>10 a.m.: Zumba with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>6 p.m.: Insanity with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p>	<p><b>3</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>9 a.m.: • Pre-Recorded Workout • Strong Zumba with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>10 a.m.: • Employment Readiness: "Building Your Federal Resume in USAJOBS, Part 2" (Youtube) <a href="#">Army Community Service</a></p> <ul style="list-style-type: none"> <li>• Virtual Storytime <a href="#">Army Libraries Hawaii</a></li> </ul> <p>12 p.m.: Financial Readiness: "Credit Score/Debt Reduction" (video) <a href="#">Army Community Service</a></p> <p>6 p.m.: Yoga with Katelyn (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p>	<p><b>4</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>9 a.m.: Insanity with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>6 p.m.: Insanity with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p>	<p><b>5</b></p> <p>EFMP: "Resources &amp; Information" (video) <a href="#">Army Community Service</a></p> <p>Youth Sports Footwork Friday's #3 <a href="#">USAGHI Youth Sports &amp; Fitness</a></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>9 a.m.: Bootcamp with Kristy (Facebook Live) <a href="#">Health &amp; Fitness Center</a></p> <p>10 a.m.: Virtual Storytime <a href="#">Army Libraries Hawaii</a></p> <p>*Pop-up Classes with Liliana (see HFC FB) <a href="#">Health &amp; Fitness Center</a></p>	<p><b>6</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>9 a.m.: Zumba with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>10:15 a.m.: Strong Zumba with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>2:30 p.m.: Virtual Storytime <a href="#">Army Libraries Hawaii</a></p>