

## Safe & Engaging Adult Day Care Program

For active, independent seniors who benefit from structure and supervision

Our adult day care program is designed for seniors who are mostly independent but need a safe, structured, and stimulating daytime environment while their families work or take a break.

---

### Who This Program Is Ideal For

- Seniors who can walk, eat, and use the restroom independently
- Individuals who benefit from supervision and daily routines
- Those experiencing mild cognitive changes
- Families seeking peace of mind during the day



*(We can also support clients with mild to moderate dementia on a case-by-case basis.)*

---

### Daily Structured Program

Every weekday, we provide a full-day routine that supports physical health, cognition, and emotional well-being.

- **Morning Exercise**  
Improve mobility, balance, and fall prevention
- **Games & Cognitive Activities**  
Mental stimulation to help slow memory decline
- **Brain Training**  
Attention, memory, and problem-solving exercises
- **Nutritious Lunch & Hydration Support**  
Mealtime supervision and encouragement
- **Japanese cultural activities**  
Experience Japanese cultural activities, including calligraphy and flower arrangement
- **Arts & Crafts**  
Creative activities to enhance mood and fine motor skills



---

## Family Communication & Health Monitoring

We understand how important it is for families to know how their loved one spends the day.

- Daily vital signs monitoring
- Meal and hydration intake tracking
- Activity participation records
- Communication notebook shared with families

**You will always know how your loved one is doing.**



---

## Our Environment

- Small group setting with a high staff-to-client ratio and more personalized attention
- Calm, friendly, and supportive atmosphere
- Consistent and caring staff (Japanese speaking available 日本語も OK)
- Focus on safety, dignity, and engagement

---

## Payment & Scheduling

- Private Pay (Monthly)
- Flexible attendance options (1–5 days per week)

---

## Schedule a Tour or Trial Day

We welcome tours!



**Contact us today to learn more or to schedule a visit.**

Phone: 808-536-1112

Email: sakurahousehonolulu@gmail.com

Location: 1666 Mott Smith Drive, Honolulu 96814(Near Roosevelt High School)