

# August 2023 4th Floor Calendar



## Sunday Monday Tuesday Wednesday Thursday Friday Saturday

|  |   |   |  |  |  |   |
|--|---|---|--|--|--|---|
|  | <p>All activities will be located on the 4th floor unless otherwise noted. Please meet in the lobby 15 minutes prior to all van departures.</p>   |   |  |  |  |   |
| <b>Root Beer Float Day 6</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🐾 Lanai Time & Hawaiian Tunes<br>1:30 🐾 Fun Film w/ Mini Root Beer Floats<br>3:00 🐾 BINGO<br>3:30 ↔ Chair Zumba & Hydration | <b>Purple Heart Day 7</b><br>8:30 🐾 Individual Games<br>9:30 🚌 Van Ride: Pearl City / Waiau<br>10:00 ↔ Ageless Fitness & Hydration<br>10:30 🐾 Game Show Hour: The Price is Right<br>1:30 📺 Fun Film<br>3:00 🐾 BINGO<br>3:30 ↔ Chair Zumba & Hydration                                 | <b>Mahjong Day 1</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🐾 Lanai Time & Hawaiian Tunes<br>1:30 🐾 Hot Chocolate & Brain Games at The Bistro<br>2:30 🐾 Chair Zumba & Hydration<br>3:00 🐾 BINGO                | <b>Ice Cream Sandwich Day 2</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🐾 Plaza Sing Along: 2nd Floor<br>1:30 🐾 Movies & Ice Cream Sandwiches<br>3:00 🐾 BINGO  | <b>Watermelon Day 3</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🐾 Lanai Time & Hawaiian Tunes<br>2:00 🎵 Local Jamz w/ Dean Hirata: 2nd Floor<br>3:00 🐾 BINGO   | <b>Beer Day 4</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🐾 Lanai Time & Hawaiian Tunes<br>1:30 🐾 Balloon Volleyball<br>2:30 📺 Chair Zumba & Hydration<br>3:00 🐾 BINGO                           | <b>Oyster Day 5</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🎵 Chair Zumba w/ Annette: 2nd Floor<br>1:30 📺 Arts & Crafts: 3D Mermaid Tail Making<br>2:30 ↔ Chair Zumba<br>3:00 🐾 BINGO |
| <b>Left Handers Day 13</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🐾 Lanai Time & Hawaiian Tunes<br>1:30 🐾 Fun Film<br>3:00 🐾 BINGO<br>3:30 ↔ Chair Zumba & Hydration                            | <b>Creamsicle Day 14</b><br>8:30 🐾 Individual Games<br>9:30 🚌 Van Ride: Makakilo<br>10:00 🎵 Team of Angels Performance: 2nd Flr.<br>1:30 📺 Watercolors w/ Creamsicles<br>2:15 ↔ Chair Zumba, Indoor Stroll, & Hydration<br>3:00 🐾 BINGO   | <b>Dollar Day 8</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🐾 Lanai Time & Hawaiian Tunes<br>1:30 🐾 Hot Chocolate & Brain Games at The Bistro<br>2:30 🐾 Chair Zumba & Hydration<br>3:00 🐾 BINGO                 | <b>Book Lovers Day 9</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🐾 Men's Club: 5th Floor<br>10:00 🐾 Plaza Sing Along: 2nd Floor<br>10:30 🐾 Who Is It? & Trivia<br>1:30 🐾 Movies & Popcorn<br>3:00 🐾 BINGO  | <b>S'mores Day 10</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🎵 BINGO Event w/ Pharmacare: 2nd Floor<br>1:30 📺 Arts & Crafts: Popsicle Stick S'more Making<br>2:30 ↔ Chair Zumba & Hydration<br>3:00 🐾 BINGO     | <b>Kinetic Day 11</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🐾 Lanai Time & Hawaiian Tunes<br>1:30 🐾 Dice Bingo<br>2:30 📺 Chair Zumba & Hydration<br>3:00 🐾 BINGO                               | <b>Bowling Day 12</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🐾 Lanai Time & Hawaiian Tunes<br>1:30 📺 Arts & Crafts: Koi Fish Making<br>2:30 ↔ Chair Zumba<br>3:00 🐾 BINGO            |
| <b>Radio Day 20</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🐾 Lanai Time & Hawaiian Tunes<br>1:30 🐾 Fun Film<br>3:00 🐾 BINGO<br>3:30 ↔ Chair Zumba & Hydration                                   | <b>Senior Citizens Day 21</b><br>8:30 🐾 Individual Games<br>9:30 🚌 Van Ride: Haleiwa Town<br>10:00 ↔ Ageless Fitness & Hydration<br>10:30 🐾 Game Show Hour: The Price is Right<br>1:30 📺 Watercolors & Puzzle Packs<br>2:15 ↔ Chair Zumba, Indoor Stroll, & Hydration<br>3:00 🐾 BINGO | <b>Relaxation Day 15</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🐾 Lanai Time & Hawaiian Tunes<br>1:30 📺 Arts & Crafts: Cupcake Liner Bird Card Making<br>2:30 🐾 Chair Zumba & Hydration<br>3:00 🐾 BINGO        | <b>Tell a Joke Day 16</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🎵 Musical Performance by The Ola Loa Jammers: 2nd Floor<br>2:00 🎵 Piano & Vocals by Roy Hamada: 2nd Floor<br>3:00 🐾 BINGO                | <b>Black Cat Appreciation Day 17</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🐾 Lanai Time & Hawaiian Tunes<br>1:30 🐾 Hot Chocolate & Brain Games at The Bistro<br>2:30 ↔ Chair Zumba & Hydration<br>3:00 🐾 BINGO | <b>Fajita Day 18</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🎵 Hula Performance by Na Wahine O Ka Hula: 2nd Floor<br>1:30 🐾 Balloon Volleyball<br>2:30 📺 Chair Zumba & Hydration<br>3:00 🐾 BINGO | <b>Honey Day 19</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🐾 Lanai Time & Hawaiian Tunes<br>1:30 📺 Arts & Crafts: Summer Sun Mixed Media Art<br>2:30 ↔ Chair Zumba<br>3:00 🐾 BINGO   |
| <b>Just Because Day 27</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🐾 Lanai Time & Hawaiian Tunes<br>1:30 🐾 Fun Film<br>3:00 🐾 BINGO<br>3:30 ↔ Chair Zumba & Hydration                            | <b>Thoughtful Day 28</b><br>8:30 🐾 Individual Games<br>9:30 🚌 Van Ride: Kapolei<br>10:00 ↔ Ageless Fitness & Hydration<br>10:30 🐾 Game Show Hour: The Price is Right<br>1:30 📺 Watercolors & Puzzle Packs<br>2:15 ↔ Chair Zumba, Indoor Stroll, & Hydration<br>3:00 🐾 BINGO           | <b>Bao Day 22</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🎵 Soul Sounds w/ Wally Brown: 2nd Floor<br>1:30 📺 Arts & Crafts: Birds in The Sunset Silhouette Art<br>2:30 🐾 Chair Zumba & Hydration<br>3:00 🐾 BINGO | <b>Sponge Cake Day 23</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🐾 Men's Club: 5th Floor<br>10:00 🐾 Plaza Sing Along: 2nd Floor<br>10:30 🐾 Who Is It? & Trivia<br>1:30 🐾 Movies & Popcorn<br>3:00 🐾 BINGO | <b>Waffle Day 24</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>1:30 🐾 Hot Chocolate & Brain Games at The Bistro<br>2:30 ↔ Chair Zumba & Hydration<br>3:00 🐾 BINGO  | <b>Banana Split Day 25</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🐾 Lanai Time & Hawaiian Tunes<br>1:30 🐾 Dice Bingo<br>2:30 📺 Chair Zumba & Hydration<br>3:00 🐾 BINGO                          |   |
| <b>Dog Day 26</b><br>8:30 🐾 Individual Games<br>9:30 ↔ Ageless Fitness & Hydration<br>10:00 🐾 Lanai Time & Hawaiian Tunes<br>2:00 🎵 Musical Performance by The Wahiawa SDA Church Group: 2nd Floor<br>3:00 🐾 BINGO                 |   |   |  |  |  |   |

- 📺 Creative
- 🎵 Entertainment
- 🚌 Excursion
- 💡 Intellectual
- ↔ Physical
- 🐾 Social