








August 2024 3rd Floor Calendar

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



All activities will be located on the 3rd floor unless otherwise noted. Please meet in the lobby 15 minutes prior to all van departures.

-  Creative
-  Entertainment
-  Excursion
-  Intellectual
-  Physical
-  Social
-  Spiritual

<p>Friendship Day 4</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & 10 Tips on Being a Good Friend</p> <p>10:00 📷 Paper Collage Making</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 ↔ Chair Zumba & Hydration</p> <p>2:00 ⚡ Educational Documentaries</p> <p>3:00 🌺 BINGO</p>	<p>Oyster Day 5</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Wackiest Things Made w/ Oysters</p> <p>9:30 📷 Watercolors & Oldie Tunes</p> <p>10:00 🌺 Hali'a Mele Club in The Lanai</p> <p>12:30 🚗 3rd Flr. Van Ride: Waialua</p> <p>1:00 📷 Tissue Paper Art</p> <p>2:00 🚗 Charades & Name That! YouTube Edition</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Root Beer Float Day 6</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>9:30 🌺 Hot Chocolate & Talk Story at The Bistro</p> <p>10:15 🌺 Japanese Sing Along</p> <p>12:30 🌺 Bubble Time & Garden Club in The Lanai</p> <p>1:30 📷 Arts & Crafts: Elephant Balloon Card Making</p> <p>2:30 ⚡ Who Is It? & Hangman w/ Mini Root Beer Floats</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Raspberries N' Cream Day 7</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🌺 Plaza Sing Along: 2nd Floor</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 🌺 Fun Film & Popcorn</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Mahjong Day 1</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Fun Facts About Mahjong</p> <p>10:00 🎵 Local Jamz w/ Dean Hirata: 2nd Floor</p> <p>12:30 🌺 Bubble Time & Garden Club in The Lanai Time</p> <p>1:30 ↔ Mega Toss Games</p> <p>2:30 🌺 Sensory Break: Guess This Scent!</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Ice Cream Day 2</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🌺 Hot Chocolate & Brain Games at The Bistro</p> <p>12:30 🌺 Lanai Time</p> <p>2:00 🌺 Q-Tip Art w/ Mini Ice Cream Cones</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>3:30 ⚡ Name 5 & Guess That Tune</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Watermelon Day 3</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 ↔ Chair Zumba w/ Annette: 2nd Floor</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 📷 Arts & Crafts: Paper Plate Watermelon Fan Making</p> <p>2:30 ↔ Ageless Fitness & Hydration</p> <p>3:15 ⚡ BINGO</p>
<p>Play in The Sand Day 11</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Best Sandcastles in The World</p> <p>10:00 📷 Paper Collage Making</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 ↔ Chair Zumba & Hydration</p> <p>2:00 ⚡ Educational Documentaries</p> <p>3:00 🌺 BINGO</p>	<p>Vinyl Record Day 12</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & History of Vinyl Records</p> <p>9:30 📷 Watercolors & Oldie Tunes</p> <p>10:15 🎵 Musical Performance by Play It Forward from Iolani HS: 2nd Floor</p> <p>12:30 🚗 3rd Flr. Van Ride: Ewa Beach</p> <p>1:00 📷 Tissue Paper Art</p> <p>2:00 🚗 Charades & Name That! YouTube Edition</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Lefthanders Day 13</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Famous Left Handers in The World</p> <p>9:30 🌺 Hot Chocolate & Talk Story at The Bistro</p> <p>10:15 🌺 Japanese Sing Along</p> <p>12:30 🌺 Bubble Time & Garden Club in The Lanai</p> <p>1:30 📷 Arts & Crafts: Paper Bowl Jelly Fish Making</p> <p>2:30 ⚡ Who Is It? & Hangman</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Creamsicle Day 14</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🎵 Soul Sounds w/ Wally Brown: 2nd Floor</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 🌺 Fun Film & Creamsicles</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Dollar Day 8</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Different Currencies Around the World</p> <p>10:00 🎵 Performance by Mellow Friends: 2nd Floor</p> <p>12:30 🌺 Bubble Time & Garden Club in The Lanai Time</p> <p>1:30 ↔ Mega Toss Games</p> <p>2:30 🌺 Sensory Break: Guess This Scent!</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Book Lovers Day 9</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Most Popular Books in History</p> <p>10:00 🎵 Musical Performance by The Olaloo Jammers: 2nd Floor</p> <p>12:30 🌺 Lanai Time</p> <p>2:00 🌺 Q-Tip Art & Puzzle Packs</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>3:30 ⚡ Name 5 & Guess That Tune</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Bowling Day 10</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & History of Bowling</p> <p>10:00 ↔ Balloon Volleyball</p> <p>10:30 📷 Pictionary & Hangman</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 📷 Arts & Crafts: Feathered Fan Making</p> <p>2:30 ↔ Ageless Fitness & Hydration</p> <p>3:15 ⚡ BINGO</p> <p>5:00 ↔ Evening Cool Down Stretches</p> <p>5:30 🌺 Stories of Old Hawaii</p>
<p>Fajita Day 18</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Best Restaurants for Fajitas</p> <p>10:00 📷 Paper Collage Making</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 ↔ Chair Zumba & Hydration</p> <p>2:00 ⚡ Educational Documentaries</p> <p>3:00 🌺 BINGO</p>	<p>Potato Day 19</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & History of Potatoes & Ireland</p> <p>9:30 📷 Watercolors & Oldie Tunes</p> <p>10:00 🌺 Hali'a Mele Club in The Lanai</p> <p>12:30 🚗 3rd Flr. Van Ride: Newton / Aiea</p> <p>1:00 📷 Tissue Paper Art</p> <p>2:00 🚗 Charades & Name That! YouTube Edition</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Bacon Day 20</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Wackiest Things Made w/ Bacon</p> <p>9:30 🌺 Hot Chocolate & Talk Story at The Bistro</p> <p>10:15 🌺 Japanese Sing Along</p> <p>12:30 🌺 Bubble Time & Garden Club in The Lanai</p> <p>1:30 📷 Arts & Crafts: Seashell Crab Art</p> <p>2:30 ⚡ Who Is It? & Hangman</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Senior Citizens Day 21</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Amazing Acts from Senior Citizens</p> <p>10:00 🌺 Plaza Sing Along: 2nd Floor</p> <p>12:30 🌺 Lanai Time</p> <p>2:00 🎵 Piano & Vocals by Roy Hamada: 2nd Floor</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Relaxation Day 15</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Best Ideas to Relax</p> <p>10:00 🎵 Local Jamz w/ Dean Hirata: 2nd Floor</p> <p>12:30 🌺 Bubble Time & Garden Club in The Lanai Time</p> <p>1:30 ↔ Mega Toss Games</p> <p>2:30 🌺 Sensory Break: Guess This Scent!</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Tell A Joke Day 16</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Funny Hawaii Jokes</p> <p>10:00 🦋 Bible Stories w/ Ms. Maureen</p> <p>12:30 🌺 Lanai Time</p> <p>2:00 🌺 Q-Tip Art & Puzzle Packs</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>3:30 ⚡ Name 5 & Guess That Tune</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Honeybee Day 17</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & 10 Facts About Honeybees</p> <p>10:00 ↔ Balloon Volleyball</p> <p>10:30 📷 Pictionary & Hangman</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 📷 Arts & Crafts: Egg Carton Bee Making</p> <p>2:30 ↔ Ageless Fitness & Hydration</p> <p>3:15 ⚡ BINGO</p> <p>5:00 ↔ Evening Cool Down Stretches</p> <p>5:30 🌺 Stories of Old Hawaii</p>
<p>Banana Split Day 25</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Who Created the Banana Split</p> <p>10:00 📷 Paper Collage Making</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 ↔ Chair Zumba & Hydration</p> <p>2:00 ⚡ Educational Documentaries</p> <p>3:00 🌺 BINGO</p>	<p>Dog Day 26</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & 10 Fun Facts About Dogs</p> <p>9:30 📷 Watercolors & Oldie Tunes</p> <p>10:00 🌺 Hali'a Mele Club in The Lanai</p> <p>12:30 🚗 3rd Flr. Van Ride: Honolulu</p> <p>1:00 📷 Tissue Paper Art</p> <p>2:00 🚗 Charades & Name That! YouTube Edition</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Just Because Day 27</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>9:30 🌺 Hot Chocolate & Talk Story at The Bistro</p> <p>10:15 🌺 Japanese Sing Along</p> <p>12:30 🌺 Bubble Time & Garden Club in The Lanai</p> <p>1:30 📷 Arts & Crafts: Q-Tip Lavender Painting</p> <p>2:30 ⚡ Who Is It? & Hangman</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Thoughtful Day 28</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Best Tips on Being Thoughtful</p> <p>10:00 🌺 Plaza Sing Along & Birthday Bash: 2nd Floor</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 🌺 Fun Film & Popcorn</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Bao Day 22</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Best Places for Bao in Hawaii</p> <p>9:30 🌺 Hot Chocolate & Talk Story at The Bistro</p> <p>12:30 🌺 Bubble Time & Garden Club in The Lanai Time</p> <p>1:30 ↔ Mega Toss Games</p> <p>2:30 🌺 Sensory Break: Guess This Scent!</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Cuban Sandwich Day 23</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>9:30 🌺 Hot Chocolate & Brain Games at The Bistro</p> <p>12:30 🌺 Lanai Time</p> <p>2:00 🌺 Q-Tip Art & Puzzle Packs</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>3:30 ⚡ Name 5 & Guess That Tune</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Waffle Day 24</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Wackiest Waffle Creations</p> <p>10:00 ↔ Balloon Volleyball</p> <p>10:30 📷 Pictionary & Hangman</p> <p>12:30 🌺 Lanai Time</p> <p>2:00 🎵 Musical Performance by The Wahiawa SDA Church Group: 2nd Floor</p> <p>3:15 ⚡ BINGO</p> <p>5:00 ↔ Evening Cool Down Stretches</p> <p>5:30 🌺 Stories of Old Hawaii</p>
<p>Banana Split Day 25</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Who Created the Banana Split</p> <p>10:00 📷 Paper Collage Making</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 ↔ Chair Zumba & Hydration</p> <p>2:00 ⚡ Educational Documentaries</p> <p>3:00 🌺 BINGO</p>	<p>Dog Day 26</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & 10 Fun Facts About Dogs</p> <p>9:30 📷 Watercolors & Oldie Tunes</p> <p>10:00 🌺 Hali'a Mele Club in The Lanai</p> <p>12:30 🚗 3rd Flr. Van Ride: Honolulu</p> <p>1:00 📷 Tissue Paper Art</p> <p>2:00 🚗 Charades & Name That! YouTube Edition</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Just Because Day 27</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>9:30 🌺 Hot Chocolate & Talk Story at The Bistro</p> <p>10:15 🌺 Japanese Sing Along</p> <p>12:30 🌺 Bubble Time & Garden Club in The Lanai</p> <p>1:30 📷 Arts & Crafts: Q-Tip Lavender Painting</p> <p>2:30 ⚡ Who Is It? & Hangman</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Thoughtful Day 28</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Best Tips on Being Thoughtful</p> <p>10:00 🌺 Plaza Sing Along & Birthday Bash: 2nd Floor</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 🌺 Fun Film & Popcorn</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Chop Suey Day 29</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Best Places for Chop Suey in Hawaii</p> <p>9:30 🌺 Hot Chocolate & Talk Story at The Bistro</p> <p>12:30 🌺 Bubble Time & Garden Club in The Lanai Time</p> <p>1:30 ↔ Mega Toss Games</p> <p>2:30 🌺 Sensory Break: Guess This Scent!</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>College Colors Day 30</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🎵 Hula by Na Wahine O Ka Hula: 2nd Floor</p> <p>12:30 🌺 Lanai Time</p> <p>2:00 🌺 Q-Tip Art & Puzzle Packs</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>3:30 ⚡ Name 5 & Guess That Tune</p> <p>5:00 🌺 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Trail Mix Day 31</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Who Created The Trail Mix?</p> <p>10:00 ↔ Balloon Volleyball</p> <p>10:30 📷 Pictionary & Hangman</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 📷 Arts & Crafts: Tapped Surfboard Making</p> <p>2:30 ↔ Ageless Fitness & Hydration</p> <p>3:15 ⚡ BINGO</p> <p>5:00 ↔ Evening Cool Down Stretches</p> <p>5:30 🌺 Stories of Old Hawaii</p>