

August 2023 3rd Floor Calendar

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

 <p>All activities will be located on the 3rd floor unless otherwise noted. Please meet in the lobby 15 minutes prior to all van departures.</p>	<p>Mahjong Day 1</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & How To Play Mahjong 9:30 🍫 Hot Chocolate & Brain Games at The Bistro 10:15 🎵 Japanese Sing Along 12:30 🌿 Bubble Time & Garden Club in The Lanai 1:30 📺 Man Your Station Hour 2:30 ⚡ Who Is It? & Hangman 3:00 ↔ Chair Zumba & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>	<p>Ice Cream Sandwich Day 2</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Brain Games 10:00 🎵 Plaza Sing Along: 2nd Floor 12:30 🌿 Lanai Time 1:30 🍫 Fun Film & Ice Cream Sandwiches 3:00 ↔ Chair Zumba & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>	<p>Watermelon Day 3</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Brain Games 9:30 🍫 Hot Chocolate & Talk Story at The Bistro 10:00 🎨 Tissue Paper Art 12:30 🌿 Bubble Time & Garden Club in The Lanai Time 2:00 🎵 Local Jamz w/ Dean Hirata: 2nd Floor 3:00 ↔ Chair Zumba & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>	<p>Beer Day 4</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Fun Facts About Beer 10:00 🍫 Hot Chocolate & Brain Games at The Bistro 12:30 🌿 Lanai Time 1:30 ⚡ Best Friend Activity of The Week 2:00 🎨 Watercolors & Puzzle Packs 3:00 🌿 Afternoon Exercises & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>	<p>Oyster Day 5</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Wackiest Things Made w/ Oysters 10:00 🎵 Chair Zumba w/ Annette: 2nd Floor 12:30 🌿 Lanai Time 1:30 🎨 Arts & Crafts: 3D Mermaid Tail Making 2:30 ⚡ Trivia or Name Five 3:15 ⚡ BINGO</p>
<p>Root Beer Float Day 6</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Brain Games 10:00 🎨 Paper Collage Making 12:30 🌿 Lanai Time 1:30 ↔ Chair Zumba & Hydration 2:00 ⚡ Educational Documentaries w/ Mini Root Beer Floats 3:00 🎮 BINGO</p>	<p>Purple Heart Day 7</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & History of The Purple Heart 9:30 🎨 Watercolors & Oldie Tunes 10:00 🎵 Hali'a Mele Club in The Lanai 12:30 🚗 3rd Flr. Van Ride: Pearl City / Waiau 1:30 🎨 Fun Film 3:00 ↔ Chair Zumba & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>	<p>Dollar Day 8</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Currency Names Around The World 9:30 🍫 Hot Chocolate & Brain Games at The Bistro 10:15 🎵 Japanese Sing Along 12:30 🌿 Bubble Time & Garden Club in The Lanai 1:30 📺 Man Your Station Hour 2:30 ⚡ Who Is It? & Hangman 3:00 ↔ Chair Zumba & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>	<p>Book Lovers Day 9</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Best Books of All Time 10:00 🎵 Men's Club: 5th Floor 10:00 🎵 Plaza Sing Along: 2nd Floor 12:30 🌿 Lanai Time 1:30 🎨 Fun Film & Popcorn 3:00 ↔ Chair Zumba & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>	<p>S'mores Day 10</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Brain Games 10:00 🎵 BINGO Event w/ Pharmacare: 2nd Floor 12:30 🌿 Bubble Time & Garden Club in The Lanai Time 1:30 🎨 Arts & Crafts: Popsicle Stick S'more Making 2:30 Charades & Name That Tune 3:00 ↔ Chair Zumba & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>	<p>Kinetic Day 11</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Brain Games 10:00 🎵 Bible Stories w/ Ms. Maureen 12:30 🌿 Lanai Time 1:30 ⚡ Best Friend Activity of The Week 2:00 🎨 Watercolors & Puzzle Packs 3:00 🌿 Afternoon Exercises & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>
<p>Left Handers Day 13</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Left Handed Celebrities 10:00 🎨 Paper Collage Making 12:30 🌿 Lanai Time 1:30 ↔ Chair Zumba & Hydration 2:00 ⚡ Educational Documentaries 3:00 🎮 BINGO</p>	<p>Creamsicle Day 14</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Brain Games 10:00 🎵 Team of Angels Performance: 2nd Flr. 12:30 🚗 3rd Flr. Van Ride: Makakilo 1:00 🎨 Tissue Paper Art 2:00 🎨 Name That! YouTube Edition w/ Creamsicles 3:00 ↔ Chair Zumba & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>	<p>Relaxation Day 15</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Best Ways to Relax 9:30 🍫 Hot Chocolate & Talk Story at The Bistro 10:15 🎵 Japanese Sing Along 12:30 🌿 Bubble Time & Garden Club in The Lanai 1:30 🎨 Arts & Crafts: Cupcake Liner Bird Card Making 2:30 ⚡ Who Is It? & Hangman 3:00 ↔ Chair Zumba & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>	<p>Tell a Joke Day 16</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Funny Jokes 10:00 🎵 Musical Performance by The Ola Loa Jammers: 2nd Floor 12:30 🌿 Lanai Time 2:00 🎵 Piano & Vocals by Roy Hamada: 2nd Floor 3:00 ↔ Chair Zumba & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>	<p>Black Cat Appreciation Day 17</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Funny Black Cat Videos 9:30 🍫 Hot Chocolate & Talk Story at The Bistro 10:00 🎨 Tissue Paper Art 12:30 🌿 Bubble Time & Garden Club in The Lanai Time 1:30 📺 Man Your Station Hour 2:30 Charades & Name That Tune 3:00 ↔ Chair Zumba & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>	<p>Fajita Day 18</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Brain Games 10:00 🎵 Hula Performance by Na Wahine O Ka Hula: 2nd Floor 12:30 🌿 Lanai Time 1:30 ⚡ Best Friend Activity of The Week 2:00 🎨 Watercolors & Puzzle Packs 3:00 🌿 Afternoon Exercises & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>
<p>Radio Day 20</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & History of The Radio 10:00 🎨 Paper Collage Making 12:30 🌿 Lanai Time 1:30 ↔ Chair Zumba & Hydration 2:00 ⚡ Educational Documentaries 3:00 🎮 BINGO</p>	<p>Senior Citizens Day 21</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Brain Games 9:30 🎨 Watercolors & Oldie Tunes 10:00 🎵 Hali'a Mele Club in The Lanai 12:30 🚗 3rd Flr. Van Ride: Haleiwa Town 1:00 🎨 Tissue Paper Art 2:00 🎨 Charades & Name That! YouTube Edition 3:00 ↔ Chair Zumba & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>	<p>Bao Day 22</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Brain Games 9:30 🍫 Hot Chocolate & Talk Story at The Bistro 10:00 🎵 Soul Sounds w/ Wally Brown: 2nd Floor 12:30 🌿 Bubble Time & Garden Club in The Lanai 1:30 🎨 Arts & Crafts: Birds in The Sunset Silhouette Art 2:30 ⚡ Who Is It? & Hangman 3:00 ↔ Chair Zumba & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>	<p>Sponge Cake Day 23</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Wackiest Things Made w/ Sponge Cake 10:00 🎵 Men's Club: 5th Floor 10:00 🎵 Plaza Sing Along: 2nd Floor 12:30 🌿 Lanai Time 1:30 🎨 Fun Film & Popcorn 3:00 ↔ Chair Zumba & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>	<p>Waffle Day 24</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Worlds Wackiest Waffle Creations 12:30 🌿 Bubble Time & Garden Club in The Lanai Time 1:30 📺 Man Your Station Hour 2:30 Charades & Name That Tune 3:00 ↔ Chair Zumba & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>	<p>Banana Split Day 25</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Brain Games 10:00 🍫 Hot Chocolate & Brain Games at The Bistro 12:30 🌿 Lanai Time 1:30 ⚡ Best Friend Activity of The Week 2:00 🎨 Watercolors & Puzzle Packs 3:00 🌿 Afternoon Exercises & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>
<p>Just Because Day 27</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Fun Things You Can Do Just Because 10:00 🎨 Paper Collage Making 12:30 🌿 Lanai Time 1:30 ↔ Chair Zumba & Hydration 2:00 ⚡ Educational Documentaries 3:00 🎮 BINGO</p>	<p>Thoughtful Day 28</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & 10 Best Ways to be Thoughtful 9:30 🎨 Watercolors & Oldie Tunes 10:00 🎵 Hali'a Mele Club in The Lanai 12:30 🚗 3rd Flr. Van Ride: Kapolei 1:00 🎨 Tissue Paper Art 2:00 🎨 Charades & Name That! YouTube Edition 3:00 ↔ Chair Zumba & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>	<p>Chop Suey Day 29</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Brain Games 9:30 🍫 Hot Chocolate & Talk Story at The Bistro 10:15 🎵 Japanese Sing Along 12:30 🌿 Bubble Time & Garden Club in The Lanai 1:30 🎨 Arts & Crafts: Paper Cup Flower Making 2:30 ⚡ Who Is It? & Hangman 3:00 ↔ Chair Zumba & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>	<p>Beach Day 30</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Best Beaches Around The World 10:00 🎵 Plaza Sing Along: 2nd Floor 12:30 🌿 Lanai Time 1:30 🎨 Fun Film & Popcorn 3:00 ↔ Chair Zumba & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p>	<p>Eat Outside Day 31</p> <p>8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Brain Games 9:30 🍫 Hot Chocolate & Talk Story at The Bistro 10:00 🎨 Tissue Paper Art 12:30 🌿 Bubble Time & Garden Club in The Lanai Time 2:00 🎵 Local Jamz w/ Dean Hirata: 2nd Floor 3:00 ↔ Chair Zumba & Hydration 5:00 🎮 BINGO 5:30 ↔ Evening Cool Down Stretches</p> <ul style="list-style-type: none"> 📷 Creative 🎵 Entertainment 🚗 Excursion 💡 Intellectual 👣 Physical 🌸 Social 🦋 Spiritual 	