

January 2023 3rd Floor Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
<p>New Years Day 1</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Brain Games</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>Science Fiction Day 2</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Best Science Fiction Movies</p> <p>10:00 🌺 Hal'i'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>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p>	<p>Drinking Straw Day 3</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Fun Facts About Drinking Straws</p> <p>10:00 🌺 Japanese Sing Along</p> <p>12:30 🌺 Bubble Time & Garden Club in The Lanai</p> <p>1:30 📷 Arts & Crafts: Solar System Making</p> <p>2:30 ⚡ Who Is It? & Hangman</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p>	<p>Trivia Day 4</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Trivia</p> <p>10:00 🌺 Plaza Sing Along: 2nd Floor</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 🎬 Fun Film & Popcorn</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p>	<p>Whipped Cream Day 5</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Brain Games</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 📷 Man Your Station Hour</p> <p>2:30 🌺 Charades & Name That Tune</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p>	<p>Shortbread Day 6</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Wackiest Shortbread Creations</p> <p>10:00 🌺 Hot Chocolate & Brain Games at The Bistro</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 ⚡ Fun Film</p> <p>3:00 🌺 Afternoon Exercises & Hydration</p> <p>3:30 🌺 BINGO</p>	<p>Tempura Day 7</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Best Restaurants for Tempura</p> <p>10:00 🎵 Zumba with Annette: 2nd Flr.</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 📷 Arts & Crafts: Pink Flamingo Hand Making</p> <p>2:30 ⚡ Trivia or Name Five</p> <p>3:15 ⚡ BINGO</p>			
<p>Argyle Day 8</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & History of The Argyle</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>Law Enforcement Appreciation Day 9</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & History of The Honolulu Police Department</p> <p>10:00 🎵 Hawaiian Music w/ Uncle Will: 2nd Floor</p> <p>12:30 🚗 3rd Flr. Van Ride: Kapolei</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>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p>	<p>Houseplant Day 10</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Benefits of Houseplants</p> <p>10:00 🌺 Japanese Sing Along</p> <p>12:30 🌺 Bubble Time & Garden Club in The Lanai</p> <p>1:30 📷 Arts & Crafts: Cotton Ball Penguin Making</p> <p>2:30 ⚡ Who Is It? & Hangman</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p>	<p>Milk Day 11</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & 10 Fun Facts About Milk</p> <p>10:00 🎵 Musical Performance by Hank The Singing Dutchman: 2nd Floor</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 🎬 Fun Film & Popcorn</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p>	<p>Curried Chicken Day 12</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 📷 Tissue Paper Art</p> <p>12:30 🌺 Bubble Time & Garden Club in The Lanai Time</p> <p>1:30 📷 Man Your Station Hour</p> <p>2:30 🌺 Charades & Name That Tune</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p>	<p>Sticker Day 13</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & How Stickers are Made</p> <p>10:00 🌺 Hot Chocolate & Brain Games at The Bistro</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 ⚡ Best Friend Activity of The Week</p> <p>2:00 🌺 BINGO</p> <p>3:00 🌺 Afternoon Exercises & Hydration</p>	<p>Visionary Day 14</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Visionary Quotes from Successful People</p> <p>10:00 ↔ Balloon Volleyball & Pictionary</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 📷 Arts & Crafts: Curled Paper Flower Art</p> <p>2:30 ⚡ Trivia or Name Five</p> <p>3:15 ⚡ BINGO</p>			
<p>Hat Day 15</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Brain Games</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>Martin Luther King Jr. Day 16</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & History of Martin Luther King Jr.</p> <p>10:00 🌺 Hal'i'a Mele Club in The Lanai</p> <p>12:30 🚗 3rd Flr. Van Ride: Waiau / Blaisdell Park</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>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p>	<p>Classy Day 17</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Worlds Best Classy Restaurants</p> <p>10:00 🌺 Japanese Sing Along</p> <p>12:30 🌺 Bubble Time & Garden Club in The Lanai</p> <p>1:30 📷 Arts & Crafts: Fish Bowl Creations</p> <p>2:30 ⚡ Who Is It? & Hangman</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p>	<p>Winnie the Pooh Day 18</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Fun Facts About Winnie the Pooh</p> <p>10:00 🎵 Soul Sounds w/ Wally Brown: 2nd Floor</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 🎬 Fun Film & Popcorn</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p>	<p>Popcorn Day 19</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 ⚡ Bible Stories w/ Ms. Maureen</p> <p>12:30 🌺 Bubble Time & Garden Club in The Lanai Time</p> <p>1:30 📷 Man Your Station Hour w/ Popcorn Bar</p> <p>2:30 🌺 Charades & Name That Tune</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p>	<p>Cheese Lover's Day 20</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🎵 Local Jamz w/ Dean Hirata: 2nd Floor</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 ⚡ Best Friend Activity of The Week & Cheese Sampling</p> <p>2:00 🌺 BINGO</p> <p>3:00 🌺 Afternoon Exercises & Hydration</p>	<p>Granola Day 21</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 ↔ Balloon Volleyball & Pictionary</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 📷 Arts & Crafts: Dream Catcher Making</p> <p>2:30 ⚡ Trivia or Name Five</p> <p>3:15 ⚡ BINGO</p>			
<p>Chinese New Year's 22</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Brain Games</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>Pie Day 23</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🌺 Hal'i'a Mele Club in The Lanai</p> <p>12:30 🚗 3rd Flr. Van Ride: Waialeale / Waipio</p> <p>1:00 📷 Tissue Paper Art</p> <p>2:00 🚗 Charades & Mini Apple Pie Ala Mode</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p>	<p>Compliment Day 24</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Ways to Give Compliments</p> <p>10:00 🌺 Japanese Sing Along</p> <p>12:30 🌺 Bubble Time & Garden Club in The Lanai</p> <p>1:30 📷 Arts & Crafts: Tie Dye Shirt & Accessory Making</p> <p>2:30 ⚡ Who Is It? & Hangman</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p>	<p>Activity Professionals Day 25</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>3:00 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p>	<p>Green Juice Day 26</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Benefits of Green Juice</p> <p>10:00 🎵 Bon Dancersizing w/ Wahiawa Hongwanji: 2nd Floor</p> <p>12:30 🌺 Bubble Time & Garden Club in The Lanai Time</p> <p>1:30 📷 Man Your Station Hour</p> <p>2:30 🌺 Charades & Name That Tune</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p>	<p>Chocolate Cake Day 27</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>1:30 ⚡ Best Friend Activity of The Week w/ Mini Chocolate Cupcakes</p> <p>2:00 🌺 BINGO</p> <p>3:00 🌺 Afternoon Exercises & Hydration</p>	<p>Blueberry Pancake Day 28</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 ↔ Balloon Volleyball & Pictionary</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 📷 Arts & Crafts: Paper Plate Jelly Fish Making</p> <p>2:30 ⚡ Trivia or Name Five</p> <p>3:15 ⚡ BINGO</p>			
<p>Corn Chip Day 29</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Brain Games</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>Bubble Wrap Day 30</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Who Invented Bubble Wrap</p> <p>10:00 🌺 Hal'i'a Mele Club in The Lanai</p> <p>12:30 🚗 3rd Flr. Van Ride: Moanalua Valley</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>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p>	<p>Inspire Your Heart Day 31</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 ⚡ Current Events & Best Ways to Be Inspired</p> <p>10:00 🌺 Japanese Sing Along</p> <p>12:30 🌺 Bubble Time & Garden Club in The Lanai</p> <p>1:30 📷 Arts & Crafts: Coffee Filter Tie Dye Butterfly Craft</p> <p>2:30 ⚡ Who Is It? & Hangman</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>5:00 🌺 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p>	<p></p> <p>THE PLAZA at Mililani</p>			<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> Creative</p> <p> Entertainment</p> <p> Excursion</p> <p> Intellectual</p> <p> Physical</p> <p> Social</p> <p> Spiritual</p>