








September 2019

3rd Floor Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🎵 Hula & Singing w/ Nalani: 2nd Flr.</p> <p>10:00 🌸 Watercolors & Hawaiian Tunes</p> <p>12:30 🧩 Fun Film & Puzzles</p> <p>2:30 ⚡ Who Is It? & Old Hawaii</p> <p>3:00 ↔ Afternoon Exercises</p> <p style="text-align: right;">1</p>	<p>Labor Day</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🌸 Watercolors & Hawaiian Tunes</p> <p>12:30 🧩 Beading</p> <p>12:30 🌺 Lanai Time</p> <p>1:15 🚗 3rd Flr Van Ride: Waipahu</p> <p>1:30 🧩 Tissue Paper Art</p> <p>2:30 ⚡ Floral Scents of The Islands</p> <p>3:00 ↔ Ageless Fitness</p> <p>5:00 🎲 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p> <p style="text-align: right;">2</p>	<p>Activity Theme: Bowling League Day</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Wildest Bowling Allies Around The World</p> <p>10:00 🎵 Japanese Sing-Along: 2nd Flr.</p> <p>10:00 ⚡ Sensory & Puzzles</p> <p>12:30 🧩 Bubble Time in The Lanai</p> <p>12:30 🧩 Coloring & Sensory Games</p> <p>1:30 ⚡ Arts & Crafts Social: Fork Puffer Fish Making</p> <p>1:30 ⚡ Brain & Matching Games</p> <p>2:30 ⚡ Who Is It? & Hangman</p> <p>3:00 ↔ Ageless Fitness</p> <p>5:00 🎲 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p> <p style="text-align: right;">3</p>	<p>Activity Theme: Wildlife Day</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Best Wildlife Parks in World</p> <p>10:00 🎵 Plaza Sing Along</p> <p>12:30 🌺 Lanai Time</p> <p>12:30 🧩 Table & Sensory Games</p> <p>1:30 🧩 Fun Film & Beautiful You</p> <p>3:00 ↔ Ageless Fitness</p> <p>5:00 🎲 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p> <p style="text-align: right;">4</p>	<p>Activity Theme: Cheese Pizza Day</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🧩 Beading & Puzzles</p> <p>10:00 🎵 Cornerstone Fellowship Performance: 2nd Flr.</p> <p>12:30 🌺 Lanai Time</p> <p>12:30 🎵 Music of Our Times</p> <p>1:30 ↔ Outdoor Stroll</p> <p>1:30 🌸 Watercolors & Hawaiian Tunes</p> <p>3:00 ↔ Ageless Fitness</p> <p>5:00 🎲 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p> <p style="text-align: right;">5</p>	<p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🧩 Tissue Paper Art</p> <p>12:30 🧩 Bubble Time in The Lanai</p> <p>12:30 ⚡ Sensory & Puzzles</p> <p>3:15 ↔ Afternoon Exercises</p> <p style="text-align: right;">6</p>	<p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🧩 Puzzles & Card Games</p> <p>10:00 🎵 Zumba with Annette: 2nd Flr.</p> <p>12:30 🧩 Balloon Hockey & Table Games</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 🧩 Arts & Crafts: Paper Bag Cherry Blossom Tree Day</p> <p>2:30 ⚡ Trivia or Name Five</p> <p>3:00 ↔ Ageless Fitness</p> <p>5:00 🎲 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>5:45 🌺 UH Tailgate Party & Game: UH vs. Oregon State - 2nd Flr.</p> <p>6:00 🌺 Evening Snack & Name That Sound</p> <p style="text-align: right;">7</p>	
<p>Happy Grandparent's Day</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🌸 Watercolors & Hawaiian Tunes</p> <p>12:30 🧩 Fun Film & Puzzles</p> <p>2:30 ⚡ Who Is It? & Old Hawaii</p> <p>3:00 ↔ Afternoon Exercises</p> <p style="text-align: right;">8</p>	<p>Assisted Living Week: Pajama Day</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🌸 Watercolors & Hawaiian Tunes</p> <p>12:30 🧩 Beading</p> <p>12:30 🌺 Lanai Time</p> <p>1:15 🚗 3rd Flr Van Ride: Pearl City</p> <p>1:30 🧩 Tissue Paper Art</p> <p>2:30 ⚡ Floral Scents of The Islands</p> <p>3:00 ↔ Ageless Fitness</p> <p>5:00 🎲 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p> <p style="text-align: right;">9</p>	<p>Assisted Living Week: Sports Day</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🧩 Balloon Volleyball</p> <p>12:30 🧩 Bubble Time in The Lanai</p> <p>12:30 🧩 Coloring & Sensory Games</p> <p>1:30 ⚡ Brain & Matching Games</p> <p>1:30 🎵 Mellow Friends Performance: 2nd Flr.</p> <p>2:30 ⚡ Who Is It? & Hangman</p> <p>3:00 ↔ Ageless Fitness</p> <p>5:00 🎲 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p> <p style="text-align: right;">10</p>	<p>Assisted Living Week: Western Day</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🎵 Plaza Sing Along: 2nd Flr.</p> <p>12:30 🌺 Lanai Time</p> <p>12:30 🧩 Table & Sensory Games</p> <p>1:30 🧩 Fun Film & Beautiful You</p> <p>3:00 ↔ Ageless Fitness</p> <p>5:00 🎲 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p> <p style="text-align: right;">11</p>	<p>Assisted Living Week: Tie Dye Day</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🧩 Beading & Puzzles</p> <p>10:00 🎵 Cornerstone Preschool Visit: 2nd Flr.</p> <p>12:30 🌺 Lanai Time</p> <p>12:30 🎵 Music of Our Times</p> <p>1:30 ↔ Outdoor Stroll</p> <p>1:30 🌸 Watercolors & Hawaiian Tunes</p> <p>3:00 ↔ Ageless Fitness</p> <p>5:00 🎲 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p> <p style="text-align: right;">12</p>	<p>Assisted Living Week: Aloha Friday</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🎵 Kupuna Mele Performance: 2nd Flr.</p> <p>10:00 🧩 Tissue Paper Art</p> <p>12:30 🧩 Bubble Time in The Lanai</p> <p>12:30 ⚡ Sensory & Puzzles</p> <p>1:30 🧩 Memory Games & Name 5</p> <p>2:30 🎲 BINGO</p> <p>3:15 ↔ Afternoon Exercises</p> <p style="text-align: right;">13</p>	<p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & History of The Hoagie</p> <p>10:00 🧩 Hot Chocolate & Games at The Bistro</p> <p>12:30 🧩 Balloon Hockey & Table Games</p> <p>12:30 🌺 Lanai Time</p> <p>1:30 🧩 Arts & Crafts: Bear Silhouette Painting</p> <p>2:30 ⚡ Trivia or Name Five</p> <p>3:00 ↔ Ageless Fitness</p> <p>5:00 🎲 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p> <p style="text-align: right;">14</p>	
<p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🌸 Watercolors & Hawaiian Tunes</p> <p>12:30 🧩 Fun Film & Puzzles</p> <p>2:30 ⚡ Who Is It? & Old Hawaii</p> <p>3:00 ↔ Afternoon Exercises</p> <p style="text-align: right;">15</p>	<p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🌸 Watercolors & Hawaiian Tunes</p> <p>12:30 🧩 Beading</p> <p>12:30 🌺 Lanai Time</p> <p>1:15 🚗 3rd Flr Van Ride: Haleiwa Town</p> <p>1:30 🧩 Tissue Paper Art</p> <p>2:30 ⚡ Floral Scents of The Islands</p> <p>3:00 ↔ Ageless Fitness</p> <p>5:00 🎲 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p> <p style="text-align: right;">16</p>	<p>Activity Theme: Monte Cristo Day</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & History of The Monte Cristo</p> <p>10:00 🎵 Japanese Sing-Along: 2nd Flr.</p> <p>10:00 ⚡ Sensory & Puzzles</p> <p>12:30 🧩 Bubble Time in The Lanai</p> <p>12:30 🧩 Coloring & Sensory Games</p> <p>1:30 🧩 Arts & Crafts Social: "You maki me happy" Sushi Card Making - 2nd Flr.</p> <p>1:30 ⚡ Brain & Matching Games</p> <p>2:30 ⚡ Who Is It? & Hangman</p> <p>3:00 ↔ Ageless Fitness</p> <p>5:00 🎲 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p> <p style="text-align: right;">17</p>	<p>Activity Theme: Cheeseburger Day</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Top 5 Cheeseburgers in Hawaii</p> <p>10:00 🎵 Plaza Sing Along</p> <p>12:30 🌺 Lanai Time</p> <p>12:30 🧩 Table & Sensory Games</p> <p>1:30 🧩 Fun Film & Beautiful You</p> <p>1:30 🎵 Hank The Singing Dutchman: 2nd Flr.</p> <p>3:00 ↔ Ageless Fitness</p> <p>5:00 🎲 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p> <p style="text-align: right;">18</p>	<p>Activity Theme: Butterscotch Pudding Day</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🧩 Beading & Puzzles</p> <p>10:00 🎵 Performance by Mililani Baptist Church: 2nd Flr.</p> <p>12:30 🌺 Lanai Time</p> <p>12:30 🎵 Music of Our Times</p> <p>1:30 ↔ Outdoor Stroll</p> <p>1:30 🌸 Watercolors, Hawaiian Tunes, & Butterscotch Pudding</p> <p>3:00 ↔ Ageless Fitness</p> <p>5:00 🎲 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p> <p style="text-align: right;">19</p>	<p>Activity Theme: Fried Rice Day</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🧩 Tissue Paper Art</p> <p>12:30 🧩 Bubble Time in The Lanai</p> <p>12:30 ⚡ Sensory & Puzzles</p> <p>1:30 🧩 Memory Games & Name 5</p> <p>2:30 🎲 BINGO</p> <p>3:15 ↔ Afternoon Exercises</p> <p style="text-align: right;">20</p>	<p>Activity Theme: Chai Day</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🧩 Arts & Crafts: Korean Tae Guk Fan making</p> <p>12:30 🧩 Balloon Hockey & Table Games</p> <p>12:30 🌺 Lanai Time</p> <p>2:00 🎵 Local Jamz w/ Dean Hirata: 2nd Flr.</p> <p>2:00 ⚡ Trivia or Name Five</p> <p>3:00 ↔ Ageless Fitness</p> <p>5:00 🎲 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>5:45 🌺 UH Tailgate Party & Game: UH vs. Central Arkansas - 2nd Flr.</p> <p>6:00 🌺 Evening Snack & Name That Sound</p> <p style="text-align: right;">21</p>	
<p>Activity Theme: Elephant Appreciation Day</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🌸 Watercolors & Hawaiian Tunes</p> <p>12:30 🧩 Fun Film & Puzzles</p> <p>2:30 ⚡ Illustration Time: How to Draw A Elephant</p> <p>3:00 ↔ Afternoon Exercises</p> <p style="text-align: right;">22</p>	<p>Activity Theme: Snack Stick Day</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🧩 Sensory & Puzzles</p> <p>10:00 🎵 Team of Angles Performance w/ Jerky Sticks: 2nd Flr.</p> <p>12:30 🧩 Beading</p> <p>12:30 🌺 Lanai Time</p> <p>1:15 🚗 3rd Flr Van Ride: Ewa</p> <p>1:30 🧩 Tissue Paper Art</p> <p>2:30 ⚡ Floral Scents of The Islands</p> <p>3:00 ↔ Ageless Fitness</p> <p>5:00 🎲 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p> <p style="text-align: right;">23</p>	<p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🎵 Japanese Sing-Along: 2nd Flr.</p> <p>12:30 🧩 Bubble Time in The Lanai</p> <p>12:30 🧩 Coloring & Sensory Games</p> <p>1:30 ⚡ Brain & Matching Games</p> <p>1:30 🧩 Edible Art Social: 2nd Flr.</p> <p>2:30 ⚡ Who Is It? & Hangman</p> <p>3:00 ↔ Ageless Fitness</p> <p>5:00 🎲 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p> <p style="text-align: right;">24</p>	<p>Activity Theme: Comic Book Day</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & History of Marvel Comics</p> <p>10:00 🎵 David Kim Sing-Along: 2nd Flr.</p> <p>12:30 🌺 Lanai Time</p> <p>12:30 🧩 Table & Sensory Games</p> <p>1:30 🧩 Fun Film & Beautiful You</p> <p>2:00 🎵 Moon Kang Violin Performance: 2nd Flr.</p> <p>3:00 ↔ Ageless Fitness</p> <p>5:00 🎲 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p> <p style="text-align: right;">25</p>	<p>Activity Theme: Pancake Day</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🧩 Beading & Puzzles</p> <p>10:00 🎵 Cornerstone Preschool Visit: 2nd Flr.</p> <p>12:30 🌺 Lanai Time</p> <p>12:30 🎵 Music of Our Times</p> <p>2:15 🎵 Plaza Buck Shopping: 2nd Flr.</p> <p>3:00 ↔ Ageless Fitness</p> <p>5:00 🎲 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p> <p style="text-align: right;">26</p>	<p>Activity Theme: Corned Beef Hash</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🧩 Tissue Paper Art</p> <p>12:30 🧩 Bubble Time in The Lanai</p> <p>12:30 ⚡ Sensory & Puzzles</p> <p>2:00 🎵 Cooking Corner: Pesto Bruschetta w/ Mozzarella - 2nd Flr.</p> <p>2:30 🎲 BINGO</p> <p>3:15 ↔ Afternoon Exercises</p> <p style="text-align: right;">27</p>	<p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🧩 Hot Chocolate & Games at The Bistro</p> <p>12:30 🧩 Balloon Hockey & Table Games</p> <p>12:30 🌺 Lanai Time</p> <p>2:00 🎵 Birthday Bash w/ Nalani: 2nd Flr.</p> <p>2:30 ⚡ Trivia or Name Five</p> <p>3:00 ↔ Ageless Fitness</p> <p>5:00 🎲 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p> <p style="text-align: right;">28</p>	
<p>Activity Theme: Coffee Day</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Best Coffee Around The World</p> <p>10:00 🎵 Aiwohi Ohana Musical Performance: 2nd Flr.</p> <p>10:00 🌸 Watercolors & Hawaiian Tunes</p> <p>12:30 🧩 Fun Film & Puzzles</p> <p>1:15 🎵 Karaoke Gang: 2nd Flr.</p> <p>2:30 ⚡ Who Is It? & Old Hawaii</p> <p>3:00 ↔ Afternoon Exercises</p> <p style="text-align: right;">29</p>	<p>Activity Theme: Love People Day</p> <p>8:30 ↔ Ageless Fitness</p> <p>9:00 ↔ Hydration Time</p> <p>9:15 ⚡ Current Events & Brain Games</p> <p>10:00 🎵 Pau Hana Glee Club Performance: 2nd Flr.</p> <p>10:00 🌸 Watercolors & Hawaiian Tunes</p> <p>12:30 🧩 Beading</p> <p>12:30 🌺 Lanai Time</p> <p>1:15 🚗 3rd Flr Van Ride: Waikole</p> <p>1:30 🧩 Tissue Paper Art</p> <p>2:30 ⚡ Floral Scents of The Islands</p> <p>3:00 ↔ Ageless Fitness</p> <p>5:00 🎲 BINGO</p> <p>5:45 ↔ Evening Cool Down Stretches</p> <p>6:00 🌺 Evening Snack & Name That Sound</p> <p style="text-align: right;">30</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> <ul style="list-style-type: none">  Creative  Entertainment  Excursion  Intellectual  Physical  Social 	