

# October 2021 3rd Floor Calendar



## Sunday Monday Tuesday Wednesday Thursday Friday Saturday

**October cont'd** 31

**Wear Your Halloween Costume Day**

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Brain Games
- 10:00 🌺 Lanai Time
- 12:30 📷 Paper Collage Making
- 1:30 ↔ Chair Zumba & Hydration
- 2:00 ⚡ Educational Documentaries
- 3:00 🎲 BINGO

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

**Homemade Cookies Day** 1

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Brain Games
- 10:00 🌺 Lanai Time
- 12:30 ↔ Balloon Hockey & Puzzle Packs
- 1:30 ⚡ Best Friend Activity of The Week
- 2:00 🎲 BINGO
- 3:00 🌺 Afternoon Exercises & Hydration

**Name Your Car Day** 2

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Common Names for Cars
- 10:00 🌺 Lanai Time
- 12:30 ↔ Balloon Volleyball & Pictionary
- 1:30 📷 Arts & Crafts: Fall Tree Q-Tip Painting
- 2:30 ⚡ Trivia or Name Five
- 3:00 ↔ Chair Zumba & Hydration
- 5:00 🎲 BINGO
- 5:45 ↔ Evening Cool Down Stretches
- 6:00 🌺 Evening Snack & Name That Sound

**Techies Day** 3

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Brain Games
- 10:00 🌺 Lanai Time
- 12:30 📷 Paper Collage Making
- 1:30 ↔ Chair Zumba & Hydration
- 2:00 ⚡ Educational Documentaries
- 3:00 🎲 BINGO

**Golf Lover's Day** 4

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & History of Golfing
- 10:00 🚗 Hali'a Mele Club in The Lanai
- 12:30 🚗 3rd Flr. Van Ride: Ewa Beach
- 1:30 📷 Tissue Paper Art
- 3:00 ↔ Chair Zumba & Hydration
- 5:00 🎲 BINGO
- 5:45 ↔ Evening Cool Down Stretches
- 6:00 🌺 Evening Snack & Name That Sound

**Get Funky Day** 5

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Brain Games
- 10:00 🌺 Bubble Time & Garden Club in The Lanai
- 12:30 🎵 Japanese Sing Along
- 1:30 📷 Arts & Crafts: Air-Clay Pumpkin Necklace Making
- 2:30 ⚡ Who Is It? & Hangman
- 3:00 ↔ Chair Zumba & Hydration
- 5:00 🎲 BINGO
- 5:45 ↔ Evening Cool Down Stretches
- 6:00 🌺 Evening Snack & Name That Sound

**Noodle Day** 6

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Best Places to Eat Noodles in Hawaii
- 10:00 🌺 Lanai Time
- 12:30 🎵 Plaza Sing Along
- 1:30 🎵 Fun Film & Popcorn
- 3:00 ↔ Chair Zumba & Hydration
- 5:00 🎲 BINGO
- 5:45 ↔ Evening Cool Down Stretches
- 6:00 🌺 Evening Snack & Name That Sound

**Pumpkin Seed Day** 7

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Creative Ways to Use Pumpkin Seeds
- 10:00 🌺 Bubble Time & Garden Club in The Lanai Time
- 12:30 ↔ In-door Stroll
- 1:30 📷 Man Your Station Hour
- 2:30 🎲 Charades & Name That Tune
- 3:00 ↔ Chair Zumba & Hydration
- 5:00 🎲 BINGO
- 5:45 ↔ Evening Cool Down Stretches
- 6:00 🌺 Evening Snack & Name That Sound

**Fluffernutter Day** 8

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Brain Games
- 10:00 🌺 Lanai Time
- 12:30 ↔ Balloon Hockey & Puzzle Packs
- 1:30 ⚡ Best Friend Activity of The Week
- 2:00 🎲 BINGO
- 3:00 🌺 Afternoon Exercises & Hydration

**Leif Erikson Day** 9

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & History of Leif Erikson
- 10:00 🌺 Lanai Time
- 12:30 ↔ Balloon Volleyball & Pictionary
- 1:30 📷 Arts & Crafts: 3D Bat Painting
- 2:30 ⚡ Trivia or Name Five
- 3:00 ↔ Chair Zumba & Hydration
- 5:00 🎲 BINGO
- 5:45 ↔ Evening Cool Down Stretches
- 6:00 🌺 Evening Snack & Name That Sound

**Handbag Day** 10

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Wackiest Handbags Around The World
- 10:00 🌺 Lanai Time
- 12:30 📷 Paper Collage Making
- 1:30 ↔ Chair Zumba & Hydration
- 2:00 ⚡ Educational Documentaries
- 3:00 🎲 BINGO

**Columbus Day** 11

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Fun Facts About Christopher Columbus
- 10:00 🚗 Hali'a Mele Club in The Lanai
- 12:30 🚗 3rd Flr. Van Ride: Honolulu
- 1:30 📷 Tissue Paper Art
- 3:00 ↔ Chair Zumba & Hydration
- 5:00 🎲 BINGO
- 5:45 ↔ Evening Cool Down Stretches
- 6:00 🌺 Evening Snack & Name That Sound

**Gumbo Day** 12

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & What's Gumbo?
- 10:00 🌺 Bubble Time & Garden Club in The Lanai
- 12:30 🎵 Japanese Sing Along
- 1:30 📷 Arts & Crafts: Cotton Ball Spooky Ghost Making
- 2:30 ⚡ Who Is It? & Hangman
- 3:00 ↔ Chair Zumba & Hydration
- 5:00 🎲 BINGO
- 5:45 ↔ Evening Cool Down Stretches
- 6:00 🌺 Evening Snack & Name That Sound

**Train Your Brain Day** 13

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Brain Games
- 10:00 🌺 Lanai Time
- 12:30 🎵 Plaza Sing Along
- 1:30 🎵 Fun Film & Popcorn
- 3:00 ↔ Chair Zumba & Hydration
- 5:00 🎲 BINGO
- 5:45 ↔ Evening Cool Down Stretches
- 6:00 🌺 Evening Snack & Name That Sound

**Dessert Day** 14

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Brain Games
- 10:00 🌺 Bubble Time & Garden Club in The Lanai Time
- 12:30 ↔ In-door Stroll
- 1:30 📷 Man Your Station Hour
- 2:30 🎲 Charades & Name That Tune
- 3:00 ↔ Chair Zumba & Hydration
- 5:00 🎲 BINGO
- 5:45 ↔ Evening Cool Down Stretches
- 6:00 🌺 Evening Snack & Name That Sound

**I Love Lucy Day** 15

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Brain Games
- 10:00 🌺 Lanai Time
- 12:30 ↔ Balloon Hockey & Puzzle Packs
- 1:30 ⚡ Video Clip Time: I Love Lucy Classics
- 2:00 🎲 BINGO
- 3:00 🌺 Afternoon Exercises & Hydration

**Sports Day** 16

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Brain Games
- 10:00 🌺 Lanai Time
- 12:30 ↔ Balloon Volleyball & Pictionary
- 1:30 📷 Arts & Crafts: Yarn Wrapped Mummy Making
- 2:30 ⚡ Trivia or Name Five
- 3:00 ↔ Chair Zumba & Hydration
- 5:00 🎲 BINGO
- 5:45 ↔ Evening Cool Down Stretches
- 6:00 🌺 Evening Snack & Name That Sound

**Pasta Day** 17

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & History of Pasta
- 10:00 🌺 Lanai Time
- 12:30 📷 Paper Collage Making
- 1:30 ↔ Chair Zumba & Hydration
- 2:00 ⚡ Educational Documentaries
- 3:00 🎲 BINGO

**Chocolate Cupcake Day** 18

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Brain Games
- 10:00 🚗 Hali'a Mele Club in The Lanai
- 12:30 🚗 3rd Flr. Van Ride: Waikole / Kunia
- 1:30 📷 Tissue Paper Art
- 3:00 ↔ Chair Zumba & Hydration
- 5:00 🎲 BINGO
- 5:45 ↔ Evening Cool Down Stretches
- 6:00 🌺 Evening Snack & Name That Sound

**Kentucky Day** 19

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Fun Facts About Kentucky
- 10:00 🎵 Lanai Time
- 12:30 🎵 Japanese Sing Along
- 1:30 📷 Arts & Crafts: Halloween Paper Chain Making
- 2:30 ⚡ Who Is It? & Hangman
- 3:00 ↔ Chair Zumba & Hydration
- 5:00 🎲 BINGO
- 5:45 ↔ Evening Cool Down Stretches
- 6:00 🌺 Evening Snack & Name That Sound

**Brandied Fruit Day** 20

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Brain Games
- 10:00 🌺 Lanai Time
- 12:30 🎵 Plaza Sing Along
- 1:30 🎵 Fun Film & Popcorn
- 3:00 ↔ Chair Zumba & Hydration
- 5:00 🎲 BINGO
- 5:45 ↔ Evening Cool Down Stretches
- 6:00 🌺 Evening Snack & Name That Sound

**Pumpkin Cheesecake Day** 21

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Brain Games
- 10:00 🌺 Bubble Time & Garden Club in The Lanai Time
- 12:30 ↔ In-door Stroll
- 1:30 📷 Man Your Station Hour
- 2:30 🎲 Charades & Name That Tune
- 3:00 ↔ Chair Zumba & Hydration
- 5:00 🎲 BINGO
- 5:45 ↔ Evening Cool Down Stretches
- 6:00 🌺 Evening Snack & Name That Sound

**Color Day** 22

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & World of Color Photos
- 10:00 🌺 Lanai Time
- 12:30 ↔ Balloon Hockey & Puzzle Packs
- 1:30 ⚡ Best Friend Activity of The Week
- 2:00 🎲 BINGO
- 3:00 🌺 Afternoon Exercises & Hydration

**Boston Cream Pie Day** 23

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Brain Games
- 10:00 🌺 Lanai Time
- 12:30 ↔ Balloon Volleyball & Pictionary
- 1:30 📷 Arts & Crafts: Q-Tip Skeleton Making
- 2:30 ⚡ Trivia & Mini Boston Cream Pie
- 3:00 ↔ Chair Zumba & Hydration
- 5:00 🎲 BINGO
- 5:45 ↔ Evening Cool Down Stretches
- 6:00 🌺 Evening Snack & Name That Sound

**Food Day** 24

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Worlds Healthiest Foods
- 10:00 🌺 Lanai Time
- 12:30 📷 Paper Collage Making
- 1:30 ↔ Chair Zumba & Hydration
- 2:00 ⚡ Educational Documentaries
- 3:00 🎲 BINGO

**Wear Orange & Black** 25

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Brain Games
- 10:00 🚗 Hali'a Mele Club in The Lanai
- 12:30 🚗 3rd Flr. Van Ride: Mokuleia
- 1:30 📷 Tissue Paper Art
- 3:00 ↔ Chair Zumba & Hydration
- 5:00 🎲 BINGO
- 5:45 ↔ Evening Cool Down Stretches
- 6:00 🌺 Evening Snack & Name That Sound

**Wear Your Halloween Accessories Day** 26

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Brain Games
- 10:00 🌺 Bubble Time & Garden Club in The Lanai
- 12:30 🎵 Japanese Sing Along
- 1:30 📷 Arts & Crafts: Halloween Cookie Decorating
- 2:30 ⚡ Who Is It? & Hangman
- 3:00 ↔ Chair Zumba & Hydration
- 5:00 🎲 BINGO
- 5:45 ↔ Evening Cool Down Stretches
- 6:00 🌺 Evening Snack & Name That Sound

**Wear Your Halloween Facemasks Day** 27

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Brain Games
- 10:00 🌺 Lanai Time
- 12:30 🎵 Plaza Sing Along
- 1:30 🎵 Fun Film & Popcorn
- 3:00 ↔ Chair Zumba & Hydration
- 5:00 🎲 BINGO
- 5:45 ↔ Evening Cool Down Stretches
- 6:00 🌺 Evening Snack & Name That Sound

**Department Costume Dress Up Day** 28

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Brain Games
- 10:00 🌺 Bubble Time & Garden Club in The Lanai Time
- 12:30 ↔ In-door Stroll
- 1:30 📷 Man Your Station Hour
- 2:30 🎲 Charades & Name That Tune
- 3:00 ↔ Chair Zumba & Hydration
- 5:00 🎲 BINGO
- 5:45 ↔ Evening Cool Down Stretches
- 6:00 🌺 Evening Snack & Name That Sound

**Wear A Halloween Movie Character Day** 29

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Brain Games
- 10:00 🌺 Lanai Time
- 12:30 ↔ Balloon Hockey & Puzzle Packs
- 1:30 ⚡ Best Friend Activity of The Week
- 2:00 🎲 BINGO
- 3:00 🌺 Afternoon Exercises & Hydration

**Wear Your Superhero & Villain Costume Day** 30

- 8:30 ↔ Ageless Fitness & Hydration
- 9:15 ⚡ Current Events & Brain Games
- 10:00 🌺 Lanai Time
- 12:30 ↔ Balloon Volleyball & Pictionary
- 1:30 📷 Arts & Crafts: Black Cat Mosaic Making
- 2:30 ⚡ Trivia or Name Five
- 3:00 ↔ Chair Zumba & Hydration
- 5:00 🎲 BINGO
- 5:45 ↔ Evening Cool Down Stretches
- 6:00 🌺 Evening Snack & Name That Sound

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