

# October 2023 4th Floor Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Homemade Cookies Day 1</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🧡 Lanai Time & Hawaiian Tunes 1:30 🧡 Fun Film w/ Chocolate Chip Cookies 3:00 🧡 BINGO 3:30 ↔ Chair Zumba & Hydration	<b>Smarties Day 2</b> 8:30 🧡 Individual Games 9:30 🚗 <b>Van Ride: Kaneohe</b> 10:00 🎵 <b>Ukulele Performance by Na lei o Manu O'o: 2nd Floor</b> 1:30 📷 Watercolors & Puzzle Packs 2:30 ↔ Ageless Fitness, Indoor Stroll, & Hydration 3:00 🧡 BINGO	<b>Eat Fruit Day 3</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🧡 Lanai Time & Hawaiian Tunes 1:30 📷 <b>Arts &amp; Crafts: Green Apple Monster Making</b> 2:30 🧡 Chair Zumba & Hydration 3:00 🧡 BINGO	<b>Golf Lover's Day 4</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🧡 <b>Plaza Sing Along: 2nd Floor</b> 1:30 🧡 Movies & Popcorn 3:00 🧡 BINGO 3:30 ↔ Chair Zumba & Hydration	<b>Do Something Nice Day 5</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🧡 Lanai Time & Hawaiian Tunes 1:30 🧡 <b>Hot Chocolate &amp; Brain Games at The Bistro</b> 2:30 ↔ Chair Zumba & Hydration 3:00 🧡 BINGO	<b>World Smile Day 6</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🎵 <b>Musical Performance by Gensen Rabacal: 2nd Floor</b> 1:30 🧡 Fun Film 3:00 🧡 BINGO 3:30 🧡 Chair Zumba & Hydration	<b>Chocolate Covered Pretzel Day 7</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 ↔ <b>Chair Zumba w/ Annette: 2nd Floor</b> 1:30 📷 <b>Arts &amp; Crafts: Tissue Paper Mummy Making w/ Chocolate Covered Pretzels</b> 2:30 ↔ Chair Zumba 3:00 🧡 BINGO	
<b>Fluffernutter Day 8</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🧡 Lanai Time & Hawaiian Tunes 1:30 🧡 Fun Film 3:00 🧡 BINGO 3:30 ↔ Chair Zumba & Hydration	<b>Columbus Day 9</b> 8:30 🧡 Individual Games 9:30 ↔ Chair Zumba & Hydration 9:30 🚗 <b>Van Ride: Ko'olina</b> 10:00 🎵 <b>Team of Angels Performance: 2nd Flr.</b> 1:30 📷 Watercolors & Puzzle Packs 2:30 ↔ Ageless Fitness, Indoor Stroll, & Hydration 3:00 🧡 BINGO	<b>Handbag Day 10</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🧡 Lanai Time & Hawaiian Tunes 1:30 📷 <b>Arts &amp; Crafts: Kawaii Paper Candy Corn Making</b> 2:30 🧡 Chair Zumba & Hydration 3:00 🧡 BINGO	<b>Sausage Pizza Day 11</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🧡 <b>Plaza Sing Along: 2nd Floor</b> 1:30 🧡 Movies & Popcorn 3:00 🧡 BINGO 3:30 ↔ Chair Zumba & Hydration	<b>Farmer's Day 12</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🧡 Lanai Time & Hawaiian Tunes 1:30 🧡 <b>Hot Chocolate &amp; Brain Games at The Bistro</b> 2:30 ↔ Chair Zumba & Hydration 3:00 🧡 BINGO	<b>Train Your Brain Day 13</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🎵 <b>Hawaiian Music w/ Kupuna Mele: 2nd Floor</b> 1:30 🧡 Balloon Volleyball 2:30 🧡 Chair Zumba & Hydration 3:00 🧡 BINGO	<b>Dessert Day 14</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🧡 Lanai Time & Hawaiian Tunes 1:30 📷 <b>Arts &amp; Crafts: Paper Plate Spooky Eyeball Making</b> 2:30 ↔ Chair Zumba 3:00 🧡 BINGO	
<b>I Love Lucy Day 15</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🧡 Lanai Time & Hawaiian Tunes 1:30 🧡 <b>Halloween Cookie Decorating &amp; Fun Film</b> 3:00 🧡 BINGO 3:30 ↔ Chair Zumba & Hydration	<b>Sports Day 16</b> 8:30 🧡 Individual Games 9:30 ↔ Chair Zumba & Hydration 9:30 🚗 <b>Van Ride: Honolulu</b> 10:30 🎮 <b>Game Show Hour: The Price is Right</b> 1:30 📷 Watercolors & Puzzle Packs 2:30 ↔ Ageless Fitness, Indoor Stroll, & Hydration 3:00 🧡 BINGO	<b>Pasta Day 17</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 ↔ <b>Ageless Yoga w/ Karen: 2nd Floor</b> 1:30 📷 <b>Arts &amp; Crafts: Dia de los Muertos Mask Making</b> 2:30 🧡 Chair Zumba & Hydration 3:00 🧡 BINGO	<b>Chocolate Cupcake Day 18</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🧡 <b>Plaza Sing Along w/ Chocolate Cupcakes: 2nd Floor</b> 2:00 🎹 <b>Piano &amp; Vocals by Roy Hamada: 2nd Floor</b> 3:00 🧡 BINGO 3:30 ↔ Chair Zumba & Hydration	<b>Seafood Bisque Day 19</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🧡 Lanai Time & Hawaiian Tunes 1:30 🧡 <b>Hot Chocolate &amp; Brain Games at The Bistro</b> 2:30 ↔ Chair Zumba & Hydration 3:00 🧡 BINGO	<b>Chicken &amp; Waffle Day 20</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🧡 Lanai Time & Hawaiian Tunes 1:30 🧡 Dice Bingo 2:30 🧡 Chair Zumba & Hydration 3:00 🧡 BINGO	<b>Pumpkin Day 21</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🧡 Lanai Time & Hawaiian Tunes 1:30 📷 <b>Arts &amp; Crafts: Paper Weaved Pumpkin Making</b> 2:30 ↔ Chair Zumba 3:00 🧡 BINGO	
<b>Color Day 22</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🧡 Lanai Time & Hawaiian Tunes 1:30 🧡 Fun Film 3:00 🧡 BINGO 3:30 ↔ Chair Zumba & Hydration	<b>Super Hero Dress Up Day 23</b> 8:30 🧡 Individual Games 9:30 ↔ Chair Zumba & Hydration 9:30 🚗 <b>Van Ride: Newtown / Waimalu</b> 10:30 🎮 <b>Game Show Hour: The Price is Right</b> 1:30 📷 Watercolors & Puzzle Packs 2:30 ↔ Ageless Fitness, Indoor Stroll, & Hydration 3:00 🧡 BINGO	<b>Twinning Tuesday Dress Up Day 24</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🎵 <b>Soul Sounds w/ Wally Brown: 2nd Floor</b> 1:30 📷 <b>Arts &amp; Crafts: Clothes Pin Coffee Filter Bat Making</b> 2:30 🧡 Chair Zumba & Hydration 3:00 🧡 BINGO	<b>Wacky Hair Day 25</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🧡 <b>Plaza Sing Along: 2nd Floor</b> 1:30 🧡 <b>Movies &amp; Plaza Buck Shopping</b> 3:00 🧡 BINGO 3:30 ↔ Chair Zumba & Hydration	<b>Department Costume Dress Up Day 26</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🧡 Lanai Time & Hawaiian Tunes 1:30 🧡 <b>Hot Chocolate &amp; Brain Games at The Bistro</b> 2:30 ↔ Chair Zumba & Hydration 3:00 🧡 BINGO	<b>Orange &amp; Black Dress Up Day 27</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🧡 Lanai Time & Hawaiian Tunes 1:30 🧡 Balloon Volleyball 2:30 🧡 Chair Zumba & Hydration 3:00 🧡 BINGO	<b>Disney Dress Up Day 28</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🧡 Lanai Time & Hawaiian Tunes 1:30 ↔ Chair Zumba & Hydration 2:00 🎵 <b>Musical Performance by The Wahiawa SDA Church Group: 2nd Floor</b> 3:00 🧡 BINGO	
<b>Halloween Movie Character Dress Up Day 29</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🧡 Lanai Time & Hawaiian Tunes 1:30 🧡 <b>Fun Film &amp; Plaza Pumpkin Contest Viewing &amp; Voting</b> 3:00 🧡 BINGO 3:30 ↔ Chair Zumba & Hydration	<b>Halloween Accessory Dress Up Day 30</b> 8:30 🧡 Individual Games 9:30 ↔ Chair Zumba & Hydration 9:30 🚗 <b>Van Ride: Waipahu / Kunia</b> 10:00 ↔ <b>Ageless Yoga w/ Karen: 2nd Floor</b> 1:30 📷 Watercolors & Puzzle Packs 2:30 ↔ Ageless Fitness, Indoor Stroll, & Hydration 3:00 🧡 BINGO	<b>Halloween Costume Dress Up Day 31</b> 8:30 🧡 Individual Games 9:30 ↔ Ageless Fitness & Hydration 10:00 🧡 Lanai Time & Hawaiian Tunes 1:30 🧡 <b>The Plaza's Halloween Costume Contest: 2nd Floor</b> 2:30 🧡 Chair Zumba & Hydration 3:00 🧡 BINGO				<p>All activities will be located on the 4th floor unless otherwise noted. Please meet in the lobby 15 minutes prior to all van departures.</p>	
<ul style="list-style-type: none"> <li>📷 Creative</li> <li>🎵 Entertainment</li> <li>🚗 Excursion</li> <li>💡 Intellectual</li> <li>↔ Physical</li> <li>🧡 Social</li> </ul>							