Please meet in the lobby 15 minutes prior to all van departures. Schedule subject to change with or

Monday

without notice.

Tuesday Arts / Crafts

Educational Classes

■ Exercise / Physical Activity

Field Trip / Medical Appointments

Gardening / Outdoor Visit

Movies / Documentaries

Music / Special Entertainment

Plaza Life Fitness

Socials / Social Catherine

Resident Breakfast 9:45 🖨 Errand Run - Unsupervised: Mililani Town Center

Morning Surprise: Mele with Our Friends 4th Floor 

Wednesday

12:30 Resident Lunch 1:30 🔥 Plaza Casino Time: Black Jack 2:30 Current Events & Brain Games

3:00 🌦 Pokeno 4:00 🔥 Hangman & Name 5

Name Your Car Day 8:30 Resident Breakfast 10:00 **≱ Lanai Time & Hawaiian Tunes** 11:30 🏶 Resistance Training (A) & Hydration Resident Lunch 12:30 1:30 & Hot Chocolate & Brain Games at The Bistro

Thursday

2:30 - Ageless Fitness & Hydration: 4th Floor 4:15 🏞 BINGO

5:30 Resident Dinner

8:30 Resident Breakfast 10:00 🖊 Lanai Time & Hawaiian Tunes 11:30 🏶 Resistance Training (B) & Hydration 12:30 Resident Lunch 1:30 independent Puzzle Packs 2:00 🏞 Plaza Casino Time: Blackjack

3:00 in Hangman & Pictionary

4:15 🔥 BINGO

Resident Dinner 5:30

Zumba w/ Annette - 4th Floor 11:30 → Ageless Fitness & Hydration 12:30 Resident Lunch 1:15 🏞 Spot It! & Bananagrams: 4th Floor

Cinnamon Bun Day

Resident Breakfast

10:00 🎜 Morning Surprise: Chair

8:30

1:30 9 Just Craftin: Tissue Paper Mummy Making

- 4th Floor

Saturday

2:30 - Chair Zumba & Hydration: 4th Floor

3:00 h BINGO: 4th Floor

5:30 Resident Dinner

| ar Milliani —   |   | <ul> <li>♣ Socials / Social Gathering</li> <li>† Spiritual / Worship Services</li> <li>♦ Volunteerism / Community Service</li> </ul>  | 5:30 Resident Dinner  |   |   |  |
|---|---|---|---|---|---|--|
| Rhode Island Day  8:30 Resident Breakfast  9:30 Televised Sunday Sermons  10:00 Lanai Time & Hawaiian Tunes  11:30 Ageless Fitness & Hydration  12:30 Fun Film: 4th Floor  2:00 Aloha Crochet Club  3:30 Ageless Fitness & Hydration: 4th Floor  5:30 Resident Dinner | Noodle Day  8:30 Resident Breakfast 9:45  | Taco Day  8:30 Resident Breakfast  10:00 Lanai Time & Hawaiian Tunes  11:30 Resident Lunch  1:30 Fun Film: 4th Floor  3:00 Plaza Casino Time: Black Jack  4:15 BINGO  5:30 Resident Dinner  | Hero Day  8:30 Resident Breakfast  9:45 Firand Run - Unsupervised: Mililani Town Center  10:00 Morning Surprise: Ukulele Performance by Aloha Mele - 4th Floor  11:30 → Ageless Fitness & Hydration 12:30 Resident Lunch  1:15 Van Ride: Ewa Beach  1:30 → Plaza Casino Time: Black Jack 2:30  Current Events & Brain Games 3:00 → Pokeno  4:00 → Hangman & Name 5  Resident Dinner | Cupcake Day  8:30 Resident Breakfast 10:00 Mass w/ Father Anthony: 5th Floor  10:00 Morning Surprise: Musical Performance by The Mellow Friends - 4th Floor  11:30 Resistance Training (A) & Hydration Resident Lunch 1:30 Hot Chocolate & Brain Games at The Bistro 2:00 Aloha Crochet Club 2:30 Aloha Crochet Club 2:30 Resident Dinner | 10:00  Mourning Surprise: Soul Sounds w/ Wally Brown -4th   | Sausage Pizza Day 8:30 Resident Breakfast 10:00 ★ Lanai Time & Hawaiian Tunes 11:30 ↔ Ageless Fitness & Hydration 12:30 Resident Lunch 1:15 ★ Spot It! & Bananagrams: 4th Floor 1:30 ⑤ Just Craftin: Toilet Paper Roll Wacky Bat Making - 4th Floor 2:30 ↔ Chair Zumba & Hydration: 4th Floor 3:00 ★ BINGO: 4th Floor 5:30 Resident Dinner |
| 8:30 Resident Breakfast 9:30 Televised Sunday Sermons 10:00 Piano Performance by Nicolas Suggs: 4th Floor 11:30 Ageless Fitness & Hydration 12:30 Resident Lunch 1:30 Fun Film: 4th Floor 2:00 Aloha Crochet Club   | Navy Day 8:30 Resident Breakfast 9:45 ♣ Blackjack 10:00 Performance by Team of Angels: 4th Floor 10:30 ♣ BINGO 11:30 ♣ Resistance Training (A) & Hydration 12:30 Resident Lunch 2:00 ♣ Ageless Fitness & Hydration: 4th Floor | 8:30 Resident Breakfast 9:30 ► Lanai Time & Hawaiian Tunes 10:00 Resident Council Meeting 11:30 ► Resident Council Meeting 12:30 Resident Lunch 2:30 ← Chair Zumba & Hydration: 4th Floor 3:00 ← Plaza Casino Time: Black Jack 4:15 ← BINGO | 8:30 Resident Breakfast 9:45 Frrand Run - Unsupervised: Mililani Town Center 10:00 Morning Surprise: Mele with Our Friends - 4th Floor 11:30 ↔ Ageless Fitness & Hydration 12:30 Resident Lunch 1:15 Van Ride: Wahiawa Heights / Helemano   | 10:00 <b>≯ Lanai Time &amp; Hawaiian Tunes</b> 11:30 <b>≯</b> Resistance Training (A) &   | 10:00 ↑ Bible Stories w/ Ms. Maureen 11:30 ★ Resistance Training (B) & Hydration 12:30 Resident Lunch | 8:30 Resident Breakfast 10:00  |

| 8:30  |   | Resident Breakfas       |
|-------|---|-------------------------|
| 9:30  | Ť | <b>Televised Sunday</b> |
| 10:00 | * | Lanai Time & Haw        |

5:30 Resident Dinner

Sermons vaiian Tunes

**Kentucky Day** 

11:30 → Ageless Fitness & Hydration 12:30 Resident Lunch

1:30 👺 Fun Film: 4th Floor 2:00 @ Aloha Crochet Club

3:30 ← Ageless Fitness & Hydration: 4th Floor 5:30 Resident Dinner

3:30 → Ageless Fitness & Hydration: 4th Floor

Confidence Day

3:00 h Name 5 & Charades: 4th Floor

4:30 h Independent Puzzle Packs

Resident Dinner

8:30 Resident Breakfast 9:45 h Blackjack 10:30 📥 BINGO

11:30 🏶 Resistance Training (A) & Hydration

12:30 Resident Lunch 2:00 - Ageless Fitness & Hydration: 4th Floor

3:00 in Name 5 & Charades: 4th Floor 4:30 independent Puzzle Packs

Resident Dinner

Apple Day Resident Breakfast

5:30 Resident Dinner

10:00 拳 Lanai Time & Hawaiian Tunes

11:30 🏶 Resistance Training (B) & Hydration 12:30 Resident Lunch

2:30 - Chair Zumba & Hydration: 4th Floor

3:00 independent Hidden Picture Finds

4:15 🔥 BINGO 5:30 Resident Dinner 5:30 Resident Dinner **Dog Day** 8:30 Resident Breakfast

1:30 h Plaza Casino Time: Black Jack

2:30 Current Events & Brain Games

4:00 🔥 Hangman & Name 5

3:00 🏞 Pokeno

9:45 🖨 Errand Run - Unsupervised: Mililani Town Center

Morning Surprise: Mele with Our Friends -4th Floor

11:30 ← Ageless Fitness & Hydration 12:30 Resident Lunch

1:15 🖨 Van Ride: Moanalua Vallev 1:30 🔥 Plaza Casino Time: Black Jack 2:30 Current Events & Brain Games

3:00 🏞 Pokeno 4:00 🔥 Hangman & Name 5 5:30 Resident Dinner

4:15 🔥 BINGO 5:30 Resident Dinner

T.V. Show Day

Resident Breakfast

10:00 🕆 Mass w/ Father Anthony: 5th

10:00 J Music & Dancing by The Chibariyo

11:30 **☀** Resistance Training (A) & Hydration

1:30 A Hot Chocolate & Brain Games at The Bistro

2:30 ↔ Ageless Fitness & Hydration: 4th Floor

Performers: 4th Floor

8:30

8:30

12:30

8:30

4.15 📥 BINGO

**Food Day** 

Resident Breakfast

11:30 ♣ Resistance Training (B) &

Resident Lunch

1:30 🔥 Independent Puzzle Packs

3:00 → Drum-A-Sizing: 4th Floor

Resident Dinner

2:00 - Watercolors & Word Search Puzzles: 4th

Hydration

Floor

4:15 🏞 BINGO

10:00 🖊 Lanai Time & Hawaiian Tunes

5:30 Resident Dinner

Making - 4th Floor

2:30 - Chair Zumba & Hydration: 4th Floor 3:00 h BINGO: 4th Floor

5:30 Resident Dinner

8:30 Resident Breakfast

10:00 🦊 Lanai Time & Hawaiian Tunes 11:30 → Ageless Fitness & Hydration

12:30 Resident Lunch

1:15 🏡 Charades & Name That Tune: 4th Floor Afternoon Surprise: Musical Performance

by The Wahiawa SDA Church Group - 4th Floor 3:00 🏞 BINGO: 4th Floor

Resident Dinner

## **Tennessee Day** 8:30 Resident Breakfast

9:30 Televised Sunday Sermons 10:00 **Lanai Time & Hawaiian Tunes** 

11:30 → Ageless Fitness & Hydration 12:30 Resident Lunch

1:30 👺 Fun Film: 4th Floor

3:30 → Ageless Fitness & Hydration: 4th Floor

2:00 Aloha Crochet Club 5:30 Resident Dinner

**Orange & Black Day** 8:30 Resident Breakfast

9:45 🔥 Blackjack 10:30 🔥 BINGO

5:30 Resident Dinner

11:30 🏶 Resistance Training (A) & Hydration 12:30 Resident Lunch

2:00 → Ageless Fitness & Hydration: 4th Floor 3:00 in Name 5 & Charades: 4th Floor 4:30 h Independent Puzzle Packs

Twinning Tuesday Resident Breakfast 10:00 \* Lanai Time & Hawaiian Tunes

> 11:30 🧚 Resistance Training (B) & 12:30 Resident Lunch

2:30 ← Chair Zumba & Hydration: 4th Floor 3:00 🔥 Independent Hidden Picture Finds

4:15 🏞 BINGO 5:30 Resident Dinner

**Halloween Disney Day** 7:00 \* Halloween Visit by Hanalani School Students: 4th Floor Resident Breakfast

9:45 🖨 Errand Run - Unsupervised: Mililani Town 11:30 •• Ageless Fitness & Hydration 12:30 Resident Lunch

1:15 👨 Van Ride: Haleiwa Town 1:30 🏚 Plaza Casino Time: Black Jack 2:30 Current Events & Brain Games 3:00 🏞 Pokeno 4:00 🔥 Hangman & Name 5

5:30 Resident Dinner

**Department Costume Day** Resident Breakfast 10:00 🎜 Local Jamz w/ Dean Hirata: 2nd Floor 11:30 🏶 Resistance Training (A) & Hydration

12:30 Resident Lunch

5:30 Resident Dinner

4:15 🔥 BINGO

4:15 🔥 BINGO

2:00 Aloha Crochet Club

12:30 Resident Lunch 1:30 🁺 Hot Chocolate & Brain Games at The Bistro | 12:30 Resident Lunch 2:00 • Aloha Crochet Club 2:30 - Ageless Fitness & Hydration: 4th Floor

5:30 Resident Dinner

Performance by The Olaloa Jammers - 4th Floor 11:30 🏶 Resistance Training (B) & Hydration

Happy Halloween

Resident Breakfast

10:00 **Morning Surprise**:

1:30 independent Puzzle Packs 2:00 🔥 Plaza Casino Time: Blackjack

3:00 h Hangman & Pictionary 4:15 **h** BINGO 5:30 Resident Dinner

## **Alternative Activity Options**

In support of fostering your independency, we encourage all to participate in activities on the 2nd or 4th Floors. Please see any Plaza Team Member for details.