








September 2023
3rd Floor Calendar

created with 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div>All activities will be located on the 3rd floor unless otherwise noted. Please meet in the lobby 15 minutes prior to all van departures.</div>	<div> Creative</div> <div> Entertainment</div> <div> Excursion</div> <div> Intellectual</div> <div> Physical</div> <div> Social</div>			<div>Wear College Colors Day 1</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Brain Games</div> <div>10:00 🍫 Hot Chocolate & Brain Games at The Bistro</div> <div>12:30 🌺 Lanai Time</div> <div>1:30 ⚡ Best Friend Activity of The Week</div> <div>2:00 🍫 Watercolors & Puzzle Packs</div> <div>3:00 🍫 Afternoon Exercises & Hydration</div> <div>5:00 🍫 BINGO</div> <div>5:30 ↔ Evening Cool Down Stretches</div>	<div>Tailgating Day 2</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Wackiest Tailgating Traditions</div> <div>10:00 🍫 Chair Zumba w/ Annette: 2nd Floor</div> <div>12:30 🍫 Lanai Time</div> <div>1:30 📷 Arts & Crafts: Autumn Handprint Tree Painting</div> <div>2:30 ⚡ Trivia or Name Five</div> <div>3:15 ⚡ BINGO</div>
<div>Cinema Day 3</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & History of The Cinema Industry</div> <div>10:00 📷 Paper Collage Making</div> <div>12:30 🍫 Lanai Time</div> <div>1:30 ↔ Chair Zumba & Hydration</div> <div>2:00 ⚡ Educational Documentaries</div> <div>3:00 🍫 BINGO</div>	<div>Labor Day 4</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Brain Games</div> <div>9:30 🍫 Watercolors & Oldie Tunes</div> <div>10:00 🍫 Hali'a Mele Club in The Lanai</div> <div>12:30 🚗 3rd Flr. Van Ride: Kaka'ako</div> <div>1:00 🍫 Tissue Paper Art</div> <div>2:00 🚗 Charades & Name That! YouTube Edition</div> <div>3:00 ↔ Chair Zumba & Hydration</div> <div>5:00 🍫 BINGO</div> <div>5:30 ↔ Evening Cool Down Stretches</div>	<div>Cheese Pizza Day 5</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Brain Games</div> <div>9:30 🍫 Hot Chocolate & Talk Story at The Bistro</div> <div>10:15 🍫 Japanese Sing Along</div> <div>12:30 🍫 Bubble Time & Garden Club in The Lanai</div> <div>1:30 📷 Arts & Crafts: Paper Bag Gnome Making</div> <div>2:30 ⚡ Who Is It? & Hangman</div> <div>3:00 ↔ Chair Zumba & Hydration</div> <div>5:00 🍫 BINGO</div> <div>5:30 ↔ Evening Cool Down Stretches</div>	<div>Coffee Ice Cream Day 6</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Brain Games</div> <div>10:00 🍫 BINGO Event w/ Pharmacare: 2nd Floor</div> <div>12:30 🍫 Lanai Time</div> <div>1:30 🍫 Fun Film & Coffee Ice Cream</div> <div>3:00 ↔ Chair Zumba & Hydration</div> <div>5:00 🍫 BINGO</div> <div>5:30 ↔ Evening Cool Down Stretches</div>	<div>Salami Day 7</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Brain Games</div> <div>10:00 🎵 Local Jamz w/ Dean Hirata: 2nd Floor</div> <div>12:30 🍫 Bubble Time & Garden Club in The Lanai Time</div> <div>1:30 🍫 Fun Film</div> <div>3:00 ↔ Chair Zumba & Hydration</div> <div>5:00 🍫 BINGO</div> <div>5:30 ↔ Evening Cool Down Stretches</div>	<div>Star Trek Day 8</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Fun Facts About Star Trek</div> <div>10:00 🍫 Hot Chocolate & Brain Games at The Bistro</div> <div>12:30 🍫 Lanai Time</div> <div>1:30 ⚡ Best Friend Activity of The Week</div> <div>2:00 🍫 Watercolors & Puzzle Packs</div> <div>3:00 🍫 Afternoon Exercises & Hydration</div> <div>5:00 🍫 BINGO</div> <div>5:30 ↔ Evening Cool Down Stretches</div>	<div>Teddy Bear Day 9</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Brain Games</div> <div>10:00 ↔ Balloon Volleyball & Pictionary</div> <div>12:30 🍫 Lanai Time</div> <div>1:30 📷 Arts & Crafts: Bear Hug Card Making</div> <div>2:30 ⚡ Trivia or Name Five</div> <div>3:15 ⚡ BINGO</div>
<div>Grandparent's Day 10</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Brain Games</div> <div>10:00 📷 Paper Collage Making</div> <div>12:30 🍫 Lanai Time</div> <div>1:30 ↔ Chair Zumba & Hydration</div> <div>2:00 ⚡ Educational Documentaries</div> <div>3:00 🍫 BINGO</div>	<div>Wear Your Jersey Day 11</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Brain Games</div> <div>9:30 🍫 Watercolors & Oldie Tunes</div> <div>10:00 🍫 Hali'a Mele Club in The Lanai</div> <div>12:30 🚗 3rd Flr. Van Ride: Newton / Aiea</div> <div>1:00 🍫 Tissue Paper Art</div> <div>2:00 🚗 Charades & Name That! YouTube Edition</div> <div>3:00 ↔ Chair Zumba & Hydration</div> <div>5:00 🍫 BINGO</div> <div>5:30 ↔ Evening Cool Down Stretches</div>	<div>Wear Beach Attire Day 12</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Brain Games</div> <div>9:30 🍫 Hot Chocolate & Talk Story at The Bistro</div> <div>10:15 🍫 Japanese Sing Along</div> <div>12:30 🍫 Bubble Time & Garden Club in The Lanai</div> <div>1:30 📷 Arts & Crafts: Popsicle Stick Apple Making</div> <div>2:30 ⚡ Who Is It? & Hangman</div> <div>3:00 ↔ Chair Zumba & Hydration</div> <div>5:00 🍫 BINGO</div> <div>5:30 ↔ Evening Cool Down Stretches</div>	<div>Dress as Your Decade Day 13</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Brain Games</div> <div>10:00 🎵 Soul Sounds w/ Wally Brown: 2nd Floor</div> <div>12:30 🍫 Lanai Time</div> <div>1:30 🍫 Fun Film & Popcorn</div> <div>3:00 ↔ Chair Zumba & Hydration</div> <div>5:00 🍫 BINGO</div> <div>5:30 ↔ Evening Cool Down Stretches</div>	<div>Dress as A Superhero Day 14</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Brain Games</div> <div>9:30 🍫 Hot Chocolate & Talk Story at The Bistro</div> <div>10:00 📷 Tissue Paper Art</div> <div>12:30 🍫 Bubble Time & Garden Club in The Lanai Time</div> <div>1:30 📷 Man Your Station Hour</div> <div>2:30 🍫 Charades & Name That Tune</div> <div>3:00 ↔ Chair Zumba & Hydration</div> <div>5:00 🍫 BINGO</div> <div>5:30 ↔ Evening Cool Down Stretches</div>	<div>Plaza Pride Day 15</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Brain Games</div> <div>10:00 🍫 Hot Chocolate & Brain Games at The Bistro</div> <div>12:30 🍫 Lanai Time</div> <div>1:30 ⚡ Best Friend Activity of The Week</div> <div>3:00 🍫 Afternoon Exercises & Hydration</div> <div>5:00 🍫 BINGO</div> <div>5:30 ↔ Evening Cool Down Stretches</div>	<div>Wear Your Favorite Band/Singer Shirt Day 16</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Brain Games</div> <div>10:00 ↔ Balloon Volleyball & Pictionary</div> <div>12:30 🍫 Lanai Time</div> <div>1:30 📷 Arts & Crafts: Newspaper Owl Craft</div> <div>2:30 ⚡ Trivia or Name Five</div> <div>3:15 ⚡ BINGO</div>
<div>Apple Dumpling Day 17</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Brain Games</div> <div>10:00 📷 Paper Collage Making</div> <div>12:30 🍫 Lanai Time</div> <div>1:30 ↔ Chair Zumba & Hydration</div> <div>2:00 ⚡ Educational Documentaries w/ Apple Dumplings</div> <div>3:00 🍫 BINGO</div>	<div>Cheeseburger Day 18</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Brain Games</div> <div>9:30 🍫 Watercolors & Oldie Tunes</div> <div>10:00 🍫 Hali'a Mele Club in The Lanai</div> <div>12:30 🚗 3rd Flr. Van Ride: Ewa Beach</div> <div>1:00 🍫 Tissue Paper Art</div> <div>2:00 🚗 Charades & Name That! YouTube Edition</div> <div>3:00 ↔ Chair Zumba & Hydration</div> <div>5:00 🍫 BINGO</div> <div>5:30 ↔ Evening Cool Down Stretches</div>	<div>Talk Like A Pirate Day 19</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Brain Games</div> <div>9:30 🍫 Hot Chocolate & Talk Story at The Bistro</div> <div>10:15 🍫 Japanese Sing Along</div> <div>12:30 🍫 Bubble Time & Garden Club in The Lanai</div> <div>1:30 📷 Arts & Crafts: Animals of Fall Silhouette Making</div> <div>2:30 ⚡ Who Is It? & Hangman</div> <div>3:00 ↔ Chair Zumba & Hydration</div> <div>5:00 🍫 BINGO</div> <div>5:30 ↔ Evening Cool Down Stretches</div>	<div>Fried Rice Day 20</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Brain Games</div> <div>10:00 🍫 Plaza Sing Along: 2nd Floor</div> <div>12:30 🍫 Lanai Time</div> <div>2:00 🎵 Piano & Vocals by Roy Hamada: 2nd Floor</div> <div>3:00 ↔ Chair Zumba & Hydration</div> <div>5:00 🍫 BINGO</div> <div>5:30 ↔ Evening Cool Down Stretches</div>	<div>New York Day 21</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Fun Facts About New York</div> <div>9:30 🍫 Hot Chocolate & Talk Story at The Bistro</div> <div>10:00 🎵 Mele & Hula by The Chibario Performance Group: 2nd Floor</div> <div>12:30 🍫 Bubble Time & Garden Club in The Lanai Time</div> <div>1:30 📷 Man Your Station Hour</div> <div>2:30 🍫 Charades & Name That Tune</div> <div>3:00 ↔ Chair Zumba & Hydration</div> <div>5:00 🍫 BINGO</div> <div>5:30 ↔ Evening Cool Down Stretches</div>	<div>Ice Cream Cone Day 22</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Brain Games</div> <div>10:00 🍫 Hot Chocolate & Brain Games at The Bistro</div> <div>12:30 🍫 Lanai Time</div> <div>1:30 ⚡ Best Friend Activity of The Week w/ Mini Ice Cream Cones</div> <div>2:00 🍫 Watercolors & Puzzle Packs</div> <div>3:00 🍫 Afternoon Exercises & Hydration</div> <div>5:00 🍫 BINGO</div> <div>5:30 ↔ Evening Cool Down Stretches</div>	<div>Family Health & Fitness Day 23</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Best Ways to Stay Active</div> <div>10:00 ↔ Balloon Volleyball & Pictionary</div> <div>12:30 🍫 Lanai Time</div> <div>2:00 🎵 Musical Performance by The Wahiawa SDA Church Group: 2nd Floor</div> <div>3:15 ⚡ BINGO</div>
<div>Energize Day 24</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Brain Games</div> <div>10:00 📷 Paper Collage Making</div> <div>12:30 🍫 Lanai Time</div> <div>1:30 ↔ Chair Zumba & Hydration</div> <div>2:00 ⚡ Educational Documentaries</div> <div>3:00 🍫 BINGO</div>	<div>Comic Book Day 25</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Fun Facts About Comic Books</div> <div>10:00 🍫 Ageless Yoga w/ Karen: 2nd Floor</div> <div>12:30 🚗 3rd Flr. Van Ride: Waialua</div> <div>1:00 🍫 Tissue Paper Art</div> <div>2:00 🚗 Charades & Name That! YouTube Edition</div> <div>3:00 ↔ Chair Zumba & Hydration</div> <div>5:00 🍫 BINGO</div> <div>5:30 ↔ Evening Cool Down Stretches</div>	<div>Pancake Day 26</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Wackiest Things Made w/ Pancakes</div> <div>9:30 🍫 Hot Chocolate & Talk Story at The Bistro</div> <div>10:15 🍫 Japanese Sing Along</div> <div>12:30 🍫 Bubble Time & Garden Club in The Lanai</div> <div>1:30 📷 Arts & Crafts: Wacky Acorn Man Making</div> <div>2:30 ⚡ Who Is It? & Hangman</div> <div>3:00 ↔ Chair Zumba & Hydration</div> <div>5:00 🍫 BINGO</div> <div>5:30 ↔ Evening Cool Down Stretches</div>	<div>Corned Beef Hash Day 27</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Brain Games</div> <div>10:00 🎵 Musical Performance by The Olaloa Jammers: 2nd Floor</div> <div>12:30 🍫 Lanai Time</div> <div>1:30 🍫 Fun Film & Popcorn</div> <div>3:00 ↔ Chair Zumba & Hydration</div> <div>5:00 🍫 BINGO</div> <div>5:30 ↔ Evening Cool Down Stretches</div>	<div>Good Neighbor Day 28</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Amazing Acts from Good Neighbors</div> <div>9:30 🍫 Hot Chocolate & Talk Story at The Bistro</div> <div>10:00 📷 Tissue Paper Art</div> <div>12:30 🍫 Bubble Time & Garden Club in The Lanai Time</div> <div>2:00 ↔ Local Jamz w/ Dean Hirata: 2nd Floor</div> <div>2:30 🍫 Charades & Name That Tune</div> <div>3:00 ↔ Chair Zumba & Hydration</div> <div>5:00 🍫 BINGO</div> <div>5:30 ↔ Evening Cool Down Stretches</div>	<div>Coffee Day 29</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Fun Facts About Coffee</div> <div>10:00 🎵 Musical Performance by Gensen Rabacal: 2nd Floor</div> <div>12:30 🍫 Lanai Time</div> <div>1:30 ⚡ Best Friend Activity of The Week</div> <div>2:00 🍫 Watercolors & Puzzle Packs</div> <div>3:00 🍫 Afternoon Exercises & Hydration</div> <div>5:00 🍫 BINGO</div> <div>5:30 ↔ Evening Cool Down Stretches</div>	<div>Wear An Orange Shirt Day 30</div> <div>8:30 ↔ Ageless Fitness & Hydration</div> <div>9:15 ⚡ Current Events & Brain Games</div> <div>10:00 ↔ Balloon Volleyball & Pictionary</div> <div>12:30 🍫 Lanai Time</div> <div>1:30 📷 Arts & Crafts: Native American Geo Art</div> <div>2:30 ⚡ Trivia or Name Five</div> <div>3:15 ⚡ BINGO</div>