

November 2024

3rd Floor Monthly Activity Calendar



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

- Art
- Excursions
- Games
- Group Activity
- Learning Hour
- Medical
- Memory Game
- Physical
- Special Events

All Activities Are Subject to Change

"No one has ever become poor from giving."
— Maya Angelou

"No one has ever become poor from giving."
— Maya Angelou

Author's Day 1

- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Bison Day 2

- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Sandwich Day 3

- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Candy Day 4

- 7:00 MEDICAL RUNS - West Side
- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 1:30 Holoholo Ride - 2nd Floor
- 2:15 Holoholo Ride - 3rd Floor
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Stress Awareness Day 5

- 7:00 MEDICAL RUNS - Central (Pali Momi to Straub Town)
- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Nacho Day 6

- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 1:30 **PERFORMANCE - Singing with Johnny! [A]**
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Men Make Dinner Day 7

- 7:00 MEDICAL RUN - East Side
- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 2:00 ALL STAFF MEETING [A]
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Cappuccino Day 8

- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 1:45 Holoholo Ride - 2nd Floor
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:00 Holoholo Ride - 3rd Floor
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Scrapple Day 9

- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Forget - Me - Not Day 10

- 9:00 Current Events at The Plaza Moanalua
- 9:00 ZUMBA with Annette!
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Veterans Day 11

- 7:00 MEDICAL RUNS - West Side
- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 1:30 Holoholo Ride - 2nd Floor
- 2:15 Holoholo Ride - 3rd Floor
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Chicken Soup for the Soul Day 12

- 7:00 MEDICAL RUNS - Central (Pali Momi to Straub Town)
- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Seat Belt Day 13

- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 1:45 **PERFORMANCE - Roy Hamada! [A]**
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

DRESS UP: Pajamas! Family PJ Day 14

- 7:00 MEDICAL RUN - East Side
- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Raisin Bran Cereal Day 15

- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 1:45 Holoholo Ride - 2nd Floor
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:00 Holoholo Ride - 3rd Floor
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Button Day 16

- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Butter Day 17

- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Princess Day 18

- 7:00 MEDICAL RUNS - West Side
- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 1:30 Holoholo Ride - 2nd Floor
- 2:15 Holoholo Ride - 3rd Floor
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Play Monopoly Day 19

- 7:00 MEDICAL RUNS - Central (Pali Momi to Straub Town)
- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Child's Day 20

- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Gingerbread Cookie Day 21

- 7:00 MEDICAL RUN - East Side
- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:00 **PERFORMANCE - Wally Brown! [A]**
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Substitute Educators Day 22

- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 1:45 Holoholo Ride - 2nd Floor
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:00 Holoholo Ride - 3rd Floor
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Espresso Day 23

- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Sardines Day 24

- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 2:00 **PERFORMANCE - Birthday bash with Dean Hirata! [A]**
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Parfait Day 25

- 7:00 MEDICAL RUNS - West Side
- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 1:30 Holoholo Ride - 2nd Floor
- 2:15 Holoholo Ride - 3rd Floor
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Cake Day 26

DRESS UP: Twin with a Friend!

- 7:00 MEDICAL RUNS - Central (Pali Momi to Straub Town)
- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 2:00 **BEST FRIENDSGIVING - Residents & Staff [A]**
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Craft Jerky Day 27

- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Thanksgiving! 28

- 7:00 MEDICAL RUN - East Side
- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Native American Heritage Day 29

- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 1:45 Holoholo Ride - 2nd Floor
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:00 Holoholo Ride - 3rd Floor
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER

Small Business Saturday 30

- 9:00 Morning Exercise & Hydration
- 9:30 Current Events at The Plaza Moanalua
- 10:00 Outdoor Stroll
- 10:25 COGNIFIT!
- 11:30 LUNCH
- 12:30 Sing Along!
- 1:30 ARTS & CRAFTS
- 2:25 HALIA OLYMPICS & HYDRATION
- 3:00 FRESH AIR FRIENZY (Outdoor Stroll)
- 3:25 CREATIVE HOUR & BUSY BRAIN
- 4:30 DINNER