


September 2022

3rd Floor Monthly Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>All activities are subject to change.</p>	<p>Van Departures-- Please meet in the lobby 15 minutes prior to all van departures.</p>	<p>All Activities Will Be Located In The Main Activity Room Unless Otherwise Noted.</p>	<p>National Chicken Boy's Day 1</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Game - Charades 11:15 Wash Up & Clean 11:30 Lunch 12:30 3rd Floor Halia Holoholo Ride 12:45 Color By Numbers 1:00 Seated Zumba 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Arts & Crafts - Handprint Chicken Craft 3:00 Sing Along Serenading 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>National College Colors Dress-Up Day 2</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Trivia - Words that Start with 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Sing Along Serenading 3:00 BINGO 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>National Tailgating Day 3</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Trivia - Jeopardy 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Creative Coloring 3:00 Matinee Movie 3:00 Plaza Puzzle Packs 4:00 Wash Up & Clean 4:30 Dinner 5:15 Football: Hawaii vs Western Kentucky</p>	
<p>National Wildlife Day 4</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Game - Balloon Volleyball 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba 1:30 Water Break & Cool Down 2:00 Arts & Crafts - Under the Sea 3:00 Sing Along Serenading 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>National Labor Day 5</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:00 Performance - Bill Mele Mai 10:30 Water Break & Cool Down 10:45 Trivia - Aloha Trivia 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Game - Wheel of Fortune 3:00 Movie Matinee 3:00 Plaza Puzzle Packs 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>National Coffee Ice Cream Day 6</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Classical Music & Color Therapy 11:15 Wash Up & Clean 11:30 Lunch 1:00 3rd Floor Halia Holoholo Ride 1:00 Game - Scattergories 1:30 Seated Zumba 2:00 Water Break & Cool Down 2:10 Arts & Crafts - Yarn Ice Cream Cone 3:10 Game - Bocce Ball 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>National Beer Lover's Day 7</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Trivia - Jeopardy 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Beautiful You Nail Painting 3:00 BINGO 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>National School Picture Day 8</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Game - Charades 11:15 Wash Up & Clean 11:30 Lunch 12:30 3rd Floor Halia Holoholo Ride 12:45 Color By Numbers 1:00 Seated Zumba 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Arts & Crafts - Picture Frame 3:00 Sing Along Serenading 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>National Teddy Bear Day 9</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Trivia - Family Feud 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Sing Along Serenading 3:00 BINGO 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>National Swap Ideas Day 10</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Trivia - Jeopardy 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Creative Coloring 3:00 Movie Matinee 3:00 Plaza Puzzle Packs 4:00 Wash Up & Clean 4:30 Dinner</p>
<p>Happy Grandparent's Day! 11</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Trivia - Jeopardy 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Arts & Crafts - Plaza Picasso Painting 3:00 Sing Along Serenading 3:00 Zumba Gold with Annette 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>Assisted Living Week Dress-Up Day: Pajama Day 12</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Game - Family Feud 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Trivia - Aloha Trivia 3:00 Movie Matinee 3:00 Plaza Puzzle Packs 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>Assisted Living Week Dress-Up Day: Tacky Tourist Tuesday 13</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Classical Music & Color Therapy 11:15 Wash Up & Clean 11:30 Lunch 1:00 3rd Floor Halia Holoholo Ride 1:00 Game - Wheel of Fortune 1:30 Seated Zumba 2:00 Performance - Hank the Singing Dutchman 2:00 Water Break & Cool Down 2:10 Arts & Crafts - Paper Flower Wreath 3:10 Game - Famous Faces 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>Assisted Living Week Dress-Up Day: Sports Jersey Day 14</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Anyone can draw! 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Arts & Crafts - Watermelon Paper Craft 3:00 BINGO 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>Assisted Living Week Dress-Up Day: Throwback Thursday 15</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Game - Corn Hole 11:15 Wash Up & Clean 11:30 Lunch 12:30 3rd Floor Halia Holoholo Ride 12:45 Color By Numbers 1:00 Seated Zumba 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Trivia - Animal Kingdom Trivia 3:00 Sing Along Serenading 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>Assisted Living Week Dress-Up Day: Community Colors Day - MOA Blue 16</p> <p>9:15 Morning Stroll 10:00 Hula Performance with Dean Hirata 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Game - Famous Faces 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Trivia - Animal Kingdom Trivia 3:00 Sing Along Serenading 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>National Dance Day 17</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Trivia - Aloha Trivia 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Craft - Creative Coloring 3:00 Movie Matinee 3:00 Plaza Puzzle Packs 4:00 Wash Up & Clean 4:30 Dinner 5:15 Football: Hawaii vs Duquesne</p>
<p>National Cheeseburger Day 18</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Game - Wheel of Fortune 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Arts & Crafts - Popsicle Stick Hamburger 3:00 Sing Along Serenading 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>National Talk Like A Pirate Day 19</p> <p>9:15 Morning Stroll 10:00 Grace Point Ukulele Performance 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Trivia - Name that Landmark 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Game - Hangman 3:00 Movie Matinee 3:00 Plaza Puzzle Packs 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>National Fried Rice Day 20</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Classical Music & Color Therapy 11:15 Wash Up & Clean 11:30 Lunch 1:00 3rd Floor Halia Holoholo Ride 1:00 Game - Jenga 1:30 Seated Zumba 2:00 Water Break & Cool Down 2:10 Arts & Crafts - Vegetable Basket Paper Craft 3:10 Game - Bean Bag Toss 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>National Chai Day 21</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Trivia - Jeopardy 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Arts & Crafts - You are LOVED 3:00 BINGO 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>National Centenarian's Day 22</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:00 Performance - Bill Mele Mai 10:30 Water Break & Cool Down 10:45 Game - Charades 11:15 Wash Up & Clean 11:30 Lunch 12:30 3rd Floor Halia Holoholo Ride 12:45 Color By Numbers 1:00 Seated Zumba 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Arts and Crafts - Card Making 3:00 Sing Along Serenading 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>National Snack Stick Day 23</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Game - Scattergories 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Game - Target Toss 2:00 September Birthday Bash with Dean Hirata! 3:00 BINGO 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>National Cherries Jubilee Day 24</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Trivia - Aloha Trivia 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Game - UNO 3:00 Movie Matinee 3:00 Plaza Word Puzzle Packs 4:00 Wash Up & Clean 4:30 Dinner</p>
<p>National Quesadilla Day 25</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Trivia - Jeopardy 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Arts & Crafts - Tissue Paper Rainbow 3:00 Sing Along Serenading 3:00 Zumba Gold with Annette 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>National Dumpling Day 26</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Trivia - Aloha Trivia 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Game - Family Feud 3:00 Movie Matinee 3:00 Plaza Puzzle Packs 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>National Corned Beef Hash Day 27</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Classical Music & Color Therapy 11:15 Wash Up & Clean 11:30 Lunch 1:00 3rd Floor Halia Holoholo Ride 1:00 Game - Wheel of Fortune 1:00 Meet & Greet Garner Shimizu 1:30 Seated Zumba 2:00 Water Break & Cool Down 2:10 Arts & Crafts - Plaza Picasso Painting 3:10 Game - Target Toss 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>National Strawberry Cream Pie Day 28</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Game - Famous Faces 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Arts & Crafts - Strawberry Craft with Strawberry Shortcake Dessert 3:00 BINGO 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>National Coffee Day 29</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Game - Jenga 11:15 Wash Up & Clean 11:30 Lunch 12:30 3rd Floor Halia Holoholo Ride 12:45 Color By Numbers 1:00 Seated Zumba 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Arts & Crafts - Coffee Filter Butterflies 3:00 Sing Along Serenading 4:00 Wash Up & Clean 4:30 Dinner</p>	<p>National Orange Shirt Dress-Up Day 30</p> <p>9:15 Morning Stroll 10:00 Morning Exercise 10:30 Water Break & Cool Down 10:45 Anyone can draw! 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi 1:30 Water Break & Cool Down 1:40 Walker Wipe Down & Sanitizing 2:00 Arts & Crafts - Carrot Yarn 3:00 BINGO 4:00 Wash Up & Clean 4:30 Dinner</p>	