

NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>HAPPY Thanksgiving</p>			<p>1. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Bingo (A) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Craft: Burlap Turkey Lollipops (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with Pastor John Vaughn (MR) National Cinnamon Day</p>	<p>2. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Legacy Group (A) 1:00 - Holoholo: Fujiya Mochi (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Kristia (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) National Deviled Egg Day</p>	<p>3. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Bingo (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Happy Hour at The Media (MR) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Jersey Day</p>	<p>4. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Ukulele Performance w/Jackie (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Waipahu Strummers & Hummers (A) 3:00 - Fuzion Fitness Seated Zumba (MR) 3:00 - I Should've Known That Trivia Game (A) National Candy Day</p>
<p>5. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi (A) 12:45 - Scenic: Tantalus (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Sunday Matinee Movie (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Watercolor Art (A) National Donut Day</p>	<p>6. 8:15 - Exercise (A) 9:00 - Shopping: Seafood City Waipahu (U) 9:05 - Exercise (A) 10:00 - Bingo (A) 11:30 - Scenic: Tantalus (S) 1:00 - Word Search Hour (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Korean Drama (MR) 2:00 - Bracelet Beading (A) 3:00 - Hanafuda (A) 3:00 - Matinee: Swat S1 Ep 1 (MR) 3:30 - Guess in 10 Trivia Game (A) National Nachos Day</p>	<p>7. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Resident Council (A) 10:20 - Nickel Bingo (A) 1:00 - Hidden Pictures (GR) 2:00 - Pet Therapy with Lii Lii (A) 2:00 - Japanese Drama Show (MR) 3:00 - Seated Whole Body Exercise (MR) National Bittersweet Chocolate Day</p>	<p>8. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Body & Brain Yoga with Karen (A) 11:00 - Kau Kau Club: Golden Coin (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Craft: Oreo Turkey Pops (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with Pastor John Vaughn (MR) National Cappuccino Day</p>	<p>9. 8:15 - Exercise (MR) 9:05 - Exercise (MR) 9:30 - Karaoke Gang (A) 1:00 - Holoholo: Wholesale Unlimited (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Kristia (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) National Louisiana Day</p>	<p>10. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Music with Dean (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Wii: Bowling (MR) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Forget-Me-Not Day</p>	<p>11. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Hank the Singing Dutchman (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Strength and Balance Fuzion Fitness with Daniel (A) 3:00 - History Channel Trivia Game (A) Veteran's Day</p>
<p>12. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi (A) 12:45 - Scenic: Halawa (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Sunday Matinee Movie (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Watercolor Art (A) National Pizza with the Works Day</p>	<p>13. 8:15 - Exercise (MR) 9:00 - Shopping: Marukai (U) 9:05 - Exercise (MR) 10:00 - Crafting with Linda (A) 11:30 - Scenic: Halawa (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Korean Drama (MR) 2:00 - Bingo (A) 3:00 - Hanafuda (A) 3:00 - Matinee: Swat S1 Ep 2 (MR) 3:30 - American Trivia Game (A) World Kindness Day</p>	<p>14. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Hawaii Dance Bomb Silent Disco (A) 1:00 - Hidden Pictures (A) 2:00 - Pet Therapy with Lii Lii (A) 2:00 - Japanese Drama Show (MR) 2:30 - Tea Time Tuesday (A) 2:30 - Errand Run (U) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Hangman Word Game (A) National Family PJ Day</p>	<p>15. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Music with Mike Kahue (A) 11:00 - Kau Kau Club: Panda's Express (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Craft: Popcorn Candy Glove Turkeys 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with Pastor John Vaughn (MR) America Recycles Day</p>	<p>16. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Music with Dean (A) 1:00 - Holoholo: Leonard's Malasadas (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Kristia (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) National Button Day</p>	<p>17. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Bingo (A) 1:00 - Hidden Pictures (GR) 2:00 - Happy Hour at The Media (MR) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Baklava Day</p>	<p>18. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Hank the Singing Dutchman (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Fuzion Fitness Seated Zumba (MR) 2:00 - I Should've Know That Trivia Game (A) 3:00 - 7th Day Adventist Choir (A) Mickey Mouse Birthday</p>
<p>19. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi (A) 12:45 - Scenic: Waianae Coast (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Sunday Matinee Movie (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Watercolor Art (A) National Carbonated Beverage Day</p>	<p>20. 8:15 - Exercise (A) 9:00 - Shopping: Pacific Market Waipahu (U) 9:05 - Exercise (A) 10:00 - Bingo (A) 11:30 - Scenic: Waianae Coast (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Korean Drama (MR) 2:00 - Bracelet Beading (A) 3:00 - Hanafuda (A) 3:00 - Matinee: Swat S1 Ep 3 (MR) 3:30 - Guess in 10 Trivia Game (A) National Peanut Butter Fudge Day</p>	<p>21. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Piano Performance with Roy (A) 1:00 - Hidden Pictures (A) 2:00 - Pet Therapy with Lii Lii (A) 2:00 - Japanese Drama Show (MR) 2:30 - Tea Time Tuesday (A) 2:30 - Errand Run (U) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Old Wives Tale Trivia Game (A) National Gingerbread Cookie Day</p>	<p>22. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Bingo (A) 11:00 - Kau Kau Club: Pearlridge Food Court (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Craft: Pumpkin Pie Plate Banner (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with Pastor John Vaughn (MR) National Jukebox Day</p>	<p>23. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Thanksgiving Bingo (A) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Craft: Accordion Fold Turkey (A) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) Thanksgiving Day</p>	<p>24. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Inspirational Music with Wally (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Wii: Bowling (MR) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) Maize Day</p>	<p>25. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Ukulele Performance w/Jackie (A) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Ukulele Performance w/ Terry (A) 3:00 - New Horizon Chair Exercises (MR) 3:00 - History Channel Trivia Game (A) National Parfait Day</p>
<p>26. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 12:45 - Scenic: Valley of the Temples (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Sunday Matinee Movie (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Watercolor Art (A) National Cake Day</p>	<p>27. 8:15 - Exercise (A) 9:00 - Shopping: Target Salt Lake (U) 9:05 - Exercise (A) 10:00 - Bingo (A) 11:30 - Scenic: Valley of the Temples (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Korean Drama (MR) 2:00 - Bracelet Beading (A) 3:00 - Hanafuda (A) 3:00 - Matinee: Swat S1 Ep 4 (MR) 3:30 - American Trivia Game (A) National Bavarian Day</p>	<p>28. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Body & Brain Tai Chi with Karen (A) 1:00 - Hidden Pictures (A) 2:00 - Pet Therapy with Lii Lii (A) 2:00 - Japanese Drama Show (MR) 2:30 - Tea Time Tuesday (A) 2:30 - Errand Run (U) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Hangman Word Game (A) National Day of Giving</p>	<p>29. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Bingo (A) 11:00 - Kau Kau Club: Five Guys Burgers (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Craft: Mini Flowerpot Scarecrow (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with Pastor John Vaughn (MR) National Electronic Greetings Day</p>	<p>30. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 1:00 - Holoholo: Dipped by Dee Snacks (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Kristia (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) National Mason Jar Day</p>	<p>Van Departures Please meet in the lobby 15 minutes prior to all van departures.</p>	<p>KEY A – Activity Room MR – Media Room GR – Game Room FD – Front Desk S – Supervised U – Unsupervised</p>