## NOVEMBER 2025

	SALAN ELECTRICAL SECTION OF THE SECT		MANUAL STREET			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Van Departures	KEY	100				1. 8:15 - Seated Strength Exercise A (A)
	A - Activity Room					9:00 - Hydration Recharge (A)
Please meet in				A Da		9:05 - Seated Strength Exercise A (A)
	MR – Media Room	6	H	(PDV A		9:50 - Hydration Recharge (A)
the lobby 15	<b>3</b> <sup>rd</sup> – Third Floor			HIFY DE	The Application of the Control of th	
	<b>GR</b> - Game Room		nacken.			10:00 - Nickel Bingo (A)
	FD - Front Desk		MINIA		1886	1:00 - Guided Meditation (MR)
minutes prior				VIICE		1:00 - Creative Coloring (GR)
	<b>B</b> – Bistro		4		MAL	1:30 - Aromatherapy Hand Massage (A)
to all van	<b>S</b> – Supervised					2:00 - Zumba with Annette (A)
	<b>U</b> – Unsupervised			50		3:00 - Turkey Tickler Jokes (A)
departures						3:30 - Hanafuda (A)
departures.						National Cinnamon Day
2.	3.	4.	5.	6.	7.	8.
8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A)	8:15 - Circuit Training A (3rd)	8:15 - Circuit Training B (3rd)	8:15 - Seated Strength Exercise B (A)	8:15 - Circuit Training A (3rd)	8:15 - Circuit Training B (3rd)	8:15 - Seated Strength Exercise A (A)
9:05 - Seated Strength Exercise A (A)	9:00 - Hydration Recharge (3rd) 9:00 - Shopping: Nijiya Market (U)	9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd)	9:00 - Hydration Recharge (A)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (A)
9:50 - Hydration Recharge (A)	9:05 - Circuit Training A (3rd)	9:50 - Hydration Recharge (3rd)	9:05 - Seated Strength Exercise B (A)	9:05 - Circuit Training A (3rd)	9:05 - Circuit Training B (3rd)	9:05 - Seated Strength Exercise A (A)
10:00 - Nickel Bingo (A)  11:00 - Pet Therapy with Chibi and	9:50 - Hydration Recharge (3rd)	10:15 - Resident Council (A)	9:50 - Hydration Recharge (A)	9:50 - Hydration Recharge (3rd)	9:50 - Hydration Recharge (3rd)	9:50 - Hydration Recharge (A)
Wicket (A)	10:00 - Seated Strength Exercise B (A)	10:30 - Nickel Bingo (A)	10:00 - Bingo (A)	9:30 - Karaoke Gang (A)	7.50 - Hydrafion Recharge (5rd)	10:00 - Activities with Grace and
11:00 - Word of Life Christian Online	11:45 - Scenic: Waimea Bay (S)	11:00 - Bible Study with Gene and	11:15 - Kau Kau Club: Elena's Waipahu (S)	1:00 - Holoholo: Fujiya Mochi (U)	10:00 - Music with Michael (A)	Friends (A)
Service (MR) 12:45 - Scenic: Walmea Bay (S)	1:00 - Word Search Hour (GR)	Laurent (MR)	1:00 - Creative Coloring (A)	1:00 - Word Search Hour (GR)	1:00 - Hidden Pictures (GR)	1:00 - Guided Meditation (MR)
1:00 - Hidden Pictures (A)	1:30 - Aromatherapy Hand Massage (GR)	1:00 - Hidden Pictures (A)	1:30 - Aromatherapy Hand Massage (A)	1:30 - Aromatherapy Hand Massage (GR)	1:30 - Aromatherapy Hand Massage (GR)	1:00 - Creative Coloring (GR)
1:30 - Aromatherapy Hand Massage (A)	2:00 - Men's Club with Bryan (MR)	1:30 - Aromatherapy Hand Massage (A)	2:00 - Craft: Turkey Door Handle Decor (A)	2:00 - Nickel Bingo (A)	2:00 Friday Matinga Mayie (MP)	1:30 - Aromatherapy Hand Massage (GR)
2:00 - Documentary: Human Ep 1 (MR) 2:00 - Plaza Casino: Blackjack (A)	2:00 - Bracelet Beading (A)	2:00 - Plaza Casino: Blackjack (A)	3:00 - Gorgeous Grams Nail Painting (A)	2:30 - Errand Run (U)	2:00 - Friday Matinee Movie (MR)	2:00 - Strength and Balance Fuzion
2:30 - Errand Run (U)	3:00 - Bingo (A) 3:00 - Korean Drama (MR)	2:30 - Errand Run (U) 3:00 - Tea Time Tuesday (A)	3:00 - Praise and Bible Study with First	3:00 - Chair Yoga Dance Exercise (MR)	3:00 - Brain Buster Puzzle Packs (FD)	Fitness with Daniel (A)
3:00 - Jenga (A)	3:00 - Hangman Word Game (A)	3:30 - Mindful Nature Walk (L)	Baptist Pearl City Church (MR)	3:00 - Residents Choir Practice (B)	7:00 - Friday Night Social with Mike (B)	3:00 - Nickel Bingo (A)
3:30 - Hanafuda(A)  National Deviled Egg Day	National Sandwich Day	National Candy Day	National Donut Day	National Saxophone Day	National Jersey Friday	National Cappuccino Day
9.	10.	11.	12.	13.	14.	15.
8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A)	8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd)	8:15 - Circuit Training B (3rd)	8:15 - Seafed Strength Exercise B (A)	8:15 - Circuit Training A (3rd)	8:15 - Circuit Training B (3rd)	8:15 - Seated Strength Exercise A (A)
9:05 - Seated Strength Exercise A (A)	9:00 - Shopping: Daiso (U)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (A)	9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (A)
9:50 - Hydration Recharge (A)	9:05 - Circuit Training A (3rd)	9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd)	9:05 - Seated Strength Exercise B (A)	9:50 - Hydration Recharge (3rd)	9:05 - Circuit Training B (3rd)	9:05 - Seated Strength Exercise A (A)
10:00 - Music With Dean (A)	9:50 - Hydration Recharge (3rd)	10:00 - Hawaii Dance Bomb Silent Disco (A)	9:50 - Hydration Recharge (A)	10:00 - Legacy Group (A)	9:50 - Hydration Recharge (3rd)	9:50 - Hydration Recharge (A)
11:00 - Word of Life Christian Online	10:00 - Craffing with Linda (A)	11:00 - Bible Study with Gene and	10:00 - Bingo (A)	1:00 - Holoholo: Hula Boba (U)	10:00 – Seated Strength Exercise B (A)	10:00 - Zumba with Annette (A)
Service (MR) 12:45 - Scenic: Makapu'u (S)	11:45 - Scenic: Makapu'u (S)	Laurent (MR)	11:15 - Kau Kau Club: Grand Chinese PC (\$)	1:00 - Word Search Hour (A)	1:00 - Hidden Pictures (GR)	1:00 - Guided Meditation (MR)
1:00 - Hidden Pictures (GR)	1:00 - Word Search Hour (A)	1:00 - Hidden Pictures (A)	1:00 - Creative Coloring (A)	1:30 - Aromatherapy Hand Massage (A)	1:30 - Aromatherapy Hand Massage (GR)	1:00 - Creative Coloring (GR)
1:30 - Aromatherapy Hand Massage (GR)	1:30 - Aromatherapy Hand Massage (A)	1:30 - Aromatherapy Hand Massage (A)	1:30 - Aromatherapy Hand Massage (A)	2:00 - Crafting with Kristia (A)		1:30 - Aromatherapy Hand Massage (GR)
2:00 - Documentary: Human Ep 2(MR)	2:00 - Men's Club with Bryan (MR)	2:00 - Plaza Casino: Blackjack (A)	2:00 - Birthday Card Creation Club (A)	2:30 - Errand Run (U)	2:00 - Bingo (A)	2:00 - Nickel Bingo (A)
2:00 - Plaza Casino: Blackjack (A)	2:00 - Bracelet Beading (A) 3:00 - Bingo (A)	2:30 - Errand Run (U)	3:00 - Gorgeous Grams Nail Painting (A)	3:00 - Chair Yoga Dance Exercise (MR)	3:00 - Brain Buster Puzzle Packs (FD)	3:00 - New Horizon Chair Exercises (MR)
2:30 - Errand Run (U) 3:00 - Suspend Game (A)	3:00 - Korean Drama (MR)	3:00 - Tea Time Tuesday (A)	3:00 - Praise and Bible Study with First	3:00 - Residents Choir Practice (B)	3:00 - Plaza Casino: Blackjack (A)	3:00 - 7th Day Adventist Choir (A)
3:30 - Hanafuda (A)	3:30 - Guess in 10 Trivia Game (A)	3:30 - Mindful Nature Walk (L)	Baptist Pearl City Church (MR)	3:30 - Creamsicles (B)	7:00 - Friday Night Social with Mike (B)	3:30 - Hanafuda (A)
National Louisiana Day	National Vanilla Cupcake Day	Veteran's Day	National Pizza Day	National Indian Pudding Day	National Family PJ Day	National Bundt Cake Day
National Louisiana Day		Veteran's Day		National Indian Pudding Day	National Family PJ Day	

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01 10	art Giny				MILLING	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16. 8:15 - Seated Strength Exercise A (A)	17. 8:15 - Circuit Training A (3rd)	18. 8:15 - Circuit Training B (3rd)	19. 8:15 - Seated Strength Exercise B (A)	20. 8:15 - Circuit Training A (3rd)	21. 8:15 - Circuit Training B (3rd)	22. 8:15 - Seated Strength Exercise A (A)
9:00 - Hydration Recharge (A)	9:00 - Hydration Recharge (3rd)			9:00 - Hydration Recharge (3rd)		
9:05 - Seated Strength Exercise A (A)	9:00 - Shopping: Marukai (U)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (A)		9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (A)
9:50 - Hydration Recharge (A)		9:05 - Circuit Training B (3rd)	9:05 - Seated Strength Exercise B (MR)	9:05 - Circuit Training A (3rd)	9:05 - Circuit Training B (3rd)	9:05 - Seated Strength Exercise A (A)
10:00 - Plaza Casino: Blackjack (MR)	9:05 - Circuit Training A (3rd)	9:50 - Hydration Recharge (3rd)	9:50 - Hydration Recharge (MR)	9:50 - Hydration Recharge (3rd)	9:50 - Hydration Recharge (3rd)	9:50 - Hydration Recharge (A)
11:00 - Pet Therapy with Chibi and	9:50 - Hydration Recharge (3rd)	10:00 - Music with Glenna (A)	10:00 - Music with Mike Kahue (A)	10:00 - Mellow Friends Karaoke Group (A)	10:00 - Seated Strength Exercise B (A)	10:00 - Nickel Bingo (A)
Wicket (A) 11:00 - Word of Life Christian Online	10:00 - Body & Brain Tai Chi w/Karen (A)	11:00 - Bible Study with Gene and	10:00 - Birthday Bash (A)	10:50 - Japanese Speaking Bible Study	1:00 - Hidden Pictures (GR)	1:00 - Guided Meditation (MR)
Service (MR)	11:45 - Scenic: Chinatown (S)	Laurent (MR)	11:15 - Kau Kau Club: Catania Ristorante (S)	with Keiko (B)		
12:45 - Scenic: Chinatown (S)	1:00 - Word Search Hour (GR)	1:00 - Hidden Pictures (A)	1:00 - Creative Coloring (A)	1:00 - Holoholo: Wholesale Unlimited (U)	1:30 - Aromatherapy Hand Massage (GR)	1:00 - Creative Coloring (A)
1:00 - Hidden Pictures (GR)	1:30 - Aromatherapy Hand Massage (GR)	1:30 - Aromatherapy Hand Massage (A)	1:30 - Aromatherapy Hand Massage (A)	1:00 - Word Search Hour (A)	2:00 - Bingo (A)	1:30 - Aromatherapy Hand Massage (A)
1:30 - Aromatherapy Hand Massage (GR)	2:00 - Men's Club with Bryan (MR)	2:00 - Plaza Casino: Blackjack (A)	2:00 - Craft: Turkey Tail Tissue Art (A)	1:30 - Aromatherapy Hand Massage (A)	3:00 - Brain Buster Puzzle Packs (FD)	2:00 - PCHS HOSA Club Activities (A)
2:00 - Documentary: Human Ep 3 (MR) 2:00 - Nickel Bingo (A)	2:00 - Bracelet Beading (A)			2:00 - Crafting with Kristia (A)	3:00 - Ball Drumming Jazzercise with	3:00 - Fuzion Fitness Seated Zumba MR)
2:30 - Errand Run (U)	3:00 - Bingo (A)	2:30 - Errand Run (U)	3:00 - Gorgeous Grams Nail Painting (A)	2:30 - Errand Run (U)	Danicah (MR)	3:00 - 500 Trivia Questions Game (A)
3:00 - Mini Golf (A)	3:00 - Korean Drama (MR)	3:00 - Tea Time Tuesday (A)	3:00 - Praise and Bible Study with First	3:00 - Chair Yoga Dance Exercise (MR)		
3:30 - Hanafuda (A)	3:30 - Old Wives Tale Trivia Game (A)	3:30 - Mindful Nature Walk (L)	Baptist Pearl City Church (MR)	3:00 - Residents Choir Practice (B)	7:00 - Friday Night Social with Mike (B)	3:30 - Hanafuda (A)
National Button Day	National Take A Hike Day	National Mickey Mouse Day	National Carbonated Beverage Day	National Peanut Butter Fudge Day	National Stuffing Day	National Cranberry Day
23. 8:15 - Seated Strength Exercise A (A)	24. 8:15 - Circuit Training A (3rd)	25. 8:15 - Circuit Training B (3 <sup>rd</sup> )	26. 8:15 - Seated Strength Exercise B (A)	27. 8:15 - Circuit Training A (3rd)	28. 8:15 - Circuit Training B (3rd)	8:15 - Seated Strength Exercise A (A)
9:00 - Hydration Recharge (A)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (A)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (A)
9:05 - Seated Strength Exercise A (A)	9:00 - Shopping: Kapolei Village Center (U)	9:05 - Circuit Training B (3rd)	9:05 - Seated Strength Exercise B (MR)	7.50 - Hydralion Recharge (dra)	9:05 - Circuit Training B (3rd)	9:05 - Seated Strength Exercise A (A)
9:50 - Hydration Recharge (A)  10:00 - Music with Dean (A)	9:05 - Circuit Training A (3rd)	9:50 - Hydration Recharge (3rd)	7	9:05 - Circuit Training A (3rd)		9:50 - Hydration Recharge (A)
11:00 - Pet Therapy with Chibi and	9:50 - Hydration Recharge (3rd)	10:00 - Music with Pono (A)	9:50 - Hydration Recharge (MR)	9:50 - Hydration Recharge (3rd)	9:50 - Hydration Recharge (3rd)	10:00 - Nickel Bingo (A)
Wicket (A)	10:00 - Seated Strength Exercise B (A)		10:00 - Hank the Singing Dutchman (A)		10:00 - Inspirational Music with Wally (A)	
11:00 - Word of Life Christian Online	11:45 - Scenic: Ho'omaluhia (S)	11:00 - Bible Study with Gene and	11:15 - Kau Kau Club: Alea Bowl (\$)	10:00 - Seated Strength Exercise A (A)	1:00 - Hidden Pictures (GR)	1:00 - Guided Meditation (MR)
Service (MR)	1:00 - Word Search Hour (A)	Laurent (MR)	1:00 - Creative Coloring (A)	1:00 - Word Search Hour (A)	1:30 - Aromatherapy Hand Massage (GR)	1:00 - Creative Coloring (A)
12:45 - Scenic: Ho'omaluhia (S) 1:00 - Hidden Pictures (GR)	1:30 - Aromatherapy Hand Massage (A)	1:00 - Hidden Pictures (A)	1:30 - Aromatherapy Hand Massage (A)		2:00 - Bingo (A)	1:30 - Aromatherapy Hand Massage (A)
1:30 - Aromatherapy Hand Massage (GR)	2:00 - Men's Club with Bryan (MR)	1:30 - Aromatherapy Hand Massage (A)		1:30 - Aromatherapy Hand Massage (A)		2:00 - Gorgeous Grams Nail Polish (A)
2:00 - Documentary: Human Ep 4 (MR)	2:00 - Bracelet Beading (A)	2:00 - Plaza Casino: Blackjack (A)	2:00 - Birthday Card Creation Club (A)	2:00 - Thanksgiving Bingo (A)	3:00 - Brain Buster Puzzle Packs (FD)	2:30 - Turkey Trivia
2:00 - Plaza Casino: Blackjack (A)	3:00 - Bingo(A)	2:30 - Errand Run (U)	3:00 - Gorgeous Grams Nail Painting (A)	3:00 - Chair Yoga Dance Exercise (MR)	3:00 - Ball Drumming Jazzercise with	3:00 - Fuzion Fitness Seated Zumba (MR)
2:30 - Errand Run (U)	3:00 - Korean Drama (MR)	3:00 - Tea Time Tuesday (A)	3:00 - Praise and Bible Study with First	5.50 Grain roga barree Excresse (MIK)	Danicah (MR)	3:00 - History Channel Trivia Game (A)
3:00 - Go Fish Card Game (A)	3:30 - I Should've Known That Trivia Game (A)	3:30 - Mindful Nature Walk (L)	Baptist Pearl City Church (MR)	3:00 - Residents Choir Practice (B)	7:00 - Friday Night Social with Mike (B)	3:30 - Hanafuda (A)
3:30 - Hanafuda (A)  National Espresso Day	National Unique Talent Day	National Parfait Day	National Jukebox Day	Thanksgiving	Black Friday	National Chocolates Day
30. 8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A)		A A				
9:05 - Seated Strength Exercise A (A)					W.	
9:50 - Hydration Recharge (A)			1 1 1 1 1 1 A		NO SOLIE	
10:00 - Nickel Bingo (A)					The state of the s	W WIND COMPANY
11:00 - Pet Therapy with Chibi and		C B R E P	The second second			
Wicket (A)						
11:00 - Word of Life Christian Online				S		
Service (MR)				2 + 1		
1:00 - Hidden Pictures (A)				15		
1:30 - Aromatherapy Hand Massage (A)	8,0					
2:00 - Documentary: Human Ep 5 (MR)	any lossy	7000				
2:00 - Plaza Casino: Blackjack (A)						
3:00 - Swatter Balloon Volleyball (A)						
3:30 - Hanafuda (A)						
National Mississippi Day			No. of the last of			

We hope you will join us for these activities! Please speak with your activities assistant or the Activity Director if you have suggestions, comments, or questions about activities. Please note that all activities and times are subject to change.