

OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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 B – Bistro S – Supervised U – Unsupervised</p>	<p>1. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Resident Council (A) 10:20 - Nickel Bingo (A) 11:00 - Bible Study with Gene and Laurent (MR) 1:00 - Hidden Pictures (A) 2:00 - Japanese Drama Show (MR) 2:00 - Witches Brew Tea Time Tuesday (A) 2:30 - Outdoor Stroll Walking Club (A) 2:30 - Errand Run (U) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Who Knows Geography Better Game (A) 3:30 - Hanafuda (A) National Homemade Cookies Day</p>	<p>2. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Hawaii Dance Bomb Silent Disco (A) 11:15 - Kau Kau Club: Fresh Catch (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Craft: Tissue Paper Witch Wreath (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Name Your Car Day</p>	<p>3. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Senior Moments (A) 1:00 - Holoholo: Nanding's Bakery (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 Tech Day</p>	<p>4. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Bingo (A) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Plaza Casino: Blackjack (A) 3:00 - Halloween Hangman Word Game (A) 3:00 - Brain Buster Puzzle Packs (FD) National Cinnamon Day</p>	<p>5. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 10:00 - Resident Beauty Pageant (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Zumba with Annette (A) 2:00 - UH Football at San Diego (MR) 3:00 - 500 Trivia Questions Game (A) 3:30 - Hanafuda (A) National Rhode Island Day</p>
<p>6. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi and Wicket (A) 11:00 - Word of Life Christian Online Service (MR) 12:45 - Scenic: Haleiwa Town (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Documentary: Mysteries of the Terracotta Warriors (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Wii: The Price is Right (MR) National Noodle Day</p>	<p>7. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:00 - Shopping: Safeway Waikole (U) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Bingo (A) 11:45 - Scenic: Haleiwa Town (S) 1:00 - Word Search Hour (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Korean Drama (MR) 2:00 - Hidden Pictures (GR) 3:00 - Book Club Reading with CeCe (A) 3:00 - Movie: Halloween (MR) 3:30 - Old Wives Tale Game (A) National Frappe Day</p>	<p>8. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 11:00 - Bible Study with Gene and Laurent (MR) 1:00 - Hidden Pictures (A) 2:00 - Japanese Drama Show (MR) 2:00 - Witches Brew Tea Time Tuesday (A) 2:30 - Outdoor Stroll Walking Club (A) 2:30 - Errand Run (U) 3:00 - Seated Whole Body Exercise (MR) 3:00 - OK Boomer Trivia Game (A) 3:30 - Hanafuda (A) National Hero Day</p>	<p>9. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Bingo (A) 11:15 - Kau Kau Club: Newtown Korean BBQ (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - "Small Kine" Air Force Band (A) 3:00 - Gorgeous Grams Nail Painting (GR) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) Columbus Day</p>	<p>10. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 9:30 - Karaoke Gang (A) 1:00 - Holoholo: Brug Bakery (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 Handbag Day</p>	<p>11. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Music with Michael (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Cooking Corner: Ghostly Cold Naan Pizza (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Bingo (A) National Sausage Pizza Day</p>	<p>12. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Chester & Henry Music Performance (A) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Strength and Balance Fuzion Fitness with Daniel (A) 3:00 - Hangman Word Game (A) 3:30 - Hanafuda (A) 5:00 - UH Football vs. Boise State (MR) National Farmer's Day</p>
<p>13. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi and Wicket (A) 11:00 - Word of Life Christian Online Service (MR) 12:45 - Scenic: Aloha Tower (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Documentary: Unknown The Lost Pyramids (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Wii: Sports (MR) National U.S. Navy Birthday</p>	<p>14. 8:15 - Exercise (MR) 9:00 - Hydration Recharge (MR) 9:00 - Shopping: Marukai (U) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Crafting with Linda (A) 11:45 - Scenic: Aloha Tower (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 - Book Club Reading with CeCe (A) 3:00 - Movie: The Conjuring (MR) 3:30 - Guess in 10 Trivia Game (A) National Dessert Day</p>	<p>15. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Piano Performance with Roy (A) 11:00 - Bible Study with Gene and Laurent (MR) 1:00 - Hidden Pictures (A) 2:00 - Japanese Drama Show (MR) 2:00 - Dracula Cherry Soda Ice Cream Floats (A) 2:30 - Outdoor Stroll Walking Club (L) 2:30 - Errand Run (U) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Who Knows Geography Better Game (A) 3:30 - Hanafuda (A) National I Love Lucy Day</p>	<p>16. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Music with Mike Kahue (A) 11:15 - Kau Kau Club: Saito & Pho (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Edible: Pumpkin Patch Dirt Cups (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Sports Day</p>	<p>17. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Mellow Friends Karaoke Group (A) 10:50 - Japanese Speaking Bible Study with Keiko (B) 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 Pasta Day</p>	<p>18. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Performance with Glenna and Dave (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Bingo (MR) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Chocolate Cupcake Day</p>	<p>19. 8:15 - Exercise (MR) 9:00 - Hydration Recharge (MR) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - PCHS Spanish Club Halloween Activities (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Nickel Bingo (A) 3:00 - Fuzion Fitness Seated Zumba (MR) 3:00 - 7th Day Adventist Church Choir (A) 3:30 - Hangman Word Game (A) 4:00 - UH Football at Washington State (MR) National Kentucky Day</p>
<p>20. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Zumba with Annette (A) 11:00 - Pet Therapy with Chibi and Wicket (A) 11:00 - Word of Life Christian Online Service (MR) 12:45 - Scenic: Nanakuli Valley (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Documentary: Unknown Cave of Bones (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Wii: Wheel of Fortune (MR) National Chicken and Waffle Day</p>	<p>21. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:00 - Shopping: Target Salt Lake (U) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Body & Brain Yoga with Karen (A) 11:45 - Scenic: Nanakuli Valley (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 - Book Club Reading with CeCe (A) 3:00 - Movie: Child's Play (MR) 3:30 - I Should've Known That Trivia Game (A) National Pumpkin Day</p>	<p>22. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Paint For Your Soul w/Gwenaelle (A) 11:00 - Bible Study with Gene and Laurent (MR) 1:00 - Hidden Pictures (A) 2:00 - Japanese Drama Show (MR) 2:00 - Witches Brew Tea Time Tuesday (A) 2:30 - Outdoor Stroll Walking Club (L) 2:30 - Errand Run (U) 3:00 - Seated Whole Body Exercise (MR) 3:00 - OK Boomer Trivia Game (A) 3:30 - Hanafuda (A) National Color Day</p>	<p>23. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Bingo (A) 11:15 - Kau Kau Club: Olive Garden (S) 1:00 - Creative Coloring (MR) 1:30 - Aromatherapy Hand Massage (MR) 2:00 - Craft: BOO Door Banner (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Horror Movie Day</p>	<p>24. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Steptaculars (A) 1:00 - Holoholo: Crumbi Cookie Kapolei (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 Food Day</p>	<p>25. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Inspirational Music with Wally (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Bingo (MR) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Frankenstein Day</p>	<p>26. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Music with Michael (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Plaza Casino: Blackjack (A) 3:00 - New Horizon Chair Exercises (MR) 3:00 - Hangman Word Game (A) 3:30 - Hanafuda (A) 6:00 - UH Football vs. Nevada (MR) National Trick or Treat Day</p>
<p>27. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi and Wicket (A) 11:00 - Word of Life Christian Online Service (MR) 12:45 - Scenic: Pauoa (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Documentary: Explained (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Wii: Bowling (MR) Halloween Themed T-Shirt Dress Up Day</p>	<p>28. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:00 - Shopping: H-Mart (U) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Grace Point Church Performance (A) 11:45 - Scenic: Pauoa (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 - Book Club Reading with CeCe (A) 3:00 - Movie: Bride of Chucky (MR) 3:30 - Old Wives Tale Trivia Game (A) Halloween Head Wear Dress Up Day</p>	<p>29. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Body and Brain Tai Chi w/ Karen (A) 11:00 - Bible Study with Gene and Laurent (MR) 1:00 - Hidden Pictures (A) 2:00 - Japanese Drama Show (MR) 2:00 - Witches Brew Tea Time Tuesday (A) 2:30 - Outdoor Stroll Walking Club (L) 2:30 - Errand Run (U) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Who Knows Geography Better Game (A) 3:30 - Hanafuda (A) 7:00 - Haunted Halloween Ghost Ride (S) Black and Orange Dress Up Day</p>	<p>30. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Hank the Singing Dutchman (A) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Halloween Boo Bash (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) 7:00 - Haunted Halloween Ghost Ride (S) Department Costume Dress Up</p>	<p>31. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Music with Dean (A) 1:00 - Holoholo: Dunkin Donuts (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) Halloween Costume Dress Up Day</p>		

We hope you will join us for these activities! Please discuss 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.