

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Van Departures</b> Please meet in the lobby 15 minutes prior to all van departures.	<b>KEY</b> <b>A</b> – Activity Room <b>MR</b> – Media Room <b>3rd</b> – Third Floor <b>GR</b> – Game Room <b>FD</b> – Front Desk <b>B</b> – Bistro <b>L</b> – Library <b>S</b> – Supervised <b>U</b> – Unsupervised		<b>1.</b> 8:15 - Seated Strength Exercise B (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise B (A) 9:50 - Hydration Recharge (A) 10:00 - Bingo (A) <b>11:15 - Kau Kau Club: Olive Garden (S)</b> 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Birthday Card Creations (A) 3:00 - Gorgeous Grams Nail Painting (A) <b>3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR)</b> National Homemade Cookies Day	<b>2.</b> 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise A (A) <b>1:00 - Holoholo: Leonards Malasadas (U)</b> 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Crafting with Kristia (A)</b> <b>2:30 - Errand Run (U)</b> 3:00 - Chair Yoga Dance Exercise (MR) <b>3:00 - Residents Choir Practice (B)</b> National Smarties Day	<b>3.</b> 8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) 1:00 - Hidden Pictures (GR) 1:30 - Movie: Ghostbusters (MR) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) <b>7:00 - Friday Night Social with DOMH Mike (B)</b> National Techie Day	<b>4.</b> 8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) <b>10:00 - PCT Annual Resident Ms. Pearl City Pageant (A)</b> 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) <b>2:00 - Zumba with Annette (A)</b> 3:00 - Mini Golf (A) 3:30 - Hanafuda (A) National Golf Lovers Day
<b>5.</b> 8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) <b>11:00 - Pet Therapy with Chibi and Wicket (A)</b> <b>11:00 - Word of Life Christian Online Service (MR)</b> 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Documentary: Live to 100 S1 Ep 1 (MR) <b>2:00 - Music with Dean (A)</b> 3:00 - Suspend Game (A) 3:30 - Hanafuda (A) National Do Something Nice Day	<b>6.</b> 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) <b>9:00 - Shopping: Marukai (U)</b> 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) <b>11:45 - Scenic: Makakilo (S)</b> 1:00 - Word Search Hour (GR) 1:30 - Aromatherapy Hand Massage (GR) <b>2:00 - Men's Club with Bryan (MR)</b> 2:00 - Bracelet Beading (A) <b>3:00 - Book Club Reading with CeCe (A)</b> 3:00 - Korean Drama (MR) 3:30 - Hangman Word Game (A) National Noodle Day	<b>7.</b> 8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:15 - Resident Council (A) 10:30 - Bingo (A) <b>11:00 - Bible Study with Gene and Laurent (A)</b> 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Word Search Hour (GR) 3:00 - Matinee Movie: We Have A Ghost (MR) National Frappe Day	<b>8.</b> 8:15 - Seated Strength Exercise B (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise B (A) 9:50 - Hydration Recharge (A) 10:00 - Bingo (A) <b>11:15 - Kau Kau Club: Young's Kapolei (S)</b> 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Pumpkin Painting (A)</b> 3:00 - Gorgeous Grams Nail Painting (A) <b>3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR)</b> National Hero Day	<b>9.</b> 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Karaoke Gang (A) <b>1:00 - Holoholo: Shimazu Shave Ice (U)</b> 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Crafting with Kristia (A)</b> <b>2:30 - Errand Run (U)</b> 3:00 - Chair Yoga Dance Exercise (MR) <b>3:00 - Residents Choir Practice (B)</b> National Cheese Day	<b>10.</b> 8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength B (A) 1:00 - Hidden Pictures (A) 1:30 - Movie: Dracula Untold (MR) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (MR) <b>7:00 - Friday Night Social with DOMH Mike (B)</b> National Angel Food Cake Day	<b>11.</b> 8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) <b>10:00 - Activities with Grace and Friends (A)</b> 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) <b>2:00 - Strength and Balance Fuzion Fitness with Daniel (A)</b> 3:00 - Nickel Bingo (A) National Sausage Pizza Day
<b>12.</b> 8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) <b>11:00 - Pet Therapy with Chibi and Wicket (A)</b> <b>11:00 - Word of Life Christian Online Service (MR)</b> <b>12:45 - Scenic: Mokuleia (S)</b> 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Documentary: Live to 100 S1 Ep 2 (MR) 2:00 - Plaza Casino: Blackjack (A) <b>2:30 - Errand Run (U)</b> 3:00 - Jenga (A) 3:30 - Hanafuda (A) National Vermont Day	<b>13.</b> 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) <b>9:00 - Shopping: Daiso (U)</b> 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Crafting with Linda (A) <b>11:45 - Scenic: Mokuleia (S)</b> 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Men's Club with Bryan (MR)</b> <b>2:00 - Halloween Clay Pot Painting (A)</b> 3:00 - Bingo (A) 3:00 - Korean Drama (MR) Columbus Day	<b>14.</b> 8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Hawaii Dance Bomb Silent Disco (A)</b> <b>11:00 - Bible Study with Gene and Laurent (MR)</b> 1:00 - Hidden Pictures (A) <b>2:00 - Seated Tai Chi with Glenn (A)</b> <b>2:30 - Errand Run (U)</b> 3:00 - Tea Time Tuesday (B) 3:30 - Mindful Nature Walk (L) National Dessert Day	<b>15.</b> 8:15 - Seated Strength Exercise B (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise B (A) 9:50 - Hydration Recharge (A) <b>10:00 - Music with Mike Kahue (A)</b> <b>10:00 - Birthday Bash (A)</b> <b>11:15 - Kau Kau Club: Highway Inn (S)</b> 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Pearl City Public Library Craft Outreach with Gail (A)</b> 3:00 - Gorgeous Grams Nail Painting (A) <b>3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR)</b> National Fossil Day	<b>16.</b> 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Mellow Friends Karaoke Group (A)</b> <b>10:50 - Japanese Speaking Bible Study with Keiko (B)</b> <b>1:00 - Holoholo: Nisshodo (U)</b> 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Crafting with Kristia (A)</b> <b>2:30 - Errand Run (U)</b> 3:00 - Chair Yoga Dance Exercise (MR) <b>3:00 - Residents Choir Practice (B)</b> National Sports Day	<b>17.</b> 8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) 1:00 - Hidden Pictures (A) 1:30 - Movie: The Haunting (MR) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (MR) <b>7:00 - Friday Night Social with DOMH Mike (B)</b> National Pasta Day	<b>18.</b> 8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) <b>10:00 - Zumba with Annette (A)</b> 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Nickel Bingo (A) 3:00 - New Horizon Chair Exercises (MR) <b>3:00 - Spider Lollipop (A)</b> 3:30 - Hanafuda (A) National Chocolate Cupcake Day
<b>19.</b> 8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) <b>11:00 - Pet Therapy with Chibi and Wicket (A)</b> <b>11:00 - Word of Life Christian Online Service (MR)</b> <b>12:45 - Scenic: Koko Head (S)</b> 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Documentary: Live to 100 S1 Ep 3 (MR) <b>2:00 - Music with Dean (A)</b> <b>2:30 - Errand Run (U)</b> 3:00 - Mini Golf (A) 3:30 - Hanafuda (A) National Kentucky Day	<b>20.</b> 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) <b>9:00 - Shopping: DonDonDonki Kapolei (U)</b> 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) <b>11:45 - Scenic: Koko Head (S)</b> 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Men's Club with Bryan (MR)</b> 2:00 - Bracelet Beading (A) 3:00 - Bingo (A) 3:00 - Korean Drama (MR) National Chicken & Waffles Day	<b>21.</b> 8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Music with Glenna (A)</b> <b>11:00 - Bible Study with Gene and Laurent (MR)</b> 1:00 - Hidden Pictures (A) <b>2:00 - Seated Tai Chi with Glenn (A)</b> <b>2:30 - Errand Run (U)</b> 3:00 - Tea Time Tuesday (B) 3:30 - Mindful Nature Walk (L) National Apple Day	<b>22.</b> 8:15 - Seated Strength Exercise B (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise B (A) 9:50 - Hydration Recharge (A) 10:00 - Bingo (A) <b>11:15 - Kau Kau Club: Cattle Company (S)</b> 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Haunted House Decorating (A)</b> 3:00 - Gorgeous Grams Nail Painting (A) <b>3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR)</b> National Color Day	<b>23.</b> 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Na Wahine O Ka Hula (A)</b> <b>1:00 - Holoholo: Nandings (U)</b> 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Crafting with Kristia (A)</b> <b>2:30 - Errand Run (U)</b> 3:00 - Chair Yoga Dance Exercise (MR) <b>3:00 - Residents Choir Practice (B)</b> National Horror Movie Day	<b>24.</b> 8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Music Performance with Dave (A)</b> 1:00 - Hidden Pictures (A) 1:30 - Movie: Beetlejuice (MR) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (MR) <b>7:00 - Friday Night Social with DOMH Mike (B)</b> National Food Day	<b>25.</b> 8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) <b>10:00 - PCHS Spanish Club Activities (A)</b> 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Nickel Bingo (A) 3:00 - Fuzion Fitness Seated Zumba (MR) <b>3:00 - Spider Oreos (A)</b> 3:30 - Hanafuda (A) National Trick or Treat Day
<b>26.</b> 8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) <b>11:00 - Pet Therapy with Chibi and Wicket (A)</b> <b>11:00 - Word of Life Christian Online Service (MR)</b> <b>12:45 - Scenic: Sand Island (S)</b> 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Documentary: Live to 100 S1 Ep 4 (MR) 2:00 - Plaza Casino: Blackjack (A) <b>2:30 - Errand Run (U)</b> 3:00 - Go Fish Card Game (A) 3:30 - Hanafuda (A) National Pumpkin Day	<b>27.</b> 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) <b>9:00 - Shopping: Nijiya Market (U)</b> 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) <b>10:00 - Na Leo O Manu O'o (A)</b> <b>11:45 - Scenic: Sand Island (S)</b> 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Men's Club with Bryan (MR)</b> <b>2:00 - Halloween Dirt Cups (A)</b> 3:00 - Bingo (A) 3:00 - Korean Drama (MR) National Black Cat Day	<b>28.</b> 8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Music with Pono (A)</b> <b>11:00 - Bible Study with Gene and Laurent (MR)</b> 1:00 - Hidden Pictures (A) <b>2:00 - Seated Tai Chi with Glenn (A)</b> <b>2:30 - Errand Run (U)</b> <b>3:00 - Jack-O-Lantern Mocktail (B)</b> 3:30 - Mindful Nature Walk (L) <b>7:00 - Haunted Halloween Ride (S)</b> National Chocolate Day	<b>29.</b> 8:15 - Seated Strength Exercise B (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise B (A) 9:50 - Hydration Recharge (A) <b>10:00 - Hank the Singing Dutchman (A)</b> 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Dia De Los Muertos Ornament (A)</b> 3:00 - Gorgeous Grams Nail Painting (A) <b>3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR)</b> <b>7:00 - Haunted Halloween Ride (S)</b> National Oatmeal Day	<b>30.</b> 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise A (A) <b>1:00 - Holoholo: Cookie Corner Milliani (U)</b> 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Crafting with Kristia (A)</b> <b>2:30 - Errand Run (U)</b> 3:00 - Chair Yoga Dance Exercise (MR) <b>3:00 - Residents Choir Practice (B)</b> National Candy Corn Day	<b>31.</b> 8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Inspirational Music w/ Wally (A)</b> 1:00 - Hidden Pictures (A) 1:30 - Hubie Halloween (MR) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (MR) <b>7:00 - Friday Night Social with DOMH Mike (B)</b> Halloween	

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.