THE PLAZA at Pearl City

SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Van Departures Please meet in the lobby 15 minutes prior to all van departures.	**KEY** **A** – Activity Room **MR** – Media Room **S** – Supervised **U** – Unsupervised **C** – Courtyard **FD** – Front Desk	 joyful moments NATIONAL ASSISTED LIVING WEEK • SEPTEMBER 11-17, 2022	 	**1.** 8:15 - Exercise (A) 9:05 - Exercise (A) **10:00 - Ukulele Music w/ Terry Brown (A)** **1:00 - Holoholo: Wholesale Unlimited (U)** 1:00 - New Hope Church Weekly Virtual Devotional Service (MR) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Bracelet Beading (A) **2:30 - Errand Run (U)** 3:00 - Chair Yoga with Sherry Morris (MR) 3:00 - Blackjack (A) **National Chicken Boy's Day**	**2.** 8:15 - Exercise (A) 9:05 - Exercise (A) **10:00 - Mele O Kupuna (A)** 10:00 - Buddhist Temple Dharma Talk Virtual (MR) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Englebert Humperdinck Concert (MR) 2:00 - Hanafuda (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) **National College Colors Day**	**3.** 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Saturday Matinee Movie (MR) 2:00 - Game: Suspend (A) 2:30 - Beautiful You (A) 3:00 - Fuzion Fitness Seated Zumba (MR) 3:00 - Hangman Word Game (A) **National Tailgating Day**
4. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) **11:00 - Pet Therapy with Chibi (A)** **12:45 - Scenic - Oneula Beach Park(S)** 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Watercolor Art w/ Shaina (A) **2:30 - Errand Run (U)** 3:00 - Blackjack (A) **National Wildlife Day**	**5.** 8:15 - Exercise (A) 9:05 - Exercise (A) **9:00 - Shopping: Marukai (U)** 10:00 - Bingo (A) **11:30 - Scenic - Oneula Beach Park (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 - Jeopardy Game Show (MR) 3:30 - Guess In 10 Brain Game (A) **National Labor Day**	**6.** 8:15 - Exercise (A) 9:05 - Exercise (A) **10:00 - Resident Council (A)** **10:30 - Coffee Ice Cream (A)** 1:00 - Hidden Pictures (A) **2:00 - Pet Therapy with Lii Lii (A)** 2:00 - Japanese Drama Show (MR) **2:30 - Errand Run (U)** 2:30 - Tea Time Tuesday (A) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Hangman Word Game (A) **National Coffee Ice Cream Day**	**7.** 8:15 - Exercise (A) 9:05 - Exercise (A) **10:00 - Hank the Singing Dutchman (C)** **11:00 - Kau Kau Club: Elena's (U)** 1:00 - Matinee Movie (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Shaina (A) 3:00 - Beautiful You (A) **National Beer Lovers Day**	**8.** 8:15 - Exercise (A) 9:05 - Exercise (A) **10:00 - Music with Michael (C)** **1:00 - Holoholo: Leonard's Malasadas (U)** 1:00 - New Hope Church Weekly Virtual Devotional Service (MR) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Bracelet Beading (A) **2:30 - Errand Run (U)** 3:00 - Chair Yoga with Sherry Morris (MR) 3:00 - Blackjack (A) **National School Picture Day**	**9.** 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Bingo (A) 10:00 - Buddhist Temple Dharma Talk Virtual (MR) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Englebert Humperdinck Concert (MR) 2:00 - Craft: Towel Bears (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Blackjack (A) **National Teddy Bear Day**	**10.** 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Saturday Matinee Movie (MR) 2:00 - Game: Jenga (A) 2:30 - Beautiful You (A) 3:00 - Fuzion Fitness Seated Zumba (MR) 3:00 - Hangman Word Game (A) **National Swap Ideas Day**
11. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) **11:00 - Pet Therapy with Chibi (A)** **12:45 - Scenic - Makapu'u (S)** 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Watercolor Art with Shaina (A) **2:30 - Errand Run (U)** 3:00 - Blackjack (A) **National Grandparents Day**	**12.** 8:15 - Exercise (A) 9:05 - Exercise (A) **9:00 - Shopping: H-Mart Pearl City (U)** **10:00 - Mele O Kupuna (A)** **11:30 - Scenic - Makapu'u (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 - Jeopardy Game Show (MR) 3:30 - Guess in 10 Brain Game (A) **Pajama Dress Up Day**	**13.** 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Bingo (A) 1:00 - Hidden Pictures (A) **2:00 - Pet Therapy with Lii Lii (A)** 2:00 - Japanese Drama Show (MR) **2:30 - Errand Run (U)** 2:30 - Tea Time Tuesday (A) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Hangman Word Game (A) **Tacky Tourist Dress Up Day**	**14.** 8:15 - Exercise (A) 9:05 - Exercise (A) **10:00 - Na Pumehana O Kealoha (A)** **11:00 - Kau Kau Club: Pearlridge Food Trucks (S)** 1:00 - Matinee Movie (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Canvas Painting with Shaina (A) **3:00 - Japanese Bible Study with Pastor Kamikubo (MR)** **Sports Jersey Dress Up Day**	**15.** 8:15 - Exercise (A) 9:05 - Exercise (A) **10:00 - Ukulele Music w/ Terry Brown (A)** **1:00 - Holoholo: Mountain Magic Shave Ice (U)** 1:00 - New Hope Church Weekly Virtual Devotional Service (MR) 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 with Sherry Morris (MR) 3:00 - Blackjack (A) **Throwback Thursday Dress Up Day**	**16.** 8:15 - Exercise (A) 9:05 - Exercise (A) **10:00 - Mele O Kupuna (A)** 10:00 - Buddhist Temple Dharma Talk Virtual (MR) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Englebert Humperdinck Concert (MR) 2:00 - Hanafuda (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Blackjack (A) **Purple Dress Up Day**	**17.** 8:15 - Exercise (A) 9:05 - Exercise (A) **10:00 - Zumba with Annette (A)** 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Saturday Matinee Movie (MR) **2:00 - Deconstructed Sweet Potato Pie with Honey Drizzled Goat Cheese Tasting (A)** 2:00 - Beautiful You (A) 3:00 - Fuzion Fitness Seated Zumba (MR) 3:00 - Hangman Word Game (A) **National Dance Day**
18. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) **11:00 - Pet Therapy with Chibi (A)** **12:45 - Scenic - Wahiawa (S)** 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Watercolor Art with Shaina (A) **2:30 - Errand Run (U)** 3:00 - Blackjack (A) **National Cheeseburger Day**	**19.** 8:15 - Exercise (A) 9:05 - Exercise (A) **9:00 - Shopping: Safeway Aiea (U)** 10:00 - Bingo (A) **11:30 - Scenic - Wahiawa (S)** 1:00 - Sing-Along with Susie Q (MR) 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 - Jeopardy Game Show (MR) 3:30 - Guess In 10 Brain Game (A) **National Talk Like A Pirate Day**	**20.** 8:15 - Exercise (A) 9:05 - Exercise (A) **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 - Errand Run (U)** 2:30 - Tea Time Tuesday (A) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Hangman Word Game (A) **National Fried Rice Day**	**21.** 8:15 - Exercise (A) 9:05 - Exercise (A) **10:00 - Music with Michael K (A)** **11:00 - Bento Day: Sand Island Beach (U)** 1:00 - Matinee Movie (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Casey (A) 3:00 - Beautiful You (A) **National Chai Day**	**22.** 8:15 - Exercise (A) 9:05 - Exercise (A) **10:00 - Senior Moments (C)** **1:00 - Holoholo: Honolulu Kitchen (U)** 1:00 - New Hope Church Weekly Virtual Devotional Service (MR) 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 with Sherry Morris (MR) 3:00 - Blackjack (A) **National Centenarian's Day**	**23.** 8:15 - Exercise (A) 9:05 - Exercise (A) **10:00 - Music with Dean (A)** 10:00 - Buddhist Temple Dharma Talk Virtual (MR) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Englebert Humperdinck Concert (MR) 2:00 - Hanafuda (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) **National Snack Sticks Day**	**24.** 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Saturday Matinee Movie (MR) **2:00 - Cherries Jubilee Tasting (A)** 2:30 - Game: Jenga (A) 3:00 - Fuzion Fitness Seated Zumba (MR) 3:00 - Hangman Word Game (A) **National Cherries Jubilee Day**
25. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) **11:00 - Pet Therapy with Chibi (A)** 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Watercolor Art with Adrianne(A) 3:00 - Blackjack (A) **National Quesadilla Day**	**26.** 8:15 - Exercise (A) 9:05 - Exercise (A) **10:00 - Na Leo O Manu O'o (A)** 1:00 - Sing-Along with Susie Q (MR) 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 - Jeopardy Game Show (MR) 3:30 - Guess In 10 Brain Game (A) **National Dumpling Day**	**27.** 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 1:00 - Hidden Pictures (A) **2:00 - Pet Therapy with Lii Lii (A)** 2:00 - Japanese Drama Show (MR) **2:30 - Errand Run (U)** 2:30 - Tea Time Tuesday (A) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Hangman Word Game (A) **National Corned Beef Hash Day**	**28.** 8:15 - Exercise (A) 9:05 - Exercise (A) **10:00 - Hank the Singing Dutchman (C)** **11:00 - Kau Kau Club: Pearlridge Food Court (U)** 1:00 - Matinee Movie (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Money Origami (A) 3:00 - Beautiful You (A) **National Strawberry Cream Pie Day**	**29.** 8:15 - Exercise (A) 9:05 - Exercise (A) **10:00 - Music with Michael (C)** **1:00 - Holoholo: Baskin n Robbins (U)** 1:00 - New Hope Church Weekly Virtual Devotional Service (MR) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) **2:00 - Crafting with Kristia (A)** 3:00 - Chair Yoga with Sherry Morris (MR) 3:00 - Blackjack (A) **National Coffee Day**	**30.** 8:15 - Exercise (A) 9:05 - Exercise (A) **10:00 - Inspirational Music with Wally (C)** 10:00 - Buddhist Temple Dharma Talk Virtual (MR) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Englebert Humperdinck Concert (MR) 2:00 - Hanafuda (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) **National Orange Shirt Day**	

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.