


# October 2021

## Halia Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>October cont'd</b> <b>31</b> <b>Halloween</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🌟 Group Activity: Halloween Photobooth 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Virtual Tai Chi 1:30 🚿 Water & Bathroom Break 1:45 🎬 Movies: Monster Inc. 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner				Activities are subject to change.	<b>National Homemade Cookie Day</b> <b>1</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🕒 Group Activity: Hangman 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:30 🚿 Water & Bathroom Break 1:45 🎬 Movie & Popcorn 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National Name Your Your Cat Day</b> <b>2</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🌟 Group Activity: Paper Plate Halloween Craft 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:30 🚿 Water & Bathroom Break 1:45 🎨 Fabulous Nails & Social Circle 2:45 🕒 Best Friends Hour 3:30 🚶 Afternoon Strolls 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner
<b>National Techies Day</b> <b>3</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎨 Group Activity: Fabulous Nails & Social Circle 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Virtual Tai Chi 1:30 🚿 Water & Bathroom Break 1:45 🎬 Movie: Hocus Pocus 2:45 🎸 Ukulele Sessions and Communion 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National Golf Lover's Day</b> <b>4</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🕒 Group Activity: I Spy Wild Animals 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 🏌️ Table Top Golf 1:30 🚿 Water & Bathroom Break 1:45 🎵 Ukulele Sing-a-long 2:45 🎨 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National Get Funky Day</b> <b>5</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎮 Group Activity: Bingo 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 🏐 Balloon Volleyball 1:00 🚶 Scenic Ride 1:30 🚿 Water & Bathroom Break 1:45 🚶 Butterfly Stations 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National Noodle Day</b> <b>6</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🧱 Group Activity: Build-A-Tower Noodle Craft 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 🧘 Sherry Zak Chair Yoga 1:30 🚿 Water & Bathroom Break 1:45 🎮 Table Top Games 2:45 🎬 Movie: Night at the Museum 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National Frappe Day</b> <b>7</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎮 Group Activity: Moillili Hongwanji Mission Virtual Services 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:00 🚶 Scenic Ride 1:30 🚿 Water & Bathroom Break 1:45 🚶 Butterfly Stations 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National Fluffermutter Day</b> <b>8</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎮 Group Activity: Bingo 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:30 🚿 Water & Bathroom Break 1:45 🎬 Movie & Popcorn 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National Leif Erickson Day</b> <b>9</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🕒 Group Activity: Hangman 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Virtual Tai Chi 1:30 🚿 Water & Bathroom Break 2:45 🕒 Best Friends Hour 3:30 🚶 Afternoon Strolls 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner
<b>National Handbag Day</b> <b>10</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎨 Group Activity: Walker Wash and Social Circle 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Virtual Tai Chi 1:30 🚿 Water & Bathroom Break 1:45 🎬 Movie: Halloween Town 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>Columbus Day</b> <b>11</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎨 Group Activity: I Spy Colors 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 🧘 Sherry Zak Chair Yoga 1:30 🚿 Water & Bathroom Break 1:45 🎮 Jenga 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National Gumbo Day</b> <b>12</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎮 Group Activity: John Koki Music Performance 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 🏐 Balloon Volleyball 1:00 🚶 Scenic Ride 1:30 🚿 Water & Bathroom Break 1:45 🚶 Butterfly Stations 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National Train Your Brain Day</b> <b>13</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎮 Group Activity: Bingo 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 🧘 Sherry Zak Chair Yoga 1:30 🚿 Water & Bathroom Break 1:45 🎮 Gumbo Rhyming Activity 2:45 🎬 Movie: Dumbo 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National Dessert Day</b> <b>14</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎮 Group Activity: Trivia and Scrabble 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:00 🚶 Scenic Ride 1:30 🚿 Water & Bathroom Break 1:45 🚶 Butterfly Stations 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National I Love Lucy Day</b> <b>15</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎮 Group Activity: Dean Hirata Music Performance 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:30 🚿 Water & Bathroom Break 1:45 🎬 Movie & Popcorn 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National Sports Day</b> <b>16</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎮 Group Activity: Bingo 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Virtual Tai Chi 1:30 🚿 Water & Bathroom Break 1:45 🎨 Fabulous Nails & Social Circle 2:45 🕒 Best Friends Hour 3:30 🚶 Afternoon Strolls 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner
<b>National Pasta Day</b> <b>17</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎨 Group Activity: Fabulous Nails & Social Circle 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Virtual Tai Chi 1:30 🚿 Water & Bathroom Break 1:45 🎬 Movie: Adams Family 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National Chocolate Cupcake Day</b> <b>18</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎨 Group Activity: I Spy Numbers 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 🧘 Sherry Zak Chair Yoga 1:30 🚿 Water & Bathroom Break 1:45 🎵 Keyboard Sing-a-long 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National Kentucky Day</b> <b>19</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎮 Group Activity: Arlene Hicks Music Performance 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 🏐 Balloon Volleyball 1:00 🚶 Scenic Ride 1:30 🚿 Water & Bathroom Break 1:45 🎮 Table Top Games 2:45 🎬 Movies: Bones 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National Brandied Fruit Day</b> <b>20</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎮 Group Activity: Bingo 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 🧘 Sherry Zak Chair Yoga 1:30 🚿 Water & Bathroom Break 1:45 🚶 Butterfly Stations 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National Pumpkin Cheesecake Day</b> <b>21</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎮 Group Activity: Lollipop Craft 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:00 🚶 Scenic Ride 1:30 🚿 Water & Bathroom Break 1:45 🚶 Butterfly Stations 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National Color Day</b> <b>22</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🕒 Group Activity: Hangman 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:30 🚿 Water & Bathroom Break 1:45 🎬 Movie & Popcorn 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National Boston Cream Pie Day</b> <b>23</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎮 Group Activity: Bingo 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:00 ❤️ Virtual Tai Chi 1:30 🚿 Water & Bathroom Break 2:45 🕒 Best Friends Hour 3:30 🚶 Afternoon Strolls 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner
<b>National Food Day</b> <b>24</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎨 Group Activity: Walker Wash and Social Circle 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Virtual Tai Chi 1:30 🚿 Water & Bathroom Break 1:45 🎬 Movie: Harry Potter 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>Sourest Day</b> <b>25</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎨 Group Activity: Sour Social Circle 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 🧘 Sherry Zak Chair Yoga 1:30 🚿 Water & Bathroom Break 1:45 🎵 Ukulele Sing-a-long 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National Mule Day</b> <b>26</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎮 Group Activity: Hank the Singing Dutchman 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 🏐 Balloon Volleyball 1:00 🚶 Scenic Ride 1:30 🚿 Water & Bathroom Break 1:45 🚶 Butterfly Stations 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>Navy Day</b> <b>27</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎮 Group Activity: Bingo 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 🧘 Sherry Zak Chair Yoga 1:30 🚿 Water & Bathroom Break 1:45 🎮 Table Top Games 2:45 🎬 Movie: Doctor Doo-Little 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National First Responders Day</b> <b>28</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎮 Group Activity: Silent Disco 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:00 🚶 Scenic Ride 1:30 🚿 Water & Bathroom Break 1:45 🚶 Butterfly Stations 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National Oatmeal Day</b> <b>29</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎮 Group Activity: Bead Bracelet Making 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:30 🚿 Water & Bathroom Break 1:45 🎬 Movie & Popcorn 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner	<b>National Candy Corn Day</b> <b>30</b> 7:30 🍴 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎮 Group Activity: Bingo 11:15 🍽️ Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Virtual Tai Chi 1:30 🚿 Water & Bathroom Break 1:45 🎨 Fabulous Nails & Social Circle 2:45 🕒 Best Friends Hour 3:30 🚶 Afternoon Strolls 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner