

# October 2021

## The Plaza at Kaneohe - IL & AL



| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |
|--|---|--|---|---|--|---|
| <b>October cont'd</b> <span style="float: right; font-size: 2em;">31</span><br><b>Halloween</b><br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:00 📺 Live Stream: New Hope Video Service (Media Room)<br>10:15 🌟 Halloween Photobooth<br>1:00 ♥ Flow Exercise Session 3<br>1:40 ♥ Flow Exercise Session 4<br>2:00 🎵 Basic Ukulele Lessons w/ Adeline<br>2:10 🎬 Movie: 21<br>2:30 📖 Catholic Communion Service (individual)<br>3:10 🎮 Game: Rummikub  | <br><b>Each activity can have up to 14 people in main floor activity room.</b>  | <b>Each shuttle ride can have up to 7 residents. Ride signups are brought to signup station at 4:00pm the day prior to the ride.</b>   | <b>Activities are subject to change.</b>  | <b>National Homemade Cookie Day</b> <span style="float: right; font-size: 2em;">1</span><br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:00 🚗 IL Shopping Trip<br>10:15 🌟 Cookie Social<br>11:00 ♥ Plaza Strong Functional Training (Open Enrollment)<br>1:00 ♥ Flow Exercise Session 3<br>1:30 🚗 IL Scenic Ride<br>1:40 ♥ Flow Exercise Session 4<br>2:10 🎬 Movie & Popcorn: All About Steve (Prime)<br>3:10 🎮 Pau Hana Happy Hour | <b>National Name Your Your Cat Day</b> <span style="float: right; font-size: 2em;">2</span><br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:15 🎨 Paper Plate Halloween Craft<br>1:00 ♥ Flow Exercise Session 3<br>1:40 ♥ Flow Exercise Session 4<br>2:00 🎮 Mah Jong Club<br>2:10 🎬 Movie: Annie (Prime)<br>2:10 🎮 Sing-A-Long<br>3:10 🎮 Trivia   |   |
| <b>National Techies Day</b> <span style="float: right; font-size: 2em;">3</span><br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:00 📺 Live Stream: New Hope Video Service (Media Room)<br>10:15 🚿 Walker Wash<br>1:00 ♥ Flow Exercise Session 3<br>1:40 ♥ Flow Exercise Session 4<br>2:00 🎵 Basic Ukulele Lessons w/ Adeline<br>2:10 🎬 Movie: Catch Me If You Can (Prime)<br>2:30 📖 Catholic Communion Service (individual)<br>3:10 🎮 Game: Rummikub | <b>National Golf Lover's Day</b> <span style="float: right; font-size: 2em;">4</span><br>8:00 🚗 Medical Shuttle - Windward<br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:05 ♥ Virtual TaiChi<br>10:15 🎮 Hanafuda, 3-13 Card Game, and Scrabble<br>1:00 ♥ Flow Exercise Session 3<br>1:30 ♥ Plaza Strong-Mens Functional Training (3rd Floor)<br>1:40 ♥ Flow Exercise Session 4<br>2:05 🎮 BINGO<br>3:10 🧘 Mindful Meditation       | <b>National Get Funky Day</b> <span style="float: right; font-size: 2em;">5</span><br>8:00 🚗 Medical Shuttle - West Side<br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:15 🎨 Helen & Betty Bookmark Making Session #1<br>1:00 ♥ Flow Exercise Session 3<br>1:30 ♥ Plaza Strong-Women's Functional Training (3rd Floor)<br>1:40 ♥ Flow Exercise Session 4<br>2:10 🎮 POKENO<br>3:10 🧘 Mindful Meditation                                | <b>National Noodle Day</b> <span style="float: right; font-size: 2em;">6</span><br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:00 🚗 IL Shopping Trip<br>10:15 🎨 Helen & Betty Bookmark Making Session #2<br>1:00 ♥ Flow Exercise Session 3<br>1:30 🚗 AL Scenic Ride<br>1:30 ♥ Plaza Strong-Mens Functional Training (3rd Floor)<br>1:40 ♥ Flow Exercise Session 4<br>2:05 🎮 BINGO<br>3:10 🧘 Mindful Meditation | <b>National Frappe Day</b> <span style="float: right; font-size: 2em;">7</span><br>8:00 🚗 Medical Shuttle - Honolulu<br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:00 🎮 Moiliili Hongwanji Mission Virtual Services<br>1:00 ♥ Flow Exercise Session 3<br>1:30 ♥ Plaza Strong-Women's Functional Training (3rd Floor)<br>1:40 ♥ Flow Exercise Session 4<br>2:10 🎮 POKENO<br>3:10 🧘 Mindful Meditation                              | <b>National Fluffermutter Day</b> <span style="float: right; font-size: 2em;">8</span><br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:00 🚗 IL Shopping Trip<br>10:15 🌟 Fluffermutter Social<br>11:00 ♥ Plaza Strong Functional Training (Open Enrollment)<br>1:00 ♥ Flow Exercise Session 3<br>1:30 🚗 IL Scenic Ride<br>1:40 ♥ Flow Exercise Session 4<br>2:10 🎬 Movie & Popcorn: Evan Almighty<br>3:00 🎮 TGI Friday- Happy Hour                  | <b>National Leif Erickson Day</b> <span style="float: right; font-size: 2em;">9</span><br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:15 🎨 Fabulous Nails<br>1:00 ♥ Flow Exercise Session 3<br>1:40 ♥ Flow Exercise Session 4<br>2:00 🎮 Mah Jong Club<br>2:10 🎬 Movie: Hook (Prime)<br>2:10 🎮 Sing-A-Long<br>3:00 🎮 Scrabble   |
| <b>National Handbag Day</b> <span style="float: right; font-size: 2em;">10</span><br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:00 📺 Live Stream: New Hope Video Service (Media Room)<br>10:15 🚿 Walker Wash<br>1:00 ♥ Flow Exercise Session 3<br>1:40 ♥ Flow Exercise Session 4<br>2:00 🎵 Basic Ukulele Lessons w/ Adeline<br>2:10 🎬 Movie: Mud (Prime)<br>2:30 📖 Catholic Communion Service (individual)<br>3:10 🎮 Game: Black Jack              | <b>Columbus Day</b> <span style="float: right; font-size: 2em;">11</span><br>8:00 🚗 Medical Shuttle - Windward<br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:05 ♥ Virtual TaiChi<br>10:15 🎮 Hanafuda, 3-13 Card Game, and Scrabble<br>1:00 ♥ Flow Exercise Session 3<br>1:30 ♥ Plaza Strong-Mens Functional Training (3rd Floor)<br>1:40 ♥ Flow Exercise Session 4<br>2:05 🎮 BINGO<br>3:10 🧘 Mindful Meditation                   | <b>National Gumbo Day</b> <span style="float: right; font-size: 2em;">12</span><br>8:00 🚗 Medical Shuttle - West Side<br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:15 🎵 John Koki Music Performance<br>1:00 ♥ Flow Exercise Session 3<br>1:30 ♥ Plaza Strong-Women's Functional Training (3rd Floor)<br>1:40 ♥ Flow Exercise Session 4<br>2:00 🗳 Resident Council<br>2:10 🎮 POKENO<br>3:10 🧘 Mindful Meditation                     | <b>National Train Your Brain Day</b> <span style="float: right; font-size: 2em;">13</span><br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:00 🚗 IL Shopping Trip<br>10:15 🎨 Fabulous Nails<br>1:00 ♥ Flow Exercise Session 3<br>1:30 🚗 AL Scenic Ride<br>1:30 ♥ Plaza Strong-Mens Functional Training (3rd Floor)<br>1:40 ♥ Flow Exercise Session 4<br>2:05 🎮 BINGO<br>3:10 🧘 Mindful Meditation                | <b>National Dessert Day</b> <span style="float: right; font-size: 2em;">14</span><br>8:00 🚗 Medical Shuttle - Honolulu<br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:15 🎵 Silent Disco w/ Hawaii Dance Bomb<br>1:30 ♥ Plaza Strong-Women's Functional Training (3rd Floor)<br>1:40 ♥ Flow Exercise Session 4<br>2:10 🎮 POKENO<br>3:10 🧘 Mindful Meditation  | <b>National I Love Lucy Day</b> <span style="float: right; font-size: 2em;">15</span><br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:00 🚗 IL Shopping Trip<br>10:15 🎵 Dean Hirata Music Performance<br>11:00 ♥ Plaza Strong Functional Training (Open Enrollment)<br>1:00 ♥ Flow Exercise Session 3<br>1:30 🚗 IL Scenic Ride<br>1:40 ♥ Flow Exercise Session 4<br>2:10 🎬 Movie & Popcorn: Pearl Harbor (Prime)<br>3:10 🎮 Mini Carnival Games      | <b>National Sports Day</b> <span style="float: right; font-size: 2em;">16</span><br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:15 🎨 Halloween Lollipop Craft<br>1:00 ♥ Flow Exercise Session 3<br>1:40 ♥ Flow Exercise Session 4<br>2:00 🎮 Mah Jong Club<br>2:00 🎨 Sister Pat's Craft Fair (2pm-5pm)<br>2:10 🎬 Movie: Seabiscuit (Prime)<br>2:10 🎮 Sing-A-Long<br>3:10 🎮 Trivia |
| <b>National Pasta Day</b> <span style="float: right; font-size: 2em;">17</span><br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:00 📺 Live Stream: New Hope Video Service (Media Room)<br>10:15 🚿 Walker Wash<br>1:00 ♥ Flow Exercise Session 3<br>1:40 ♥ Flow Exercise Session 4<br>2:00 🎵 Basic Ukulele Lessons w/ Adeline<br>2:10 🎬 Movie: The Legend of Zorro (Prime)<br>2:30 📖 Catholic Communion Service (individual)<br>3:10 🎮 Game: Rummikub  | <b>National Chocolate Cupcake Day</b> <span style="float: right; font-size: 2em;">18</span><br>8:00 🚗 Medical Shuttle - Windward<br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:05 ♥ Virtual TaiChi<br>10:15 🎮 Hanafuda, 3-13 Card Game, and Scrabble<br>1:00 ♥ Flow Exercise Session 3<br>1:30 ♥ Plaza Strong-Mens Functional Training (3rd Floor)<br>1:40 ♥ Flow Exercise Session 4<br>2:05 🎮 BINGO<br>3:10 🧘 Mindful Meditation | <b>National Kentucky Day</b> <span style="float: right; font-size: 2em;">19</span><br>8:00 🏥 Booster Shot Clinic (8am-12pm)<br>8:00 🚗 Medical Shuttle - West Side<br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:15 🎵 Arlene Hicks Music Performance<br>1:00 ♥ Flow Exercise Session 3<br>1:30 ♥ Plaza Strong-Women's Functional Training (3rd Floor)<br>1:40 ♥ Flow Exercise Session 4<br>2:10 🎮 POKENO<br>3:10 🧘 Mindful Meditation | <b>National Brandied Fruit Day</b> <span style="float: right; font-size: 2em;">20</span><br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:00 🚗 IL Shopping Trip<br>10:15 🎨 Fabulous Nails<br>1:00 ♥ Flow Exercise Session 3<br>1:30 🚗 AL Scenic Ride<br>1:30 ♥ Plaza Strong-Mens Functional Training (3rd Floor)<br>1:40 ♥ Flow Exercise Session 4<br>2:05 🎮 BINGO<br>3:10 🧘 Mindful Meditation                  | <b>National Pumpkin Cheesecake Day</b> <span style="float: right; font-size: 2em;">21</span><br>8:00 🚗 Medical Shuttle - Honolulu<br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:15 🎵 Music and Movement with Jostlyn<br>1:00 ♥ Flow Exercise Session 3<br>1:30 ♥ Plaza Strong-Women's Functional Training (3rd Floor)<br>1:40 ♥ Flow Exercise Session 4<br>2:10 🎮 POKENO<br>3:10 🧘 Mindful Meditation                             | <b>National Color Day</b> <span style="float: right; font-size: 2em;">22</span><br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:00 🚗 IL Shopping Trip<br>11:00 ♥ Plaza Strong Functional Training (Open Enrollment)<br>12:00 🎮 Kau Kau Club: Dean's Drive Inn<br>1:00 ♥ Flow Exercise Session 3<br>1:30 🚗 IL Scenic Ride<br>1:40 ♥ Flow Exercise Session 4<br>2:10 🎬 Movie & Popcorn: Water For Elephants (Prime)<br>3:00 🎮 TGI Friday- Happy Hour | <b>National Boston Cream Pie Day</b> <span style="float: right; font-size: 2em;">23</span><br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:15 🎨 Ear Pick Halloween Craft<br>1:00 ♥ Flow Exercise Session 3<br>1:40 ♥ Flow Exercise Session 4<br>2:00 🎮 Mah Jong Club<br>2:10 🎬 Movie: The Lincoln Lawyer (Prime)<br>2:10 🎮 Sing-A-Long<br>3:00 🎮 Scrabble                         |
| <b>National Food Day</b> <span style="float: right; font-size: 2em;">24</span><br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:00 📺 Live Stream: New Hope Video Service (Media Room)<br>10:15 🚿 Walker Wash<br>1:00 ♥ Flow Exercise Session 3<br>1:40 ♥ Flow Exercise Session 4<br>2:00 🎵 Basic Ukulele Lessons w/ Adeline<br>2:10 🎬 Movie: The Taking of Pelham 1 2 3<br>2:30 📖 Catholic Communion Service (individual)<br>3:10 🎮 Game: Black Jack  | <b>Sourest Day</b> <span style="float: right; font-size: 2em;">25</span><br>8:00 🚗 Medical Shuttle - Windward<br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:05 ♥ Virtual TaiChi<br>10:15 🎮 Hanafuda, 3-13 Card Game, and Scrabble<br>1:00 ♥ Flow Exercise Session 3<br>1:30 ♥ Plaza Strong-Mens Functional Training (3rd Floor)<br>1:40 ♥ Flow Exercise Session 4<br>2:05 🎮 BINGO<br>3:10 🧘 Mindful Meditation                    | <b>National Mule Day</b> <span style="float: right; font-size: 2em;">26</span><br>8:00 🚗 Medical Shuttle - West Side<br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:15 🎵 Hank The Singing Dutchman Performance<br>1:00 ♥ Flow Exercise Session 3<br>1:30 ♥ Plaza Strong-Women's Functional Training (3rd Floor)<br>1:40 ♥ Flow Exercise Session 4<br>2:10 🎮 POKENO<br>3:10 🧘 Mindful Meditation                                       | <b>Navy Day</b> <span style="float: right; font-size: 2em;">27</span><br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:00 🚗 IL Shopping Trip<br>10:15 🎨 Fabulous Nails<br>1:00 ♥ Flow Exercise Session 3<br>1:30 🚗 AL Scenic Ride<br>1:30 ♥ Plaza Strong-Mens Functional Training (3rd Floor)<br>1:40 ♥ Flow Exercise Session 4<br>2:05 🎮 BINGO<br>3:10 🧘 Mindful Meditation                                     | <b>National First Responders Day</b> <span style="float: right; font-size: 2em;">28</span><br>8:00 🚗 Medical Shuttle - Honolulu<br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:15 🎵 Silent Disco w/ Hawaii Dance Bomb<br>1:00 ♥ Flow Exercise Session 3<br>1:30 ♥ Plaza Strong-Women's Functional Training (3rd Floor)<br>1:40 ♥ Flow Exercise Session 4<br>2:10 🎮 POKENO<br>3:10 🧘 Mindful Meditation                             | <b>National Oatmeal Day</b> <span style="float: right; font-size: 2em;">29</span><br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:00 🚗 IL Shopping Trip<br>10:15 🎵 Ukulele Sessions with Jolene Kim<br>11:00 ♥ Plaza Strong Functional Training (Open Enrollment)<br>1:00 ♥ Flow Exercise Session 3<br>1:30 🚗 IL Scenic Ride<br>1:40 ♥ Flow Exercise Session 4<br>2:10 🎬 Movie & Popcorn: Made of Honor (Prime)<br>3:10 🎮 Mini Carnival Games      | <b>National Candy Corn Day</b> <span style="float: right; font-size: 2em;">30</span><br>9:00 ♥ Flow Exercise Session 1<br>9:40 ♥ Flow Exercise Session 2<br>10:15 🎨 Bead Bracelet Making<br>1:00 ♥ Flow Exercise Session 3<br>1:40 ♥ Flow Exercise Session 4<br>2:00 🎮 Mah Jong Club<br>2:10 🎬 Movie: In Grandpa's Shoes (DVD)<br>2:10 🎮 Sing-A-Long<br>3:10 🎮 Trivia                                       |

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