

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
<b>October cont'd</b> <span style="float: right;"><b>30</b></span> <b>Dress Day: Halloween Colors (Black and Orange)</b> <b>Halloween Spirit Week</b> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:15 Church Runs 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Halloween Minute to Win It Games [A] 11:00 Lunch 11AM - 1PM 12:45 Sightseeing: Kaneohe 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Kanikapila [A] 3:00 Documentary: "Feminists: What Were They Thinking?" (2019) [T]	<b>Dress Day: Happy Halloween Costumes</b> <b>Halloween Spirit Week</b> <span style="float: right;"><b>31</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Tantalus 10:00 <b>Halloween Costume Contest [A]</b> 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs Drugs (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "First Alaskans of the Land" (2022) D+ [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm		<b>ATTENTION:</b> We must continue to practice social distancing and wear masks during all activities.  Please sign up for sightseeing rides and shopping outings with concierge.	<b>Health &amp; Fitness</b> <b>Movie</b> <b>Shuttle</b> <b>Special Event</b>	<b>National Pumpkin Spice Day</b> <span style="float: right;"><b>1</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Diamond Head Crater 10:00 Baking Demo: Pumpkin Spice Muffins [A] 11:00 Lunch 11AM - 1PM 12:45 Sightseeing: Alewa Heights 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:15 Walker and Cane Sanitation Wipe Down [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 <b>Movie Night: "Blonde" (2022) [T]</b>	<b>National World Farm Animals Day</b> <span style="float: right;"><b>2</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:15 Church Runs 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Cooking: Pretzels for Oktoberfest [A] 11:00 Lunch 11AM - 1PM 12:45 Sightseeing: South Shore Beaches 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Hula with Kumu Sallie [A] 3:00 Documentary: "Last Treasure of Egypt: Tutankhamon's Treasures" (2019) D+ [T] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 <b>Movie Night: "2 Hearts" (2020) [T]</b>	<b>Dress Day: Fall Colors</b> <b>National Oktoberfest Day</b> <span style="float: right;"><b>3</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: White Plains Beach 10:00 <b>Music with Hank the Singing Dutchman [HT]</b> 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs Drugs (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "BTS: Permission to Dance" (2022) D+ [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm	<b>National Golf Lovers Day</b> <span style="float: right;"><b>4</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Pumpkin 3D Tabletop Decoration [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 <b>Matinee Movie: "Jazzman's Blues" (2022) [T]</b> 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF] 4:30 Dinner 4:30 pm - 6:30 pm	<b>National Coffee with a Cop Day</b> <span style="float: right;"><b>5</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 New Hope Church Service [T] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Errand Run (2 mile radius) 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A] 2:00 <b>Matinee Movie: "A Hero" (2022) AP [T]</b> 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm	<b>National Noodle Day</b> <span style="float: right;"><b>6</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Buddhist Service with Moiliili Hongwanji [T]</b> 10:00 Cooking Demo: Somen Salad [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Untold: The Race of the Century" (2022) [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 <b>Movie Night: "The Festival of the Troubadours" (2022) [T]</b>	<b>National Body Language Day</b> <span style="float: right;"><b>7</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Music with Dean Hirata [A]</b> 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Choir Practice [T] 2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm	<b>National Fluffutter Day</b> <span style="float: right;"><b>8</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Excursion: Fall Harvest at Waimanalo Country Farm (\$10 fee) 10:00 Cooking Demo: Fluffutter Panini [A] 11:00 Lunch 11AM - 1PM 12:45 Sightseeing: Palolo (Sleeping Giant) 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:15 Walker and Cane Sanitation Wipe Down [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 <b>UH Football at San Diego State [T]</b>
<b>National Leif Erikson Day</b> <span style="float: right;"><b>9</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:15 Church Runs 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Happy Fall Door Hangers [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Kanikapila [A] 3:00 Documentary: "Built for Mars: The Perseverance Rover" (2021) D+ [T] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 <b>Movie Night: "Mandela Long Walk To Freedom" (2013) [T]</b>	<b>Dress Day: Plaza Shirt</b> <b>National Native American Day</b> <span style="float: right;"><b>10</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Sandy Beach 10:00 <b>Music with Roy Hamada [A]</b> 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Walmart (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "Trail of Tears" (2008) AP [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm	<b>National Sausage Pizza Day</b> <span style="float: right;"><b>11</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Witch Hat Decoration [A] 10:15 <b>Resident Council Meeting</b> 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 <b>Matinee Movie: "Top Gun: Maverick" (2022) AP [T]</b> 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]	<b>National Fossil Day</b> <span style="float: right;"><b>12</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Excursion: Kunawai Pond 10:00 New Hope Church Service [T] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Don Quijote 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A] 2:00 <b>Matinee Movie: "Bounty Hunter" (2010) [T]</b> 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm	<b>National Train Your Brain Day</b> <span style="float: right;"><b>13</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Music with Bill Melemai [A]</b> 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "The Mind Explained: How to Focus" (2021) [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 <b>Movie Night: "That's Amor" (2022) [T]</b>	<b>National Dessert Day</b> <span style="float: right;"><b>14</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Baking Demo: Pumpkin Cream Cheese Swirl Muffins [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Choir Practice [T] 2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm	<b>Dress Day: 50's Attire</b> <b>National I Love Lucy Day</b> <span style="float: right;"><b>15</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Dole Plantation 10:00 I Love Lucy Episode (AP) and Trivia [A] 11:00 Lunch 11AM - 1PM 12:45 Sightseeing: Papakolea 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:15 Walker and Cane Sanitation Wipe Down [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 6:00 <b>UH Football: Hawaii vs. Nevada [T]</b>						
<b>National Sports Day</b> <span style="float: right;"><b>16</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:15 Church Runs 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Games: Sports Themed Course [A] 11:00 Lunch 11AM - 1PM 12:45 Sightseeing: Ke'ehi Lagoon Park 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Hula with Kumu Sallie [A] 3:00 Documentary: "Athlete A" (2020) [T] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 <b>Movie Night: "The Notebook" (2004) [T]</b>	<b>National Pasta Day</b> <span style="float: right;"><b>17</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Kapolei Commons 10:00 <b>Music with Hank the Singing Dutchman [HT]</b> 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Savers/ Foodland (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "Korean Cold Noodle Rhapsody-Episode 2" [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm	<b>National Chocolate Cupcake Day</b> <span style="float: right;"><b>18</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Ghost Plushie Pin [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 <b>Matinee Movie: "Jo Koy: Easter Sunday" (2022) DVD [A]</b> 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF] 4:30 Dinner 4:30 pm - 6:30 pm	<b>National Seafood Bisque Day</b> <span style="float: right;"><b>19</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Excursion: Realities of Aging Workshop @ Ala Moana Hotel 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Alewa Heights 10:00 New Hope Church Service [T] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Errand Run (2 mile radius) 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A] 2:00 <b>Matinee Movie: "Pinochio" (2022) D+ [T]</b> 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm	<b>Dress Day: Plaza Shirt</b> <b>National Chef's Day</b> <span style="float: right;"><b>20</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Catholic Service with St. Augustine by the Sea [T]</b> 10:00 Pet Therapy with Wes Koga [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "We Feed People" (2022) D+ [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 <b>Movie Night: "18 Presents" (2020) [T]</b>	<b>Dress Day: Animal Prints</b> <b>National Reptile Awareness Day</b> <span style="float: right;"><b>21</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Game: Card Sharks (Lizards vs. Snakes) [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Choir Practice [T] 2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm	<b>National Color Day</b> <span style="float: right;"><b>22</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Maunawili Valley 10:00 <b>UH Football: UH at Colorado State [T]</b> 11:00 Lunch 11AM - 1PM 12:45 Sightseeing: Moiliili/ Kapahulu 1:00 Virtual Exercise: Barre with Resistance Bands [A] 1:30 Afternoon Stretch [A] 2:15 Walker and Cane Sanitation Wipe Down [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 <b>Movie Night: "Ella and Fred" (2014) AP [T]</b>						
<b>National Boston Cream Pie Day</b> <span style="float: right;"><b>23</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:15 Church Runs 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Halloween Scrapbook Card [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Kanikapila [A] 3:00 Documentary: "Plastic Island" (2021) [T] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 <b>Movie Night: "Bridges of Madison County" (1995) [T]</b>	<b>Dress Day: Wear Orange</b> <b>Halloween Spirit Week</b> <span style="float: right;"><b>24</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Makakilo 10:00 "Orange" You Glad You Came Today? [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Don Quijote (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "Get Smart With Money" (2022) [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm	<b>Dress Day: Halloween Headwear</b> <b>Halloween Spirit Week</b> <span style="float: right;"><b>25</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Pet Therapy with Kaia the Goldendoodle [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 <b>Matinee Movie: "The Haunted Mansion" (2003) D+ [T]</b> 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF] 4:30 Dinner 4:30 pm - 6:30 pm	<b>Dress Day: Witch and Wizard Wednesday</b> <b>Halloween Spirit Week</b> <span style="float: right;"><b>26</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Punchbowl 10:00 New Hope Church Service [T] 11:00 Excursion: Kau Kau Cafe 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Kahala Mall 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A] 2:00 <b>Matinee Movie: "Mr. Baseball" (1992) AP [T]</b>	<b>Dress Day: Beetlejuice Dress Up (Wear Stripes)</b> <b>Halloween Spirit Week</b> <span style="float: right;"><b>27</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Speaker: Dr. Richard Crilly: "Virtual Field Trip Through Plant Heaven" (Tentative) [T]</b> 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "The Anthrax Attacks in the Shadow of 9/11" (2022) [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm	<b>Dress Day: Freaky Facemask Friday</b> <b>Halloween Spirit Week</b> <span style="float: right;"><b>28</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Decorate Your Own Facemask [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Choir Practice [T] 2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm	<b>Dress Day: Nightmare Before Christmas Day (Halloween Pajamas)</b> <b>Halloween Spirit Week</b> <span style="float: right;"><b>29</b></span> 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Pu'uualakaa State Park 10:00 Craft: Halloween Owl Masks [A] 11:00 Lunch 11AM - 1PM 12:45 Excursion: Waiola Shave Ice 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:15 Walker and Cane Sanitation Wipe Down [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 6:00 <b>UH Football: UH vs. W</b>						