

# September 2022

## The Plaza at Waikiki- Hali`a



### Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday



- ♥ Health & Fitness
- 🎬 Movie
- 🚌 Shuttle
- ★ Special Event

<p><b>National Wildlife Day</b> <span style="float: right; font-size: 2em;">4</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:45 ♥ Morning Exercise [A]</p> <p>9:30 Things That Start With "W" [A]</p> <p>10:00 Paper Puzzles and Watercolor [A]</p> <p>11:00 LUNCH</p> <p>1:00 <b>Catholic Service with St. Augustine Church by the Sea [T]</b></p> <p>1:00 ♥ Chair Yoga with Sherry Zak Morris [A]</p> <p>2:00 Hula with Kumu Sallie [A]</p> <p>2:00 Ring Toss to Classical Music [A]</p> <p>2:45 Plaza Sing A Long [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>National Labor Day</b> <span style="float: right; font-size: 2em;">5</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:45 ♥ Morning Exercise [A]</p> <p>9:30 Hangman: Different Occupations [A]</p> <p>10:00 ★ <b>Music with Hank the Singing Dutchman [HT]</b></p> <p>11:00 LUNCH</p> <p>12:45 ♥ Dancersize (Low Impact) [A]</p> <p>1:15 ♥ Horseshoes [A]</p> <p>2:00 Sensory Time: Aromatherapy and Guided Imagery [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>Dress Day: Coffee Colors</b></p> <p><b>National Coffee Ice Cream Day</b> <span style="float: right; font-size: 2em;">6</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:45 ♥ Morning Exercise [A]</p> <p>9:30 SONG OF THE DAY: "Tennessee Waltz" and Discussion [A]</p> <p>10:00 Halli'a Best Friend of the Month: Seated Ballroom Dancing and Hershey's Chocolates with Sid [A]</p> <p>11:00 LUNCH</p> <p>12:00 Medical Transportation</p> <p>12:30 Mini Pulelehua Stations [A]</p> <p>2:00 ♥ Sensory Stroll Outdoors [HT]</p> <p>2:30 Poetry in Motion1; Haiku Writing About Our Afternoon Stroll [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>National Beer Lovers Day</b> <span style="float: right; font-size: 2em;">7</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:45 ♥ Morning Exercise [A]</p> <p>9:15 Finish That Line! [A]</p> <p>9:45 🚌 Sightseeing: Sand Island</p> <p>10:00 🎬 Documentary: "Inside the Mind of a Cat" (2022) N [A]</p> <p>10:00 New Hope Church Service [HT]</p> <p>11:00 LUNCH</p> <p>12:45 ♥ Dancersize (Low Impact) [A]</p> <p>1:00 Bingo [A]</p> <p>2:00 Bean Bag Toss to Oldies but Goodies music [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>National Chicken Boy's Day</b> <span style="float: right; font-size: 2em;">1</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:30 ♥ Morning Exercise [A]</p> <p>9:15 Hangman- Favorite Chicken Meals [A]</p> <p>10:00 Blackjack [A]</p> <p>10:00 ★ <b>Buddhist Service with Moiliili Hongwanji [T]</b></p> <p>11:00 LUNCH</p> <p>12:00 Medical Transportation</p> <p>12:30 ♥ Chair Tai Chi [A]</p> <p>1:00 Mini Pulelehua Stations [A]</p> <p>2:15 Bowling [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>Dress Day: UH Shirt (Green and White)</b> <span style="float: right; font-size: 2em;">2</span></p> <p><b>National College Colors Day</b></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:45 ♥ Morning Exercise [A]</p> <p>9:15 Brain Quest 2 [A]</p> <p>9:15 <b>Music with Dean Hirata [HT]</b></p> <p>10:00 LUNCH</p> <p>12:45 ♥ Dancersize (Low Impact) [A]</p> <p>1:00 Art: Therapeutic Coloring and Watercolor [A]</p> <p>2:00 Ukulele Sing A-long with Jeremy [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>National Tailgating Day</b> <span style="float: right; font-size: 2em;">3</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:30 ♥ Morning Exercise [A]</p> <p>8:45 🚌 Sightseeing: Chinatown</p> <p>9:15 Would You Rather...? And Why? [A]</p> <p>10:00 Tailgating Games [A]</p> <p>11:00 LUNCH</p> <p>12:30 Tea Time [A]</p> <p>1:00 Lacing Cards and Sorting Cards [A]</p> <p>2:00 ♥ Sensory Stroll Outdoors [HT]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p> <p>6:00 🎬 <b>UH Football: UH vs. Western Kentucky [T]</b></p>
<p><b>National Grandparent's Day</b> <span style="float: right; font-size: 2em;">11</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:45 ♥ Morning Exercise [A]</p> <p>9:30 Things That Start With "F" [A]</p> <p>10:00 Grandparent's Day Social [A]</p> <p>11:00 LUNCH</p> <p>12:45 🚌 Sightseeing: Kailua Beach</p> <p>1:00 ♥ Chair Yoga with Sherry Zak Morris [A]</p> <p>2:00 Ring Toss to Classical Music [A]</p> <p>2:45 Plaza Sing A Long [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>Dress Day: Pajama Day</b></p> <p><b>National Assisted Living Week</b></p> <p><b>National Video Games Day</b> <span style="float: right; font-size: 2em;">12</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:45 ♥ Morning Exercise [A]</p> <p>9:30 Hangman: Fun Things You Enjoy Doing [A]</p> <p>10:00 Mini Pulelehua Stations [A]</p> <p>11:00 LUNCH</p> <p>12:45 ♥ Dancersize (Low Impact) [A]</p> <p>1:15 ♥ Horseshoes [A]</p> <p>2:00 Sensory Time: I Spy With Magazines [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>Dress Day: Tacky Tourist Tuesday</b></p> <p><b>National Ants on a Log Day</b></p> <p><b>National Assisted Living Week</b> <span style="float: right; font-size: 2em;">13</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:45 ♥ Morning Exercise [A]</p> <p>9:30 SONG OF THE DAY: "Hawaiian Lullaby" and Discussion [A]</p> <p>10:00 Halli'a Best Friend of the Month: Coffee or Cherry Coke Social with Sid [A]</p> <p>11:00 LUNCH</p> <p>12:00 Medical Transportation</p> <p>12:30 Mini Pulelehua Stations [A]</p> <p>2:00 ♥ Sensory Stroll Outdoors [HT]</p> <p>2:30 Hydration Time with Infused Water [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>Dress Day: Jersey Day (no tank tops)</b></p> <p><b>National Assisted Living Week</b></p> <p><b>National Eat A Hoagie Day</b> <span style="float: right; font-size: 2em;">14</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:45 ♥ Morning Exercise [A]</p> <p>9:15 Hangman: Types of Sandwiches [A]</p> <p>10:00 New Hope Church Service [HT]</p> <p>10:00 Pet Therapy with Wilma and Milo [A]</p> <p>11:00 LUNCH</p> <p>12:45 ♥ Dancersize (Low Impact) [A]</p> <p>1:15 Bingo [A]</p> <p>2:00 ♥ SWAT Balloon Volleyball with Elvis Tunes [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p> <p>10:30 Bingo [A]</p>	<p><b>Dress Day: Throwback Thursday</b></p> <p><b>National Assisted Living Week</b></p> <p><b>National Linguine Day</b> <span style="float: right; font-size: 2em;">15</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:30 ♥ Morning Exercise [A]</p> <p>9:15 Hangman-Iconic Games, Songs, or People from the 50's [A]</p> <p>10:00 Twister Toss [A]</p> <p>11:00 LUNCH</p> <p>12:00 Medical Transportation</p> <p>12:30 ♥ Chair Tai Chi [A]</p> <p>1:00 Mini Pulelehua Stations [A]</p> <p>2:15 Bowling [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>Dress Day: Wear Your Community Colors (RED for Waikiki)</b></p> <p><b>National Guacamole Day</b> <span style="float: right; font-size: 2em;">16</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:45 ♥ Morning Exercise [A]</p> <p>9:15 Brain Quest 2 [A]</p> <p>9:15 Cooking Demo: Guacamole and Chips [A]</p> <p>10:00 LUNCH</p> <p>12:45 ♥ Dancersize (Low Impact) [A]</p> <p>1:00 🎬 Documentary: "Audrey" (2020) N [A]</p> <p>1:00 ★ <b>Flu Shot Clinic [T]</b></p> <p>2:00 Ukulele Sing A-long with Jeremy [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>National Dance Day</b> <span style="float: right; font-size: 2em;">17</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:30 ♥ Morning Exercise [A]</p> <p>8:45 🚌 Sightseeing: Waikiki/ Kapahulu</p> <p>9:15 Would You Rather...? And Why? [A]</p> <p>10:00 ♥ Drums Alive! [A]</p> <p>11:00 LUNCH</p> <p>12:30 Tea Time [A]</p> <p>1:00 Lacing Cards and Sorting Cards [A]</p> <p>2:00 ♥ Sensory Stroll Outdoors [HT]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p> <p>6:00 🎬 <b>UH Football: UH vs. Duquesne [T]</b></p>
<p><b>National Cheeseburger Day</b> <span style="float: right; font-size: 2em;">18</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:45 ♥ Morning Exercise [A]</p> <p>9:30 Things That Start With "C" [A]</p> <p>10:00 My Favorite Foods Collage with Discussion [A]</p> <p>11:00 LUNCH</p> <p>1:00 ♥ Chair Yoga with Sherry Zak Morris [A]</p> <p>2:00 Ring Toss to Classical Music [A]</p> <p>2:45 Plaza Sing A Long [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>National Talk Like A Parrot Day</b> <span style="float: right; font-size: 2em;">19</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:45 ♥ Morning Exercise [A]</p> <p>9:30 Hangman: Different Birds [A]</p> <p>10:00 ★ <b>Music with Hank the Singing Dutchman [HT]</b></p> <p>11:00 LUNCH</p> <p>12:45 ♥ Dancersize (Low Impact) [A]</p> <p>1:15 Horseshoes</p> <p>2:00 Sensory Time: Baking Oatmeal Cookies [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>Dress Day: Plaza Shirt</b></p> <p><b>National Fried Rice Day</b> <span style="float: right; font-size: 2em;">20</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:45 ♥ Morning Exercise [A]</p> <p>9:15 Learning Different Languages for Everyday Things [A]</p> <p>9:45 🚌 Sightseeing: Kaneohe</p> <p>10:00 Bingo [A]</p> <p>10:00 New Hope Church Service [T]</p> <p>11:00 LUNCH</p> <p>12:45 ♥ Dancersize (Low Impact) [A]</p> <p>1:00 Nails and Watercolor</p> <p>2:00 ♥ Seated Dance Party with Chilled Tea [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>National Chai Day</b> <span style="float: right; font-size: 2em;">21</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:45 ♥ Morning Exercise [A]</p> <p>9:15 Learning Different Languages for Everyday Things [A]</p> <p>9:45 🚌 Sightseeing: Kaneohe</p> <p>10:00 Bingo [A]</p> <p>10:00 New Hope Church Service [T]</p> <p>11:00 LUNCH</p> <p>12:45 ♥ Dancersize (Low Impact) [A]</p> <p>1:00 Nails and Watercolor</p> <p>2:00 ♥ Seated Dance Party with Chilled Tea [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>Dress Day: Disney Day</b></p> <p><b>National Centenarian's Day</b> <span style="float: right; font-size: 2em;">22</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:30 ♥ Morning Exercise [A]</p> <p>9:15 Brain Quest 2 [A]</p> <p>9:15 Simple Mathematics and Spelling Bee [A]</p> <p>10:00 Blackjack [A]</p> <p>10:00 ★ <b>Celebrating Our Centenarians! Happy Birthday! [A]</b></p> <p>11:00 LUNCH</p> <p>12:00 Medical Transportation</p> <p>12:30 ♥ Chair Tai Chi [A]</p> <p>1:00 Mini Pulelehua Stations [A]</p> <p>2:15 Bowling [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>National Snack Stick Day</b> <span style="float: right; font-size: 2em;">23</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:45 ♥ Morning Exercise [A]</p> <p>9:15 Brain Quest 2 [A]</p> <p>10:00 Make Your Own Snack on a Stick [A]</p> <p>11:00 LUNCH</p> <p>12:45 ♥ Dancersize (Low Impact) [A]</p> <p>1:00 Art: Therapeutic Coloring and Watercolor [A]</p> <p>2:00 Ukulele Sing A-long with Jeremy [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>National Cherries Jubilee Day</b> <span style="float: right; font-size: 2em;">24</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:30 ♥ Morning Exercise [A]</p> <p>8:45 🚌 Sightseeing: Manoa Valley</p> <p>9:15 Would You Rather...? And Why? [A]</p> <p>10:00 Artists in Action: Cherries with Watercolor [A]</p> <p>11:00 LUNCH</p> <p>12:30 Tea Time [A]</p> <p>1:00 Lacing Cards and Sorting Cards [A]</p> <p>2:00 ♥ Sensory Stroll Outdoors [HT]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>
<p><b>National Quesadilla Day</b> <span style="float: right; font-size: 2em;">25</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:45 ♥ Morning Exercise [A]</p> <p>9:30 Things That Start With "F" [A]</p> <p>10:00 Cooking Demo: Cheese Quesadillas [A]</p> <p>10:00 Pet Therapy with Kaia the Goldendoodle [A]</p> <p>11:00 LUNCH</p> <p>12:45 🚌 Sightseeing: Sandy Beach</p> <p>1:00 ♥ Chair Yoga with Sherry Zak Morris [A]</p> <p>2:00 Bean Bag Toss to Showtunes [A]</p> <p>2:45 Plaza Sing A Long [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>Dress Day: Tie Dye Shirts</b></p> <p><b>National Dumpling Day</b> <span style="float: right; font-size: 2em;">26</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:45 ♥ Morning Exercise [A]</p> <p>9:30 Capital Cities of the USA or Different Countries [A]</p> <p>10:00 Mini Pulelehua Stations [A]</p> <p>11:00 LUNCH</p> <p>12:45 ♥ Dancersize (Low Impact) [A]</p> <p>1:15 ♥ Horseshoes [A]</p> <p>2:00 Sensory Time: Popcorn and Frank Delima Silver Anniversary Show (YT) [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>National Corned Beef Hash Day</b> <span style="float: right; font-size: 2em;">27</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:45 ♥ Morning Exercise [A]</p> <p>9:30 SONG OF THE DAY: "Personality" and Discussion [A]</p> <p>10:00 Halli'a Best Friend of the Month: Cooking Tacos with Sid [A]</p> <p>11:00 LUNCH</p> <p>12:00 Medical Transportation</p> <p>12:30 Mini Pulelehua Stations [A]</p> <p>2:00 ♥ Sensory Stroll Outdoors [HT]</p> <p>2:30 Hydration Time with Infused Water [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>National Strawberry Cream Pie Day</b> <span style="float: right; font-size: 2em;">28</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:45 ♥ Morning Exercise [A]</p> <p>9:15 Hawaii Trivia [A]</p> <p>10:00 New Hope Church Service [T]</p> <p>10:00 Pet Therapy with Wilma and Milo [A]</p> <p>11:00 LUNCH</p> <p>12:45 ♥ Dancersize (Low Impact) [A]</p> <p>1:00 Bingo [A]</p> <p>2:00 ♥ Horseshoes [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>National Coffee Day</b> <span style="float: right; font-size: 2em;">29</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:30 ♥ Morning Exercise [A]</p> <p>9:15 Finish That Line! [A]</p> <p>10:00 ★ <b>Music with Bill Melemai [A]</b></p> <p>11:00 LUNCH</p> <p>12:00 Medical Transportation</p> <p>12:30 ♥ Chair Tai Chi [A]</p> <p>1:00 Mini Pulelehua Stations [A]</p> <p>2:15 Bowling [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<p><b>Dress Day: Plaza Shirt or Orange Shirt</b></p> <p><b>National Orange Shirt Day</b> <span style="float: right; font-size: 2em;">30</span></p> <p><b>7:00 BREAKFAST</b> <i>Newspaper Current Events Discussion [A]</i></p> <p>8:15 Morning Exercise [A]</p> <p>8:45 ♥ Morning Exercise [A]</p> <p>9:15 Brain Quest 2 [A]</p> <p>10:00 Craft: Fall Door Decorations [A]</p> <p>11:00 LUNCH</p> <p>12:45 ♥ Dancersize (Low Impact) [A]</p> <p>1:00 ♥ Parachute to Elvis Tunes [A]</p> <p>2:00 Ukulele Sing A-long with Jeremy [A]</p> <p>3:00 ♥ Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water &amp; Bathroom Break</p> <p>4:00 DINNER</p>	<h2 style="margin: 0;">Location Keys</h2> <p style="font-size: 2em; margin: 0;">Activity Room A</p> <p style="font-size: 2em; margin: 0;">Hoku Terrace HT</p> <p style="font-size: 2em; margin: 0;">Theater T</p>