

November 2022  
The Plaza at Kaneohe - IL & AL



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Craft Activities may be limited, dependent on supply availability.	<b>National Cinnamon Day</b> 1 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 ❤️ Strength Training with Weights 10:15 🎮 Board and Card Games 10:15 🎵 <b>Jon Koki Musical Performance</b> 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:30 🎮 POKENO	<b>National Deviled Egg Day</b> 2 8:30 🚌 Bank/ Pharmacy Ride 9:00 ❤️ Flow Exercise 9:30 🚌 Shopping: Don Quijote 9:40 ❤️ Qi Gong 10:15 🎮 Board and Card Games 10:15 🎨 Mock Stained Glass Craft 12:30 🚌 Scenic Ride : South Shore Beaches 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎮 BINGO	<b>National Stress Awareness Day</b> 3 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 ❤️ Strength Training with Weights 10:15 🎮 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:30 🎮 POKENO	<b>National Candy Day</b> 4 9:00 📖 Anchor Church Visit 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎮 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎮 BINGO 2:00 🎬 Movie: The Ultimate Life 2:00 🚌 Scenic Ride: Moiliili and Kapahulu 2:30 🎮 Friday Social	<b>National Jersey Friday</b> 5 8:30 🚶 <b>Alzheimer's Walk</b> 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎮 Board and Card Games 10:15 🎵 Ukulele Sing-a-long 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎬 Movie: Ben Hur Part I 3:00 🧠 Scrabble
<b>DAYLIGHT SAVING TIME BEGINS</b> <b>National Nachos Day</b> 6 9:00 ❤️ Flow Exercise 9:00 🛒 Shopping in Kaneohe 9:40 ❤️ Qi Gong 10:15 🎮 Board and Card Games 10:30 📺 Live Stream: New Hope Video Service (Media Room) 11:00 📖 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎬 Movie: The Dukes of Hazard 3:10 🕹 Game: Black Jack	<b>National Bittersweet Chocolate Day</b> 7 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎮 Board and Card Games 10:15 🐾 <b>Pet Visits</b> 1:00 ❤️ Flow Exercise 1:30 ❤️ <b>Balance, Stretching and Toning</b> 2:00 🎮 BINGO	<b>ELECTION DAY</b> <b>National Cappuccino Day</b> 8 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 ❤️ Strength Training with Weights 10:15 🎮 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🗳 <b>Resident Council</b>	<b>National Scrabble Day</b> 9 8:30 🚌 Bank/ Pharmacy Ride 9:00 ❤️ Flow Exercise 9:30 🚌 Shopping: Kahala Mall 9:40 ❤️ Qi Gong 10:15 🎮 Board and Card Games 12:30 🚌 Scenic Ride: Palolo 1:00 ❤️ Flow Exercise 1:30 🎨 Thankful Tree 1:40 ❤️ Flow Exercise 2:00 🎮 BINGO	<b>National Forget-Me-Not Day</b> 10 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 ❤️ Strength Training with Weights 10:15 🎮 Board and Card Games 10:15 🎨 <b>Music and Movement with Joslyn</b> 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:30 🎮 POKENO	<b>National Day</b> 11 <b>VETERANS DAY</b> 9:00 📖 Anchor Church Visit 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎮 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎮 BINGO 2:00 🚌 Scenic Ride: Alewa Heights 2:10 🎬 Movie:The Choice 2:30 🎮 Friday Social	<b>National Pizza With The Works Day</b> 12 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎮 Board and Card Games 10:15 🎵 Ukulele Sing-a-long 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎬 Movie: Ben Hur Part II 6:00 🏈 <b>UH Warriors vs. Utah State</b>
<b>National World Kindness Day</b> 13 9:00 ❤️ Flow Exercise 9:00 🛒 Shopping in Kaneohe 9:40 ❤️ Qi Gong 10:15 🎮 Board and Card Games 10:30 📺 Live Stream: New Hope Video Service (Media Room) 11:00 📖 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎬 Movie: Angel of My Life 2:30 🎵 <b>Piano Performance Huei Chen Tsai</b>	<b>National Pickle Day</b> 14 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎮 Board and Card Games 10:15 🐾 <b>Pet Visits</b> 1:00 ❤️ Flow Exercise 1:30 ❤️ <b>Balance, Stretching and Toning</b> 2:00 🎮 BINGO	<b>America Recycles Day</b> 15 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 ❤️ Strength Training with Weights 10:00 🎮 Virtual Bingo Palooza 10:15 🎮 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:30 🎮 POKENO	<b>National Button Day</b> 16 8:30 🚌 Bank/ Pharmacy Ride 9:00 ❤️ Flow Exercise 9:30 🛒 Shopping: Safeway Kapahulu 9:40 ❤️ Qi Gong 10:15 🎮 Board and Card Games 10:15 🎵 Musical Performance Bill Melemai 12:00 🍹 Kau Kau Club 12:30 🚌 Scenic Ride: Kapolei Commons 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎮 BINGO	<b>National Baklava Day</b> 17 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 🎨 Christmas Card Making with Mel 10:15 🎮 Board and Card Games 10:15 🎭 <b>Silent Disco: Hawaii Dance Bomb</b> 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:30 🎮 POKENO	<b>National Princess Day</b> 18 9:00 📖 Anchor Church Visit 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎨 Bead Art Class 10:15 🎮 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎮 BINGO 2:00 🎬 Movie: I Can Only Imagine 2:00 🚌 Scenic Ride: Kailua/Maunawili 2:30 🎮 Friday Social	<b>National Carbonate Beverage w/ Caffeine Day</b> 19 9:00 ❤️ Flow Exercise 9:30 🎨 Thanksgiving Festivities with BYU Social Club 9:40 ❤️ Qi Gong 10:15 🎮 Board and Card Games 10:15 🎵 Ukulele Sing-a-long 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎬 Movie: Take Me Out To The Ballgame 3:00 🧠 Scrabble 6:00 🏈 <b>UH Warriors vs. UNLV</b>
<b>National Peanut Butter Fudge Day</b> 20 9:00 ❤️ Flow Exercise 9:00 🛒 Shopping in Kaneohe 9:40 ❤️ Qi Gong 10:15 🎮 Board and Card Games 10:30 📺 Live Stream: New Hope Video Service (Media Room) 11:00 📖 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎬 Movie: Footprints 2:30 🎵 <b>Piano Performance Huei Chen Tsai</b> 3:10 🕹 Game: Black Jack	<b>National Gingerbread Cookie Day</b> 21 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎮 Board and Card Games 10:15 🐾 <b>Pet Visits</b> 1:00 ❤️ Flow Exercise 1:30 ❤️ <b>Balance, Stretching and Toning</b> 2:00 🎮 BINGO	<b>National Cranberry Relish Day</b> 22 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 ❤️ Strength Training with Weights 10:15 🎮 Board and Card Games 10:15 🎵 <b>Musical Performance: Roy Hamada</b> 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 👤 IN PERSON STAFF MEETING	<b>National Espresso Day</b> 23 8:30 🚌 Bank/ Pharmacy Ride 9:00 ❤️ Flow Exercise 9:30 🛒 Shopping: Don Quijote 9:40 ❤️ Qi Gong 10:15 🎮 Board and Card Games 12:30 🚌 Scenic Ride: Makapu'u / Sandy Beach 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎮 BINGO	<b>HAPPY THANKSGIVING!</b> 24 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 ❤️ Strength Training with Weights 10:15 🎮 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:30 🎮 POKENO	<b>National Parfait Day</b> 25 9:00 📖 Anchor Church Visit 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎮 Board and Card Games 10:15 🎵 <b>Musical Performance: Mauka Boyz Band</b> 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎮 BINGO 2:00 🎬 Movie: Mr. Harrigan's Phone 2:00 🚌 Scenic Ride: Airport / Pearl Harbor 2:30 🎮 Friday Social	<b>National Cake Day</b> 26 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎮 Board and Card Games 10:15 🎵 Ukulele Sing-a-long 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎬 Movie: So This Is Love
<b>National Bavarian Cream Pie Day</b> 27 9:00 ❤️ Flow Exercise 9:00 🛒 Shopping in Kaneohe 9:40 ❤️ Qi Gong 10:15 🎮 Board and Card Games 10:30 📺 Live Stream: New Hope Video Service (Media Room) 11:00 📖 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎬 Movie: 17 Miracles	<b>National French Toast Day</b> 28 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎮 Board and Card Games 10:15 🐾 <b>Pet Visits</b> 1:00 ❤️ Flow Exercise 1:30 ❤️ <b>Balance, Stretching and Toning</b> 2:30 🎮 BINGO	<b>National Day of Giving</b> 29 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 ❤️ Strength Training with Weights 10:15 🎮 Board and Card Games 10:15 🎵 <b>Musical Performance Hank the Dutchman</b> 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:30 🎮 POKENO	<b>National Mason Jar Day</b> 30 8:30 🚌 Bank/ Pharmacy Ride 9:00 ❤️ Flow Exercise 9:30 🛒 Shopping- Marukai 9:40 ❤️ Qi Gong 10:15 🎮 Board and Card Games 12:30 🚌 Scenic Ride 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎮 BINGO	Each shuttle ride can have up to 14 residents. Excursions may be limited to less than 10. <b>Activities are subject to change.</b> 		