

November 2023

2nd Floor Monthly Activity Calendar



Sunday Monday Tuesday Wednesday Thursday Friday Saturday



- Excursions
- Movie
- Physical
- Special Events

**Van Departures--
Please meet in the lobby
15 minutes prior to
all van departures.**

<p style="text-align: right; font-size: 2em; font-weight: bold;">5</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:30 Outdoor Stroll</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Zumba & Hydration</p> <p>2:00 Game- Bean Bag Toss</p> <p>3:00 Game- Mini Golf</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">6</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:00 Ukulele Performance by GracePoint Church [A]</p> <p>10:30 Outdoor Stroll</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Tai Chi & Hydration</p> <p>2:00 Game- Balloon Volleyball</p> <p>3:00 Movie Matinee: "The Karate Kid"</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">7</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:30 Outdoor Stroll</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Zumba & Hydration</p> <p>2:00 Sing Along Serenading</p> <p>3:00 Game- Memory Card Game</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">8</p> <p style="text-align: center; color: red; font-weight: bold;">National Brush Day</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:30 Educational/Travel Show</p> <p>10:30 Holoholo Ride</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Tai Chi & Hydration</p> <p>2:00 Performance by Roy Hamada [A]</p> <p>2:00 Trivia- Word Unscramble</p> <p>3:00 Movie Matinee: "Madagascar 3"</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">9</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:00 Performance by Legacy Music [A]</p> <p>10:30 Outdoor Stroll</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Zumba & Hydration</p> <p>2:00 Sing Along Serenading</p> <p>3:00 Game- Bowling</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">10</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Pet Therapy with Chico</p> <p>10:30 Outdoor Stroll</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Tai Chi & Hydration</p> <p>2:00 Game- Playing Cards Puzzle</p> <p>3:00 Movie Matinee: "Dolphin Reef"</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">11</p> <p>8:30 Alzheimer's Walk at Magic Island (Ala Moana Beach Park)</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:00 UH Football Kickoff: Nevada vs. UH [T]</p> <p>10:30 Outdoor Stroll</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Zumba & Hydration</p> <p>2:00 Game- Basketball</p> <p>3:00 Game- Nerf Poker</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:00 UH Football Tailgate Party [A]</p> <p>4:30 Dinner Time</p> <p>6:00 UH Football Kickoff: UH vs Air Force [T]</p>
<p style="text-align: right; font-size: 2em; font-weight: bold;">12</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:30 Outdoor Stroll</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Zumba & Hydration</p> <p>2:00 Game- Bowling</p> <p>3:00 Arts & Crafts- Marshmallow & Pretzel Fun!</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">13</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:00 Performance by Pau Hana Glee Club [A]</p> <p>10:30 Outdoor Stroll</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Tai Chi & Hydration</p> <p>2:00 Game- Ladderball</p> <p>3:00 Movie Matinee: "Hawaiian: The Legend of Eddie Aikau"</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">14</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:00 Mass with St. Philomena's Church [T]</p> <p>10:30 Outdoor Stroll</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Zumba & Hydration</p> <p>2:00 Hank the Singing Dutchman [A]</p> <p>2:00 Sing Along Serenading</p> <p>3:00 Game- Ring Toss</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">15</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:00 Inspirational Music with Wally Brown [A]</p> <p>10:30 Educational/Travel Show</p> <p>10:30 Holoholo Ride</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Tai Chi & Hydration</p> <p>2:00 Game- Floor Darts</p> <p>3:00 Movie Matinee: "Raya"</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">16</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:30 Outdoor Stroll</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Zumba & Hydration</p> <p>2:00 Sing Along Serenading</p> <p>3:00 Game- Beanbag Knockdown</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">17</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:30 Outdoor Stroll</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Tai Chi & Hydration</p> <p>2:00 Jeopardy Hour!</p> <p>3:00 Movie Matinee: "The Noel Diary"</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">18</p> <p>9:00 Morning Exercise & Hydration</p> <p>9:00 UH Football Kickoff: Wyoming vs UH [T]</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:30 Outdoor Stroll</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Zumba & Hydration</p> <p>2:00 Game- Pictionary</p> <p>3:00 Game- Corn Hole Toss</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>
<p style="text-align: right; font-size: 2em; font-weight: bold;">19</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:30 Outdoor Stroll</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Zumba & Hydration</p> <p>2:00 Game- Memory Card Game</p> <p>3:00 Game- Dartball</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">20</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:30 Outdoor Stroll</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Tai Chi & Hydration</p> <p>2:00 Game- Bowling</p> <p>2:00 Resident Council [A]</p> <p>3:00 Movie Matinee: "Cinderella Man"</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">21</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:30 Outdoor Stroll</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Zumba & Hydration</p> <p>2:00 Sing Along Serenading</p> <p>3:00 Trivia- Word Unscramble</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">22</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:30 Educational/Travel Show</p> <p>10:30 Holoholo Ride</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Tai Chi & Hydration</p> <p>2:00 Game- Bean Bag Toss</p> <p>3:00 Movie Matinee: "Summer of Soul"</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">23</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:30 Outdoor Stroll</p> <p>11-1 Thanksgiving Buffett</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Zumba & Hydration</p> <p>2:00 Sing Along Serenading</p> <p>3:00 BINGO</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">24</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Pet Therapy with Chico</p> <p>10:30 Outdoor Stroll</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Tai Chi & Hydration</p> <p>2:00 Game- Playing Cards Puzzle</p> <p>3:00 Movie Matinee: "My Bestfriends Wedding"</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">25</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:30 Outdoor Stroll</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Zumba & Hydration</p> <p>2:00 Game- Dartball</p> <p>3:00 Jeopardy Hour!</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:00 UH Football Tailgate Party [A]</p> <p>4:30 Dinner Time</p> <p>6:00 UH Football Kickoff: UH vs Colorado State [T]</p>
<p style="text-align: right; font-size: 2em; font-weight: bold;">26</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:30 Outdoor Stroll</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Zumba & Hydration</p> <p>2:00 Game- Pictionary</p> <p>3:00 Arts & Crafts- Free Painting</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">27</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:30 Outdoor Stroll</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Tai Chi & Hydration</p> <p>2:00 Game- Ring Toss</p> <p>3:00 Movie Matinee: "Into the Okavango"</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">28</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:30 Outdoor Stroll</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1-3p COVID-19 Vaccination Clinic [A]</p> <p>1:00 Seated Zumba & Hydration</p> <p>2:00 Sing Along Serenading</p> <p>3:00 Jeopardy Hour!</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">29</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:30 Educational/Travel Show</p> <p>10:30 Holoholo Ride</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Tai Chi & Hydration</p> <p>2:00 Game- Duck Hunting</p> <p>3:00 Movie Matinee: "Jungle Cruise"</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">30</p> <p>9:00 Morning Exercise & Hydration</p> <p>10:00 Current Events & What's on the Menu?</p> <p>10:30 Outdoor Stroll</p> <p>11:15 Wash Up & Clean</p> <p>11:30 Lunch Time</p> <p>1:00 Seated Zumba & Hydration</p> <p>2:00 Sing Along Serenading</p> <p>3:00 Trivia- Word Unscramble</p> <p>4:00 Clean-Up & Bathroom Break</p> <p>4:30 Dinner Time</p>	<p style="font-size: 1.5em; color: green; font-weight: bold;">All activities are subject to change.</p>	