

# November 2023

## 3rd 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.**

**1**

**National Brush Day**

**2**

**3**

**4**

<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>12:30 Holoholo Ride</p> <p>12:30 Travel/Educational Show</p> <p>1:00 Seated Zumba &amp; Hydration</p> <p>2:00 Game- Dartball</p> <p>3:00 Sing Along Serenading</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>5</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:00 Ukelele Performance by GracePoint Church [A]</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1:00 Seated Tai Chi &amp; Hydration</p> <p>2:00 Game- I SPY, Dig in</p> <p>3:00 Movie Matinee: "The Karate Kid"</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>6</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1:00 Holoholo Ride</p> <p>1:00 Travel/Educational Show</p> <p>1:30 Seated Zumba &amp; Hydration</p> <p>2:00 BINGO</p> <p>3:00 Sing Along Serenading</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>7</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1:00 Seated Tai Chi &amp; Hydration</p> <p>2:00 Game- Connect 4!</p> <p>2:00 Performance by Roy Hamada [A]</p> <p>3:00 Movie Matinee: "Madagascar 3"</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>8</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:00 Performance by Legacy Music [A]</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1:00 Seated Zumba &amp; Hydration</p> <p>2:00 BINGO</p> <p>3:00 Sing Along Serenading</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>9</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:00 Pet Therapy with Chico</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1:00 Seated Tai Chi &amp; Hydration</p> <p>2:00 Game- Boggle</p> <p>3:00 Movie Matinee: "Dolphin Reef"</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>10</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1:00 Seated Zumba &amp; Hydration</p> <p>2:00 Game- Pictionary</p> <p>3:00 Arts &amp; Crafts- Turkey Painting</p> <p>4:00 UH Football Tailgate Party [A]</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p>6:00 UH Football Kickoff: UH vs Air Force [T]</p> <p style="text-align: right; font-size: 2em;"><b>11</b></p>
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<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>12:30 Holoholo Ride</p> <p>12:30 Travel/Educational Show</p> <p>1:00 Seated Zumba &amp; Hydration</p> <p>2:00 Arts &amp; Crafts- Marshmallow &amp; Pretzel Fun!</p> <p>3:00 Sing Along Serenading</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>12</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:00 Performance by Pau Hana Glee Club [A]</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1:00 Seated Tai Chi &amp; Hydration</p> <p>2:00 Jeopardy Hour!</p> <p>3:00 Movie Matinee: "Hawaiian: The Legend of Eddie Aikau"</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>13</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Mass with St. Philomena's Church [T]</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1:00 Holoholo Ride</p> <p>1:00 Travel/Educational Show</p> <p>1:30 Seated Zumba &amp; Hydration</p> <p>2:00 BINGO</p> <p>2:00 Hank the Singing Dutchman [A]</p> <p>3:00 Sing Along Serenading</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>14</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Inspirational Music with Wally Brown [A]</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1:00 Seated Tai Chi &amp; Hydration</p> <p>2:00 Game- Mahjong</p> <p>3:00 Movie Matinee: "Raya"</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>15</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1:00 Seated Zumba &amp; Hydration</p> <p>2:00 BINGO</p> <p>3:00 Sing Along Serenading</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>16</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1:00 Seated Tai Chi &amp; Hydration</p> <p>2:00 Game- Staxis</p> <p>3:00 Movie Matinee: "The Noel Diary"</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>17</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>9:00 UH Football Kickoff: Wyoming vs UH [T]</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1:00 Seated Zumba &amp; Hydration</p> <p>2:00 Game- Playing Cards Puzzle</p> <p>3:00 Arts &amp; Crafts- Suncatchers</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>18</b></p>
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<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>12:30 Holoholo Ride</p> <p>12:30 Travel/Educational Show</p> <p>1:00 Seated Zumba &amp; Hydration</p> <p>2:00 Game- Nerf Poker</p> <p>3:00 Sing Along Serenading</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>19</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1:00 Seated Tai Chi &amp; Hydration</p> <p>2:00 Game- Bean Bag Knockdown</p> <p>2:00 Resident Council [A]</p> <p>3:00 Movie Matinee: "Cinderella Man"</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>20</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1:00 Holoholo Ride</p> <p>1:00 Travel/Educational Show</p> <p>1:30 Seated Zumba &amp; Hydration</p> <p>2:00 BINGO</p> <p>3:00 Sing Along Serenading</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>21</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1:00 Seated Tai Chi &amp; Hydration</p> <p>2:00 Arts &amp; Crafts- Thanksgiving Coloring</p> <p>3:00 Movie Matinee: "Summer of Soul"</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>22</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11-1 Thanksgiving Buffett</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1:00 Seated Zumba &amp; Hydration</p> <p>2:00 BINGO</p> <p>3:00 Sing Along Serenading</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>23</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1:00 Seated Tai Chi &amp; Hydration</p> <p>2:00 Trivia- Word Unscramble</p> <p>3:00 Movie Matinee: "My Bestfriends Wedding"</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>24</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1:00 Seated Zumba &amp; Hydration</p> <p>2:00 Outdoor Cruising</p> <p>3:00 Game- Pictionary</p> <p>4:00 UH Football Tailgate Party [A]</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p>6:00 UH Football Kickoff: UH vs Colorado State [T]</p> <p style="text-align: right; font-size: 2em;"><b>25</b></p>
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<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>12:30 Holoholo Ride</p> <p>12:30 Travel/Educational Show</p> <p>1:00 Seated Zumba &amp; Hydration</p> <p>2:00 Trivia- Words that Start With</p> <p>3:00 Sing Along Serenading</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>26</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1:00 Seated Tai Chi &amp; Hydration</p> <p>2:00 Game- Connect 4!</p> <p>3:00 Movie Matinee: "Into the Okavango"</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>27</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1-3p COVID-19 Vaccination Clinic [A]</p> <p>1:00 Holoholo Ride</p> <p>1:00 Travel/Educational Show</p> <p>1:30 Seated Zumba &amp; Hydration</p> <p>2:00 BINGO</p> <p>3:00 Sing Along Serenading</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>28</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1:00 Seated Tai Chi &amp; Hydration</p> <p>2:00 Game- Memory Card Game</p> <p>3:00 Movie Matinee: "Jungle Cruise"</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>29</b></p>	<p>9:00 Morning Exercise &amp; Hydration</p> <p>10:00 Outdoor Stroll</p> <p>10:25 Current Events &amp; What's on the Menu?</p> <p>11:15 Wash Up &amp; Clean</p> <p>11:30 Lunch</p> <p>1:00 Seated Zumba &amp; Hydration</p> <p>2:00 BINGO</p> <p>3:00 Sing Along Serenading</p> <p>4:00 Wash Up &amp; Clean</p> <p>4:30 Dinner</p> <p style="text-align: right; font-size: 2em;"><b>30</b></p>	<p style="font-size: 1.5em; color: green;"><b>All activities are subject to change.</b></p>	
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