


November 2023  
The Plaza at Kaneohe - IL & AL



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	A very Happy Thanksgiving to our Plaza Ohana		<b>National Cinnamon Day</b> 1 9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 ♥ Strength Training with Weights 1:00 ♥ Flow Exercise 1:30 Excursion 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Wednesday Matinee : Rain (NF) 2:15 BINGO	<b>National Deviled Egg Day</b> 2 8:00 Medical Shuttle - Honolulu 9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 1:00 ♥ Flow Exercise 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:15 POKENO	<b>National Jersey Friday</b> 3 9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 1:00 ♥ Flow Exercise 1:30 Scenic Ride 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Movie: The Secret Dare to Dream (NF) 2:15 BINGO	<b>National Candy Day</b> 4 7:30 Alzheimer's Memory Walk 9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:00 UH Warriors vs. Nevada 10:15 ♥ Strength Training with Weights 1:00 ♥ Flow Exercise 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:00 Movie: A Thousand and One (NF) 4:30 Catholic Mass
<b>DAYLIGHT SAVING TIME BEGINS</b> 5 <b>National Donut Day</b> 9:00 ♥ Flow Exercise 9:30 Medical Shuttle - Kaneohe 9:40 ♥ Qi Gong 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: Faith's Song (PT)	<b>National Nachos Day</b> 6 8:00 Medical Shuttle - Windward 9:00 ♥ Flow Exercise 10:00 ♥ Balance, Stretching and Toning 10:15 Pet Visits 1:00 ♥ Flow Exercise 1:30 Shopping Trip 1:40 Silver Sneakers Workout (improve your cardio) 2:15 BINGO	<b>ELECTION DAY</b> 7 <b>National Bittersweet Chocolate w/ Almonds Day</b> 8:00 Medical Shuttle - West Side 9:00 ♥ Flow Exercise 9:30 ♥ Luk Tung Kuen 10:15 ♥ Strength Training with Weights 1:00 ♥ Flow Exercise 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:15 POKENO	<b>National Cappuccino Day</b> 8 9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 ♥ Strength Training with Weights 1:00 ♥ Flow Exercise 1:30 Excursion 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Wednesday Matinee : Las Vegas(NF) 2:15 BINGO	<b>National Louisiana Day</b> 9 8:00 Medical Shuttle - Honolulu 9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:00 Televeda Virtual Bingo 10:15 Music and Movement with Joslyn 1:00 ♥ Flow Exercise 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:15 POKENO 2:30 Musical Performance: Coffee & Me	<b>National Forget - me -Not Day</b> 10 9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 Musical Performance Hank The Dutchman 1:00 ♥ Flow Exercise 1:30 Scenic Ride 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Movie: The Magic of Belle Isle (NF) 2:15 BINGO	<b>National Day VETERANS DAY</b> 11 9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 Musical Performance: Cousin Fred G 10:15 ♥ Strength Training with Weights 1:00 ♥ Flow Exercise 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:00 LDS Musical Performance 6:00 UH Warriors vs. Air Force
<b>National Pizza w/ the Works except Anchovies Day</b> 12 9:00 ♥ Flow Exercise 9:30 Medical Shuttle - Kaneohe 9:40 ♥ Qi Gong 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: Moana (Disney)	<b>National World Kindess Day</b> 13 8:00 Medical Shuttle - Windward 9:00 ♥ Flow Exercise 10:00 ♥ Balance, Stretching and Toning 10:15 Pet Visits 1:00 ♥ Flow Exercise 1:30 Shopping Trip 1:40 Silver Sneakers Workout (improve your cardio) 2:15 BINGO	<b>National Family PJ Day</b> 14 8:00 Medical Shuttle - West Side 9:00 ♥ Flow Exercise 9:30 ♥ Luk Tung Kuen 10:15 ♥ Strength Training with Weights 10:30 Jon Koki Musical Performance 1:00 ♥ Flow Exercise 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:00 Resident Council 2:15 POKENO	<b>National America Recycles Day</b> 15 9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:00 Aging Isn't For The Weak - Fall Prevention Presentation 10:15 ♥ Strength Training with Weights 12:00 Kau Kau Club 1:00 ♥ Flow Exercise 1:30 Excursion 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Wednesday Matinee : Enemy Within (NF) 2:15 BINGO	<b>National Button Day</b> 16 8:00 Medical Shuttle - Honolulu 9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 Silent Disco: Hawaii Dance Bomb 1:00 ♥ Flow Exercise 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:15 POKENO	<b>National Baklava Day</b> 17 9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 Uta Kai Japanese Sing-a-long 1:00 ♥ Flow Exercise 1:30 Scenic Ride 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Movie: The Love Punch (NF) 2:15 BINGO	<b>Mickey Mouse Birthday Day</b> 18 9:00 ♥ Flow Exercise 9:00 UH Warriors vs. Wyoming 9:40 ♥ Qi Gong 10:15 ♥ Strength Training with Weights 1:00 ♥ Flow Exercise 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:00 Movie: The Horse Dancer (PT)
<b>National Cabonated Beverage w/ Caffeine Day</b> 19 9:00 ♥ Flow Exercise 9:30 Medical Shuttle - Kaneohe 9:40 ♥ Qi Gong 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: Ratatouille (Disney)	<b>National Peanut Butter Fudge Day</b> 20 8:00 Medical Shuttle - Windward 9:00 ♥ Flow Exercise 10:00 ♥ Balance, Stretching and Toning 10:15 Pet Visits 1:00 ♥ Flow Exercise 1:30 Shopping Trip 1:40 Silver Sneakers Workout (improve your cardio) 2:15 BINGO	<b>National Gingerbread Cookie Day</b> 21 8:00 Medical Shuttle - West Side 9:00 ♥ Flow Exercise 9:30 ♥ Luk Tung Kuen 10:15 ♥ Strength Training with Weights 1:00 ♥ Flow Exercise 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:15 POKENO	<b>National Jukebox Day</b> 22 9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 ♥ Strength Training with Weights 1:00 ♥ Flow Exercise 1:30 Excursion 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Wednesday Matinee : My Big Fat Greek Wedding 2 (NF) 2:15 BINGO	<b>HAPPY THANKSGIVING!</b> 23 <b>National Day</b> 8:00 Medical Shuttle - Honolulu 9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 1:00 ♥ Flow Exercise 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:15 POKENO	<b>Maize Day</b> 24 9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 1:00 ♥ Flow Exercise 1:30 Scenic Ride 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Movie: The Final Season (PT) 2:15 BINGO	<b>National Parfait Day</b> 25 9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 Musical Performance: Cousin Fred G 10:15 ♥ Strength Training with Weights 1:00 ♥ Flow Exercise 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:00 Movie: Something From Tiffany's (PT) 6:00 UH Warriors vs. Colorado State
<b>National Cake Day</b> 26 9:00 ♥ Flow Exercise 9:30 Medical Shuttle - Kaneohe 9:40 ♥ Qi Gong 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: Sword of Honor (PT)	<b>National Barvarian Pie Day</b> 27 8:00 Medical Shuttle - Windward 9:00 ♥ Flow Exercise 10:00 ♥ Balance, Stretching and Toning 10:15 Pet Visits 1:00 ♥ Flow Exercise 1:30 Shopping Trip 1:40 Silver Sneakers Workout (improve your cardio) 2:15 BINGO	<b>National Day of Giving</b> 28 8:00 Medical Shuttle - West Side 9:00 ♥ Flow Exercise 9:30 ♥ Luk Tung Kuen 10:15 ♥ Strength Training with Weights 10:30 Musical Performance: Roy Hamada 1:00 ♥ Flow Exercise 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:15 POKENO	<b>National Electronic Greetings Day</b> 29 9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 ♥ Strength Training with Weights 1:00 ♥ Flow Exercise 1:30 Excursion 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Wednesday Matinee : 80 For Brady (PT) 2:15 BINGO	<b>National Mason Jar Day</b> 30 8:00 Medical Shuttle - Honolulu 9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 Musical Performance: Dean Hirata 1:00 ♥ Flow Exercise 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:15 POKENO	<div>Each shuttle ride can have up to 14 residents. Excursions may be limited to less than 10.</div> 	