

November 2025
Hali'a



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
November cont'd30												National Día de Muertos (Day of the Dead)1	
Dress Day: Plaza Shirts National Crazy Hat Day 1:00 Plaza Life Walking Club 7:00 BREAKFAST 8:15 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:30 Walking Club Inside or Outside [A] 10:00 Matching Game and Puzzles 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Plaza Life Walking Club 1:15 Sightseeing:				Celebrations Club Visits Educational Classes Exercise / Physical Activity Field Trip / Medical Appointments Games Meditation / Mindfulness Movies / Documentaries Music / Special Entertainment Pet Visitation / Therapy Plaza Life Fitness Socials / Social Gathering Spiritual / Worship Services		Location Keys Activity Room A Theater T						7:00 BREAKFAST 8:15 Circle Time: Newspaper Current Events Discussion [A] 9:00 Classroom Hour: Journaling- Would You Rather...? And Why? 9:00 Plaza Life Exercises [A] 10:00 BINGO [A] 11:00 LUNCH 12:30 Plaza Life Exercises 1:00 Walking Club (On the Floor or Outside) [A] 1:30 Tea Time in the Bistro or Hoku Terrace 2:00 Coloring Sugar Skulls 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER 4:30 UH Football vs San Jose State [T] 6:00 Movie Night [A]	
Dress Day: Wear Green or Muppets Shirt National Kermit the Frog Day 1:00 Plaza Life Walking Club 7:00 BREAKFAST 8:15 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:30 Walking Club Inside or Outside [A] 10:00 Matching Game and Puzzles 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Plaza Life Walking Club 1:30 Tea Time in the Bistro or Hoku Terrace 2:00 Ring Toss to Classical Music [A] 2:30 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break		National Count Your Coins Day BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 10:00 Hank the Singing Dutchman [A] 11:00 LUNCH 1:00 Plaza Life Walking Club 1:30 Horseshoes 2:00 Sensory Time: Aromatherapy and Scented Hand Lotion Massages [A] 2:30 Mindful Meditation 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER		National Candy Day BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 SONG OF THE DAY: [A] 9:30 Walking Club (On the Floor or Outside) [A] 10:00 Hali'a Best Friend of the Month: Fall Painting [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Plaza Life Exercises 1:00 Balloon Volleyball 1:30 Dancersize (Low Impact) 2:00 Community Bonding: Ukulele Sing-a-Long with Jeremy [A] 3:00 Afternoon Stretch [A]		National Monopoly Day BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Classroom Hour: Brain Game: 9-Square 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:45 Sightseeing For Halia 10:00 Scarf Dancing to Pop Music 11:00 LUNCH 12:00 Recharge Hour- Mindful Coloring with Classical Music 12:30 Plaza Life Exercises 1:00 Plaza Life Walking Club 1:30 Tea Time in the Bistro or Hoku Terrace 2:00 Birthday Celebrations!		National Games Day BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:30 Legacy Music [A] 11:00 LUNCH 12:30 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Plaza Life Walking Club 1:30 Tea Time in the Bistro or Hoku Terrace 2:00 Bowling [A] 2:30 Balloon Volleyball 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break		National Pillsbury Dough Boy Birthday BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:30 Music with Dean Hirata [A] 11:00 LUNCH 12:30 Dancersize (Low Impact) [A] 1:00 Plaza Life Walking Club 1:30 Tea Time in the Bistro or Hoku Terrace 2:00 Scarf Juggling to Pop Music [A] 2:30 Hula & Mele 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER		Dress Day: Plaza Shirts Walk to End Alzheimer's Day BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:30 BINGO [A] 10:00 LUNCH 12:30 Plaza Life Exercises 1:00 Plaza Life Walking Club [A] 1:30 Tea Time in the Bistro or Hoku Terrace 2:00 Tables Games: Puzzles 2:30 Balloon Volleyball 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break	
Dress Day: Polka Dots National Draw a Perfect Circle Day 1:00 Plaza Life Walking Club 7:00 BREAKFAST 8:15 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:30 Walking Club Inside or Outside [A] 10:00 Matching Game and Puzzles 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Plaza Life Walking Club 1:15 Sightseeing: 1:30 Tea Time in the Bistro or Hoku Terrace 2:00 Mindful Coloring: Watercolor Circles 2:30 Plaza Sing A Long [A]		National Marine Corps Anniversary BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 10:00 New Event Name 11:00 LUNCH 1:00 Plaza Life Walking Club 1:30 Horseshoes 2:00 Sensory Time: Aromatherapy and Scented Hand Lotion Massages [A] 2:30 Chair Yoga 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break		Veteran's Day BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 SONG OF THE DAY: [A] 9:30 Walking Club (On the Floor or Outside) [A] 10:00 Hali'a Best Friend of the Month: Trivia! [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Plaza Life Exercises 1:00 Balloon Volleyball 1:30 Dancersize (Low Impact) 2:00 Community Bonding: Ukulele Sing-a-Long with Jeremy [A] 2:30 Trivia!		National Mocktail Day BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Classroom Hour: Brain Game: 9-Square 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:45 Sightseeing For Halia 10:00 Mindful Coloring and Classical Musical 10:00 New Hope Church Service [T] 10:00 Pet Therapy with Wilma and Milo [A] 11:00 LUNCH 12:00 Recharge Hour- Mindful Coloring with Classical Music 12:30 Plaza Life Exercises 1:00 Plaza Life Walking Club 1:30 Tea Time in the Bistro or Hoku Terrace		World Kindness Day BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:30 Drums are Alive! 11:00 LUNCH 12:30 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Plaza Life Walking Club 1:30 Tea Time in the Bistro or Hoku Terrace 2:00 Bowling [A] 2:30 Scarf Juggling 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break		National Pickle Day BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:30 Dancersize (Low Impact) [A] 10:00 BINGO [A] 11:00 LUNCH 12:30 Dancersize (Low Impact) [A] 1:00 Plaza Life Walking Club 1:30 Tea Time in the Bistro or Hoku Terrace 2:00 Scarf Juggling to Pop Music [A] 2:30 Hula & Mele 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER		National I Love to Write Day BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 10:00 BINGO [A] 11:00 LUNCH 12:30 Plaza Life Exercises 1:00 Plaza Life Walking Club [A] 1:30 Tea Time in the Bistro or Hoku Terrace 2:00 Writing Letters to Friends 2:30 Mindful Coloring and Hawaiian Music 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER	
National Aviation History Day 1:00 Plaza Life Walking Club 7:00 BREAKFAST 8:15 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:30 Walking Club Inside or Outside [A] 10:00 Matching Game and Puzzles 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Plaza Life Walking Club 1:30 Tea Time in the Bistro or Hoku Terrace 2:00 Ring Toss to Classical Music [A] 2:30 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A]		World Peace Day BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:30 Peace Game [A] 10:00 LUNCH 1:00 Plaza Life Walking Club 1:30 Horseshoes 2:00 Sensory Time: Aromatherapy and Scented Hand Lotion Massages [A] 2:30 Balloon Volleyball 3:00 Afternoon Stretch [A]		Dress Day: Mickey Mouse Shirts Mickey Mouses' Birthday BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 SONG OF THE DAY: [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:30 Silent Disco [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Plaza Life Exercises 1:00 Balloon Volleyball 1:30 Dancersize (Low Impact)		National Carbonated Beverage Day BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Classroom Hour: Brain Game: 9-Square 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:45 Sightseeing For Halia 10:00 Dancercise 10:00 New Hope Church Service [T] 10:30 Mindful Coloring and Hawaiian Music 11:00 LUNCH 12:00 Recharge Hour- Mindful Coloring with Classical Music 12:30 Plaza Life Exercises 1:00 Plaza Life Walking Club 1:30 Tea Time in the Bistro or Hoku Terrace		Dress Day: Plaza Shirts National Let's Talk Turkey Day BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:30 Drums are Alive! 10:00 Pet Therapy with Wes Koga [A] 11:00 LUNCH 12:30 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Plaza Life Walking Club 1:30 Tea Time in the Bistro or Hoku Terrace 2:15 Turkey Toss! [A] 3:00 Afternoon Stretch [A]		Dress Day: Flannel National Gingerbread Cookie Day BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 Classroom Hour: Count your Score 9:30 Walking Club (On the Floor or Outside) [A] 10:00 Dancersize (Low Impact) [A] 11:00 LUNCH 12:30 Dancersize (Low Impact) [A] 1:00 Plaza Life Walking Club 1:30 Tea Time in the Bistro or Hoku Terrace 2:00 Scarf Juggling to Pop Music [A] 2:30 Hula & Mele 3:00 Afternoon Stretch [A]		National Juke Box Day BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 10:00 BINGO [A] 10:00 Music Performance with Jeremy [A] 11:00 LUNCH 12:30 Plaza Life Exercises 1:00 Plaza Life Walking Club [A] 1:30 Tea Time in the Bistro or Hoku Terrace 2:00 Mindful Coloring and Hawaiian Music 2:30 Matching Game and Puzzles 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break	
National Buy Nothing Day 1:00 Plaza Life Walking Club 7:00 BREAKFAST 8:15 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:30 Walking Club Inside or Outside [A] 10:00 Matching Game and Puzzles 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Plaza Life Walking Club 1:15 Sightseeing: 1:30 Tea Time in the Bistro or Hoku Terrace 2:00 Ring Toss to Classical Music [A] 2:30 Plaza Sing A Long [A]		National Solve a Crime Day BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 11:00 LUNCH 1:00 Plaza Life Walking Club 1:30 Horseshoes 2:00 Sensory Time: Aromatherapy and Scented Hand Lotion Massages [A] 2:30 New Event Name 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER 6:00 Movie Night [A]		National Parfait Day BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 SONG OF THE DAY: [A] 9:30 Walking Club (On the Floor or Outside) [A] 10:00 Hali'a Best Friend of the Month: Calligraphy [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Plaza Life Exercises 1:00 Balloon Volleyball 1:30 Dancersize (Low Impact) 2:00 Community Bonding: Ukulele Sing-a-Long with Jeremy [A] 3:00 Afternoon Stretch [A]		National Pumpkin Pie Day BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Classroom Hour: Brain Game: 9-Square 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:45 Sightseeing For Halia 10:00 Mindful Coloring to Music 10:00 New Hope Church Service [T] 10:00 Pet Therapy with Wilma and Milo [A] 11:00 LUNCH 12:00 Recharge Hour- Mindful Coloring with Classical Music 12:30 Plaza Life Exercises 1:00 Plaza Life Walking Club 1:30 Tea Time in the Bistro or Hoku Terrace		Thanksgiving BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 9:30 Drums are Alive! 11:00 LUNCH 12:30 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Plaza Life Walking Club 1:30 Tea Time in the Bistro or Hoku Terrace 2:00 Bowling [A] 2:30 Ring Toss 3:00 Afternoon Stretch [A]		National Shop til you Drop Day BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 10:00 Dancersize (Low Impact) [A] 11:00 LUNCH 12:30 Dancersize (Low Impact) [A] 1:00 Plaza Life Walking Club 1:30 Tea Time in the Bistro or Hoku Terrace 2:00 Scarf Juggling to Pop Music [A] 2:30 Hula & Mele 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER		National Square Dance Day BREAKFAST 7:00 Circle Time: Newspaper Current Events Discussion, Ice Breakers, Horoscope Reading, Morning Discussions [A] 8:30 Circle Morning Greetings: Pledge of Allegiance/ Hawaii Pono'i 9:00 Plaza Life Exercises [A] 9:30 Walking Club (On the Floor or Outside) [A] 10:00 BINGO [A] 11:00 LUNCH 12:30 Plaza Life Exercises 1:00 Plaza Life Walking Club [A] 1:30 Tea Time in the Bistro or Hoku Terrace 2:00 Dancercise: Square Dancing 2:30 Balloon Volleyball 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER	

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