

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

October cont'd **31**

Dress Day: Wear Your Halloween Costume
Happy Halloween

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:15 🚌 Church Runs
- 8:30 ❤️ Morning Exercise [HT]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 10:00 ★ Halloween Costume Contest [L]
- 11:00 Lunch 11AM - 1PM
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 2:00 Independent Paper Puzzles [B]
- 2:00 Kanikapila [A]
- 3:15 📺 Documentary: "From Stress To Happiness" (2020) [T]

ATTENTION:
We must continue to practice social distancing and wear masks during all activities.

Please sign up for sightseeing rides and shopping outings with concierge.

- ❤️ Health & Fitness
- 🎬 Movie
- 🚌 Shuttle
- ★ Special Event

Dress Day: Polka Dots
National Homemade Cookies Day **1**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 10:00 Chord Practice [T]
- 10:00 Craft: Chocolate Chip Cookie Plushies [A]
- 11:00 Lunch 11AM - 1PM
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 2:00 Community Service Moai: Heart Pillows or Holiday Tent Cards [A]
- 3:00 Bingo
- 4:30 Dinner 4:30 pm - 6:30 pm

National Name Your Cat Day **2**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 9:45 🚌 Sightseeing: Maunawili Valley
- 10:00 ★ Music with Dean Hirata [HT]
- 11:00 Lunch 11AM - 1PM
- 12:45 🚌 Sightseeing: Historical Hawaiian Sites
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 2:15 Walker and Cane Sanitation Wipe Down [A]
- 3:00 Bingo
- 4:30 Dinner 4:30 pm - 6:30 pm
- 7:00 📺 Movie Night: "Freedom Writers" (2007) [T]

National Techies Day **3**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:15 🚌 Church Runs
- 8:30 ❤️ Morning Exercise [HT]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 10:00 Craft: Fall Door Decorations [A]
- 11:00 Lunch 11AM - 1PM
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 2:00 Hula with Kumu Sallie [HT]
- 2:00 Independent Paper Puzzles [B]
- 3:00 Kanikapila [A]
- 3:15 📺 Documentary: "Mercury 13" (2018) [T]
- 4:30 Dinner 4:30 pm - 6:30 pm
- 7:00 📺 Movie Night: "Rain Man" (1985) [T]

Dress Day: Sports Jersey (no tank tops)
National Golf Lovers Day **4**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 8:30 🚌 Plaza Walking Moai Club @ Magic Island
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 9:45 🚌 Sightseeing: Chinaman's Hat
- 10:00 ★ Music with Hank the Singing Dutchman [HT]
- 11:00 Lunch 11AM - 1PM
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 1:45 📺 Shopping: Longs Drugs (1 hour)
- 2:00 📺 Documentary: "Smoky Mountain Park Rangers" (2021) D+ [T]
- 3:00 Bingo
- 4:30 Dinner 4:30 pm - 6:30 pm

National Get Funky Day **5**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 10:00 Craft: Jellyfish Key Chain
- 11:00 Lunch 11AM - 1PM
- 11:30 Kau Kau Club: (Dine In) Jose's Mexican Cafe
- 12:00 Medical Transportation
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 2:00 📺 Matinee Movie: "Live Twice, Love Once" (2020) [T]
- 2:30 ❤️ Afternoon Exercise (AL residents) [WF]
- 3:00 5th Floor Bingo (AL residents only) [WF]

National Noodle Day **6**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 8:30 🚌 Plaza Walking Moai Club @ Magic Island
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 10:00 📺 Concert: "Stevie Wonder" DVD [T]
- 10:00 Cooking Demo: Somen Salad [A]
- 11:00 Lunch 11AM - 1PM
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 1:45 📺 Shopping: Errand Run (2 mile radius)
- 2:00 Game: Shuffleboard [A]
- 2:00 📺 Matinee Movie: "The Starling" (2021) [T]
- 3:00 Bingo
- 4:30 Dinner 4:30 pm - 6:30 pm

National Frappe Day **7**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 10:00 ★ Buddhist Service with Moilili Hongwanji [T]
- 10:00 Craft: Pumpkin Pin [A]
- 11:00 Lunch 11AM - 1PM
- 12:00 Medical Transportation
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 2:00 Walking Club Around the Plaza
- 2:30 📺 Documentary: "Flooded Tombs of the Nile" (2021) D+ [T]
- 3:00 Pokeno
- 4:30 Dinner 4:30 pm - 6:30 pm
- 7:00 📺 Movie Night: "The Fault in Our Stars" (2014) D+ [T]

National Fluffernutter Day **8**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 10:00 Chord Practice [T]
- 10:00 Cooking Demo: Fluffernutter Panini [A]
- 11:00 Lunch 11AM - 1PM
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 2:00 Community Service Moai: Heart Pillows or Holiday Tent Cards [A]
- 3:00 Bingo
- 4:30 Dinner 4:30 pm - 6:30 pm

National Leif Erikson Day **9**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 9:45 🚌 Sightseeing: Iroquois Point
- 10:00 Craft: Nordic Gnomes [A]
- 11:00 Lunch 11AM - 1PM
- 12:45 🚌 Sightseeing: Kunawai Pond
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 2:15 Walker and Cane Sanitation Wipe Down [A]
- 3:00 Bingo
- 4:30 Dinner 4:30 pm - 6:30 pm
- 7:00 📺 Movie Night: "Iron Will" (1994) D+ [T]

Dress Day: Plaza Shirts
National Handbag Day **10**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:15 🚌 Church Runs
- 8:30 ❤️ Morning Exercise [HT]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 10:00 Craft: Nugget Handbag Favor [A]
- 11:00 Lunch 11AM - 1PM
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 2:00 Hula with Kumu Sallie [HT]
- 2:00 Independent Paper Puzzles [B]
- 3:15 📺 Documentary: "A Spark Story" (2021) D+ [T]
- 4:30 Dinner 4:30 pm - 6:30 pm
- 7:00 📺 Movie Night: "This Little Love of Mine" (2021) [T]

National Columbus Day **11**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 8:30 🚌 Plaza Walking Moai Club @ Magic Island
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 9:45 🚌 Sightseeing: Makakilo
- 10:00 Craft: Pocket Tissue Holder [A]
- 11:00 Lunch 11AM - 1PM
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 1:45 📺 Shopping: Walmart (1 hour)
- 2:00 📺 Documentary: "The Real Life Of Christopher Columbus | The Secrets And Lies Of Columbus | Timeline (YT) [T]"
- 3:00 Bingo
- 4:30 Dinner 4:30 pm - 6:30 pm

National Gumbo Day **12**

- 7:00 Breakfast 7AM - 9AM
- 📺 Matinee Movie: "12 Mighty Orphans" (2021) AP [T]
- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 10:15 ★ Resident Council Meeting
- 11:00 Lunch 11AM - 1PM
- 12:00 Medical Transportation
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 3:00 5th Floor Bingo (AL residents only) [WF]
- 4:30 Dinner 4:30 pm - 6:30 pm

National Train Your Brain Day **13**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 8:30 🚌 Plaza Walking Moai Club @ Magic Island
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 10:00 Brain Gym Exercises [A]
- 10:00 📺 Concert: VHI Divas Live 99 (YT) [T]
- 11:00 Lunch 11AM - 1PM
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 1:45 📺 Shopping: Don Quijote
- 2:00 Hula Practice [A]
- 2:00 📺 Matinee Movie: "Tuna Girl" (2019) [T]
- 3:00 Bingo
- 4:30 Dinner 4:30 pm - 6:30 pm

National Dessert Day **14**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 10:00 Baking Demo: Pumpkin Bread [A]
- 11:00 Lunch 11AM - 1PM
- 12:00 Medical Transportation
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 2:00 Walking Club Around the Plaza
- 2:30 📺 Documentary: "My Heroes Were Cowboys" (2021) [T]
- 3:00 Pokeno
- 4:30 Dinner 4:30 pm - 6:30 pm
- 7:00 📺 Movie Night: "Letters to Juliet" (2010) [T]

National I Love Lucy Day **15**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 10:00 Chord Practice [T]
- 10:00 Craft: Halloween Scrapbook Card [A]
- 11:00 Lunch 11AM - 1PM
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 2:00 Community Service Moai for Queen's Hospital [A]
- 3:00 Bingo
- 4:30 Dinner 4:30 pm - 6:30 pm

National Sports Day **16**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 9:45 🚌 Sightseeing: Halona Blowhole
- 10:00 📺 Fall Fun Games [A]
- 11:00 Lunch 11AM - 1PM
- 12:45 🚌 Sightseeing: Alewa Heights
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 2:15 Walker and Cane Sanitation Wipe Down [A]
- 3:00 Bingo
- 4:30 Dinner 4:30 pm - 6:30 pm
- 7:00 📺 Movie Night: "Water For Elephants" (2011) AP [T]

National Pasta Day **17**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:15 🚌 Church Runs
- 8:30 🥁 Drums Alive! [A]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 🥁 Drums Alive! [A]
- 10:00 Cooking Demo: Yakisoba [A]
- 11:00 Lunch 11AM - 1PM
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 2:00 Independent Paper Puzzles [B]
- 2:00 Kanikapila [A]
- 3:15 📺 Documentary: "Kitty Love" (2021) [T]
- 4:30 Dinner 4:30 pm - 6:30 pm
- 7:00 📺 Movie Night: "A Champion Heart" (2018) [T]

National Chocolate Cupcake Day **18**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 8:30 🚌 Plaza Walking Moai Club @ Magic Island
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 9:45 🚌 Sightseeing: Lanikai Beach
- 10:00 📺 Documentary: "The River Runner" (2021) [T]
- 10:00 ★ Music with Hank the Singing Dutchman [HT]
- 11:00 Lunch 11AM - 1PM
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 1:45 📺 Shopping: Savers (1 hour)
- 2:00 Afternoon Snack: Cupcakes [A]
- 3:00 Bingo
- 4:30 Dinner 4:30 pm - 6:30 pm

National Kentucky Day **19**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ★ AARP Virtual Presentation: Why Fitness Matters [T]
- 8:30 ❤️ Morning Exercise [HT]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [A]
- 9:30 ❤️ Morning Exercise II [HT]
- 10:00 Artists in Action (Painting Class) [A]
- 11:00 Lunch 11AM - 1PM
- 12:00 Medical Transportation
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 2:00 📺 Matinee Movie: "Granddaddy Day Care" (2019) [T]
- 2:30 ❤️ Afternoon Exercise (AL residents) [WF]
- 3:00 5th Floor Bingo (AL residents only) [WF]
- 4:30 Dinner 4:30 pm - 6:30 pm

Dress Day: Plaza Shirts
National Branded Fruit Day **20**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 8:30 🚌 Plaza Walking Moai Club @ Magic Island
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 10:00 📺 Concert: Disney's Broadway Hits @ Royal Albert Hall (2016) D+ [T]
- 10:00 Cooking: Prune Mui [A]
- 11:00 Lunch 11AM - 1PM
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 1:45 📺 Shopping: Errand Run (2 mile radius)
- 2:00 Let's Go Fishing [A]
- 2:00 📺 Matinee Movie: "Quartet" (2012) [T]
- 3:00 Bingo

National Pumpkin Cheesecake Day **21**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 10:00 📺 Catholic Service with St. Augustine Church by the Sea [HT]
- 10:00 Craft: Fall Themed Scrapbook Card [A]
- 11:00 Lunch 11AM - 1PM
- 12:00 Medical Transportation
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 2:00 Walking Club Around the Plaza
- 2:30 📺 Documentary: "The Pollinators" (2020) AP [T]
- 3:00 Pokeno
- 4:30 Dinner 4:30 pm - 6:30 pm
- 7:00 📺 Movie Night: "The Intouchables" (2011) [T]

Dress Day: Neon Colors
National Color Day **22**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 10:00 Craft: Fall Themed Scrapbook Card [A]
- 11:00 Lunch 11AM - 1PM
- 12:00 Medical Transportation
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 2:00 Walking Club Around the Plaza
- 2:30 📺 Documentary: "The Pollinators" (2020) AP [T]
- 3:00 Pokeno
- 4:30 Dinner 4:30 pm - 6:30 pm

National Boston Cream Pie Day **23**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 9:45 🚌 Sightseeing: Waimanalo Country Farms Pumpkin Patch (\$10.00 fee)
- 10:00 Let's Decorate Halloween Cookies! [A]
- 11:00 Lunch 11AM - 1PM
- 12:45 🚌 Sightseeing: Punchbowl
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 2:15 Walker and Cane Sanitation Wipe Down [A]
- 3:00 Bingo
- 4:30 Dinner 4:30 pm - 6:30 pm
- 7:00 📺 Movie Night: "Wild Oats" (2016)

National Food Day **24**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:15 🚌 Church Runs
- 8:30 ❤️ Morning Exercise [HT]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 10:00 Cooking: Spam Musubi [A]
- 11:00 Lunch 11AM - 1PM
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 2:00 Hula with Kumu Sallie [A]
- 2:00 Independent Paper Puzzles [B]
- 3:15 📺 Documentary: "Jade Eyed Leopard" (2020) D+ [T]
- 4:30 Dinner 4:30 pm - 6:30 pm
- 7:00 📺 Movie Night: "Big Miracle" (2012) [T]

Dress Day: Wear Orange and Black Shirt
Halloween Week **25**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 8:30 🚌 Plaza Walking Moai Club @ Magic Island
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 9:45 🚌 Sightseeing: Mokuieia
- 10:00 Craft: Pumpkin Painting [A]
- 11:00 Lunch 11AM - 1PM
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 1:45 📺 Shopping: Marukai (1 hour)
- 2:00 📺 Documentary: "Hot Money" (2021) [T]
- 3:00 Bingo
- 4:30 Dinner 4:30 pm - 6:30 pm

Dress Day: Wear Halloween Accessories
Halloween Week **26**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ★ AARP Virtual Presentation: Living with Vertigo BPPV [T]
- 8:30 ❤️ Morning Exercise [HT]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [A]
- 9:30 ❤️ Morning Exercise II [HT]
- 10:00 Craft: Make a Halloween Mask [A]
- 11:00 Lunch 11AM - 1PM
- 12:00 Medical Transportation
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 2:00 📺 Matinee Movie: "Young Frankenstein" (1974) AP [T]
- 2:30 ❤️ Afternoon Exercise (AL residents) [WF]
- 3:00 5th Floor Bingo (AL residents only) [WF]
- 4:30 Dinner 4:30 pm - 6:30 pm

Dress Day: Wear A Halloween Face Mask
Halloween Week **27**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 8:30 🚌 Plaza Walking Moai Club @ Magic Island
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 10:00 Baking: Peanut Butter Spider Cookies [A]
- 10:00 📺 Concert: 2021 New Year Concert Vienna /Concert Nouvel An Vienne * (YT) [T]
- 11:00 Lunch 11AM - 1PM
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:15 📺 Shopping: Kahala Mall
- 1:30 ❤️ Afternoon Stretch [L]
- 2:00 📺 Matinee Movie: "The Haunted Mansion" (2003) D+ [T]
- 2:00 TBD
- 3:00 Bingo

Dress Day: Department Costume Day
Halloween Week **28**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 10:00 Craft: Candy Corn or Ghost Felt Magnet [A]
- 11:00 Lunch 11AM - 1PM
- 12:00 Medical Transportation
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 2:00 Walking Club Around the Plaza
- 2:30 📺 Documentary: "Growing Up Wild" [T]
- 3:00 Pokeno
- 4:30 Dinner 4:30 pm - 6:30 pm
- 7:00 📺 Movie Night: "An Unfinished Life" (2005) [T]

Dress Day: Halloween Movie Characters
Halloween Week **29**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 ❤️ Morning Exercise [HT]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 ❤️ Morning Exercise II [HT]
- 10:00 Chord Practice [T]
- 10:00 Cooking: Mummy Hot Dogs [A]
- 11:00 Lunch 11AM - 1PM
- 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T]
- 1:30 ❤️ Afternoon Stretch [L]
- 2:00 Community Service Moai: Heart Pillows or Holiday Tent Cards [A]
- 3:00 Bingo
- 4:30 Dinner 4:30 pm - 6:30 pm

Dress Day: Super Heroes and Villains
Halloween Week **30**

- 7:00 Breakfast 7AM - 9AM
- 8:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 8:30 🥁 Drums Alive! [A]
- 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T]
- 9:30 🥁 Drums Alive! [A]
- 9:45 🚌