




October 2021

The Plaza at Punchbowl Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October cont'd 31 Halloween Costume Dress-Up Day 8:00 Gardening Club [L] 9:00 Exercise 9:30 Church Service (Virtual) [R] 9:45 Exercise [LB] 10:00 Scenic Bus Ride: Waipahu [L] 10:30 Exercise 1:30 Drinks and Inks (Halloween Drinks & Tattoos) [R] 3:00 Sunshine Sundays [L]		All activities are subject to change.			National Homemade Cookies Day 1 9:00 Exercise [LB] 9:00 Tai Chi with Stuart (via Zoom) [R] 9:45 Exercise 10:30 Exercise 1:30 Armchair Travel with Teresa [LB] 2:45 BINGO	National Name Your Car Day 2 9:00 Exercise 9:45 Exercise 10:30 Exercise 1:30 Name that Famous Singer [R] 2:45 BINGO 5:00 UH Football: Fresno State at Hawaii [R]
National Techies Day 3 8:00 Gardening Club [L] 9:00 Exercise 9:30 Church Service (Virtual) [R] 9:45 Exercise [LB] 10:00 Scenic Bus Ride: Halona Blowhole [L] 10:30 Exercise 1:30 Watercolor Painting with Teresa [R] 1:45 Shopping Trip: Kahala Mkt. by Foodland [L]	National Golf Lover's Day 4 9:00 Exercise 9:45 Exercise 10:30 Exercise 1:00 Tai Chi [R] 1:45 Scenic Bus Ride: Halona Blowhole [L] 1:45 Tai Chi [R] 2:45 BINGO	National Get Funky Day 5 9:00 Exercise 9:45 Exercise 10:30 Exercise 12:30 Movie: Coco (2017) [R] 1:30 Popcorn Day! [R] 2:45 BINGO	National Noodle Day 6 8:30 Shopping Trip: Walmart (Ke'eaumoku) [L] 9:00 Exercise 9:45 Exercise 10:00 Shopping Trip: Walmart (Ke'eaumoku) [L] 10:30 Exercise 1:30 Ghost Door Hanger Craft & Polka Dot Bat Ornament Craft [LB] 1:30 Hymn Sing Along with Ruth [R] 2:45 BINGO	National Frappe Day 7 9:00 Exercise 9:45 Exercise [LB] 10:00 Buddhist Service with Rev. Umitani of Moiliili Hongwanji (via Zoom) [R] 10:30 Exercise 1:00 Chair Yoga Dance [R] 1:45 Chair Yoga Dance [R] 1:45 Scenic Bus Ride: Lanikai [L] 2:45 BINGO	National Fluffernutter Day 8 9:00 Exercise [LB] 9:00 Tai Chi with Stuart (via Zoom) [R] 9:45 Exercise 10:30 Exercise 1:30 Medicare and COVID Scams Presentation with SMP Hawaii [R] 2:45 BINGO	National Leif Erikson Day 9 9:00 Exercise 9:45 Exercise 10:30 Exercise 1:30 Guess the Old Time Snacks & Candies [R] 2:45 BINGO
World Mental Health Day 10 8:00 Gardening Club [L] 9:00 Exercise 9:30 Church Service (Virtual) [R] 9:45 Exercise [LB] 10:00 Scenic Bus Ride: Ewa Beach [L] 10:30 Exercise 1:30 Ribbon Lei Making [R] 1:45 Shopping Trip: Manoa Longs & Safeway [L] 3:00 Sunshine Sundays [L]	International Day of the Girl 11 9:00 Exercise 9:45 Exercise 10:30 Exercise 1:30 3D Drawing with Teresa [R] 1:45 Scenic Bus Ride: Ewa Beach [L] 2:45 BINGO	National Farmer's Day 12 9:00 Exercise 9:45 Exercise 10:30 Exercise 12:30 Movie: The Nightmare Before Christmas (1993) [R] 1:30 Popcorn Day! [R] 2:00 Resident Council [R] 2:45 BINGO	National Train Your Brain Day 13 8:30 Shopping Trip: Don Quijote [L] 9:00 Exercise 9:45 Exercise 10:00 Shopping Trip: Don Quijote [L] 10:30 Exercise 1:30 Hymn Sing Along with Ruth [R] 1:30 Jack-O-Lantern Jingle Bell Beaded Necklace Craft [LB] 2:45 BINGO	National Dessert Day 14 9:00 Exercise 9:45 Exercise 10:30 Exercise 1:00 Bucket Drumming [R] 1:45 Bucket Drumming [R] 1:45 Scenic Bus Ride: Diamond Head [L] 2:45 BINGO	National I Love Lucy Day 15 9:00 Exercise [LB] 9:00 Tai Chi with Stuart (via Zoom) [R] 9:45 Exercise 10:30 Exercise 1:30 Armchair Travel with Teresa [LB] 2:45 BINGO	National Sports Day 16 9:00 Exercise 9:45 Exercise 10:30 Exercise 1:30 Sports Trivia [R] 3:00 BINGO 4:30 UH Football: Hawaii at Nevada [R]
National Pasta Day 17 8:00 Gardening Club [L] 9:00 Exercise 9:30 Church Service (Virtual) [R] 9:45 Exercise [LB] 10:00 Scenic Bus Ride: Lagoon Drive [L] 10:30 Exercise 1:30 Watercolor Painting with Teresa [R] 1:45 Shopping Trip: Pali Longs & Safeway [L]	National Chocolate Cupcake Day 18 9:00 Exercise 9:45 Exercise 10:30 Exercise 1:00 Tai Chi [R] 1:45 Scenic Bus Ride: Lagoon Drive [L] 1:45 Tai Chi [R] 2:45 BINGO	Ecolab (4th Floor) National Kentucky Day 19 9:00 Exercise 9:45 Exercise 10:30 Exercise 12:30 Movie: Casper (1995) [R] 1:30 Popcorn Day! [R] 2:45 BINGO	National Brandied Fruit Day 20 8:30 Shopping Trip: Walmart (Ke'eaumoku) [L] 9:00 Exercise 9:45 Exercise 10:30 Exercise 11:30 Kau Kau Club: Tio's Tamales [LB] 1:30 Halloween Charm Bracelet Craft [LB] 1:30 Hymn Sing Along with Ruth [R] 2:45 BINGO	National Pumpkin Cheesecake Day 21 9:00 Exercise 9:45 Exercise 10:30 Exercise 1:00 Chair Yoga Dance [R] 1:45 Chair Yoga Dance [R] 1:45 Scenic Bus Ride: Manoa Valley [L] 2:45 BINGO	National Color Day 22 9:00 Exercise [LB] 9:00 Tai Chi with Stuart (via Zoom) [R] 9:45 Exercise 10:30 Exercise 1:30 Armchair Travel with Teresa [R] 2:45 BINGO	National Boston Cream Pie Day 23 9:00 Exercise 9:45 Exercise 10:30 Exercise 1:30 Birthday Bash with Dean Hirata [R] 3:00 BINGO 5:15 UH Football: New Mexico State at Hawaii [R]
National Food Day 24 8:00 Gardening Club [L] 9:00 Exercise 9:30 Church Service (Virtual) [R] 9:45 Exercise [LB] 10:00 Scenic Bus Ride: Kaneohe [L] 10:30 Exercise 1:30 Ribbon Lei Making [R] 1:45 Shopping Trip: Kahala Mall [L] 3:00 Sunshine Sundays [L]	Orange & Black Dress-Up Day 25 9:00 Exercise 9:45 Exercise 10:30 Exercise 1:30 Halloween Cookie Decorating [R] 1:45 Scenic Bus Ride: Kaneohe [L] 2:45 BINGO	Halloween Accessories Dress-Up Day 26 9:00 Exercise 9:45 Exercise 10:30 Exercise 1:00 Movie: Hocus Pocus (1993) [R] 1:30 Popcorn Day! [R] 2:45 BINGO	Halloween Face Masks Dress-Up Day 27 8:30 Shopping Trip: Don Quijote [L] 9:00 Exercise 9:45 Exercise 10:00 Shopping Trip: Bank Shuttle Service [L] 10:30 Exercise 1:30 Ghoulish Gang Magnet Craft [LB] 1:30 Hymn Sing Along with Ruth [R] 2:45 BINGO	Department Costume Dress-Up Day 28 9:00 Exercise 9:45 Exercise 10:30 Exercise 1:00 Pumpkin Decorating [R] 1:45 Scenic Bus Ride: Hawaii Kai [L] 2:15 Guess the Pumpkin's Weight Contest Winner Announced [R] 2:45 BINGO	Halloween Movie Characters Dress-Up Day 29 9:00 Exercise [LB] 9:00 Tai Chi with Stuart (via Zoom) [R] 9:45 Exercise 10:30 Exercise 1:30 Halloween Games [LB] 3:00 BINGO	Superhero & Villain Dress-Up Day 30 8:30 UH Football: Hawaii at Utah State [R] 9:00 Exercise [LB] 9:45 Exercise [LB] 10:30 Exercise [LB] 1:30 Halloween Crafts [R] 2:45 BINGO

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