

October 2022

The Plaza at Waikiki- Hali`a



Sunday 30 Monday 31 Tuesday Wednesday Thursday Friday Saturday 1

<p>October cont'd 30</p> <p>Dress Day: Halloween Colors (Black and Orange) Halloween Spirit Week</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 Things That Start With "H" [A] 10:00 Halloween Games [A] 11:00 LUNCH 1:00 Chair Yoga with Sherry Zak Morris [A] 2:00 Ring Toss to Halloween Music [A] 2:45 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Happy Halloween Costumes Halloween Spirit Week 31</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 Hangman: Things Associated with Halloween [A] 10:00 Halloween Costume Contest [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Dirt Pudding Cups [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Health & Fitness Movie Shuttle Special Event</p> <p>Location Keys Activity Room A Hoku Terrace HT Theater T</p>				<p>National Pumpkin Spice Day 1</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 Morning Exercise [A] 8:45 Sightseeing: Moanalua Bay 9:15 Would You Rather...? And Why? [A] 10:00 Baking Demo: Pumpkin Spice Muffins [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards and Sorting Cards [A] 2:00 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Fluffernutter Day 8</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 Morning Exercise [A] 8:45 Sightseeing: Kakaako Art District 9:15 Would You Rather...? And Why? [A] 10:00 Cooking Demo: Fluffernutter Sandwiches [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards and Sorting Cards [A] 2:00 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER 4:30 UH Football at San Diego State [T]</p>
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<p>National World Farm Animals Day 2</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 Things That Start With "A" [A] 10:00 Oktoberfest Celebration [A] 11:00 LUNCH 1:00 Chair Yoga with Sherry Zak Morris [A] 2:00 Hula with Kumu Sallie [A] 2:00 Ring Toss to Classical Music [A] 2:45 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Fall Colors National Oktoberfest Day 3</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 Hangman: Things Associated with Oktoberfest [A] 10:00 Music with Hank the Singing Dutchman [HT] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Oktoberfest Celebration and Dance [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Golf Lovers Day 4</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: Que Sera Sera- Doris Day [A] 10:00 Hali'a Best Friend of the Month: Golfing on the Green with Peter [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Mini Pulelehua Stations [A] 2:00 Sensory Stroll Outdoors [HT] 2:30 Golf Trivia [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Coffee with a Cop Day 5</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:15 Hawaii Trivia [A] 9:45 Sightseeing: Kailua Beach 10:00 Blackjack or other Table Games [A] 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Bingo [A] 2:00 Balloon Volleyball with Oldies but Goodies tunes [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Noodle Day 6</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 Morning Exercise [A] 9:15 Hangman- Types of Noodle Dishes [A] 10:00 Buddhist Service with Moiliili Hongwanji [T] 10:00 Pool Noodle Games [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15 Bowling [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Body Language Day 7</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Music with Dean Hirata [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Charades and Pictionary [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Fluffernutter Day 8</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 Morning Exercise [A] 8:45 Sightseeing: Kakaako Art District 9:15 Would You Rather...? And Why? [A] 10:00 Cooking Demo: Fluffernutter Sandwiches [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards and Sorting Cards [A] 2:00 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER 4:30 UH Football at San Diego State [T]</p>
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<p>National Leif Erikson Day 9</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 Things That Start With "L" [A] 10:00 Paper Puzzles and Watercolor 11:00 LUNCH 12:45 Sightseeing: Waikiki/ Diamond Head 1:00 Chair Yoga with Sherry Zak Morris [A] 2:00 Ring Toss to Classical Music [A] 2:45 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Plaza Shirt National Native American Day 10</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 Native American Fun Facts and Trivia [A] 10:00 Mini Pulelehua Stations 10:00 Music with Roy Hamada [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Native American Flute Music with Guided Imagery and Essential Oils [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Sausage Pizza Day 11</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: Bicycle Built For Two - Nat King Cole [A] 10:00 Hali'a Best Friend of the Month: Baking Apple Pie for Peter [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Mini Pulelehua Stations [A] 2:00 Sensory Stroll Outdoors [HT] 2:30 Hydration Time with Infused Water [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Fossil Day 12</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:15 Old Hawaii Landmarks [A] 10:00 New Hope Church Service [T] 10:00 Pet Therapy with Wilma and Milo [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Bingo [A] 2:00 Bean Bag Toss to Showtunes [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Train Your Brain Day 13</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 Morning Exercise [A] 9:15 Simple Mathematics and Spelling Bee [A] 10:00 Music with Bill Melemai [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15 Bowling [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Dessert Day 14</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Baking Demo: Chocolate Trifles [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Art: Therapeutic Coloring and Watercolor [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: 50's Attire National I Love Lucy Day 15</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 Morning Exercise [A] 8:45 Sightseeing: South Shore Beaches 9:15 Would You Rather...? And Why? [A] 10:00 Howdy Neighbor! [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards and Sorting Cards [A] 2:00 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER 6:00 UH Football: Hawaii vs. Nevada [T]</p>
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<p>National Sports Day 16</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 Things That Start With "S" [A] 10:00 Games: Adaptive Sports Games [A] 11:00 LUNCH 1:00 Chair Yoga with Sherry Zak Morris [A] 2:00 Hula with Kumu Sallie [A] 2:00 Ring Toss to Classical Music [A] 2:45 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Pasta Day 17</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 Hangman: Types of Pasta Dishes [A] 10:00 Mini Pulelehua Stations 10:00 Music with Hank the Singing Dutchman [HT] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Scented Hand Lotion Massages [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Chocolate Cupcake Day 18</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: Yellow Rose of Texas - Mitch Miller [A] 10:00 Silent Disco [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Salsa (DVD) [A] 1:00 Hali'a Best Friend of the Month: Hali'a Best Friend of the Month: Sensory Stroll Outdoors [HT] 2:00 Hydration Time with Infused Water [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Seafood Bisque Day 19</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Bingo 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Magic Ink (Group Creative Writing) [A] 2:00 SWAT Balloon Volleyball [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Plaza Shirt National Chef's Day 20</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 Morning Exercise [A] 9:15 Hangman- Favorite Foods [A] 10:00 Baking Demo: Blueberry Muffins [A] 10:00 Catholic Service with St. Augustine by the Sea [T] 10:00 Pet Therapy with Wes Koga [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15 Bowling [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day, Animal Prints National Reptile Awareness Day 21</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Spelling and Mathematics Bee: Lizards vs. Snakes [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Art: Therapeutic Coloring and Watercolor [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Color Day 22</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 Morning Exercise [A] 8:45 Sightseeing: Palolo Valley 9:15 Opposites Attract [A] 10:00 Beautiful You, Including Nail Painting [A] 10:00 UH Football: UH at Colorado State [T] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards and Sorting Cards [A] 2:00 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
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<p>National Boston Cream Pie Day 23</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 Things That Start With "B" [A] 10:00 Craft: Halloween Card [A] 11:00 LUNCH 12:45 Sightseeing: Lagoon Drive Airport 1:00 Chair Yoga with Sherry Zak Morris [A] 2:00 Ring Toss to Jazz Music [A] 2:45 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Wear Orange Halloween Spirit Week 24</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 Hangman: Things That Are Orange [A] 10:00 Mini Pulelehua Stations 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Orange Marmalade and Crackers/ I Spy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Halloween Headwear Halloween Spirit Week 25</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: Magic Penny [A] 10:00 Hali'a Best Friend of the Month: Pet Therapy with Kaia the Goldendoodle [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Mini Pulelehua Stations [A] 2:00 Sensory Stroll Outdoors [HT] 2:30 Hydration Time with Infused Water [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Witch and Wizard Wednesday Halloween Spirit Week 26</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:15 Halloween Trivia and Fun Facts [A] 10:00 New Hope Church Service [T] 10:30 Pet Therapy with Wilma and Milo [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Bingo [A] 2:00 Line Dancing to Halloween Songs [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Beetlejuice Dress Up (Wear Stripes) Halloween Spirit Week 27</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 Morning Exercise [A] 9:15 Hangman- Craft: Balloon Pumpkins [A] 10:00 Speaker: Dr. Richard Crily: "Virtual Field Trip Through Plant Heaven" [T] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15 Bowling [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Freaky Facemask Friday Halloween Spirit Week 28</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Craft: Decorate Your Own Facemask [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Twister Toss [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Nightmare Before Christmas Day (Halloween Pajamas) Halloween Spirit Week 29</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 Morning Exercise [A] 8:45 Sightseeing: Chinatown 9:15 Would You Rather...? And Why? [A] 10:00 Baking: Chocolate Chip Cookies and Halloween Memories [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards and Sorting Cards [A] 2:00 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER 6:00 UH Football: UH vs. W</p>
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