October 2022 The Plaza at Waikiki- Hali`a Wednesday Friday Saturday Sunday Monday Tuesdav Thursdav Dress Day: Happy Halloween Costumes National Pumpkin Spice Day October cont'd Halloween Spirit Week BREAKFAST Newspaper Current Events Discussion [A] BREAKFAST Dress Day: Halloween Colors (Black and Orange) Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] **Location Keys** Health & Fitness Halloween Spirit Week 8:45 🖨 Sightseeing: Moanalua Bay 8:45 ♥ Morning Exercise [A] 9:30 Hangman: Things Associated with Halloween [A] BREAKFAST Would You Rather ... ? And Why? [A] Newspaper Current Events Discussion [A] 10:00 ★ Halloween Costume Contest [A] Baking Demo: Pumpkin Spice Muffins [A] Movie Activity Room A 8:45 Morning Exercise [A] 9:30 Things That Start With "H" [A] 1:00 **LUNCH** 11:00 LUNCH Tea Time [A] THE PLAZA 12:45 Unancersize (Low Impact) [A] 10:00 Halloween Games [A] Lacing Cards and Sorting Cards [A] 1:15 Horseshoes Shuttle Hoku Terrace HT 11:00 **LUNCH** Sensory Time: Dirt Pudding Cups [A] - Assisted Living 2:00 Sensory Stroll Outdoors [HT] 1:00 • Chair Yoga with Sherry Zak Morris [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 3:00 • Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break Ring Toss to Halloween Music [A] ★ Special Event Theater 2:45 Plaza Sing A Long [A] DINNER DINNER 3:00 MAfternoon Stretch [A] Household Chores, Water & Bathroom Break National Golf Lovers Day National Coffee with a Cop Day National World Farm Animals Day Dress Day: Fall Colors National Noodle Day National Body Language Day National Fluffernutter Day BREAKFAST National Oktoberfest Day BREAKFAST BREAKFAST BREAKFAST 7:00 BREAKFAST BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] Newspaper Current Events Discussion [A] Newspaper Current Events Discussion [A] Newspaper Current Events Discussion [A] 8:15 Newspaper Current Events Discussion [A] 8:30 ♥ Morning Exercise [A] 8:15 Newspaper Current Events Discussion [A] 8:30 ♥ Morning Exercise [A] BREAKEAST 8:15 8:45 Morning Exercise [A] 8:45 Morning Exercise [A] Newspaper Current Events Discussion [A] Morning Exercise [A] 8:45 Sightseeing: Kakaako Art District 9:15 Would You Rather...? And Why? [A] Hangman- Types of Noodle Dishes [A] Things That Start With "A " [A] SONG OF THE DAY: Que Sera Sera- Doris Day [A] Hawaii Trivia [A] Brain Quest 2 [A] 8:45 Morning Exercise [A] 9:45 🖨 Sightseeing: Kailua Beach Hangman: Things Associated with Oktoberfest [A] 10:00 * Music with Dean Hirata [A] 10:00 * Buddhist Service with Moiliili Hongwanji [T] 10:00 Oktoberfest Celebration [A] Hali'a Best Friend of the Month: Golfing on the Green with Peter [A] Cooking Demo: Fluffernutter Sandwiches [A] 11:00 LUNCH Blackjack or other Table Games [A] 10:00 Pool Noodle Games [A] 11:00 LUNCH 0:00 * Music with Hank the Singing Dutchman [HT] 11:00 LUNCH New Hope Church Service [T] 12:45 Dancersize (Low Impact) [A] 1:00 ♥ Chair Yoga with Sherry Zak Morris [A] 11:00 **LUNCH** LUNCH 1:00 LUNCH Medical Transportation Hula with Kumu Sallie [A] Ring Toss to Classical Music [A] 12:00 LUNCH 12:00 Medical Transportation 1:00 Charades.and Pictionary [A] Tea Time [A] 12:45 Dancersize (Low Impact) [A] Mini Pulelehua Stations [A] Lacing Cards and Sorting Cards [A] 12:30 2:00 12:45 Dancersize (Low Impact) [A] 12:30 Chair Tai Chi [A] 2:00 Ukulele Sing A-long with Jeremy [A] 1.00 Horseshoes Plaza Sing A Long [A] 2:00 Sensory Stroll Outdoors [HT] 1:00 Mini Pulelehua Stations [A] 3:00 • Afternoon Stretch [A] 2:00 ♥ Sensory Stroll Outdoors [HT] 2:00 Sensory Time: Oktoberfest Celebration and Dance [A] Bingo [A] 2:45 Golf Trivia [A] 2:00 ♥ Balloon Volleyball with Oldies but Goodies tunes [A] Household Chores, Water & Bathroom Break 3:00 Afternoon Stretch [A] Afternoon Stretch [A] 2:15 W Bowling [A] 3:00 Afternoon Stretch [A] 3:00 ♥ Afternoon Stretch [A] Household Chores, Water & Bathroom Break 3:00 Afternoon Stretch [A] Household Chores, Water & Bathroom Break 3:00 Afternoon Stretch [A] DINNER 3:45 Household Chores, Water & Bathroom Break Household Chores, Water & Bathroom Break Household Chores, Water & Bathroom Break 3:45 Household Chores, Water & Bathroom Break 4:00 **DINNER** DINNER 4:30 ★ UH Football at San Diego State [T] National Leif Erikson Day Dress Day: Plaza Shirt National Sausage Pizza Day National Fossil Day National Train Your Brain Day National Dessert Day Dress Day: 50's Attire BREAKFAST National Native American Day BREAKFAST BREAKFAST BREAKFAST BREAKFAST National I Love Lucy Day Newspaper Current Events Discussion [A] BREAKFAST BREAKFAST 8:45 Morning Exercise [A] 9:30 Things That Start With "L " [A] Newspaper Current Events Discussion [A] Morning Exercise [A] 8:45 Morning Exercise [A] 8:30 Morning Exercise [A] 8:45 Morning Exercise [A] Newspaper Current Events Discussion [A] SONG OF THE DAY: Bicycle Built For Two - Nat King Cole 9:15 Simple Mathematics and Spelling Bee [A] 9:30 10:00 8:45 ♥ Morning Exercise [A] 9:30 Native American Fun Facts and Trivia [A] 9:15 Old Hawaii Landmarks [A] 8:30 ★ Morning Exercise [A] 8:45 ➡ Sightseeing: South Shore Beaches 9:15 Would You Rather...? And Why? [A] 9:15 Brain Quest 2 [A] New Hope Church Service [T] 10:00 * Music with Bill Melemai [A] Baking Demo: Chocolate Trifles [A] Paper Puzzles and Watercolor 10:00 10:00 Hali'a Best Friend of the Month: Baking Apple Pie for Mini Pulelehua Stations 10:00 ★ Pet Therapy with Wilma and Milo [A] 11:00 **LUNCH** 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] 12:45 Dancersize (Low Impact) [A] 0:00 * Music with Roy Hamada [A] 11:00 LUNCH 12:00 Medical Transportation Howdy Neighbor! [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] Art: Therapeutic Coloring and Watercolor [A] 1:00 **LUNCH** 12:30 Chair Tai Chi [A] LUNCH Medical Transportation 12:00 Ukulele Sing A-long with Jeremy [A] 1:00 Bingo [A] Tea Time [A] 12:45 U Dancersize (Low Impact) [A] 12:30 Mini Pulelehua Stations [A] 12:30 3:00 Afternoon Stretch [A] 2:45 Plaza Sing A Long [A] 2:00 Bean Bag Toss to Showtunes [A] 2:15 W Bowling [A] 1:00 Lacing Cards and Sorting Cards [A] 1:15 Horseshoes Sensory Stroll Outdoors [HT] Household Chores, Water & Bathroom Break 3:00 MAfternoon Stretch [A] Sensory Time: Native American Flute Music with Guided 3:00 MAfternoon Stretch [A] 3:00 MARTER Afternoon Stretch [A] 2:00 ♥ Sensory Stroll Outdoors [HT] Hydration Time with Infused Water [A] Household Chores, Water & Bathroom Break Household Chores, Water & Bathroom Break 3:45 Household Chores, Water & Bathroom Break DINNER Imagery and Essential Oils [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 3:00 Afternoon Stretch [A] DINNER Household Chores, Water & Bathroom Break DINNER DINNER 6:00 DH Football: Hawaii vs. Nevada [T] National Sports Day National Pasta Day **National Chocolate Cupcake Day** National Seafood Bisque Day Dress Dav: Plaza Shirt Dress Day: Animal Prints National Color Day 8 BREAKFAST 7:00 BREAKFAST BREAKFAST BREAKFAST National Chef's Day **National Reptile Awareness Day** BREAKFAST 8:15 Newspaper Current Events Discussion [A] Newspaper Current Events Discussion [A] 8:15 Newspaper Current Events Discussion [A] 8:30 ♥ Morning Exercise [A] 8:15 Newspaper Current Events Discussion [A] Newspaper Current Events Discussion [A] BREAKFAST 7:00 BREAKFAST 8:45 Morning Exercise [A] 8:45 Morning Exercise [A] 8:45 Morning Exercise [A] 8:45 Morning Exercise [A] Newspaper Current Events Discussion [A] Newspaper Current Events Discussion [A] Things That Start With "S " [A] Hangman: Types of Pasta Dishes [A] SONG OF THE DAY: Yellow Rose of Texas - Mitch Miller Would You Rather ... ? And Why? [A] 8:45 🖨 Sightseeing: Palolo Valley 8:30 Morning Exercise [A] 9:15 Hangman- Favorite Foods [A] 8:45 Morning Exercise [A] 10:00 Mini Pulelehua Stations 10:00 Music with Hank the Singing Dutchman [HT] Opposites Attract [A] Beautiful You, Including Nail Painting [A] 10:00 Games: Adaptive Sports Games [A] Bingo New Hope Church Service [T] Brain Quest 2 [A] 10:00 Silent Disco [A] 11:00 LUNCH Baking Demo: Blueberry Muffins [A] Spelling and Mathematics Bee: Liizards vs. Snakes [A] 10:00 1:00 Chair Yoga with Sherry Zak Morris [A] 1:00 **LUNCH** LUNCH LUNCH 0:00 P UH Football: UH at Colorado State [T] Catholic Service with St. Augustine by the Sea [T] 11:00 LUNCH Hula with Kumu Sallie [A] 2:45 Dancersize (Low Impact) [A] 12:00 Medical Transportation Dancersize (Low Impact) [A] Pet Therapy with Wes Koga [A] 12:45 Dancersize (Low Impact) [A] 1:00 **LUNCH** 2:30 Tea Time [A] 1:00 Lacing Cards and Sorting Cards [A] 12:30 Chair Salsa (DVD) [A] 1:00 Magic Ink (Group Creative Writing) [A] 2:00 ♥ SWAT Balloon Volleyball [A] Ring Toss to Classical Music [A] 1:15 Horseshoes 12:30 Art: Therapeutic Coloring and Watercolor [A] Hali'a Best Friend of the Month Sensory Time: Scented Hand Lotion Massages [A] Plaza Sing A Long [A] 12:00 Medical Transportation Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:00 • Afternoon Stretch [A] 2:00 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 2:00 Sensory Stroll Outdoors [HT] 12:30 Chair Tai Chi [A] 3:00 Afternoon Stretch [A] 2:30 Hydration Time with Infused Water [A] Household Chores, Water & Bathroom Break Household Chores, Water & Bathroom Break Household Chores, Water & Bathroom Break 1:00 Mini Pulelehua Stations [A] Household Chores, Water & Bathroom Break 3:00 • Afternoon Stretch [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 **DINNER** DINNER DINNER DINNER 2:15 W Bowling [A] DINNER Household Chores, Water & Bathroom Break 3:00 • Afternoon Stretch [A] DINNED 3:45 Household Chores, Water & Bathroom Break Dress Day: Witch and Wizard Wednesday National Boston Cream Pie Day Dress Day: Wear Orange Dress Day: Halloween Headwear Dress Day: Beetlejuice Dress Up (Wear Stripes) Dress Day: Freaky Facemask Friday Dress Day: Nightmare Before Christmas Day BREAKFAST Halloween Spirit Week ΖΌ Newspaper Current Events Discussion [A] Halloween Spirit Week BREAKEAST BREAKFAST BREAKEAST BREAKFAST BREAKFAST 8:45 Morning Exercise [A] 9:30 Things That Start With "B" [A] 10:00 Craft: Halloween Card [A] Newspaper Current Events Discussion [A] BREAKFAST Newspaper Current Events Discussion [A] Morning Exercise [A] Hangman: Things That Are Orange [A] Mini Pulelehua Stations Morning Exercise [A] Morning Exercise [A] 8:30 Morning Exercise [A] 8:45 Morning Exercise [A] 8:15 Newspaper Current Events Discussion [A] 10:00 Halloween Trivia and Fun Facts [A] New Hope Church Service [T] 9:15 Hangman-10:00 Craft: Balloon Pumpkins [A] SONG OF THE DAY: Magic Penny [A] 9:15 Brain Quest 2 [A] 8:30 Morning Exercise [A] 11:00 LUNCH Craft: Decorate Your Own Facemask [A] 8:45 🖨 Sightseeing: Chinatown 10:00 Hali'a Best Friend of the Month: 10:00 12:45 🖨 Sightseeing: Lagoon Drive Airport Pet Therapy with Kaia the Goldendoodle [A] Pet Therapy with Wilma and Milo [A] Speaker: Dr. Richard Crily: "Virtual Field Trip Through Plant Heaven" [T] Would You Rather...? And Why? [A] LUNCH LUNCH Baking: Chocolate Chip Cookies and Halloween Memories [A] 1:00 • Chair Yoga with Sherry Zak Morris [A] 12:45 Dancersize (Low Impact) [A] LUNCH LUNCH 2:45 Uancersize (Low Impact) [A] 10:00 Ring Toss to Jazz Music [A] 11:00 LUNCH Medical Transportation 12:45 Dancersize (Low Impact) [A] Horseshoes 1:00 W Twister Toss [A] 2:45 Plaza Sing A Long [A] Sensory Time: Orange Marmalade and Crackers/ I Spy Medical Transportation LUNCH Mini Pulelehua Stations [A] 2:00 Ukulele Sing A-long with Jeremy [A] 12:30 Bingo [A] Tea Time [A] 3:00 MAfternoon Stretch [A] Sensory Stroll Outdoors [HT] Line Dancing to Halloween Songs [A] 12:30 Chair Tai Chi [A] 3:00 ♥ Afternoon Stretch [A] Lacing Cards and Sorting Cards [A] 3:45 Household Chores, Water & Bathroom Break 3:00 Afternoon Stretch [A] 1:00 Mini Pulelehua Stations [A] Household Chores, Water & Bathroom Break 2:30 Hydration Time with Infused Water [A] 3:00 Afternoon Stretch [A] Household Chores, Water & Bathroom Break 2:00 Sensory Stroll Outdoors [HT] Household Chores, Water & Bathroom Break 2:15 W Bowling [A] DINNER 3:00 MAfternoon Stretch [A] 4.00 3:00 V Afternoon Stretch [A] DINNER Household Chores, Water & Bathroom Break 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 3:45 Household Chores, Water & Bathroom Break DINNER 6:00 UH Football: UH vs. W Continued at top