









































































































































# October 2024

## Independent/ Assisted

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <ul style="list-style-type: none"> <li> Creative</li> <li> Excursions</li> <li> Intellectual</li> <li> Meals</li> <li> Movies</li> <li> Music</li> <li> Physical</li> <li> Social</li> <li> Special Events</li> <li> Spiritual</li> </ul>	<b>Homemade Cookies Day</b> <span style="float: right;">1</span> 8:00  Medical Shuttle - West Side 9:00  Flow Exercise 9:30  Flow Exercise <b>10:15  Silent Disco: Hawaii Dance Bomb</b> 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:05  BINGO	<b>National Name Your Car Day</b> <span style="float: right;">2</span> 9:00  Flow Exercise 9:30  Flow Exercise 10:00  Strength Training with weights 10:15  Halloween Craft 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  Movie: Gifted PT 2:05  BINGO	<b>National Tech Day</b> <span style="float: right;">3</span> 8:00  Medical Shuttle - Honolulu 9:00  Flow Exercise 9:30  Prayer Group - Kailua Christian Church 9:30  Qi Gong 10:15  <b>Music and Movement</b> 1:00  Flow Exercise 1:30  Scenic Ride 1:35  Silver Sneakers Workout (improve your cardio) 2:05  BINGO	<b>National Cinnamon Day</b> <span style="float: right;">4</span> 9:00  Flow Exercise 9:30  Flow Exercise 10:00  <b>Musical Performance: Hui Malama</b> 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:05  BINGO	<b>Rhode Island Day</b> <span style="float: right;">5</span> 9:00  Flow Exercise 9:30  Flow Exercise 10:00  <b>Victory Hawaii Church Bingo</b> 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  <b>Balance, Stretching and Toning</b> 2:00  Movie: Queen Bee's NF 4:30  Catholic Mass	
	<b>National Noodle Day</b> <span style="float: right;">6</span> 9:00  Flow Exercise 9:30  Flow Exercise 9:30  Shopping in Kaneohe 10:00  Live Stream: New Hope Video Service (Media Room) 11:00  St. Ann's Church Shuttle 1:00  Flow Exercise 1:30  Scenic Ride 1:35  Silver Sneakers 2:00  Movie: Silver Wolf (PT)	<b>National Frappe Day</b> <span style="float: right;">7</span> 8:00  Medical Shuttle - Windward 9:00  Flow Exercise 9:30  Flow Exercise 10:00  Strength Training with weights 10:30  Exercises For The Brain 11:00  Buddhist Services 11:00  Christian Meditation 1:00  Flow Exercise 1:30  Shopping Trip 1:35  Silver Sneakers Workout (improve your cardio) 2:05  BINGO	<b>National Hero Day - Dress Up</b> <span style="float: right;">8</span> 8:00  Medical Shuttle - West Side 9:00  Flow Exercise 9:30  Flow Exercise 10:30  <b>Jon Koki Musical Performance</b> 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:05  BINGO	<b>International Beer and Pizza Day</b> <span style="float: right;">9</span> 9:00  Flow Exercise 9:30  Flow Exercise 10:00  Strength Training with weights 10:30  Exercises For The Brain 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  <b>Resident Council</b> 4:30  HOT DOGS & BINGO	<b>National Handbag Day</b> <span style="float: right;">10</span> 8:00  Medical Shuttle - Honolulu 9:00  Flow Exercise 9:30  Flow Exercise 9:30  Prayer Group - Kailua Christian Church 10:00  Strength Training with weights 10:30  Fabric Flower Craft 1:00  Flow Exercise 1:30  Scenic Ride 1:35  Silver Sneakers Workout (improve your cardio) 2:05  BINGO	<b>National Sausage Pizza Day</b> <span style="float: right;">11</span> 9:00  Flow Exercise 9:30  Flow Exercise 10:00  <b>Musical Performance Hank the Singing Dutchman</b> 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:05  BINGO
<b>U.S. Navy's Birthday</b> <span style="float: right;">13</span> 9:00  Flow Exercise 9:30  Flow Exercise 9:30  Shopping in Kaneohe 10:00  Live Stream: New Hope Video Service (Media Room) 11:00  St. Ann's Church Shuttle 1:00  Flow Exercise 1:30  Scenic Ride 1:35  Silver Sneakers 2:00  Movie: The Last Champion (PT)	<b>Columbus Day</b> <span style="float: right;">14</span> 8:00  Medical Shuttle - Windward 9:00  Flow Exercise 9:30  Flow Exercise 10:00  Strength Training with weights 10:30  Exercises For The Brain 11:00  Christian Meditation 1:00  Flow Exercise 1:30  Shopping Trip 1:35  Silver Sneakers Workout (improve your cardio) 2:05  BINGO	<b>I Love Lucy Day</b> <span style="float: right;">15</span> 8:00  Medical Shuttle - West Side 9:00  Flow Exercise 9:30  Flow Exercise 10:00  Strength Training with weights 10:30  Bead Art 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:05  BINGO	<b>National Sports Day</b> <span style="float: right;">16</span> 9:00  Flow Exercise 9:30  Flow Exercise 10:00  <b>Musical Performance: Sanford Lee</b> 12:00  Kau Kau Club 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  Movie: 27 Dresses (PT) 2:05  BINGO	<b>National Pasta Day</b> <span style="float: right;">17</span> 8:00  Medical Shuttle - Honolulu 9:00  Flow Exercise 9:30  Flow Exercise 9:30  Prayer Group - Kailua Christian Church 10:00  Strength Training with weights 10:30  Exercises For The Brain 1:00  Flow Exercise 1:30  Scenic Ride 1:35  Silver Sneakers Workout (improve your cardio) 2:05  BINGO	<b>National Chocolate Cupcake Day</b> <span style="float: right;">18</span> 9:00  Flow Exercise 9:30  Flow Exercise 9:30  Flow Exercise 10:00  <b>Na Kupuna O Ko'olau Hula Performance</b> 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:05  BINGO	<b>National Kentucky Day</b> <span style="float: right;">19</span> 9:00  Flow Exercise 9:30  Flow Exercise 10:00  <b>Victory Hawaii Church Bingo</b> 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  <b>Balance, Stretching and Toning</b> 2:00  Movie: Challengers (PT) 3:30  Catholic Mass
<b>Chicken &amp; Waffle Day</b> <span style="float: right;">20</span> 9:00  Flow Exercise 9:30  Flow Exercise 9:30  Shopping in Kaneohe 10:00  Live Stream: New Hope Video Service (Media Room) 11:00  St. Ann's Church Shuttle 1:00  Flow Exercise 1:30  Scenic Ride 1:35  Silver Sneakers 2:00  Movie: The Blue Angels (PT)	<b>National Pumpkin Day</b> <span style="float: right;">21</span> 8:00  Medical Shuttle - Windward 9:00  Flow Exercise 9:30  Flow Exercise 10:00  Strength Training with weights 10:30  Exercises For The Brain 11:00  Christian Meditation 1:00  Flow Exercise 1:30  Shopping Trip 1:35  Silver Sneakers Workout (improve your cardio) 2:05  BINGO	<b>National Horror Movie Day</b> <span style="float: right;">22</span> 8:00  Medical Shuttle - West Side 9:00  Flow Exercise 9:30  Flow Exercise 10:15  <b>Musical Performance: Roy Hamada</b> 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:05  BINGO	<b>National Boston Cream Pie Day</b> <span style="float: right;">23</span> 7:30  <b>Sr. Pat's Craft Affair</b> 9:00  Flow Exercise 9:30  Flow Exercise 10:00  Strength Training with weights 10:30  Exercises For The Brain 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  Movie: Silverstar (PT) 2:05  BINGO	<b>National Kangaroo Awareness Day</b> <span style="float: right;">24</span> 8:00  Medical Shuttle - Honolulu 9:00  Flow Exercise 9:30  Flow Exercise 9:30  Prayer Group - Kailua Christian Church 10:00  Strength Training with weights 10:30  Fall Craft 1:00  Flow Exercise 1:30  Scenic Ride 1:35  Silver Sneakers Workout (improve your cardio) 2:05  BINGO 6:30  Alzheimer Caregiver Support Group	<b>Nevada Day</b> <span style="float: right;">25</span> 9:00  Flow Exercise 9:30  Flow Exercise 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:05  BINGO	<b>National Hug a Sheep Day</b> <span style="float: right;">26</span> 9:00  Flow Exercise 9:30  Flow Exercise 10:00  <b>Ryugen Taiko Performance</b> 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  Movie: The Retrievers (PT) 3:30  Catholic Mass
<b>National Black Cat Day</b> <span style="float: right;">27</span> 9:00  Flow Exercise 9:30  Flow Exercise 9:30  Shopping in Kaneohe 10:00  Live Stream: New Hope Video Service (Media Room) 10:15  <b>Musical Performance: Dean Hirata</b> 11:00  St. Ann's Church Shuttle 1:00  Flow Exercise 1:30  Scenic Ride 1:35  Silver Sneakers 2:00  Movie: Find Me (PT)	<b>DRESS UP DAY - DISNEY FRIENDS</b> <span style="float: right;">28</span> 8:00  Medical Shuttle - Windward 9:00  Flow Exercise 9:30  Flow Exercise 10:00  <b>Mellow Friends Karaoke</b> 11:00  Christian Meditation 1:00  Flow Exercise 1:30  Shopping Trip 1:35  Silver Sneakers Workout (improve your cardio) 2:05  BINGO	<b>DRESS UP DAY - WITCHES, WIZARDS AND WARLOCKS</b> <span style="float: right;">29</span> 8:00  Medical Shuttle - West Side 9:00  Flow Exercise 9:30  Flow Exercise 10:00  Strength Training with weights 10:30  Exercises For The Brain 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:05  BINGO	<b>DRESS UP - DEPARTMENT COMPETITION</b> <span style="float: right;">30</span> 9:00  Flow Exercise 9:30  Flow Exercise 10:00  Strength Training with weights 10:30  Halloween Mask Making 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  Movie: Pie In The Sky (PT) 2:05  BINGO	<b>DRESS UP DAY - HALLOWEEN</b> <span style="float: right;">31</span> 8:00  Medical Shuttle - Honolulu 9:00  Flow Exercise 9:30  Flow Exercise 9:30  Prayer Group - Kailua Christian Church 10:00  Strength Training with weights 10:30  Exercises For The Brain 1:00 