

October 2025  
Independent/Assisted



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>ACTIVITIES ARE SUBJECT TO CHANGE</div>	<div></div>	<div>"Sticky fingers, tired feet; one more house, trick or treat."  ~ Rusty Fischer</div>	<div><div>National Homemade Cookie Day1</div><div>9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🏠 Game Room Fun 10:15 🥣 Fun Easy Bake With Cookie Dough Activity 10:30 🌟 Meditation / Relaxation 10:30 🚗 Scenic Ride 1:30 ↔ Silver Sneakers Cardio 2:00 🌟 Circuit "A" Exercise 2:00 🎬 Movie: Journey To The Center of The Earth (NF) 2:45 🏠 BINGO</div></div>	<div><div>National Smarties Day2</div><div>8:00 🚗 Medical Shuttle - Honolulu 9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🏠 Game Room Fun 10:30 🌟 Meditation / Relaxation 10:30 🎵 Music &amp; Movement 10:30 🏛️ Prayer Group - Kailua Christian Church 1:30 ↔ Silver Sneakers Cardio 1:45 🚗 Scenic Ride 2:00 🌟 Circuit "B" Exercise 2:45 🏠 POKENO</div></div>	<div><div>National Body Language Day3</div><div>9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 10:00 🏠 Game Room Fun 10:30 🧺 Fun with Beads 10:30 🌟 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 2:00 🏠 BINGO 2:00 🎬 Movie: Journey 2: The Mysterious Island (NF)</div></div>	<div><div>National Golf Lover's Day4</div><div>9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 10:30 🏠 Victory Hawaii Church Bingo 1:30 ↔ Silver Sneakers Cardio 2:00 🏠 BINGO 2:00 ↔ Balance, Stretching and Toning 4:00 🏛️ Catholic Mass 4:30 🚗 Windward Mall Bon Dance</div></div>
<div><div>National Do Something Nice Day5</div><div>9:30 ↔ Flow Exercise 9:55 🌟 Seated Resistance Band Exercise 10:15 🧶 Crochet with Kailie 10:15 🏛️ New Hope Live Stream 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 Movie: Rudy (NF)</div></div>	<div><div>National Mad Hatter Day6</div><div>8:00 🚗 Medical Shuttle - Windward 9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🏠 Game Room Fun 10:00 🎵 Ukulele with Addie 10:30 🌟 Meditation / Relaxation 11:00 🏛️ Buddhist Services 1:30 🚗 Shopping - Kaneohe 1:30 ↔ Silver Sneakers Cardio 2:00 🌟 Circuit "A" Exercise 2:45 🏠 BINGO</div></div>	<div><div>National Inner Beauty Day7</div><div>8:00 🚗 Medical Shuttle - West Side 9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🏠 Game Room Fun 10:30 🌟 Meditation / Relaxation 10:30 🎵 Silent Disco: Hawaii Dance Bomb 1:30 🚗 Scenic Ride 1:30 ↔ Silver Sneakers Cardio 2:00 🌟 Circuit "B" Exercise 2:45 🏠 POKENO</div></div>	<div><div>National Hero Day8</div><div>9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🏠 Game Room Fun 10:15 🎵 Ukulele with Brandon 10:30 🌟 Meditation / Relaxation 1:30 🚗 Shopping - Town 1:30 ↔ Silver Sneakers Cardio 2:00 🌟 Circuit "A" Exercise 2:00 🎬 Movie: Joy: The Birth of IVF (NF) 2:45 🏠 BINGO</div></div>	<div><div>National Stop Bullying Day9</div><div>8:00 🚗 Medical Shuttle - Honolulu 9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🏠 Game Room Fun 10:15 🧶 Crochet with Keely 10:30 🌟 Meditation / Relaxation 10:30 🏛️ Prayer Group - Kailua Christian Church 1:30 ↔ Silver Sneakers Cardio 1:45 🚗 Scenic Ride 2:00 🌟 Circuit "B" Exercise 2:45 🏠 POKENO</div></div>	<div><div>National Walk to a Park Day10</div><div>9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 10:00 🏠 Game Room Fun 10:30 🌟 Meditation / Relaxation 10:30 🎵 Music Performance: Fred G. 1:30 ↔ Silver Sneakers Cardio 2:00 🏠 BINGO 2:00 🎬 Movie: Air Force Elite: Thunderbirds (NF)</div></div>	<div><div>National Sausage Pizza Day11</div><div>9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 1:30 ↔ Silver Sneakers Cardio 2:00 🏠 BINGO 4:00 🏛️ Catholic Mass</div></div>
<div><div>National I Love Yarn Day12</div><div>9:30 ↔ Flow Exercise 9:55 🌟 Seated Resistance Band Exercise 10:15 🧶 Crochet with Kailie 10:15 🏛️ New Hope Live Stream 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 Movie: Fatherhood (NF)</div></div>	<div><div>Columbus Day National Train Your Brain Day13</div><div>8:00 🚗 Medical Shuttle - Windward 9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🏠 Game Room Fun 10:00 🎵 Ukulele with Addie 10:30 🌟 Meditation / Relaxation 1:30 🚗 Shopping - Kaneohe 1:30 ↔ Silver Sneakers Cardio 2:00 🌟 Circuit "A" Exercise 2:45 🏠 BINGO</div></div>	<div><div>National Dessert Day14</div><div>8:00 🚗 Medical Shuttle - West Side 9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🏠 Game Room Fun 10:30 🌟 Meditation / Relaxation 10:30 🎵 Music Performance: Jon Koki 1:30 🚗 Scenic Ride 1:30 ↔ Silver Sneakers Cardio 2:00 🌟 Circuit "B" Exercise 2:00 🏛️ Resident Council 2:45 🏠 POKENO</div></div>	<div><div>National Grouch Day15</div><div>9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🏠 Game Room Fun 10:30 🌟 Meditation / Relaxation 10:30 🎵 Music Performance: Sanford Lee 12:00 🎭 KauKau Club: Kim Chee 1 1:30 🚗 Shopping - Town 1:30 ↔ Silver Sneakers Cardio 2:00 🌟 Circuit "A" Exercise 2:00 🎬 Movie: You Gotta Believe (NF) 2:45 🏠 BINGO</div></div>	<div><div>National Boss' Day16</div><div>7:00 🧶 Sr. Pat's Craft Sale 8:00 🚗 Medical Shuttle - Honolulu 9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🏠 Game Room Fun 10:15 🧶 Crochet with Keely 10:30 🌟 Meditation / Relaxation 10:30 🏛️ Prayer Group - Kailua Christian Church 1:30 ↔ Silver Sneakers Cardio 1:45 🚗 Scenic Ride 2:00 🌟 Circuit "B" Exercise 2:45 🏠 POKENO</div></div>	<div><div>National Pasta Day17</div><div>9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 10:00 🏠 Game Room Fun 10:30 🌟 Meditation / Relaxation 10:30 🎵 Music Performance: Hank the Singing Dutchman 1:30 ↔ Silver Sneakers Cardio 2:00 🏠 BINGO 2:00 🎬 Movie: Audrey (NF)</div></div>	<div><div>International Legging Day18</div><div>9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 10:30 🏠 Victory Hawaii Church Bingo 1:30 ↔ Silver Sneakers Cardio 2:00 🏠 BINGO 2:00 ↔ Balance, Stretching and Toning 4:00 🏛️ Catholic Mass</div></div>
<div><div>National Kentucky Day19</div><div>9:30 ↔ Flow Exercise 9:55 🌟 Seated Resistance Band Exercise 10:15 🧶 Crochet with Kailie 10:15 🏛️ New Hope Live Stream 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 Movie: Abandoned Man (NF)</div></div>	<div><div>National Youth Confidence Day20</div><div>8:00 🚗 Medical Shuttle - Windward 9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🏠 Game Room Fun 10:00 🎵 Ukulele with Addie 10:30 🌟 Meditation / Relaxation 1:30 🚗 Shopping - Kaneohe 1:30 ↔ Silver Sneakers Cardio 2:00 🌟 Circuit "A" Exercise 2:45 🏠 BINGO</div></div>	<div><div>National Reptile Awareness Day21</div><div>8:00 🚗 Medical Shuttle - West Side 9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🏠 Game Room Fun 10:15 🧶 Crochet with Keely 10:30 🌟 Meditation / Relaxation 1:30 🚗 Scenic Ride 1:30 ↔ Silver Sneakers Cardio 2:00 🌟 Circuit "B" Exercise 2:45 🏠 POKENO</div></div>	<div><div>National Color Day22</div><div>9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🏠 Game Room Fun 10:15 🧶 Build a Scarecrow Activity 10:30 🌟 Meditation / Relaxation 1:30 🚗 Shopping - Town 1:30 ↔ Silver Sneakers Cardio 2:00 🌟 Circuit "A" Exercise 2:00 🎬 Movie: I Used to be Famous (NF) 2:45 🏠 BINGO</div></div>	<div><div>National T.V. Talk Show Day23</div><div>8:00 🚗 Medical Shuttle - Honolulu 9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🏠 Game Room Fun 10:30 🏠 Game Show Trivia 10:30 🌟 Meditation / Relaxation 10:30 🏛️ Prayer Group - Kailua Christian Church 1:30 ↔ Silver Sneakers Cardio 1:45 🚗 Scenic Ride 2:00 🌟 Circuit "B" Exercise 2:45 🏠 POKENO</div></div>	<div><div>National Food Day24</div><div>9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 10:00 🏠 Game Room Fun 10:30 🌟 Meditation / Relaxation 10:30 🎵 Music Performance: Fred G. 1:30 ↔ Silver Sneakers Cardio 2:00 🏠 BINGO 2:00 🎬 Movie: Mercury 13 (NF)</div></div>	<div><div>National Merri Music Day25</div><div>9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 1:30 ↔ Silver Sneakers Cardio 2:00 🏠 BINGO 4:00 🏛️ Catholic Mass</div></div>
<div><div>Dress Up: Spooky Hair National Pumpkin Day26</div><div>9:30 ↔ Flow Exercise 9:55 🌟 Seated Resistance Band Exercise 10:15 🧶 Crochet with Kailie 10:15 🏛️ New Hope Live Stream 10:15 🧡 Pumpkin Carving Contest 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 Movie: Blue Miracle (NF)</div></div>	<div><div>Dress Up: Monster Monday Navy Day27</div><div>8:00 🚗 Medical Shuttle - Windward 9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🏠 Game Room Fun 10:30 🌟 Meditation / Relaxation 10:30 🎵 Music Performance: Mellow Friends 1:30 🚗 Shopping - Kaneohe 1:30 ↔ Silver Sneakers Cardio 2:00 🌟 Circuit "A" Exercise 2:45 🏠 BINGO</div></div>	<div><div>Dress Up: Superhero Day National First Responder's Day28</div><div>8:00 🚗 Medical Shuttle - West Side 9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🏠 Game Room Fun 10:30 🌟 Meditation / Relaxation 10:30 🎵 Music Performance: Roy Hamada 1:30 🚗 Scenic Ride 1:30 ↔ Silver Sneakers Cardio 2:00 🌟 Circuit "B" Exercise 2:45 🏠 POKENO</div></div>	<div><div>Dress Up: Wacky Witch Wednesday National Cat Day29</div><div>9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🏠 Game Room Fun 10:00 🎵 Ukulele with Addie 10:30 🌟 Meditation / Relaxation 1:30 🚗 Shopping - Town 1:30 ↔ Silver Sneakers Cardio 2:00 🌟 Circuit "A" Exercise 2:00 🎬 Movie: Worth (NF) 2:45 🏠 BINGO</div></div>	<div><div>Dress Up: Department Costume National Wicked Day30</div><div>8:00 🚗 Medical Shuttle - Honolulu 9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🏠 Game Room Fun 10:30 🌟 Meditation / Relaxation 10:30 🎵 Musical Performance : Legacy 10:30 🏛️ Prayer Group - Kailua Christian Church 1:30 ↔ Silver Sneakers Cardio 1:45 🚗 Scenic Ride 2:00 🌟 Circuit "B" Exercise 2:45 🏠 POKENO</div></div>	<div><div>Dress Up: Pick Your Own Costume Halloween National Magic Day31</div><div>9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 10:00 🏠 Game Room Fun 10:00 🧡 Performance: Na Kupuna O Ko'olau 10:30 🌟 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 2:00 🏠 BINGO 2:00 🎬 Movie: Lilo and Stitch *Live Action* (Disney)</div></div>	<div><div>🧶 Arts / Crafts 🥞 Cooking / Baking 🎓 Educational Classes ↔ Exercise / Physical Activity 🏠 Field Trip / Medical Appointments 🏠 Games 🌟 Meditation / Mindfulness 🎬 Movies / Documentaries 🎵 Music / Special Entertainment 🌟 One-on-One 🌟 Plaza Life Fitness 🧡 Socials / Social Gathering 🏛️ Spiritual / Worship Services 🌟 Volunteerism / Community Service</div></div>