Sunday





Monday

"I'm so glad I live in a world where

Tuesday

there are Octobers." - L.M. Montgomery, Anne of Green Gables

ternational Day of Older Persons World Farm Animals Day 9:00 🖪 Morning Greeting 9:00 / Morning Greeting 9:15 News and Views: Empowering Older 9:15 News and Views: Kindness to All

People for Sustainable Societies 9:30 Hali'a Resistance Training Circuit & Hydration/ 10:00 h Morning Surprise: Favorite breakfast foods

10:30 Celebrating the Moment: A New Month, A New Moment 1:30 Lunch

1:00 ↔ Plaza Life Exercise: Move it, Shake it 1:30 Afternoon Cinema & Movie Theater Snacks 2:00 Recreating the Classroom Experience: Manoa

2:30 Recreating the Classroom Experience: Paint by Number Farm Animals 3:30 🎉 In the Home: Soothing Sips & Gentle Touch 3:15 🞜 Game and Things to Do Together: Music Therapy 4:00 Dinner

World Smile Day

9:00 1 Morning Greeting 9:15 News and Views: Smile Card Station 9:30 🏶 Hali'a Resistance Training Circuit &

Hydration & Snack

10:00 Morning Surprise: Flashback Bingo 10:30 Telebrating the Moment: Little Things, Big Smiles 1:00 🏶 Community Spirit / Doing for Others: Kindness in Colo

1:45 🏟 Games and Things to Do Together: Golden Tunes & 2:30 Recreating the Classroom Experience: Pop Quiz for

3:15 ≱ In the Home: Friendly Steps to the Bamboo Garden

Saturday World Card Making Day

9:00 A Morning Greeting 9:15 News and Views: Memory-Inspired 9:30 ↔ Plaza Life Fitness: Peaceful Poses & Hydration/Snack

0:00 Morning Surprise: Things you see at the zoo 10:30 👺 Celebrating the Moment: This Moment is a Gift 1:30 Lunch

1:00 * In the Home: Courtyard Picnic 1:30 🏕 Afternoon hydration & Snack

2:30 Recreating the Classroom Experience: Color by Number Games and Things to Do Together: Melody Moments 4:00

5:00 Priday Movie Night

Pink day	
0.00	N.

9:00 ☐ Morning Greeting
9:15 ➡ News and Views: Think Pink: A Day of Kindness & Connection 9:30 * Hali'a Resistance Training Circuit & Hydration/Snack 10:00 Sames and Things To Do Together: Watercolor Dots

at Punchbowl

10:45 🁺 Celebrating the Moment: One Beautiful Day at a Time Lunch 1:00 Afternoon inspired by & Mindfulness

1:30 🏌 Church Service with Pastor Carl & Pastor Steve

2:00 Hydration & Snack 2:30 Sunshine & Friendship Walk

3:15 🔥 Games and Things to Do Together: Wards Bingo

erman American Day

9:00 / Morning Greeting 9:15 P News and Views: Heritage & Harmony 9:30 Nali'a Resistance Training Circuit &

Hydration/Snack 0:00 Morning Surprise: Names of famous singers 0:45 Celebrating the Moment: Pause & Appreciate

1:30 Lunch 1:00 Me Plaza Life Fitness: Range of Motion 1:30 📥 Games and Things To Do Together: Crossword Clues

2:30 + In the Home: Photo Recall 3:00 **ଛ** Recreating the Classroom Experience: Trivia : German American Day " What Do We Know? What Don't We 4:00 Dinner

Taco Dav

9:00 🞵 Morning Greeting 9:15 ➤ News and Views: Taco 'Bout Fun! 9:30 🏶 Hali'a Resistance Training Circuit &

Hydration/Snack 10:00 Morning Surprise: Texture Tuesday 10:45 🏚 Celebrating the Moment: Chair Basketball

11:30 Lunch 1:00 🏶 In the Home: Guided Meditation

1:30 * Hydration & Snack 2:00 🖨 Recreating the Class 3:15 → Plaza Life Fitness: Stretch & Sing 4:00 Dinner

Octopus Day

4:00 Dinner

9:00 ☐ Morning Greeting 9:15 P News and Views: Nature Documentary Hour

9:30 Hali'a Resistance Training Circuit & Hydration/ Snack

10:00 h Morning Surprise: Things that fly 10:30 Celebrating the Moment: A Morning to Remembe 11:30 Lunch

1:00 - Plaza Life Exercise: Move it. Shake it 1:30 P Afternoon Cinema & Movie Theater Snacks 2:00 Recreating the Classroom Experience: Diamon

3:30 🏶 In the Home: Soothing Sips & Gentle Touch

Curious Events Day 9:00 / Morning Greeting Ö

Global Cat Day

9:00 M Morning Greeting

Dinner

Haunted Refrigerator Night

9:00 // Morning Greeting

Fridae

9:15 Pows and Views:

Creatures

Right Now

11:30 Lunch

Snack

9:30 🏶 Hali'a Resistance Training Circuit & Hydration/Snack 10:00 •• Morning Surprise: Things that are round

Thursday

9:30 Hali'a Resistance Training Circuit & Hydration/

10:30 🕏 Celebrating the Moment: Today's Joy: Right Here,

10:00 •• Morning Surprise: Things that start with "0"

1:45 🏶 In the Home: Courtyard Stroll with Friends

1:00 🏕 Plaza Life Fitness: Flow & Flex Time

10:30 & Celebrating the Moment: Celebrate the Small 11:30 Lunch

1:00 Plaza Life Fitness: Flow & Flex Time 1:45 In the Home: Courtyard Stroll with Friends 2:30 Recreating the Classroom Experience: Paint by Number Pumpkin Patch Painting

3:15 🎜 Game and Things to Do Together: Music Therapy 4.00 Dinner

Cake Decorating Day

Black Poetry Day

9:00 🖪 Morning Greeting

Dinner

Inited Nations Day

9:00

Morning Greeting

9:15

News and Views: Color & Design Challenge 9:30 Hali'a Resistance Training Circuit & Hydration & Snack

10:00 Morning Surprise: Flashback Bingo 10:30 🏚 Celebrating the Moment: Today's Treasure: This Mome 1:30 Lunch

1:00 * Community Spirit / Doing for Others: Helping Hands, Healing Hearts 1:45 🔥 Games and Things to Do Together: Golden Tunes &

Goodies 2:30 Recreating the Classroom Experience: Spelling Bee Lite

3:15 * In the Home: Friendly Steps to the Bamboo Garden 4:00 Dinner

I Love Yarn Day

veetest Day

9:30 ↔ Plaza Life Fitness: Peaceful Poses & Hydration/Snack 0:00 Morning Surprise: Alphabet Memory Game

0:30 Receiptaing the Moment: Mindful Moments Matter Lunch 1:00 * In the Home: Courtvard Picnic

1:30 9 "Autumn Expressions" Art: Bob & Hank . Fun with

Painting [R]

1:30 ♣ Afternoon hydration & Snack 2:30 Recreating the Classroom Experience: Color by Number Games and Things to Do Together: Melody Moments

9:30 - Plaza Life Fitness: Peaceful Poses & Hydration/Snack

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4:00 Dinner 5:00 Friday Movie Night

9:15 **≈** News and Views: Heart-Shaped

armer's Day 9:00 _ Morning Greeting 9:15 Rews and Views: Farm Animal Masks

9:30 🏶 Hali'a Resistance Training Circuit & Hvdration/Snack 10:00 • Games and Things To Do Together: Watercolor Dots 10:45 👺 Celebrating the Moment: Joy in the Journey 11:30 Lunch

1:00 Afternoon inspired by & Mindfulness 1:30 d "Pure Nerves: A Song & Dance Spectacle with Janice Olbrich [R]

1:30 🔥 Games and Things to Do Together: Picture Pair Memory 2:00 Hydration & Snack

2:30 * Sunshine & Friendship Walk

4:00 Dinner

3:15 🔥 Games and Things to Do Together: Wards Bingo

Indigenous Peoples' Day 9:00 / Morning Greeting 9:15 P News and Views: Nature-Inspired Story Stones

9:30 Hali'a Resistance Training Circuit & Hydration/ Snack 10:00 Morning Surprise: Things that are purple

0:00 D Ukulele & Sing Along with Grace Point Church 10:45 Celebrating the Moment: Grateful for Today

1:30 Lunch 1:00 🏕 Plaza Life Fitness: Range of Motion 1:30 - Seated Zumba with Annette 2:30 - Hydration & Snack

9:30 Hali'a Resistance Training Circuit & Hydration/ Snack

Oh Pooh Day

9:00 / Morning Greeting

10:00 Morning Surprise: Texture Tuesday 10:45 🏚 Celebrating the Moment: Chair Basketball 11:30 Lunch

1:00 🏶 In the Home: Guided Meditation 1:30 * Hydration & Snack 2:00 Recreating the Class 3:15 → Plaza Life Fitness: Stretch & Sing

9:15 News and Views: Pooh's Honey Pot

Mushroom Dav 9:00 / Morning Greeting 9:15 Paper Plate

4:00 Dinner

National Chucky Day

ZO

9:00 / Morning Greeting

4.00 Dinner

Mushrooms 9:30 * Hali'a Resistance Training Circuit & Hydration/ Snack 10:00 h Morning Surprise: Things you can carve

10:30 Celebrating the Moment: Simple Moments, Sweet Memories 11:30 Lunch

1:00 → Plaza Life Exercise: Move it, Shake it 1:30 M Afternoon Cinema & Movie Theater Snacks 2:00 🖨 Recreating the Classroom Experience: Kailihi Ka 3:30 Fin the Home: Soothing Sips & Gentle Touch

10:00 🏟 Morning Surprise: Types of pie 10:30 Celebrating the Moment: A Moment of Magic 11:30 Lunch

9:15 News and Views: Cat Collage Art

9:30 Hali'a Resistance Training Circuit &

Hydration/Snack

1:00 ➤ Plaza Life Fitness: Flow & Flex Time 1:45 * In the Home: Courtyard Stroll with Friends

2:30 Recreating the Classroom Experience: Paint by Number Golden Leaves & Gentle Moments 3:15 🞜 Game and Things to Do Together: Music Therapy

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9:15 News and Views: Poetry Bookmark Decorating 9:30 ≱ Hali'a Resistance Training Circuit & Hydration & Snack 0:00 Morning Surprise: Flashback Bingo

10:30 👺 Celebrating the Moment: Cherish the Now 1:30 Lunch

1:00 F Community Spirit / Doing for Others: Gratitude Givers 1:45 🔥 Games and Things to Do Together: Golden Tunes &

Goodies 2:30 Recreating the Classroom Experience: History Flashhacks 3:15 ≱ In the Home: Friendly Steps to the Bamboo Garden

10:30 👺 Celebrating the Moment: A Day to Delight In 1:30 Lunch 1:00 * In the Home: Courtyard Picnic

9:00 🖪 Morning Greeting

1:30 🏕 Afternoon hydration & Snack 2:30 • Recreating the Classroom Experience: Color by Number 3:15 Games and Things to Do Together: Melody Moments

0:00 Morning Surprise: Alphabet Memory Game

5:00 Friday Movie Night

9:00 / Morning Greeting

ourest Day

Evaluate Your Life Day

4.00 Dinner

Pumpkin Day

11:30 Lunch

4:00 Dinner

9:00 / Morning Greeting

2:00 Hydration & Snack

2:30 * Sunshine & Friendship Walk

9:00 Morning Greeting 9:15 News and Views: Gratitude Garland 9:30 * Hali'a Resistance Training Circuit & Hvdration/Snack

10:00 • Games and Things To Do Together: Watercolor 10:45 👺 Celebrating the Moment: Today's Spark of Joy

11:30 Lunch 1:00 Afternoon inspired by & Mindfulness 1:30 🕆 Church Service with Pastor Carl & Pastor Steve

2:00 Hydration & Snack 2:30 Sunshine & Friendship Walk 3:15 🔥 Games and Things to Do Together: Wards Bingo

9:15 News and Views: Pumpkin Garland

9:30 * Hali'a Resistance Training Circuit &

1:00 ♣ Afternoon inspired by & Mindfulness

10:00 • Games and Things To Do Together: Watercolor

10:45 👺 Celebrating the Moment: Fall in Love with Today

1:30 P Church Service with Pastor Carl & Pastor Steve

3:15 🔥 Games and Things to Do Together: Wards Bingo

Hydration/Snack

World Statistics Day 9:00 Morning Greeting

4:00 Dinner

Dinner

Black Cat Day

4:00 Dinner

3:00 🗢 Trivia: Columbus Day

9:15 News and Views: By the Numbers" Memory Cards

9:30 🧚 Hali'a Resistance Training Circuit & Hydration/ 0:00 🎜 Hank the Singing Dutchmen [R]

10:00 Morning Surprise: Halloween colors 10:45 Celebrating the Moment: TELL A JOKE DAY 11:30 Lunch

1:00 🏶 Plaza Life Fitness: Range of Motion 1:30
Seated Zumba with Annette 2:30 Hydration & Snack 3:00 **常** Recreating the Classroom Experience: Trivia : Pumpkins, Facts & Fun Reptile Awareness Day

4:00 Dinner

11:30 Lunch

4:00 Dinner

4·00 Dinner

9:00 🖪 Morning Greeting 9:15 ■ News and Views: Paper Plate

9:30 🏶 Hali'a Resistance Training Circuit & Hydration/ 10:00 Morning Surprise: Texture Tuesday

10:45 🏚 Celebrating the Moment: Chair Basketball 11:30 Lunch 1:00 * In the Home: Guided Meditation

1:30 🏶 Hydration & Snack 2:00 Recreating the Classroom Experience: Hawaii Ka 3:15 → Plaza Life Fitness: Stretch & Sing

ternational Stuttering Awareness Day 9:00 Morning Greeting 9:15 News and Views: "My Voice

Matters" Poster 9:30 🌞 Hali'a Resistance Training Circuit & Hydration/ 10:00 🔥 Morning Surprise: October Brain Boost

10:30 👺 Celebrating the Moment: Blues Music & Karaoke 11:30 Lunch 1:00 - Plaza Life Exercise: Move it. Shake it 1:30 Afternoon Cinema & Movie Theater Snacks

2:00 Recreating the Classroom Experience: China 3:30 * In the Home: Soothing Sips & Gentle Touch 4:00 Dinner

Mole Day

9:00 Morning Greeting 9:15 News and Views: Mole Mascot Puppets 9:30 Hali'a Resistance Training Circuit & Hydration

Snack 10:00 •• Morning Surprise: Morning Spark 10:30 👺 Celebrating the Moment: This Moment is Golden

1:30 Lunch 1:00 Plaza Life Fitness: Flow & Flex Time 1:45 🏶 In the Home: Courtyard Stroll with Friends 2:30 Recreating the Classroom Experience: Paint by

Number Boo-tiful by Number 3:15 🖪 Game and Things to Do Together: Music Therapy 4.00 Dinner

9:00 / Morning Greeting 9:15 Peace Dove Collage

9:30 Hali'a Resistance Training Circuit & Hydration & Snack 10:00 Morning Surprise: Flashback Bingo 10:30 € Celebrating the Moment: What's the Word?

1:00 P Community Spirit / Doing for Others: Spirit of Aloha 1:45 📥 Games and Things to Do Together: Golden Tunes & 2:30 Recreating the Classroom Experience: Finish the Lyrics

3:15 In the Home: Friendly Steps to the Bamboo Garden

10:30 🏚 Celebrating the Moment: Let's Make Today Count 1:00 🌞 In the Home: Courtyard Picnic 1:30 Afternoon hydration & Snack :30 9 Halloween Art Workshop "Creepy Canvas Creations

9:15 Rews and Views: Citrus Collage

Hydration/Snack

9:30 ↔ Plaza Life Fitness: Peaceful Poses &

10:00 Morning Surprise: Alphabet Memory Game

with Hank & Bob [R] 2:30 Recreating the Classroom Experience: Color by Number Games and Things to Do Together: Melody Moments

4:00 Dinner 5:00 👺 Friday Movie Night

9:00 / Morning Greeting 9:15 News and Views: "Adopt-a-Cat" Coloring Station 9:30 Hali'a Resistance Training Circuit & Hydration/

10:00 Morning Surprise: Fall into Fun 10:45 Celebrating the Moment: Let the Sunshine In 1:30 Lunch

1:00 🏶 Plaza Life Fitness: Range of Motion 1:30 🔥 Games and Things To Do Together: Crossword

2:30 - Hydration & Snack 3:00 Recreating the Classroom Experience: Trivia: Halloween Facts & Fun

First Responders Day

9:00 / Morning Greeting 9:15 News and Views: Handprint Heart

9:30 🏶 Hali'a Resistance Training Circuit & Hydration/ Snack 10:00 W Birthday Bash with Jolene & Janei [R] 10:45 the Celebrating the Moment: Chair Basketball

1:00 * In the Home: Guided Meditation 1:30 Hydration & Snack 2:00 Recreating the Classroom Experience: Aloha

3:15 ↔ Plaza Life Fitness: Stretch & Sing

9:15 News and Views: Pumpkin Decorating with Personality 9:30 ≱ Hali'a Resistance Training Circuit & Hydration/ Snack 10:00 h Morning Surprise: October Brain Treats 10:30 Celebrating the Moment: Let's Find the Joy 11:30 Lunch 1:00 ↔ Plaza Life Exercise: Move it, Shake it

1:30 Afternoon Cinema & Movie Theater Snacks 2:00 Recreating the Classroom Experience: Nu'Uanu 3:30 * In the Home: Soothing Sips & Gentle Touch 4:00 Dinner

9:15 News and Views: Monster in the

Snack 10:30 Celebrating the Moment: Let's Make a Memory 11:30 Lunch 1:00 Plaza Life Fitness: Flow & Flex Time

9:30 Hali'a Resistance Training Circuit & Hydration/

1:45 * In the Home: Courtyard Stroll with Friends 2:30 Recreating the Classroom Experience: Paint by Number October Skies & Autumn Vibes 3:15 🎜 Game and Things to Do Together: Music Therapy 9:00 🖪 Morning Greeting 9:15 ₱ News and Views: Candy Corn Collage

9:30 🌞 Hali'a Resistance Training Circuit &

Hydration & Snack 10:00 Morning Surprise: Halloween Flashback Bingo 10:30 • Celebrating the Moment: Celebrate the Halloween 1:30 Lunch

1:00 🏕 Community Spirit / Doing for Others: Spooktacular 1:45 🔥 Games and Things to Do Together: Golden Tunes &

2:30 Recreating the Classroom Experience: Rhyme Time 3:15 In the Home: Friendly Steps to the Bamboo Garden 4:00 Dinner



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