

September 2023
3rd Floor Monthly Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div> Excursions Physical Special Events</div>	<div>Van Departures-- Please meet in the lobby 15 minutes prior to all van departures.</div>	<div>All activities are subject to change.</div>		<div>National College Colors Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 2:00 Outdoor Cruising 3:00 Trivia - Guess the word 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>National Tailgating Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba & Hydration 2:00 Game - Ring Toss 3:00 Movie Matinee 4:00 Wash Up & Clean 4:30 Dinner</div>
<div>National Cinema Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 12:30 Holoholo Ride 12:30 Travel/Educational Show 1:00 Seated Zumba & Hydration 2:00 Game - Corn Hole Toss 3:00 Movie Matinee 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>National Labor Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 2:00 Arts & Crafts- Decorate a Cupcake! 3:00 BINGO 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>National Cheese Pizza Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 10:30 Holy Communion with Patricia Ho (30 min) [T] 11:15 Wash Up & Clean 11:30 Lunch 1:00 Holoholo Ride 1:00 Travel/Educational Show 1:30 Seated Zumba & Hydration 2:00 BINGO 3:10 Jeopardy Hour! 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>National Coffee Ice Cream Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 2:00 Arts & Crafts- Cherry Blossom Art (Painting) 3:00 Sing Along Serenading 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>National Salami Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba & Hydration 2:00 All Staff Meeting Game - Horse Shoe Toss 3:00 Jeopardy Hour! 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>National Star Trek Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 2:00 Outdoor Cruising 3:00 Trivia - Words that start with 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>National Teddy Bear Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba & Hydration 2:00 Game - Corn Hole Toss 3:00 Movie Matinee 4:00 Wash Up & Clean 4:30 Dinner</div>
<div>National Grandparent's Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 12:30 Holoholo Ride 12:30 Travel/Educational Show 1:00 Seated Zumba & Hydration 2:00 Arts & Crafts- Origami Art 3:00 Movie Matinee- Educational Movie 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>Assisted Living Week Dress-Up Day: Pajama Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 2:00 Game- Ring Toss 3:00 Jeopardy Hour! 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>Assisted Living Week Dress-Up Day: Tacky Tourist Tuesday 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Flu Shot Clinic 1-3 PM [T] 1:00 Holoholo Ride 1:00 Travel/Educational Show 1:30 Seated Zumba & Hydration 2:00 Hank the Singing Dutchman [A] 3:00 Game- Horseshoe Toss 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>Assisted Living Week Dress-Up Day: Sports Jersey Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 2:00 Roy Hamada Performance [A] 3:00 Arts & Crafts- Free Painting 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>Assisted Living Week Dress-Up Day: Throwback Thursday 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba & Hydration 2:00 Game- Beanbag Toss 3:00 BINGO 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>Assisted Living Week Dress-Up Day: Community Colors Day - MOA Blue 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 2:00 Seated Hula - Karen Choate Travel/Educational Show 3:00 Game- Skee-ball 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>Assisted Living Week Dress-Up Day: Music Day- Wear Your Favorite Band or Artist T-shirt 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba & Hydration 2:00 Arts & Crafts- Free Painting 3:00 Movie Matinee 4:00 Wash Up & Clean 4:30 Dinner</div>
<div>National Dance Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 12:30 Holoholo Ride 12:30 Travel/Educational Show 1:00 Seated Zumba & Hydration 2:00 Arts & Crafts- Anyone can draw! 3:00 Movie Matinee 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>National Cheeseburger Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 2:00 Resident Council Meeting 3:00 Trivia- Words that start with 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>National Talk Like A Pirate Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Holoholo Ride 1:00 Travel/Educational Show 1:30 Seated Zumba & Hydration 2:00 BINGO 3:00 Sing Along Serenading 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>National Fried Rice Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 2:00 Game- Hangman 3:00 Movie Matinee 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>National Chai Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba & Hydration 2:00 Game- Target Toss 3:00 BINGO 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>National Centenarian's Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 2:00 Bowling 3:00 Jigsaw Puzzles 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>National Snack Stick Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba & Hydration 2:00 Arts & Crafts- Free Painting 3:00 Movie Matinee 4:00 Wash Up & Clean 4:30 Dinner</div>
<div>National Cherries Jubilee Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 12:30 Holoholo Ride 12:30 Travel/Educational Show 1:00 Seated Zumba & Hydration 2:00 Game- Bean Bag Toss 3:00 Movie Matinee 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>National Quesadilla Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 2:00 Game- Horse Shoe Toss 3:00 Game- Hangman 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>National Dumpling Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Holoholo Ride 1:00 Travel/Educational Show 1:30 Seated Zumba & Hydration 2:00 BINGO 3:00 Arts & Crafts- Bracelet Beading 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>National Corned Beef Hash Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 2:00 Sing Along Serenading 3:00 Travel/Educational Show 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>National Strawberry Cream Pie Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba & Hydration 2:00 Game- Bean Bag Toss 3:00 BINGO 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>National Coffee Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 2:00 Game- Ring Toss 3:00 Jeopardy Hour! 4:00 Wash Up & Clean 4:30 Dinner</div>	<div>National Orange Shirt Dress-Up Day 9:15 Morning Exercise & Hydration 10:05 Outdoor Stroll 10:25 Current Events & What's on the Menu? 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba & Hydration 2:00 Arts & Crafts- Free Painting 3:00 Movie Matinee 4:00 Wash Up & Clean 4:30 Dinner</div>