

September 2023

Independent and Assisted Living Monthly Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div>Excursions</div> <div>Movie</div> <div>Physical</div> <div>Special Events</div>	<div>[A] Activity Room</div> <div>[T] Theater Media</div> <div>[B] Bistro</div> <div>[P] Patio</div>	<div>Sign up for clubs, outings, and special events with Concierge</div> <div>--Van Departures--</div> <div>Please meet in the lobby</div> <div>15 minutes prior to all van departures</div>		<div>National College Colors Day</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Game - Ring Toss [A]</div> <div>1:00 Jeopardy Hour! [A]</div> <div>2:00 Outdoor Stroll</div> <div>3:00 Skeeball [A]</div> <div>4:00 UH Football Tailgate Party [A]</div> <div>5:00 UH Football Kickoff Stanford vs. UH [T]</div>	<div>National Tailgating Day</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Game - Corn Hole Toss [A]</div> <div>1:00 Virtual Chair Zumba [A]</div> <div>2:00 Outdoor Stroll</div> <div>3:00 Table Game - Hanafuda [A]</div> <div>6:00 Movie Night: Documentary "Eat Pray Love" (2010) [T]</div>
<div>National Cinema Day</div> <div>8:00 Church Services - Bus Drop-Offs</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>10:30 Unescorted Errand Ride - Long's or Safeway</div> <div>11:00 Courtyard Cruising [P]</div> <div>11:00 Word of Life Christian Online Service [T]</div> <div>1:00 Table Game - Scrabble [A]</div> <div>1:30 Unescorted Errand Ride - Long's or Safeway</div> <div>2:00 Outdoor Stroll</div> <div>3:00 Movie Matinee - "Purple Heart" (2022) [T]</div>	<div>National Labor Day</div> <div>9:00 1-Hr Scenic Ride -Tantalus</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Game - Bean Bag Toss [A]</div> <div>1:00 Art Therapy- Painting [A]</div> <div>2:00 Outdoor Stroll</div> <div>3:00 BINGO [A]</div> <div>4:00 Bookclub: The Appeal by Janice Hallett [A]</div>	<div>National Cheese Pizza Day</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>10:30 Holy Communion with Patricia Ho (30 min) [T]</div> <div>11:00 Game - Ring Toss [A]</div> <div>1:00 Game - Scattergories [A]</div> <div>2:00 Outdoor Stroll</div> <div>3:00 Gardening Club- Flower Pot Painting [A]</div> <div>3:00 Technology Hour - Jo Mau [A]</div> <div>4:00 Movie Matinee: "Enchanted" [T]</div>	<div>National Coffee Ice Cream Day</div> <div>9:00 1-Hr Scenic Bus Ride - Kaimuki</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Game - Horse Shoe Toss [A]</div> <div>1:00 Cooking Demo- Make Coffee Ice Cream [A]</div> <div>1:30 Unescorted Errand Ride - Longs/ Daiso (Pearl City)</div> <div>2:00 Outdoor Stroll</div> <div>3:00 BINGO [A]</div> <div>6:00 Resident Bible Study</div>	<div>National Salami Day</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Game - Corn Hole Toss [A]</div> <div>1:00 Sing Along Serenading [A]</div> <div>1:30 Unescorted Errand Ride - Marukai</div> <div>2:00 All Staff Meeting</div> <div>2:00 Outdoor Stroll</div> <div>3:00 Game- Balloon Volleyball [A]</div> <div>4:00 Movie Matinee: "Alice in Wonderland [T]</div>	<div>National Star Trek Day</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Game - Floor Darts [A]</div> <div>1:00 Jeopardy Hour! [A]</div> <div>2:00 Outdoor Stroll</div> <div>3:00 Art- Puzzle Piece Canvas Art [A]</div> <div>4:45 UH Women's Volleyball [T]</div>	<div>National Teddy Bear Day</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Zumba Gold with Annette [A]</div> <div>1:00 Hanafuda [A]</div> <div>2:00 Outdoor Stroll</div> <div>3:00 Ping Pong [T]</div> <div>4:00 UH Football Tailgate Party [A]</div> <div>6:00 UH Football Kickoff: Albany vs UH [T]</div>
<div>National Grandparent's Day</div> <div>8:00 Church Services - Bus Drop-Offs</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>10:30 Unescorted Errand Ride - Long's or Safeway</div> <div>11:00 Table Game - Hanafuda [A]</div> <div>11:00 Word of Life Christian Online Service [T]</div> <div>1:00 Arts & Crafts- Origami Fun! (1-3pm) [A]</div> <div>1:30 Unescorted Errand Ride - Long's or Safeway</div> <div>2:00 Outdoor Stroll</div> <div>3:00 Movie Matinee: "Titanic" (1997) [A]</div>	<div>Assisted Living Week Dress-Up Day: Pajama Day</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Table Game-Scrabble [A]</div> <div>1:00 Art Therapy- Drawing [A]</div> <div>1:30 30-Min Scenic Ride - Kalihi Valley</div> <div>2:00 Outdoor Stroll</div> <div>3:00 BINGO [A]</div> <div>4:00 Bookclub: The Appeal by Janice Hallett [A]</div>	<div>Assisted Living Week Dress-Up Day: Tacky Tourist Tuesday</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Game- Target Toss [A]</div> <div>1:00 Flu Shot Clinic 1-3 PM [T]</div> <div>1:45 Afternoon Stretch [A]</div> <div>2:00 Hank the Singing Dutchman [A]</div> <div>3:00 Beautiful YOU Nail Painting [A]</div> <div>4:00 Movie Matinee: "Lost in the Artic" [T]</div>	<div>Assisted Living Week Dress-Up Day: Sports Jersey Day</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Jeopardy Hour!</div> <div>1:00 Arts & Crafts- Friendship Bracelet making [A]</div> <div>2:00 Outdoor Stroll</div> <div>2:00 Roy Hamada Performance [A]</div> <div>3:00 BINGO [A]</div> <div>6:00 Resident Bible Study</div>	<div>Assisted Living Week Dress-Up Day: Throwback Thursday</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Game- Corn Hole Toss [A]</div> <div>1:00 Game - Wheel of Fortune [A]</div> <div>1:00 UH Women's Volleyball [T]</div> <div>1:30 Escorted Bus Ride: Leonard's Malasadas</div> <div>2:00 Outdoor Stroll</div> <div>3:00 Sing Along Serenading [A]</div> <div>4:00 Movie Matinee: "Big George Foreman" [T]</div>	<div>Assisted Living Week Dress-Up Day: Community Colors Day - MOA Blue</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Game- Skeeball [A]</div> <div>1:00 Game- Bowling [A]</div> <div>2:00 Seated Hula - Karen Choate</div> <div>3:00 Game - Ladder Ball [A]</div>	<div>Assisted Living Week Dress-Up Day: Music Day- Wear Your Favorite Band or Artist T-shirt</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Game- Headbanz [A]</div> <div>1:00 Courtyard Cruising [P]</div> <div>1:00 UH Football Tailgate Party [A]</div> <div>2:00 Outdoor Stroll</div> <div>2:00 UH Football Kickoff: UH vs Oregon [T]</div> <div>3:00 Table Game - Scrabble [A]</div>
<div>National Dance Day</div> <div>8:00 Church Services - Bus Drop-Offs</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>10:30 Unescorted Errand Ride - Long's or Safeway</div> <div>11:00 Game- Skeeball [A]</div> <div>11:00 Word of Life Christian Online Service [T]</div> <div>1:00 Arts & Crafts- Paper Cups Flower Baskets [A]</div> <div>1:30 Unescorted Errand Ride - Long's or Safeway</div> <div>2:00 Outdoor Stroll</div> <div>3:00 Table Game - Scrabble [A]</div> <div>4:00 Movie Matinee: "Apollo 13" (1995) [T]</div>	<div>National Cheeseburger Day</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Table Game- UNO [A]</div> <div>1:00 Art Therapy- Painting [A]</div> <div>1:30 30-Min Scenic Ride - Aiea State Park</div> <div>2:00 Outdoor Stroll</div> <div>2:00 Resident Council Meeting</div> <div>3:00 BINGO [A]</div> <div>4:00 Bookclub: The Appeal by Janice Hallett [A]</div>	<div>National Talk Like A Pirate Day</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Game- Horse Shoe Toss [A]</div> <div>1:00 Game - Duck Hunt [A]</div> <div>1:00 Technology Hour - Jo Mau [B]</div> <div>2:00 Afternoon Stretch [A]</div> <div>3:00 Gardening Club- Airplant Art [A]</div> <div>4:00 Movie Matinee: "Heart of Stone" [T]</div>	<div>National Fried Rice Day</div> <div>9:00 1-Hr Scenic Bus Ride - Kailua</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Table Game- Mahjong [A]</div> <div>1:00 Art & Crafts- Cherry Blossom Art [A]</div> <div>1:30 Unescorted Errand Ride - Kam Shopping Center</div> <div>2:00 Outdoor Stroll</div> <div>3:00 BINGO [A]</div> <div>6:00 Resident Bible Study</div>	<div>National Chai Day</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Table Game- Checkers [A]</div> <div>1:00 Sing Along Serenading [A]</div> <div>1:30 Escorted Bus Ride: Waiola Shave Ice</div> <div>2:00 Outdoor Stroll</div> <div>3:00 Jeopardy Hour! [A]</div> <div>4:00 Movie Matinee: "Secret of Elephants" [T]</div>	<div>National Centenarian's Day</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Game- Scattergories [A]</div> <div>1:00 Arts & Crafts- Decoupage coasters [A]</div> <div>2:00 Outdoor Stroll</div> <div>3:00 Arts & Crafts- Yarn Art [A]</div> <div>7:00 UH Women's Volleyball [T]</div>	<div>National Snack Stick Day</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Game- Bean Bag Toss [A]</div> <div>1:00 Pool- Billiards Room</div> <div>2:00 Outdoor Stroll</div> <div>3:00 Table Game - Scrabble [A]</div> <div>4:00 UH Football Tailgate Party [A]</div> <div>5:00 UH Football Kickoff: NM vs UH [T]</div>
<div>National Cherries Jubilee Day</div> <div>8:00 Church Services - Bus Drop-Offs</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>10:30 Unescorted Errand Ride - Long's or Safeway</div> <div>11:00 Word of Life Christian Online Service [T]</div> <div>1:00 Arts & Crafts- Q-tip Dot Painting [A]</div> <div>1:30 Unescorted Errand Ride - Long's or Safeway</div> <div>2:00 Outdoor Stroll</div> <div>3:00 Game- Bean Bag Toss [A]</div> <div>4:00 Movie Matinee: Documentary - "The Deepest Breath" (2023) [T]</div>	<div>National Quesadilla Day</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Game- Floor Darts [A]</div> <div>1:00 Art Therapy- Stone Painting [A]</div> <div>1:30 30-Min Scenic Ride - Royal Summit</div> <div>2:00 Outdoor Stroll</div> <div>3:00 BINGO [A]</div> <div>4:00 Bookclub: The Appeal by Janice Hallett [A]</div>	<div>National Dumpling Day</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Game - Corn Hole Toss [A]</div> <div>1:00 Game-Table Soccer [A]</div> <div>2:00 Afternoon Stretch [A]</div> <div>3:00 Arts & Crafts- Lei Making [A]</div> <div>3:00 Technology Hour - Jo Mau [B]</div> <div>4:00 Movie Night: "Our Planet" 2023 [T]</div>	<div>National Corned Beef Hash Day</div> <div>9:00 1-Hr Scenic Bus Ride - Hawaii Kai/Portlock</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Game- Chess [A]</div> <div>1:30 Walking Club: Moanalua Gardens</div> <div>2:00 Afternoon Stretch [A]</div> <div>3:00 BINGO [A]</div> <div>6:00 Resident Bible Study</div>	<div>National Strawberry Cream Pie Day</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Game- Bowling [A]</div> <div>1:00 Arts & Crafts- Magnet Art [A]</div> <div>1:30 Unescorted Errand Ride - Don Quijote/Hmart</div> <div>2:00 Outdoor Stroll</div> <div>3:00 Game - Balloon Volleyball</div> <div>4:00 Movie Matinee: Street Food USA (2022) [T]</div>	<div>National Coffee Day</div> <div>9:00 Morning Exercise 1</div> <div>10:00 Morning Exercise 2</div> <div>11:00 Game- Corn Hole Toss [A]</div> <div>1:00 Birthday Bash with Dean Hirata [A]</div> <div>2:00 Outdoor Stroll</div> <div>3:00 Arts & Crafts- Sun Catcher [A]</div>	<div>National Orange Shirt Dress-Up Day</div> <div>9:00 Morning Exercise [T]</div> <div>9:00 UH Football Tailgate Party [A]</div> <div>10:00 UH Football Kickoff: UH vs UNLV [T]</div> <div>11:00 Game- Headbanz [A]</div> <div>1:00 Sing Along Serenading [A]</div> <div>2:00 Zumba Gold with Annette [A]</div> <div>3:00 Table Game - Scrabble [A]</div> <div>4:00 UH Women's Volleyball [T]</div>