







November 2024 3rd Floor Calendar

created with 



All activities will be located on the 3rd floor unless otherwise noted. Please meet in the lobby 15 minutes prior to all van departures.

-  Creative
-  Entertainment
-  Excursion
-  Intellectual
-  Physical
-  Social

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Author's Day 1 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Great Author's in America 10:00 📖 Bible Stories w/ Ms. Maureen 12:30 🌺 Lanai Time 2:00 🧩 Q-Tip Art & Puzzle Packs 3:00 ↔ Chair Zumba & Hydration 3:30 ⚡ Name 5 & Guess That Tune 5:00 🌺 BINGO 5:30 ↔ Evening Cool Down Stretches	Play Outside Day 2 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Best Outdoor Activities for Elderly 10:00 ↔ Chair Zumba w/ Annette: 2nd Floor 12:30 🌺 Lanai Time 1:30 🎨 Watercolors & Hawaiian Tunes 2:30 ↔ Ageless Fitness & Hydration 3:15 ⚡ BINGO 5:00 ↔ Evening Cool Down Stretches 5:30 🌺 Stories of Old Hawaii
Sandwich Day 3 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & History of The Sandwich 10:00 📖 Paper Collage Making 12:30 🌺 Lanai Time 1:30 ↔ Chair Zumba & Hydration 2:00 ⚡ Educational Documentaries 3:00 🌺 BINGO	Candy Day 4 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Brain Games 9:30 🎨 Watercolors & Oldie Tunes 10:00 🌺 Hali'a Mele Club in The Lanai 12:30 🚗 3rd Flr. Van Ride: Waialua 1:00 📖 Tissue Paper Art 2:00 🚗 Charades & Hawaii Candy Sampling 3:15 ↔ Chair Zumba & Hydration 5:00 🌺 BINGO 5:30 ↔ Evening Cool Down Stretches	Football Day 5 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & History of Football 10:00 🎵 Performance by Team of Angels: 2nd Floor 12:30 🌺 Bubble Time & Garden Club in The Lanai 1:30 🎨 Arts & Crafts: Fall Tree Q-Tip Painting 2:30 ⚡ Who Is It? & Hangman 3:15 ↔ Chair Zumba & Hydration 5:00 🌺 BINGO 5:30 ↔ Evening Cool Down Stretches	Stress Awareness Day 6 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Best Tips for Relieving Stress 10:00 🌺 Plaza Sing Along: 2nd Floor 12:30 🌺 Lanai Time 1:30 🎬 Fun Film & Popcorn 3:15 ↔ Chair Zumba & Hydration 5:00 🌺 BINGO 5:30 ↔ Evening Cool Down Stretches	Chocolate Day 7 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Brain Games 9:30 🌺 Hot Chocolate & Talk Story at The Bistro 10:15 ↔ Mega Toss Games 12:30 🌺 Bubble Time & Garden Club in The Lanai Time 1:30 📖 Fun Film w/ Chocolate Covered Pretzels 2:30 🧠 Sensory Break: Guess This Scent! 3:15 ↔ Chair Zumba & Hydration 5:00 🌺 BINGO 5:30 ↔ Evening Cool Down Stretches	STEM Day 8 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Brain Games 10:00 🎵 Local Jamz w/ Dean Hirata: 2nd Floor 11:30 🌺 Men's Club 12:30 🌺 Lanai Time 2:00 🧩 Q-Tip Art & Puzzle Packs 3:00 ↔ Chair Zumba & Hydration 3:30 ⚡ Name 5 & Guess That Tune 5:00 🌺 BINGO 5:30 ↔ Evening Cool Down Stretches	Art Museum Day 9 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & History of The Bishop Museum 10:30 ⚡ Pictionary & Hangman 12:30 🌺 Lanai Time 1:30 🎨 Arts & Crafts: Fall Wreath Making 2:30 ↔ Ageless Fitness & Hydration 3:15 ⚡ BINGO 5:00 ↔ Evening Cool Down Stretches 5:30 🌺 Stories of Old Hawaii
Vanilla Cupcake Day 10 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Brain Games 10:00 🎵 Ryugn Taiko Performing Group: 2nd Floor 12:30 🌺 Lanai Time 1:30 ↔ Chair Zumba & Hydration 2:00 ⚡ Educational Documentaries w/ Mini Vanilla Cupcakes 3:00 🌺 BINGO	Veteran's Day 11 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Brain Games 9:30 🎨 Watercolors & Oldie Tunes 10:00 🌺 Hali'a Mele Club in The Lanai 12:30 🚗 3rd Flr. Van Ride: Ewa Beach 1:00 📖 Tissue Paper Art 2:00 🚗 Charades & Name That! YouTube Edition 3:15 ↔ Chair Zumba & Hydration 5:00 🌺 BINGO 5:30 ↔ Evening Cool Down Stretches	Happy Hour Day 12 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & History of Happy Hour 9:30 🌺 Hot Chocolate & Talk Story at The Bistro 10:15 🎵 Japanese Sing Along 12:30 🌺 Bubble Time & Garden Club in The Lanai 1:30 🎨 Arts & Crafts: Wacky Leaf Garland Making 2:30 ⚡ Who Is It? & Hangman 3:15 ↔ Chair Zumba & Hydration 5:00 🌺 BINGO 5:30 ↔ Evening Cool Down Stretches	World Kindness Day 13 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Ways to Be More Kind 10:00 🎵 Soul Sounds w/ Wally Brown: 2nd Floor 12:30 🌺 Lanai Time 1:30 🎬 Fun Film & Popcorn 3:15 ↔ Chair Zumba & Hydration 5:00 🌺 BINGO 5:30 ↔ Evening Cool Down Stretches	Family PJ Day 14 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Wackiest Pictures of PJs 10:00 🎵 Musical Performance by The Mellow Friends: 2nd Floor 12:30 🌺 Bubble Time & Garden Club in The Lanai Time 1:30 🎨 Watercolors & Oldie Tunes 2:30 🧠 Sensory Break: Guess This Scent! 3:15 ↔ Chair Zumba & Hydration 5:00 🌺 BINGO 5:30 ↔ Evening Cool Down Stretches	Americas Recycles Day 15 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & 10 Interesting Things About Recycling 10:00 🌺 Hot Chocolate & Brain Games at The Bistro 12:30 🌺 Lanai Time 2:00 🧩 Q-Tip Art & Puzzle Packs 3:00 ↔ Chair Zumba & Hydration 3:30 ⚡ Name 5 & Guess That Tune 5:00 🌺 BINGO 5:30 ↔ Evening Cool Down Stretches	Button Day 16 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Brain Games 10:00 ↔ Balloon Volleyball 10:30 ⚡ Pictionary & Hangman 12:30 🌺 Lanai Time 1:30 🎨 Arts & Crafts: Clothes Pin Turkey Magnet Making 2:30 ↔ Ageless Fitness & Hydration 3:15 ⚡ BINGO 5:00 ↔ Evening Cool Down Stretches 5:30 🌺 Stories of Old Hawaii
Butter Day 17 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & History of Butter 10:00 📖 Paper Collage Making 12:30 🌺 Lanai Time 1:30 ↔ Chair Zumba & Hydration 2:00 ⚡ Educational Documentaries 3:00 🌺 BINGO	Micky Mouse's Day 18 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & 10 Fun Facts About Mickey Mouse 9:30 🎨 Watercolors & Oldie Tunes 10:00 🌺 Hali'a Mele Club in The Lanai 12:30 🚗 3rd Flr. Van Ride: Honolulu 1:00 📖 Tissue Paper Art 2:00 🚗 Charades & Name That! YouTube Edition 3:15 ↔ Chair Zumba & Hydration 5:00 🌺 BINGO 5:30 ↔ Evening Cool Down Stretches	Monopoly Day 19 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & History of The Monopoly Game 9:30 🌺 Hot Chocolate & Talk Story at The Bistro 10:15 🎵 Japanese Sing Along 12:30 🌺 Bubble Time & Garden Club in The Lanai 1:30 🎨 Arts & Crafts: Pinecone Fluffy Bird Making 2:30 ⚡ Who Is It? & Hangman 3:15 ↔ Chair Zumba & Hydration 5:00 🌺 BINGO 5:30 ↔ Evening Cool Down Stretches	Absurdity Day 20 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Brain Games 10:00 🌺 Plaza Sing Along: 2nd Floor 12:30 🌺 Lanai Time 2:00 🎵 Piano & Vocals by Roy Hamada: 2nd Floor 3:15 ↔ Chair Zumba & Hydration 5:00 🌺 BINGO 5:30 ↔ Evening Cool Down Stretches	Gingerbread Cookie Day 21 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Wackiest Things Made w/ Gingerbread Cookies 9:30 🌺 Hot Chocolate & Talk Story at The Bistro 10:15 ↔ Mega Toss Games 11:30 🌺 Men's Club 12:30 🌺 Bubble Time & Garden Club in The Lanai Time 2:00 Local Jamz w/ Dean Hirata: 2nd Floor 3:15 ↔ Chair Zumba & Hydration 5:00 🌺 BINGO 5:30 ↔ Evening Cool Down Stretches	Go For A Ride Day 22 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Scenic Roads Around The World 10:00 🌺 Hot Chocolate & Brain Games at The Bistro 12:30 🌺 Lanai Time 2:00 🧩 Q-Tip Art & Puzzle Packs 3:00 ↔ Chair Zumba & Hydration 3:30 ⚡ Name 5 & Guess That Tune 5:00 🌺 BINGO 5:30 ↔ Evening Cool Down Stretches	Volunteer Day 23 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Ways to Volunteer 10:00 ↔ Balloon Volleyball 10:30 ⚡ Pictionary & Hangman 12:30 🌺 Lanai Time 2:00 🎵 Musical Performance by The Wahiawa SDA Church Group: 2nd Floor 3:15 ⚡ BINGO 5:00 ↔ Evening Cool Down Stretches 5:30 🌺 Stories of Old Hawaii
Unique Talent Day 24 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Videos of Unique Talents 10:00 📖 Paper Collage Making 12:30 🌺 Lanai Time 1:30 ↔ Chair Zumba & Hydration 2:00 ⚡ Educational Documentaries 3:00 🌺 BINGO	Parfait Day 25 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Wackiest Parfaits Made 9:30 🎨 Watercolors & Oldie Tunes 10:00 🎵 Musical Performance by The Team of Angels: 2nd Floor 12:30 🚗 3rd Flr. Van Ride: Newtown / Pearl City 1:00 📖 Tissue Paper Art 2:00 🚗 Charades & Name That! YouTube Edition 3:15 ↔ Chair Zumba & Hydration 5:00 🌺 BINGO 5:30 ↔ Evening Cool Down Stretches	Giving Day 26 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & 5 Tips on How to be More Giving 9:30 🌺 Hot Chocolate & Talk Story at The Bistro 10:15 🎵 Japanese Sing Along 12:30 🌺 Bubble Time & Garden Club in The Lanai 1:30 🎨 Arts & Crafts: Thanksgiving Pumpkin Pie Craft 2:30 ⚡ Who Is It? & Hangman 3:15 ↔ Chair Zumba & Hydration 5:00 🌺 BINGO 5:30 ↔ Evening Cool Down Stretches	Jukebox Day 27 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & History of The Juke Box 10:00 🌺 Plaza Sing Along: 2nd Floor 12:30 🌺 Lanai Time 1:30 🎬 Fun Film & Popcorn 3:15 ↔ Chair Zumba & Hydration 5:00 🌺 BINGO 5:30 ↔ Evening Cool Down Stretches	Thanksgiving Day 28 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Brain Games 9:30 🌺 Hot Chocolate & Talk Story at The Bistro 10:15 ↔ Mega Toss Games 12:30 🌺 Bubble Time & Garden Club in The Lanai Time 1:30 📖 Thanksgiving Craft & Film w/ Mini Pumpkin Pie 3:15 ↔ Chair Zumba & Hydration 5:00 🌺 BINGO 5:30 ↔ Evening Cool Down Stretches	E-Greetings Day 29 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Creative Ways to E-Greet 10:00 🌺 Hot Chocolate & Brain Games at The Bistro 12:30 🌺 Lanai Time 2:00 🧩 Q-Tip Art & Puzzle Packs 3:00 ↔ Chair Zumba & Hydration 3:30 ⚡ Name 5 & Guess That Tune 5:00 🌺 BINGO 5:30 ↔ Evening Cool Down Stretches	Mousse Day 30 8:30 ↔ Ageless Fitness & Hydration 9:15 ⚡ Current Events & Best Places for Mousse 10:00 ↔ Balloon Volleyball 10:30 ⚡ Pictionary & Hangman 12:30 🌺 Lanai Time 1:30 🎨 Arts & Crafts: Stand Up Snow Globe Making 2:30 ↔ Ageless Fitness & Hydration 3:00 ⚡ BINGO