


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>ATTENTION:</b></p> <p>Please sign up for sightseeing rides and shopping outings with concierge.</p>	<p><b>National Homemade Cookies Day 1</b></p> <p>8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 Edible Crafts- Fall Cookie Decorating [A] 12:00 Medical Transportation 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Matinee Movie: "Work It" (2020) [T] 2:30 ❤️ Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</p>	<p><b>National Name Your Car Day 2</b></p> <p>8:30 ❤️ Morning Exercise [HT] 8:30 🚗 Plaza Walking Moai Club @ Magic Island 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 9:30 ❤️ Morning Exercise II [HT] 10:00 New Hope Church Service [T] 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚗 Shopping: H-Mart 1:30 ❤️ Afternoon Stretch [A] 1:30 ❤️ <b>Strength, Balance and Tone with Daniel</b> 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 🎬 Matinee Movie: "I Am Woman" (2019) [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p><b>National Tech Day 3</b></p> <p>8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 🌟 <b>Buddhist Service with Moiliili Hongwanji [T]</b> 10:00 TRIVIA: TECH [A] 12:00 Medical Transportation 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Documentary: "Fyre: The Greatest Party that Never Happened" (2019) [T] 2:00 ❤️ Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 🎬 Movie Night: "Find Me Falling" (2024) [T]</p>	<p><b>National Cinnamon Day 4</b></p> <p>8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 🎵 <b>Music with Dean Hirata [A]</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 Diamond Art Club [A] 3:00 Bingo [A]</p>	<p><b>Rhode Island Day 5</b></p> <p>8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 CRAFT: Paper Pumpkins 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🏈 <b>UH Football: San Diego St [T]</b> 3:00 Bingo [A] 7:00 🎬 Movie Night: "The Union" (2024) [T]</p>
<p><b>National Noodle Day 6</b></p> <p>8:15 🚗 Church Runs 8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 🎁 <b>Pet Visit: Jim and Chico</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 CRAFT: Charm Bracelets [A] 3:00 🎬 Documentary: My Wiggle Friend Episode 3 (2022) N [T] 7:00 🎬 Movie Night: Ponyo (2008) Max [T]</p>	<p><b>National Frappe Day 7</b></p> <p>8:30 ❤️ Morning Exercise [HT] 8:30 🚗 Plaza Walking Moai Club @ Magic Island 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 9:45 🚗 Sightseeing: Nu'uuanu/ Pali Road 10:00 🌟 <b>Hank the Singing Dutchman [A]</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚗 Shopping: Longs (1 hour) 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Documentary: "Inside the Mind of a Cat" (2021) N [T] 2:00 ❤️ Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p><b>National Hero Day 8</b></p> <p>8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 CRAFT: Pompom Pumpkins and Candy Corn Pots [A] 12:00 Medical Transportation 10:15 🌟 <b>Resident Council Meeting</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Matinee Movie: FALL GUY (2024) Peacock [T] 2:30 ❤️ Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</p>	<p><b>National Day 9</b></p> <p>8:30 ❤️ Morning Exercise [HT] 8:30 🚗 Plaza Walking Moai Club @ Magic Island 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 9:45 🚗 Sightseeing: Kalihi 10:00 New Hope Church Service [T] 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚗 Shopping: 1-2 Buy (Hawaii's Largest Asian Snack Shop) 1:30 ❤️ Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 🎬 Matinee Movie: Bridge to Terabithia (2007) D+ [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p><b>Dress Day: Plaza Shirts 10</b></p> <p><b>National Handbag Day</b></p> <p>8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 🎁 <b>Leahi Serenader's [A]</b> 12:00 Medical Transportation 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Documentary: Abstract: The Art of Design S2 Ep3 (2019) [T] 2:00 ❤️ Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 🎬 Movie Night: The Birdcage (1996) Max [T]</p>	<p><b>National Sausage Pizza Day 11</b></p> <p>8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 CRAFT: <b>Halloween Beaded Bracelets</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 Diamond Art Club [A] 3:00 Bingo [A]</p>	<p><b>National Farmer's Day 12</b></p> <p>8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 COOKING DEMO With Jeremy 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🏝️ <b>Kanikapila [T]</b> 3:00 Bingo [A] 5:00 🏈 UH Football: Boise State [T]</p>
<p><b>US Navy's Birthday 13</b></p> <p>8:15 🚗 Church Runs 8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 🎁 <b>Craft: Jumping Pom Pom Spiders</b> 1:00 🚗 Sightseeing: Kailua Beach 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 Table Games: Touch Off [A] 3:00 🎬 Documentary: Toughest Forces on Earth (2024) N [T] 7:00 🎬 Movie Night: Midway (2019) Hulu [T]</p>	<p><b>National Day 14</b></p> <p>8:30 ❤️ Morning Exercise [HT] 8:30 🚗 Plaza Walking Moai Club @ Magic Island 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 9:45 🚗 Sightseeing: Kaimuki 10:00 🎁 <b>Music with Roy Hamada [A]</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚗 Shopping: Errand Run (3 Mile Radius) 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Documentary: "Gather" (2019) N [T] 2:00 ❤️ Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p><b>National I Love Lucy Day 15</b></p> <p>8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 CRAFT: Ghost Cards [A] 12:00 Medical Transportation 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Matinee Movie: " [T] 2:30 ❤️ Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</p>	<p><b>National Sports Day 16</b></p> <p>8:30 ❤️ Morning Exercise [HT] 8:30 🚗 Plaza Walking Moai Club @ Magic Island 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 New Hope Church Service [T] 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚗 Shopping: Savers 1:30 ❤️ <b>Strength, Balance and Tone with Daniel [A]</b> 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 🎬 Matinee Movie: Angels in the Outfield (1994) D+ [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p><b>National Pasta Day 17</b></p> <p>8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 🎁 <b>Pet Therapy with Wes Koga [A]</b> 12:00 Medical Transportation 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Documentary: Chefs Table: Noodles [T] 2:00 ❤️ Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 🎬 Movie Night: Eat, Pray, Love (2010) N [T]</p>	<p><b>National Chocolate Cupcake Day 18</b></p> <p>8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 CRAFT: <b>Cheese Cloth Ghost</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 Diamond Art Club: Halloween [A] 3:00 Bingo [A]</p>	<p><b>Kentucky Day 19</b></p> <p>8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 American Legion Family Bingo 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🏝️ <b>Kanikapila [T]</b> 3:00 Bingo [A] 4:00 🏈 UH Football: Washington State [T]</p>
<p><b>Dress Day: Plaza Shirts 20</b></p> <p><b>National Chicken and Waffle Day</b></p> <p>8:15 🚗 Church Runs 8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 🎁 <b>Pet Visit: Jim and Chico</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 Craft: Sun Catcher Pumpkins [A] 3:00 🎬 Documentary: Untold: The Girlfriend Who Didn't Exist Ep 1 (2022) N [T] 7:00 🎬 Movie Night: Chicken Run Dawn of the Nuggets (2023) N [T]</p>	<p><b>National Pumpkin Day 21</b></p> <p>8:30 ❤️ Morning Exercise [HT] 8:30 🚗 Plaza Walking Moai Club @ Magic Island 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 9:45 🚗 Sightseeing: State Capitol/ Downtown 10:00 🌟 <b>CRAFT: Pumpkin Sun Catchers [A]</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚗 Shopping: Kahala Mall (1 hour) 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Documentary: Untold: The Girlfriend Who Didn't Exist Ep 2 (2022) N [T] 2:00 ❤️ Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p><b>National Day 22</b></p> <p><b>National Horror Movie Day:</b></p> <p>8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 CRAFT: Halloween Treat Boxes [A] 12:00 Medical Transportation 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Matinee Movie: Ghostbusters Frozen Empire (2024) [T] 2:30 ❤️ Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</p>	<p><b>Dress Day: Wacky Hair 23</b></p> <p>8:30 ❤️ Morning Exercise [HT] 8:30 🚗 Plaza Walking Moai Club @ Magic Island 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 9:45 🚗 Sightseeing: Kaimuki 10:00 New Hope Church Service [T] 10:45 Kau Kau Cafe: TBD 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 🎬 Matinee Movie: HalloweenTown (1998) D+ [T] 2:00 🚗 Shopping: Walmart 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p><b>Dress Day: Department Costume 24</b></p> <p>8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 CRAFT: DECORATE A PUMPKIN!!! [A] 12:00 Medical Transportation 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Documentary: "Abstract the Art of Design S1 Ep2 (2019) N [T] 2:00 ❤️ Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 🎬 Movie Night: Burnt (2015) N [T]</p>	<p><b>Dress Day: Superheroes 25</b></p> <p>8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 🎁 <b>Oktoberfest</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 Diamond Art Club: Halloween [A] 3:00 Bingo [A]</p>	<p><b>Dress Day: Orange and Black 26</b></p> <p>8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 COOKING DEMO With Jeremy 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🏝️ <b>Kanikapila [T]</b> 3:00 Bingo [A] 6:00 🏈 UH Football: Nevada [T]</p>
<p><b>Dress Day: Disney 27</b></p> <p>8:15 🚗 Church Runs 8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 CRAFT: <b>Paper Towel Rolls Black Cats</b> 1:00 🚗 Sightseeing: Waikiki/ Diamond Head/ Kahala 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 Table Games: Uno or Scrabble [A] 3:00 🎬 Documentary: "Jim Henson Idea Man" (2024) D+ [T] 7:00 🎬 Movie Night: "Inside Out 2" (2024) D+ [T]</p>	<p><b>Dress Day: Movie Characters 28</b></p> <p>8:30 ❤️ Morning Exercise [HT] 8:30 🚗 Plaza Walking Moai Club @ Magic Island 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 9:45 🚗 Sightseeing: Manoa 10:00 🌟 <b>Sing-a-long with Sandy and Gordon [A]</b> 1:00 🏝️ <b>Kanikapila at Punchbowl Plaza [L]</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Documentary: "Live to 100: Secrets of the Blue Zones" Ep 1 &amp; 2 (2023) [T] 2:00 ❤️ Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p><b>Dress Day: Twinning Tuesday 29</b></p> <p>8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 🎁 <b>Televeda: Beyond Walls Bingo! [T]</b> 12:00 Medical Transportation 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Matinee Movie: CATS (2019) [T] 2:30 ❤️ Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</p>	<p><b>Dress Day: Halloween Accessories 30</b></p> <p>8:30 ❤️ Morning Exercise [HT] 8:30 🚗 Plaza Walking Moai Club @ Magic Island 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 9:30 ❤️ Morning Exercise II [HT] 10:00 New Hope Church Service [T] 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚗 Shopping: Longs 1:30 ❤️ Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 🎬 Matinee Movie: Hocus Pocus (1993) D+ [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p><b>Dress Day: Halloween Costume 31</b></p> <p>8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 Halloween Carnival!!! [A] 10:00 🎁 <b>Televeda: Beyond Walls Statewide Trivia [T]</b> 12:00 Medical Transportation 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Documentary: "Movies that Made us S 1 Ep 3" (2021) [T] 2:00 ❤️ Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 🎬 Movie Night: Hocus Pocus 2 (2022) D+ [T]</p>	<p>All Activities are subject to change</p> <ul style="list-style-type: none"> <li>❤️ Health &amp; Fitness</li> <li>🎬 Movie</li> <li>🚗 Shuttle</li> <li>🌟 Special Event</li> </ul>	