October 2024 **Independent/ Assisted** Sunday Wednesday Friday Saturday Monday Tuesdav Thursdav National Tech Day **Homemade Cookies Day National Name Your Car Day** National Cinnamon Day Rhode Island Day 8:00 🖨 Medical Shuttle - Honolulu 9:00 ♥ Flow Exercise 8:00 A Medical Shuttle -9:00 ♥ Flow Exercise Creative 9:00 ♥ Flow Exercise 9:00 ♥ Flow Exercise Excursions West Side 9:30 ♥ Flow Exercise 9:30 ♥ Flow Exercise 9:30 ♥ Flow Exercise 9:30 Prayer Group - Kailua Christian 9:00 ♥ Flow Exercise 10:00 👺 Victory Hawaii Church Bingo Intellectual 10:00 Strength Training with weights 10:00 Musical Performance: Church Meals 9:30 ♥ Flow Exercise 10:15 • Halloween Craft 1:00 ♥ Flow Exercise 9:30 • Qi Gong **Hui Malama** 10:15 Silent Disco: Hawaii Dance 1:00 ♥ Flow Exercise 10:15 🎜 Music and Movement 1:35 Silver Sneakers Workout 1:00 ♥ Flow Exercise Bomb 1:35 Silver Sneakers Workout 1:00 ♥ Flow Exercise (improve your cardio) 1:35 Silver Sneakers Workout Physical 1:30 🖨 Scenic Ride 1:00 Flow Exercise (improve your cardio) 2:00 Balance, Stretching and 1:35 Silver Sneakers Workout (improve Social (improve your cardio) 1:35 Silver Sneakers Workout **Toning** 2:00 Movie: Gifted PT your cardio) Special Events (improve your cardio) 2:05 👺 BINGO 2:00 Movie: Queen Bee's NF 2:05 👺 BINGO 2:05 **P**OKENO Spiritual 2:05 🁺 POKENO 4:30 E Catholic Mass National Frappe Day International Beer and Pizza Day National Handbag Day **National Noodle Day** National Hero Day - Dress Up National Sausage Pizza Day **National Farmer's Day** 8:00 A Medical Shuttle - Honolulu 8:00 🖨 Medical Shuttle - Windward 9:00 ♥ Flow Exercise 9:00 ♥ Flow Exercise 8:00 Medical Shuttle -9:00 ♥ Flow Exercise 9:00 Flow Exercise 9:00 Flow Exercise 9:00 ♥ Flow Exercise 9:30 ♥ Flow Exercise West Side 9:30 ♥ Flow Exercise 9:30 ♥ Flow Exercise 9:30 ♥ Flow Exercise 9:30 Flow Exercise 9:30 ♥ Flow Exercise 10:00 ♥ Strength Training with weights 9:00 ♥ Flow Exercise 9:30 Shopping in Kaneohe 10:00 💙 Strength Training with weights 10:00 Musical Performance 9:30 Prayer Group - Kailua Christian 10:15 👺 Cooking Corner: Let's 10:30 Exercises For The Brain 10:30 🌣 Exercises For The Brain 10:00 E Live Stream: New Hope Video 9:30 Flow Exercise Church **Hank the Singing** Make Butter 1:00 ♥ Flow Exercise 11:00 / Buddhist Services Service (Media Room) 10:30 🎜 Jon Koki Musical 10:00 ♥ Strength Training with weights **Dutchman** 11:00 / Christian Meditation 1:00 ♥ Flow Exercise 1:35 Silver Sneakers Workout 11:00 St. Ann's Church Shuttle Performance 10:30 S Fabric Flower Craft 1:00 Flow Exercise 1:00 Flow Exercise (improve your cardio) 1:35 Silver Sneakers Workout 1:00 Flow Exercise 1:00 ♥ Flow Exercise 1:00 ♥ Flow Exercise 1:30 🖨 Shopping Trip 2:00 Resident Council 1:35 Silver Sneakers Workout 1:30 🖨 Scenic Ride (improve your cardio) 1:35 Silver Sneakers Workout (improve your 1:35 Silver Sneakers Workout 1:30 🖨 Scenic Ride 4:30 🎥 HOT DOGS & BINGO 1:35 Silver Sneakers Workout (improve (improve your cardio) cardio) 2:00 Movie: Overboard (PT) (improve your cardio) 1:35 ♥ Silver Sneakers 2:05 👺 BINGO your cardio) 2:05 👺 BINGO 2:05 🎥 POKENO 2:00 Movie: Silver Wolf (PT) 2:05 🎇 POKENO U.S. Navy's Birthday **Columbus Day** I Love Lucy Day **National Sports Day National Pasta Day National Chocolate** National Kentucky Day 19 6 8:00 @ Medical Shuttle -8:00 🖨 Medical Shuttle - West 8:00 🖨 Medical Shuttle - Honolulu 9:00 ♥ Flow Exercise 9:00 ♥ Flow Exercise **Cupcake Day** 9:00 ♥ Flow Exercise Windward 9:00 ♥ Flow Exercise 9:30 Flow Exercise 9:30 ♥ Flow Exercise 9:00 ♥ Flow Exercise 9:30 ♥ Flow Exercise 9:00 Flow Exercise 9:30 ♥ Flow Exercise 9:00 ♥ Flow Exercise 9:30 🖨 Shopping in Kaneohe 10:00 Musical Performance: 10:00 🁺 Victory Hawaii Church Bingo 9:30 ♥ Flow Exercise 9:30 Flow Exercise 9:30 Prayer Group - Kailua Christian 10:00 / Live Stream: New Hope Video 9:30 ♥ Flow Exercise **Sanford Lee** 1:00 ♥ Flow Exercise 10:00 Strength Training with weights Church 10:00 🧖 Na Kupuna O Ko'olau Hula Service (Media Room) 10:00 ♥ Strength Training with weights 10:30 🌣 Exercises For The Brain 12:00 **Y** Kau Kau Club 10:00 Strength Training with weights 1:35 Silver Sneakers Workout **Performance** 11:00 / St. Ann's Church Shuttle 10:30 9 Bead Art 11:00 / Christian Meditation 1:00 ♥ Flow Exercise 10:30 Y Exercises For The Brain (improve your cardio) 1:00 ♥ Flow Exercise 1:00 ♥ Flow Exercise 1:00 ♥ Flow Exercise 1:00 Flow Exercise 1:00 ♥ Flow Exercise 1:35 Silver Sneakers Workout 2:00 Balance, Stretching and 1:35 Silver Sneakers Workout 1:30 🖨 Scenic Ride 1:35 Silver Sneakers Workout 1:30 🖨 Shopping Trip 1:30 🖨 Scenic Ride (improve your cardio) Tonina 1:35 Silver Sneakers (improve your cardio) (improve your cardio) 1:35 Silver Sneakers Workout (improve 1:35 V Silver Sneakers Workout (improve 2:00 Movie: 27 Dresses (PT) 2:00 Movie: Challengers (PT) 2:05 🁺 POKENO 2:00 Movie: The Last Champion (PT) your cardio) your cardio) 2:05 🁺 BINGO 2:05 👺 BINGO 3:30 E Catholic Mass 2:05 👺 BINGO 2:05 🁺 POKENO National Hug a Sheep Day **National Boston Cream Pie Day** National Kangaroo Awareness Day National Pumpkin Day **Chicken & Waffle Day National Horror Movie Day** Nevada Day 26 8:00 💂 Medical Shuttle - Honolulu 8:00 A Medical Shuttle 9:00 ♥ Flow Exercise 8:00 🖨 Medical Shuttle -7:30 R Sr. Pat's Craft Affair 9:00 ♥ Flow Exercise 9:00 ♥ Flow Exercise Windward 9:00 ♥ Flow Exercise 9:00 Flow Exercise 9:30 ♥ Flow Exercise West Side 9:30 ♥ Flow Exercise 9:00 ♥ Flow Exercise 9:30 ♥ Flow Exercise 9:30 ♥ Flow Exercise 9:30 ♥ Flow Exercise 9:00 ♥ Flow Exercise 9:30 Shopping in Kaneohe 9:30 🗐 Prayer Group - Kailua Christian Church 10:00 Ryugen Taiko Performance 9:30 Flow Exercise 1:00 ♥ Flow Exercise 10:00 ♥ Strength Training with weights 10:00 / Live Stream: New Hope Video 9:30 ♥ Flow Exercise 10:00 Strength Training with weights 10:00 V Strength Training with weights 1:00 Flow Exercise 10:30 🌣 Exercises For The Brain 1:35 Silver Sneakers Service (Media Room) 10:15 🧖 Musical Performance: Roy 10:30 9 Fall Craft 10:30 🌣 Exercises For The Brain 1:35 Silver Sneakers Workout 1:00 Flow Exercise 1:00 Flow Exercise 11:00 / St. Ann's Church Shuttle 11:00 / Christian Meditation Hamada Workout (improve your (improve your cardio) 1:35 Silver Sneakers Workout 1:30 🖨 Scenic Ride 1:00 ♥ Flow Exercise 1:00 ♥ Flow Exercise 1:00 ♥ Flow Exercise cardio) 1:35 V Silver Sneakers Workout (improve your (improve your cardio) 2:00 Movie:The Retrievers (PT) 1:30 Shopping Trip 1:35 Silver Sneakers Workout 1:30 🖨 Scenic Ride 2:00 Movie: Silverstar (PT) cardio) 2:05 🎏 BINGO 1:35 Silver Sneakers Workout (improve 3:30 **A** Catholic Mass (improve your cardio) 2:05 🎥 POKENO 1:35 Silver Sneakers 2:05 👺 BINGO your cardio) 6:30 🤌 Alzheimer Caregiver Support Group 2:05 🁺 POKENO 2:00 Movie: The Blue Angels (PT) 2:05 👺 BINGO DRESS UP DAY - DISNEY FRIENDS DRESS UP - DEPARTMENT **National Black Cat Day** DRESS UP DAY - WITCHES. **DRESS UP DAY - HALLOWEEN WIZARDS AND WARLOCKS** 8:00 @ Medical Shuttle COMPETITION 8:00 🖨 Medical Shuttle - Honolulu 9:00 ♥ Flow Exercise Windward 9:30 ♥ Flow Exercise 9:00 ♥ Flow Exercise 8:00 🖨 Medical Shuttle - West 9:00 ♥ Flow Exercise 9:30 🖨 Shopping in Kaneohe 9:00 Flow Exercise 9:30 Flow Exercise 9:30 ♥ Flow Exercise 10:00 / Live Stream: New Hope Video Service 9:30 Flow Exercise 9:30 Prayer Group - Kailua Christian 9:00 ♥ Flow Exercise 10:00 ♥ Strength Training with weights 10:00 🮜 Mellow Friends Karaoke Church (Media Room) 9:30 ♥ Flow Exercise 10:30 9 Halloween Mask Making 10:15 Musical Performance: Dean Hirata 11:00 / Christian Meditation 10:00 Strength Training with weights 10:00 V Strength Training with weights 1:00 Flow Exercise 11:00 / St. Ann's Church Shuttle 1:00 Flow Exercise 10:30 🌣 Exercises For The Brain 10:30 🌣 Exercises For The Brain 1:35 Silver Sneakers Workout 1:00 Flow Exercise 1:30 🖨 Shopping Trip 1:00 ♥ Flow Exercise 1:00 ♥ Flow Exercise (improve your cardio) 1:30 💂 Scenic Ride 1:30 🖨 Scenic Ride 1:35 Silver Sneakers Workout (improve 1:35 Silver Sneakers Workout 2:00 Movie: Pie In The Sky (PT) 1:35 Silver Sneakers your cardio) 1:35 Silver Sneakers Workout (improve (improve your cardio) 2:05 👺 BINGO 2:00 Movie: Find Me (PT) 2:05 👺 BINGO your cardio) 2:05 🁺 POKENO 2:05 🁺 POKENO