



November 2023

Hi'olani Care Center Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>9:00 ↔ Noodle Chair Fitness [3rd Actvty Rm] 1</p> <p>9:30 🎨 Art Therapy [3rd Actvty Rm]</p> <p>10:30 🎵 Holiday Songs with Dr. Arbuckle [3rd Actvty Rm]</p> <p>1:30 🚌 Holoholo Bus Ride to Enchanted Lake [1st HPC]</p> <p>3:00 🍿 Popcorn Bar [3rd Actvty Rm]</p> <p>6:00 🎮 Mah Jong [6th FL NS]</p>	<p>9:00 🎵 Sing-a-long [6th FL LR] 2</p> <p>9:30 ↔ Hi'olani Health Club Chair Fitness (Theraband fitness) [6th FL LR]</p> <p>10:00 📖 Mind Games [6th FL LR]</p> <p>2:00 🦋 Talk Story group [6th FL LR]</p> <p>3:30 ↔ Zumba with Rolan [6th FL LR]</p> <p>6:15 🎮 Bingo Night [3rd Actvty Rm]</p>	<p>9:00 🎮 The Lucy Show - YouTube [6th FL LR] 3</p> <p>9:30 ↔ Movers -n- Shakers Chair Fitness [6th FL LR]</p> <p>10:00 📖 Piggy Bankers [6th FL LR]</p> <p>11:00 📖 Current Events [6th FL LR]</p> <p>1:30 🍦 Ice Cream Cart</p> <p>3:00 ↔ Zumba with May [6th FL LR]</p>	<p>9:30 ↔ Superstar Chair Fitness [6th FL LR] 4</p> <p>10:00 🎮 UH football - UH vs Nevada [6th FL LR]</p> <p>1:00 🍷 Local Style Kitchen with Joy [3rd Actvty Rm]</p> <p>2:15 🎨 Arts & Crafts [6th FL LR]</p> <p>3:30 📖 Haiku Poems with Daisy [6th FL LR]</p>
<p>9:00 🎵 Sing along with Bronson [3rd Actvty Rm] 5</p> <p>10:00 ↔ Get fit with Bronson [3rd Actvty Rm]</p> <p>10:30 📖 Brain Games [3rd Actvty Rm]</p> <p>11:00 📖 Culinary Trivia and youtube videos [3rd Actvty Rm]</p> <p>2:00 🎮 Movie Matinee - Netflix Over 10,000 Movies to Choose From [6th FL LR]</p> <p>3:30 🎮 Mah Jong [6th FL NS]</p>	<p>9:00 🎵 Sing along [3rd Actvty Rm] 6</p> <p>9:30 ↔ Movers -n- Shakers Chair Fitness [3rd Actvty Rm]</p> <p>10:00 🎨 Craft Creations with Rolan [3rd Actvty Rm]</p> <p>2:00 🎨 Manis with Rolan [6th FL LR]</p> <p>3:00 🎮 Joyful Connections [6th FL LR]</p> <p>6:00 🎮 Mah Jong [6th FL NS]</p>	<p>9:00 🎵 Music [6th FL LR] 7</p> <p>9:30 ↔ Theraband Exercise [6th FL LR]</p> <p>10:00 📖 Mind Games [6th FL LR]</p> <p>2:00 📖 Crossword Puzzle [6th FL LR]</p> <p>3:00 🎨 Joyful Connections [6th FL LR]</p>	<p>9:00 ↔ Noodle Chair Fitness [3rd Actvty Rm] 8</p> <p>9:30 📖 Brain Workout [3rd Actvty Rm]</p> <p>10:00 🎨 Art Therapy [3rd Actvty Rm]</p> <p>1:30 🚌 Holoholo Bus Ride to Aeia Loop Trail [1st HPC]</p> <p>3:00 🍿 Popcorn Bar [3rd Actvty Rm]</p> <p>6:00 🎮 Mah Jong [6th FL NS]</p>	<p>10:00 🎵 Royal Hawaiian Band Performs for Veteran's Day [1st HPC] 9</p> <p>2:00 🦋 Jewelry Making [6th FL LR]</p> <p>3:30 ↔ Zumba class with Rolan [6th FL LR]</p> <p>6:15 🎮 Bingo Night [3rd Actvty Rm]</p>	<p>9:00 🎮 The Lucy Show - YouTube [6th FL LR] 10</p> <p>9:30 ↔ Movers -n- Shakers Chair Fitness [6th FL LR]</p> <p>10:00 📖 Church Service with Pastor Brad Chow [6th FL LR]</p> <p>11:00 📖 Current Events [6th FL LR]</p> <p>1:30 🍦 Ice Cream Cart</p> <p>3:00 ↔ Exercise with Bronson [6th FL LR]</p>	<p>9:30 ↔ Superstar Chair Fitness [6th FL LR] 11</p> <p>10:00 📖 Mind Games [6th FL LR]</p> <p>10:30 🎮 BINGO [6th FL LR]</p> <p>1:00 🍷 Local Style Kitchen with Joy [3rd Actvty Rm]</p> <p>2:15 🎨 Arts & Crafts [6th FL LR]</p> <p>3:30 🎨 Photography Class with Daisy [6th FL LR]</p> <p>5:00 🎮 UH football - UH vs Air Force [6th FL LR]</p>
<p>9:00 🎵 Sing along with Bronson [3rd Actvty Rm] 12</p> <p>10:00 ↔ Get fit with Bronson [3rd Actvty Rm]</p> <p>10:30 📖 Brain Games [3rd Actvty Rm]</p> <p>11:00 📖 Culinary Trivia and youtube videos [3rd Actvty Rm]</p> <p>2:00 🎮 Movie Matinee - Netflix Over 10,000 Movies to Choose From [6th FL LR]</p> <p>3:30 🎮 Mah Jong [6th FL NS]</p>	<p>9:00 🎵 Sing along [3rd Actvty Rm] 13</p> <p>9:30 ↔ Movers -n- Shakers Chair Fitness [3rd Actvty Rm]</p> <p>10:00 🎨 Arts & Crafts [3rd Actvty Rm]</p> <p>2:00 🎨 Manis with Rolan [6th FL LR]</p> <p>3:00 🎮 Joyful Connections [6th FL LR]</p> <p>6:00 🎮 Mah Jong [6th FL NS]</p>	<p>9:00 🎵 Music [6th FL LR] 14</p> <p>9:30 ↔ Theraband Exercise [6th FL LR]</p> <p>10:00 📖 Mind Games [6th FL LR]</p> <p>2:00 📖 Crossword Puzzle [6th FL LR]</p> <p>3:00 🎨 Joyful Connections [6th FL LR]</p>	<p>9:00 ↔ Noodle Chair Fitness [3rd Actvty Rm] 15</p> <p>9:30 🎨 Art Therapy [3rd Actvty Rm]</p> <p>10:30 🎵 Holiday Songs with Dr. Arbuckle [3rd Actvty Rm]</p> <p>1:30 🚌 Holoholo Bus Ride - Ride the New Rail [1st HPC]</p> <p>3:00 🍿 Popcorn Bar [3rd Actvty Rm]</p> <p>6:00 🎮 Mah Jong [6th FL NS]</p>	<p>9:00 🎵 Sing-a-long [6th FL LR] 16</p> <p>9:30 ↔ Hi'olani Health Club Chair Fitness (Theraband fitness) [6th FL LR]</p> <p>10:00 📖 Mind Games [6th FL LR]</p> <p>2:00 🦋 Talk Story group [6th FL LR]</p> <p>3:30 ↔ Zumba with Rolan [6th FL LR]</p> <p>6:15 🎮 Bingo Night [3rd Actvty Rm]</p>	<p>9:00 🎮 The Lucy Show - YouTube [6th FL LR] 17</p> <p>9:30 ↔ Movers -n- Shakers Chair Fitness [6th FL LR]</p> <p>10:00 📖 Piggy Bankers [6th FL LR]</p> <p>11:00 📖 Current Events [6th FL LR]</p> <p>1:30 🍦 Ice Cream Cart</p> <p>3:00 ↔ Exercise with Bronson [6th FL LR]</p>	<p>8:00 UH FOOTBALL - UH VS WYOMING [6th FL LR] 18</p> <p>9:30 ↔ Superstar Chair Fitness [6th FL LR]</p> <p>10:00 📖 Mind Games [6th FL LR]</p> <p>10:30 🎮 BINGO [6th FL LR]</p> <p>1:00 🍷 Local Style Kitchen with Joy [3rd Actvty Rm]</p> <p>2:15 🎨 Arts & Crafts [6th FL LR]</p> <p>3:30 📖 Haiku Poems with Daisy [6th FL LR]</p>
<p>9:00 🎵 Sing along with Bronson [3rd Actvty Rm] 19</p> <p>10:00 ↔ Get fit with Bronson [3rd Actvty Rm]</p> <p>10:30 📖 Brain Games [3rd Actvty Rm]</p> <p>11:00 📖 Culinary Trivia and youtube videos [3rd Actvty Rm]</p> <p>2:00 🎮 Movie Matinee - Netflix Over 10,000 Movies to Choose From [6th FL LR]</p> <p>3:30 🎮 Mah Jong [6th FL NS]</p>	<p>9:00 🎵 Sing along [3rd Actvty Rm] 20</p> <p>9:30 ↔ Movers -n- Shakers Chair Fitness [3rd Actvty Rm]</p> <p>10:00 🌍 World Cultures with Rolan</p> <p>11:30 🍷 Assisted Living Pizza Party [KDR]</p> <p>2:00 🎨 Manis with Rolan [6th FL LR]</p> <p>3:00 🎮 Joyful Connections [6th FL LR]</p> <p>6:00 🎮 Mah Jong [6th FL NS]</p>	<p>9:00 🎵 Music [6th FL LR] 21</p> <p>9:30 ↔ Theraband Exercise [6th FL LR]</p> <p>10:00 📖 Mind Games [6th FL LR]</p> <p>2:00 📖 Crossword Puzzle [6th FL LR]</p> <p>3:00 🎨 Joyful Connections [6th FL LR]</p>	<p>9:00 ↔ Noodle Chair Fitness [3rd Actvty Rm] 22</p> <p>9:30 📖 Brain Workout [3rd Actvty Rm]</p> <p>10:00 🎨 Art Therapy [3rd Actvty Rm]</p> <p>1:30 🚌 Holoholo Bus Ride to Waimanalo [1st HPC]</p> <p>3:00 🍿 Popcorn Bar [3rd Actvty Rm]</p> <p>6:00 🎮 Mah Jong [6th FL NS]</p>	<p>9:00 🎵 Sing-a-long [6th FL LR] 23</p> <p>9:30 ↔ Hi'olani Health Club Chair Fitness (Theraband fitness) [6th FL LR]</p> <p>10:00 📖 Mind Games [6th FL LR]</p> <p>2:00 🦋 Jewelry Making [6th FL LR]</p>	<p>9:00 🎮 The Lucy Show - YouTube [6th FL LR] 24</p> <p>9:30 ↔ Movers -n- Shakers Chair Fitness [6th FL LR]</p> <p>10:00 📖 Piggy Bankers [6th FL LR]</p> <p>11:00 📖 Current Events [6th FL LR]</p> <p>1:30 🍦 Ice Cream Cart</p> <p>3:00 ↔ Exercise with Bronson [6th FL LR]</p>	<p>9:30 ↔ Superstar Chair Fitness [6th FL LR] 25</p> <p>10:00 📖 Mind Games [6th FL LR]</p> <p>10:30 🎮 BINGO [6th FL LR]</p> <p>1:00 🍷 Local Style Kitchen with Joy [3rd Actvty Rm]</p> <p>2:15 🎨 Arts & Crafts [6th FL LR]</p> <p>3:30 🎨 Photography Class with Daisy [6th FL LR]</p> <p>5:00 UH FOOTBALL - UH VS COLORADO STATE [6th FL LR]</p>
<p>9:00 🎵 Sing along with Bronson [3rd Actvty Rm] 26</p> <p>10:00 ↔ Get fit with Bronson [3rd Actvty Rm]</p> <p>10:30 📖 Brain Games [3rd Actvty Rm]</p> <p>11:00 📖 Culinary Trivia and youtube videos [3rd Actvty Rm]</p> <p>2:00 🎮 Movie Matinee - Netflix Over 10,000 Movies to Choose From [6th FL LR]</p> <p>3:30 🎮 Mah Jong [6th FL NS]</p>	<p>9:00 🎵 Sing along [3rd Actvty Rm] 27</p> <p>9:30 ↔ Movers -n- Shakers Chair Fitness [3rd Actvty Rm]</p> <p>10:00 🌍 World Cultures [3rd Actvty Rm]</p> <p>2:00 🎨 Manis with Rolan [6th FL LR]</p> <p>3:00 🎮 Joyful Connections [6th FL LR]</p> <p>6:00 🎮 Mah Jong [6th FL NS]</p>	<p>9:00 🎵 Music [6th FL LR] 28</p> <p>9:30 ↔ Theraband Exercise [6th FL LR]</p> <p>10:00 📖 Mind Games [6th FL LR]</p> <p>2:00 📖 Crossword Puzzle [6th FL LR]</p> <p>3:00 🎨 Joyful Connections [6th FL LR]</p>	<p>9:00 ↔ Noodle Chair Fitness [3rd Actvty Rm] 29</p> <p>9:30 📖 Brain Workout [3rd Actvty Rm]</p> <p>10:00 🎨 Art Therapy [3rd Actvty Rm]</p> <p>1:30 🚌 Holoholo Bus Ride to Pearl City [1st HPC]</p> <p>3:00 🍿 Popcorn Bar [3rd Actvty Rm]</p> <p>6:00 🎮 Mah Jong [6th FL NS]</p>	<p>9:00 🎵 Sing-a-long [6th FL LR] 30</p> <p>9:30 ↔ Hi'olani Health Club Chair Fitness (Theraband fitness) [6th FL LR]</p> <p>10:00 📖 Mind Games [6th FL LR]</p> <p>2:00 🦋 Talk Story Group [6th FL LR]</p> <p>3:30 ↔ Zumba with Rolan [6th FL LR]</p> <p>6:15 🎮 Bingo Night [3rd Actvty Rm]</p>	<p>"Each day I am thankful for nights that turned into mornings, friends that turned into family, dreams that turned into reality and likes that turned into loves." — Unknown</p> 