

October 2023

Hi'olani Care Center Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 🎵 Sing along with Bronson [3rd Actvty Rm] 1</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>10:00 🎵 Octoberfest Celebration [3rd Actvty Rm] 2</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] 3</p> <p>9:30 ➡️ Chair 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] 4</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 Kapolei [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] 5</p> <p>9:30 ➡️ Hi'olani Health Club Chair Fitness [6th FL LR]</p> <p>10:00 📖 Mind Games [6th FL LR]</p> <p>2:00 🦋 Jewelry Making [6th FL LR]</p> <p>3:30 🌿 Relaxation and self care 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] 6</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 [6th FL LR]</p>	<p>9:30 ➡️ Superstar Chair Fitness [6th FL LR] 7</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] 8</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] 9</p> <p>9:30 ➡️ Movers -n- Shakers Chair Fitness [3rd Actvty Rm]</p> <p>10:00 🎨 Autumn Arts & Crafts [6th FL LR]</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] 10</p> <p>9:30 ➡️ Chair 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] 11</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 Kahana Bay [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] 12</p> <p>9:30 ➡️ Hi'olani Health Club Chair 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 🌿 Relaxation and self care 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] 13</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 ➡️ Zumba [6th FL LR]</p>	<p>9:30 ➡️ Superstar Chair Fitness [6th FL LR] 14</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 - US vs San Diego State [6th FL LR]</p>
<p>9:00 🎵 Sing along with Bronson [3rd Actvty Rm] 15</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] 16</p> <p>9:30 ➡️ Movers -n- Shakers Chair Fitness [3rd Actvty Rm]</p> <p>10:00 🎨 Halloween Arts & Crafts [3rd Actvty Rm]</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] 17</p> <p>9:30 ➡️ Chair 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>10:00 🎹 Piano concert with Stephen Prusinski [3rd Actvty Rm] 18</p> <p>1:30 🚌 Holoholo Bus Ride to Middle Street / Kalihi [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] 19</p> <p>9:30 ➡️ Hi'olani Health Club Chair Fitness [6th FL LR]</p> <p>10:00 📖 Mind Games [6th FL LR]</p> <p>2:00 🦋 Jewelry Making [6th FL LR]</p> <p>3:30 🌿 Relaxation and self care with Rolan [6th FL LR]</p> <p>6:15 🎮 Bingo Night [3rd Actvty Rm]</p>	<p>9:00 🌿 The Lucy Show - YouTube [3rd Actvty Rm] 20</p> <p>9:30 ➡️ Movers -n- Shakers Chair Fitness [3rd Actvty Rm]</p> <p>10:30 🎹 Dr. Arbuckle Piano and sing along [6th FL LR]</p> <p>11:00 📖 Current Events [6th FL LR]</p> <p>1:30 🍿 Ice Cream Cart</p> <p>3:00 ➡️ Zumba [6th FL LR]</p>	<p>9:30 ➡️ Superstar Chair Fitness [6th FL LR] 21</p> <p>10:00 📖 Mind Games [6th FL LR]</p> <p>10:30 🌿 BINGO [6th FL LR]</p> <p>12:00 🏈 UH football - UH vs New Mexico [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] 22</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] 23</p> <p>9:30 ➡️ Movers -n- Shakers Chair Fitness [3rd Actvty Rm]</p> <p>10:00 🌍 World Cultures 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] 24</p> <p>9:30 ➡️ Chair 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] 25</p> <p>9:30 📖 Brain Workout [3rd Actvty Rm]</p> <p>10:00 📖 Art Therapy [3rd Actvty Rm]</p> <p>1:30 🏛️ Assisted Living Town Hall Meeting [3rd Actvty Rm]</p> <p>6:00 🎮 Mah Jong [6th FL NS]</p>	<p>9:00 🎵 Sing-a-long [6th FL LR] 26</p> <p>9:30 ➡️ Hi'olani Health Club Chair 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 🌿 Relaxation and self care with Rolan [6th FL LR]</p> <p>6:15 🎮 Bingo Night [3rd Actvty Rm]</p>	<p>10:00 🎵 Mele with Dean Hirata [3rd Actvty Rm] 27</p> <p>1:30 🍿 Ice Cream Cart</p> <p>3:00 ➡️ Zumba [6th FL LR]</p>	<p>10:00 🎵 Pure Nerves - female barbershop quartet 28</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>6:00 🏈 UH football - UH vs San Jose State [6th FL LR]</p>
<p>9:00 🎵 Sing along with Bronson [3rd Actvty Rm] 29</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] 30</p> <p>9:30 ➡️ Movers -n- Shakers Chair Fitness [3rd Actvty Rm]</p> <p>10:00 🌍 World Cultures with Rolan</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>10:00 🦋 Spooktacular Halloween party [3rd Actvty Rm] 31</p> <p>2:00 📖 Crossword Puzzle [6th FL LR]</p> <p>3:00 🌿 Joyful Connections [6th FL LR]</p>				