# September 2023
## IAL IL/AL Activities Calendar

created with Sagely

'Ilima at Leihano

The Art of Living Well℠

739 Leihano Street
Kapolei, Hawaii 96707
808-674-8022

- After Dinner Program
- Beaded and Leis
- Birthday Bash-Happy Hour
- Board, Card Games, and Table Games
- Brain Games
- Community Meeting
- Creativity Corner
- Culture Travel
- Educational
- Entertainment
- Fitness
- Food Demo
- General Store
- Indoor Games
- Interactive Chats
- Medical Related
- Meditation
- Money BINGO
- Movie
- Music
- National Day
- Outdoor Activities
- Outings
- Painting/Coloring
- Poker
- Social Events
- Spiritual Wellness

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | | | **1**<br>**Shopping and Errands Day (Longs, Safeway, & Walmart 10 AM-2 PM)**<br>8:15 Jump Start Your Day with Word Search & Crossword Puzzles [HOC-Lobby Cafe]<br>9:00 Fitness 101 [HOC-Lobby Cafe]<br>9:00 Scenic Drive: Pali Lookout [HOC-Lobby Cafe]<br>10:00 Spa Time: Essential Oil Hand Massage (Please sign-up on the sheet inside the activity room). [HKL-Activity Room]<br>1:00 $hout & $core in B-I-N-G-O! ($$$) [HOC-Lobby Cafe]<br>2:00 **Crafts and Creations [HKL-Activity Room]**<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **2**<br>8:15 Flex your Mind with Spot the Difference & Crossword [HOC-Lobby Cafe]<br>9:00 Balance, Strength, and Stretch [HOC-Lobby Cafe]<br>10:00 **Aqua Fun with Elyssa and Konrad [WMP-Pool Area]**<br>1:00 Painting Class with Elyssa [HKL-Activity Room]<br>3:00 Let's Play the Alphabet Game! [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] |
| **3**<br>8:15 Warm Up Your Day with Word Search and Hidden Equation [HOC-Lobby Cafe]<br>9:00 **Walking with the Blue Zones Walking Moai (Short and Long Walkers) [HOC-Lobby Cafe]**<br>10:00 KROC Center Salvation Army Morning Services [HKL-Activity Room]<br>1:00 $hout & $core in B-I-N-G-O! ($$$) [HKL-Activity Room]<br>2:00 Chair Yoga Exercise (YouTube) [HKL-Activity Room]<br>3:00 Beat the Dealer in Blackjack [HKL-Activity Room]<br>3:00 Game Of Your Choice [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **4**<br>**Medical Appointments (8AM-4PM)**<br>**National Environmental and Housekeeping Week (September 3 - September 9)**<br>8:15 Flex your Mind with Spot the Difference & Crossword [HOC-Lobby Cafe]<br>9:00 **Road Trip: Hawaii Kai [HOC-Lobby Cafe]**<br>9:00 Seated Exercises (You Tube) [HKL-Activity Room]<br>10:00 Keep the Streak Alive in Balloon Volleyball! [HKL-Activity Room]<br>1:00 Learn Labor Day History [HKL-Activity Room]<br>2:00 Special Labor Day Bingo [HKL-Activity Room]<br>3:00 Game Of Your Choice [HKL-Activity Room]<br>3:00 Keep Your Game Face$ On At Our Poker Game$ [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **5**<br>**Medical Appointments (8AM-4PM)**<br>8:15 Jump Start Your Day with Word Scrabble [HOC-Lobby Cafe]<br>9:00 Get Moving and Grooving with Instrumix! (In-Person) [KHL-Lobby Lanai]<br>10:00 **Roy and Ron Morning Performance [HOC-Lobby Cafe]**<br>1:00 Shout and Score in Bingo! [HKL-Activity Room]<br>2:00 Let's Make an Appreciation Card to your Housekeepers and Maintenance [HKL-Activity Room]<br>3:00 Ukulele and Singalong Class with Carole [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **6**<br>**Shopping and Errands Day (Foodland, Costco, & Target 8:30 AM-12:30 PM)**<br>8:15 Warm Up Your Day with Word Search and Hidden Equation [HOC-Lobby Cafe]<br>9:00 Music and Me [MSG]<br>10:00 Fitness 101 [HOC-Lobby Cafe]<br>1:00 **Dedicate your Poster to your Housekeepers and Maintenance (Group Activity) [HKL-Activity Room]**<br>3:00 Spa Time: Essential Oil Hand Massage (Please sign-up on the sheet inside the activity room). [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **7**<br>**Medical Appointments (8AM-4PM)**<br>8:15 Flex your Mind with Spot the Difference & Crossword [HOC-Lobby Cafe]<br>9:00 Seated Exercises (You Tube) [HKL-Activity Room]<br>10:00 **Let's Make Kindness Rock for our Garden [HKL-Activity Room]**<br>1:00 Shout and Score in Bingo! [HOC-Lobby Cafe]<br>2:00 Cooking Demo [HKL-Activity Room]<br>3:00 Game Of Your Choice [HKL-Activity Room]<br>3:00 Let's Play Texas Hold 'Em Games for Points! (Non-Money) [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **8**<br>**Shopping and Errands Day (Longs, Safeway, & Walmart 10 AM-2 PM)**<br>8:15 Jump Start Your Day with Word Search & Crossword Puzzles [HOC-Lobby Cafe]<br>9:00 Fitness 101 [HOC-Lobby Cafe]<br>9:00 Scenic Drive: Maili [HOC-Lobby Cafe]<br>10:00 **Short Story: Anniversary Gift [HKL-Activity Room]**<br>1:00 $hout & $core in B-I-N-G-O! ($$$) [HKL-Activity Room]<br>2:00 Aim and Shoot Bucket Ball Toss [HKL-Activity Room]<br>3:00 Afternoon Karaoke [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **9**<br>8:15 Flex your Mind with Spot the Difference & Crossword [HOC-Lobby Cafe]<br>9:00 Balance, Strength, and Stretch [HOC-Lobby Cafe]<br>10:00 **Let's Learn a Language! (Korean 101) [HKL-Activity Room]**<br>1:00 Creative Clay Craft [HKL-Activity Room]<br>3:00 Let's Play Hanafuda and Chinese Checkers [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] |
| **10**<br>**Happy National Assisted Living Week (September 10-16)**<br>**Happy National Grandparents Day**<br>8:15 Warm Up Your Day with Word Search and Hidden Equation [HOC-Lobby Cafe]<br>9:00 **Grandparents Day Belgian Waffle Sunday! [HKL-Activity Room]**<br>10:00 **Grandparents Day Belgian Waffle Sunday! [KHL-Lobby Lanai]**<br>1:00 $hout & $core in B-I-N-G-O! ($$$) [HKL-Activity Room]<br>2:00 Virtual Sunday Service with Dr. David Jeremiah from Shadow Mountain Community Church [HKL-Activity Room]<br>3:00 Beat the Dealer in Blackjack [HKL-Activity Room]<br>3:00 Game Of Your Choice [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **11**<br>**Medical Appointments (8AM-4PM)**<br>8:15 Flex your Mind with Spot the Difference & Crossword [HOC-Lobby Cafe]<br>9:00 Seated Exercises (You Tube) [HKL-Activity Room]<br>10:00 Keep the Streak Alive in Balloon Volleyball! [HKL-Activity Room]<br>1:00 **Road Trip: Lanai/Blowhole [HOC-Lobby Cafe]**<br>2:00 Documentary: Turning Point- 9/11 and the War on Terror: Episode 1 [HKL-Activity Room]<br>3:00 Game Of Your Choice [HKL-Activity Room]<br>3:00 Keep Your Game Face$ On At Our Poker Game$ [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **12**<br>**Medical Appointments (8AM-4PM)**<br>8:15 Jump Start Your Day with Word Scrabble [HOC-Lobby Cafe]<br>9:00 Fitness 101 [HOC-Lobby Cafe]<br>10:00 **Let's Make a Sweetheart Tree [HKL-Activity Room]**<br>1:00 Shout and Score in Bingo! [HKL-Activity Room]<br>2:00 Culture Trip to Greece [HKL-Activity Room]<br>3:00 Let's Make Beaded Necklace [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **13**<br>**All Self Directed Activities such as Puzzles, Card Games, Coloring Material, etc. are available in the Activity Room.**<br>**Shopping and Errands Day (Foodland, Costco, & Target 8:30 AM-12:30 PM)**<br>**We will not be holding any activities this morning due to the distribution of Flu Shot to our residents and associates! Mahalo for your understanding.**<br>9:00 **Flu Shot 2023 [HKL-Activity Room]**<br>1:00 Crafts and Creations [HKL-Activity Room]<br>3:00 Spa Time: Essential Oil Hand Massage (Please sign-up on the sheet inside the activity room). [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **14**<br>**Medical Appointments (8AM-4PM)**<br>8:15 Flex your Mind with Spot the Difference & Crossword [HOC-Lobby Cafe]<br>9:00 Seated Exercises (You Tube) [HKL-Activity Room]<br>10:00 Wood Art Coloring [HKL-Activity Room]<br>1:00 Residents Referral Cart with Kylee and Rejh [AD-Apartment Delivery]<br>1:00 Shout and Score in Bingo! [HKL-Activity Room]<br>2:00 **The Death of Prophet Muhammed [HKL-Activity Room]**<br>3:00 Game Of Your Choice [HKL-Activity Room]<br>3:00 Let's Play Texas Hold 'Em Games for Points! (Non-Money) [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **15**<br>**Shopping and Errands Day (Longs, Safeway, & Walmart 10 AM-2 PM)**<br>8:15 Jump Start Your Day with Word Search & Crossword Puzzles [HOC-Lobby Cafe]<br>9:00 Fitness 101 [HOC-Lobby Cafe]<br>9:00 Scenic Drive: Sand Island [HOC-Lobby Cafe]<br>10:00 **Earn your points in Make and Donate Yarn Leis [HKL-Activity Room]**<br>1:00 $hout & $core in B-I-N-G-O! ($$$) [HKL-Activity Room]<br>2:00 Get the Highest Score in the Game of Cornhole [HKL-Activity Room]<br>3:00 Afternoon Karaoke [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **16**<br>8:15 Flex your Mind with Spot the Difference & Crossword [HOC-Lobby Cafe]<br>9:00 Balance, Strength, and Stretch [HOC-Lobby Cafe]<br>10:00 **Challenge Each Other in Family Feud [HKL-Activity Room]**<br>1:00 Painting with Elyssa [HKL-Activity Room]<br>3:00 Seated Chair Dance Exercise (YouTube) [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] |

# September 2023
## IAL IL/AL Activities Calendar

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **17**<br>8:15 Warm Up Your Day with Word Search and Hidden Equation [HOC-Lobby Cafe]<br>9:00 Walking with the Blue Zones Walking Moai (Short and Long Walkers) [HOC-Lobby Cafe]<br>10:00 KROC Center Salvation Army Morning Services [HKL-Activity Room]<br>1:00 $hout & $core in B-I-N-G-O! ($$$) [HKL-Activity Room]<br>2:00 Chair Yoga Exercise (YouTube) [HKL-Activity Room]<br>3:00 **Beat the Dealer in Blackjack [HKL-Activity Room]**<br>3:00 Game Of Your Choice [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **18**<br>**Medical Appointments (8AM-4PM)**<br>8:15 Flex your Mind with Spot the Difference & Crossword [HOC-Lobby Cafe]<br>9:00 Seated Exercises (You Tube) [HKL-Activity Room]<br>10:00 Keep the Streak Alive in Balloon Volleyball! [HKL-Activity Room]<br>1:00 Return to Space (NFX) [HKL-Activity Room]<br>1:00 **Road Trip: Waikiki [HOC-Lobby Cafe]**<br>3:00 Game Of Your Choice [HKL-Activity Room]<br>3:00 Keep Your Game Face$ On At Our Poker Game$ [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **19**<br>**Medical Appointments (8AM-4PM)**<br>8:15 Jump Start Your Day with Word Scrabble [HOC-Lobby Cafe]<br>9:00 Get Moving and Grooving with Instrumix! (In-Person) [KHL-Lobby Lanai]<br>10:00 Let's Make Beaded Bracelets [HKL-Activity Room]<br>1:00 Shout and Score in Bingo! [HKL-Activity Room]<br>2:00 **History of National Butterscotch Pudding Day [HKL-Activity Room]**<br>3:00 Ukulele and Singalong Class with Carole [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **20**<br>**Shopping and Errands Day (Foodland, Costco, & Target 8:30 AM-12:30 PM)**<br>8:15 Warm Up Your Day with Word Search and Hidden Equation [HOC-Lobby Cafe]<br>9:00 Music and Me [HOC-Lobby Cafe]<br>10:00 Fitness 101 [HOC-Lobby Cafe]<br>1:00 Crafts and Creations [HKL-Activity Room]<br>3:00 **Spa Time: Essential Oil Hand Massage (Please sign-up on the sheet inside the activity room). [HKL-Activity Room]**<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **21**<br>**Medical Appointments (8AM-4PM)**<br>8:15 Flex your Mind with Spot the Difference & Crossword [HOC-Lobby Cafe]<br>9:00 Seated Exercises (You Tube) [HKL-Activity Room]<br>10:00 Velveteen Coloring [HKL-Activity Room]<br>1:00 Shout and Score in Bingo! [HKL-Activity Room]<br>2:00 **Cooking Demo with Joe [HKL-Activity Room]**<br>3:00 Game Of Your Choice [HKL-Activity Room]<br>3:00 Let's Play Texas Hold 'Em Games for Points! (Non-Money) [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **22**<br>**Shopping and Errands Day (Longs, Safeway, & Walmart 10 AM-2 PM)**<br>8:15 Jump Start Your Day with Word Search & Crossword Puzzles [HOC-Lobby Cafe]<br>9:00 Fitness 101 [HOC-Lobby Cafe]<br>9:00 Scenic Drive: Haleiwa [HOC-Lobby Cafe]<br>10:00 **Na Wahine O Ka Hula Performance (In-Person) [HKL-Activity Room]**<br>1:00 $hout & $core in B-I-N-G-O! ($$$) [HKL-Activity Room]<br>2:00 Armchair Travel to Iceland [HKL-Activity Room]<br>3:00 Afternoon Karaoke [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **23**<br>8:15 Flex your Mind with Spot the Difference & Crossword [HOC-Lobby Cafe]<br>9:00 **Balance, Strength, and Stretch [HOC-Lobby Cafe]**<br>10:00 Documentary: 1968 The Year That Changed America - Episode 3 Summer (MAX) [HKL-Activity Room]<br>1:00 Craft Time [HKL-Activity Room]<br>3:00 Chair Yoga Exercise (YouTube) [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] |
| **24**<br>8:15 Warm Up Your Day with Word Search and Hidden Equation [HOC-Lobby Cafe]<br>9:00 Walking with the Blue Zones Walking Moai (Short and Long Walkers) [HOC-Lobby Cafe]<br>10:00 **Virtual Sunday Service with Dr. David Jeremiah from Shadow Mountain Community Church [HKL-Activity Room]**<br>1:00 $hout & $core in B-I-N-G-O! ($$$) [HKL-Activity Room]<br>2:00 Chair Yoga Exercise (YouTube) [HKL-Activity Room]<br>3:00 Beat the Dealer in Blackjack [HKL-Activity Room]<br>3:00 Game Of Your Choice [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **25**<br>**Medical Appointments (8AM-4PM)**<br>8:15 Flex your Mind with Spot the Difference & Crossword [HOC-Lobby Cafe]<br>9:00 Seated Exercises (You Tube) [HKL-Activity Room]<br>10:00 **Na Leo Manu O'o [HKL-Activity Room]**<br>1:00 Road Trip: Diamond Head [HOC-Lobby Cafe]<br>3:00 Game Of Your Choice [HKL-Activity Room]<br>3:00 Keep Your Game Face$ On At Our Poker Game$ [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **26**<br>**Medical Appointments (8AM-4PM)**<br>8:15 Jump Start Your Day with Word Scrabble [HOC-Lobby Cafe]<br>9:00 Fitness 101 [HOC-Lobby Cafe]<br>10:00 Keep the Streak Alive in Balloon Volleyball! [HKL-Activity Room]<br>1:00 Shout and Score in Bingo! [HKL-Activity Room]<br>2:00 **Baking Class with Elyssa [HKL-Activity Room]**<br>2:00 Town Hall Meeting For All Residents [HKL-Activity Room]<br>3:00 Afternoon Karaoke [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **27**<br>**Shopping and Errands Day (Foodland, Costco, & Target 8:30 AM-12:30 PM)**<br>8:15 Warm Up Your Day with Word Search and Hidden Equation [HOC-Lobby Cafe]<br>9:00 Fitness 101 [HOC-Lobby Cafe]<br>10:00 Spa Time: Essential Oil Hand Massage (Please sign-up on the sheet inside the activity room). [HKL-Activity Room]<br>1:00 Crafts and Creations [HKL-Activity Room]<br>2:00 Menu Chat with Jonathan and Liann [HAR]<br>3:00 **Redeem Your Points At The 'Ilima General Store [HKL-Activity Room]**<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **28**<br>**Medical Appointments (8AM-4PM)**<br>8:15 Flex your Mind with Spot the Difference & Crossword [HOC-Lobby Cafe]<br>9:00 Seated Exercises (You Tube) [HKL-Activity Room]<br>10:00 Make Your Own Suncatcher [HKL-Activity Room]<br>1:00 Shout and Score in Bingo! [HKL-Activity Room]<br>2:00 **Thirsty Thursday with Cliff [HKL-Activity Room]**<br>3:00 Game Of Your Choice [HKL-Activity Room]<br>3:00 Let's Play Texas Hold 'Em Games for Points! (Non-Money) [HKL-Activity Room]<br>5:00 Golden Bachelor Premier Watch Party [HKL-Activity Room]<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **29**<br>**NEX Shopping Departure Time 8:30 AM (9:00 AM - 11:00 AM)**<br>**Shopping and Errands Day (Longs, Safeway, & Walmart 10 AM-2 PM)**<br>8:15 Jump Start Your Day with Word Search & Crossword Puzzles [HOC-Lobby Cafe]<br>9:00 Fitness 101 [HOC-Lobby Cafe]<br>10:00 Earn your points in Make and Donate Yarn Leis [HKL-Activity Room]<br>1:00 $hout & $core in B-I-N-G-O! ($$$) [HKL-Activity Room]<br>1:00 Scenic Drive: Royal Kunia [HOC-Lobby Cafe]<br>2:00 Easy Craft [HKL-Activity Room]<br>3:00 **Happy Hour Birthday Bash with Dean Hirata [HOC-Lobby Cafe]**<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] | **30**<br>8:15 Flex your Mind with Spot the Difference & Crossword [HOC-Lobby Cafe]<br>9:00 Balance, Strength, and Stretch [HOC-Lobby Cafe]<br>10:00 Tic Tac Golf [HKL-Activity Room]<br>1:00 Painting with Elyssa [HKL-Activity Room]<br>3:00 **Documentary: 1968 The Year That Changed America - Episode 4 Fall (MAX) [HKL-Activity Room]**<br>6:00 After Dinner Card Games [HOC-Lobby Cafe] |

Created on Friday, August 25, 2023 9:08 AM

# September 2023
## ‘Ilima at Leihano Memory Care Activities Calendar

created with Sagely

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| ‘Ilima AT LEIHANO<br>THE ART OF LIVING WELL℠ | 739 Leihano Street<br>Kapolei, Hawaii 96707<br>808-674-8022 | After Dinner Program<br>Board, Card Games, and Table Games<br>Brain Games<br>Christmas<br>Creativity Corner<br>Culture Travel<br>Educational<br>Entertainment<br>Fitness<br>Food Demo<br>Indoor Games<br>Interactive Chats<br>Medical Related<br>Money BINGO<br>Music<br>Outdoor Activities<br>Outings<br>Painting/Coloring<br>Pet Therapy<br>Social Events<br>Spiritual Wellness | **Location Keys**<br>Connections Garden — CG<br>Hali`a Aloha Dining Room — HAR<br>Hana Ka Lima Rm. — HKL-Activity Room<br>Ho'okipa 'Ohana Cafe — HOC-Lobby Cafe<br>Ka Hikina Lanai — KHL-Lobby Lanai | “When life is sweet, say thank you and celebrate. And when life is bitter, say thank you and grow.”<br>*— Shauna Niequist* | **1**<br>**Shopping and Errands Day (Longs, Safeway, & Walmart 10 AM-2 PM)**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 **Healthy Living: Monthly Medical Monitoring [HAR]**<br>9:00 Walking with the Blue Zones Walking Moai [CG]<br>10:00 Outdoor Sing Along with Friends [CG]<br>1:00 Road Trip to Sandy Beach [HAR]<br>2:00 Snacks & Hydration [HAR]<br>3:00 Shout and Score Bingo [HAR]<br>6:00 Evening News and Current Affairs [HAR] | **2**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 **Seated Tai Chi [HAR]**<br>10:00 Gardening- Outdoor Pastime [CG]<br>1:00 Parachute Ball Game [HAR]<br>2:00 Snacks & Hydration [HAR]<br>3:00 Music Therapy: Karaoke with friends [HAR]<br>6:00 Watch Wheel of Fortune [HAR] |
| **3**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Sit and Be Fit Exercise [HAR]<br>**10:00 Sunday Hymns and Spiritual Songs [HAR]**<br>1:00 Movie Matinee: 101 Dalmatians [HAR]<br>2:00 Snacks and Hydration [HAR]<br>3:00 Show Your Dance Moves [HAR]<br>6:00 Watch America's Got Talent [HAR] | **4**<br>**Medical Appointments (8AM-4PM)**<br>**National Environmental and Housekeeping Week (September 3 - September 9)**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Fit and Fun [HAR]<br>10:00 Name That Tune [HAR]<br>1:00 **Scenic Drive to Maili [HAR]**<br>2:00 Snacks & Hydration [HAR]<br>3:00 Word Search and Coloring [HAR]<br>6:00 Evening News and Current Affairs [HAR] | **5**<br>**Medical Appointments (8AM-4PM)**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Pet Therapy Visit [CG]<br>10:00 Outdoor Stroll [HAR]<br>10:00 **Roy and Ron Morning Performance [HOC-Lobby Cafe]**<br>1:00 Keep The Streak with Balloon Kickball [HAR]<br>2:00 Tuesday Treats: Chocolate Milkshake [HAR]<br>3:00 Give Me 5 [HAR]<br>6:00 Watch America's Got Talent [HAR] | **6**<br>**Shopping and Errands Day (Foodland, Costco, & Target 8:30 AM-12:30 PM)**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Mobility Ball Exercise [HAR]<br>10:00 Color Velveteen [HAR]<br>1:00 **Shout Bingo! [HAR]**<br>2:00 Snacks & Hydration [HAR]<br>3:00 Math Quiz 101 [HAR]<br>6:00 Evening News and Current Affairs [HAR] | **7**<br>**Medical Appointments (8AM-4PM)**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 **Chair Yoga and Meditation [HAR]**<br>10:00 Sing Along [HAR]<br>1:00 Short Story Telling with Michelle [HAR]<br>2:00 Snacks and Hydration [HAR]<br>3:00 Spot the Difference [HAR]<br>6:00 Watch America's Got Talent [HAR] | **8**<br>**Shopping and Errands Day (Longs, Safeway, & Walmart 10 AM-2 PM)**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Walking with the Blue Zones Walking Moai [CG]<br>10:00 **Outdoor Sing Along with Friends [CG]**<br>1:00 Road Trip to Hawaii Kai [HAR]<br>2:00 Snacks & Hydration [HAR]<br>3:00 Shout BINGO! [HAR]<br>6:00 Evening News and Current Affairs [HAR] | **9**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 **Seated Tai Chi [HAR]**<br>10:00 Let's Play "THE PRIZE IS RIGHT" [HAR]<br>1:00 Documentary : [HAR]<br>2:00 Snacks & Hydration [HAR]<br>3:00 Music Therapy: Karaoke with friends [HAR]<br>6:00 Watch Wheel of Fortune [HAR] |
| **10**<br>**Happy National Assisted Living Week (September 10-16)**<br>**Happy National Grandparents Day**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 **Grandparents Day Belgian Waffle Sunday! [HKL-Activity Room]**<br>9:00 Sit and Be Fit Exercise [HAR]<br>10:00 **Grandparents Day Belgian Waffle Sunday! [KHL-Lobby Lanai]**<br>10:00 Sunday Hymns and Spiritual Songs [HAR]<br>1:00 Movie and Popcorn [HAR]<br>2:00 Snacks and Hydration [HAR]<br>3:00 **Pass the Ball [HAR]**<br>6:00 Watch America's Got Talent [HAR] | **11**<br>**Medical Appointments (8AM-4PM)**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Scenic Drive to Sand Island [HAR]<br>10:00 Fit and Fun [HAR]<br>1:00 **Documentary: 9/11 Turning Point [HAR]**<br>2:00 Snacks & Hydration [HAR]<br>3:00 Afternoon Trivia [HAR]<br>6:00 Evening News and Current Affairs [HAR] | **12**<br>**Medical Appointments (8AM-4PM)**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Pet Therapy Visit [CG]<br>10:00 Listen to Doris Day's Music [HAR]<br>1:00 Keep The Streak with Balloon Kickball [HAR]<br>2:00 **Tea Time Tuesday [HAR]**<br>3:00 Word Puzzle and Coloring [HAR]<br>6:00 Watch America's Got Talent [HAR] | **13**<br>**Shopping and Errands Day (Foodland, Costco, & Target 8:30 AM-12:30 PM)**<br>**We will not be holding any activities this morning due to the distribution of Flu Shot to our residents and associates! Mahalo for your understanding.**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Mobility Ball Exercise [HAR]<br>10:00 **Let's Make a Paper Plane [HAR]**<br>1:00 Shout Bingo! [HAR]<br>2:00 Snacks & Hydration [HAR]<br>3:00 Jigsaw Puzzle [HAR]<br>6:00 Evening News and Current Affairs [HAR] | **14**<br>**Medical Appointments (8AM-4PM)**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Morning Stretch and Walk [CG]<br>10:00 Sing Along [HAR]<br>1:00 **Armchair Travel to Iceland [HAR]**<br>2:00 Snacks and Hydration [HAR]<br>3:00 Iceland Fact Files [HAR]<br>6:00 Watch America's Got Talent [HAR] | **15**<br>**Shopping and Errands Day (Longs, Safeway, & Walmart 10 AM-2 PM)**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 **Walking with the Blue Zones Walking Moai [CG]**<br>10:00 Outdoor Sing Along with Friends [CG]<br>1:00 Road Trip to Lanai/ Blowhole [HAR]<br>2:00 Snacks & Hydration [HAR]<br>3:00 Shout BINGO! [HAR]<br>6:00 Evening News and Current Affairs [HAR] | **16**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Seated Tai Chi [HAR]<br>10:00 **Gardening- Outdoor Pastime [CG]**<br>1:00 Parachute Ball Game [HAR]<br>2:00 Snacks & Hydration [HAR]<br>3:00 Music Therapy: Karaoke with friends [HAR]<br>6:00 Watch Wheel of Fortune [HAR] |

# September 2023

## ‘Ilima at Leihano Memory Care Activities Calendar

created with Sagely

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **17**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Sit and Be Fit Exercise [HAR]<br>10:00 Sunday Hymns and Spiritual Songs [HAR]<br>1:00 Shout BINGO! [HAR]<br>2:00 Snacks and Hydration [HAR]<br>3:00 **Open Mic Sing Along With Friends [HAR]**<br>6:00 Watch America's Got Talent [HAR] | **18**<br>**Medical Appointments (8AM-4PM)**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 **Scenic Drive to Haleiwa [HAR]**<br>10:00 Outdoor Stroll [HAR]<br>1:00 Afternoon Exercise : Fit and Fun [HAR]<br>2:00 Snacks & Hydration [HAR]<br>3:00 Afternoon Trivia [HAR]<br>6:00 Evening News and Current Affairs [HAR] | **19**<br>**Medical Appointments (8AM-4PM)**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Pet Therapy Visit [CG]<br>10:00 Listen to 50'S, 60'S & 70'S Music [HAR]<br>1:00 Wood Painting Part1 [HAR]<br>2:00 **Tuesday Treats: Watermelon Salad [HAR]**<br>3:00 Wood Painting Part2 [HAR]<br>6:00 Watch America's Got Talent [HAR] | **20**<br>**Shopping and Errands Day (Foodland, Costco, & Target 8:30 AM-12:30 PM)**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Mobility Ball Exercise [HAR]<br>10:00 **Show Your Facial Expressions [HAR]**<br>1:00 Outdoor BINGO! [CG]<br>2:00 Snacks & Hydration [HAR]<br>3:00 Outdoor Sing Along with Friends [CG]<br>6:00 Evening News and Current Affairs [HAR] | **21**<br>**Medical Appointments (8AM-4PM)**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Outdoor Exercise With Friends [CG]<br>10:00 Sing Along [HAR]<br>1:00 **Make Your Own Flower Arrangement [HAR]**<br>2:00 Snacks and Hydration [HAR]<br>3:00 Coloring Velveteen [HAR]<br>6:00 Watch America's Got Talent [HAR] | **22**<br>**Shopping and Errands Day (Longs, Safeway, & Walmart 10 AM-2 PM)**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Walking with the Blue Zones Walking Moai [CG]<br>10:00 **Na Wahine O Ka Hula Performance (In-Person) [HKL-Activity Room]**<br>10:00 Outdoor Sing Along with Friends [CG]<br>1:00 Road Trip to Waikiki [HAR]<br>2:00 Snacks & Hydration [HAR]<br>3:00 Shout BINGO! [HAR]<br>6:00 Evening News and Current Affairs [HAR] | **23**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Seated Tai Chi [HAR]<br>10:00 Show Your Dance Moves [HAR]<br>1:00 **Aromatherapy and Hand Massage [HAR]**<br>2:00 Snacks & Hydration [HAR]<br>3:00 Music Therapy: Karaoke with friends [HAR]<br>6:00 Watch Wheel of Fortune [HAR] |
| **24**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Sit and Be Fit Exercise [HAR]<br>10:00 Sunday Hymns and Spiritual Songs [HAR]<br>1:00 Shout BINGO! [HAR]<br>2:00 Snacks and Hydration [HAR]<br>3:00 **Listen to Frank Sinatra's Music [HAR]**<br>6:00 Watch America's Got Talent [HAR] | **25**<br>**Medical Appointments (8AM-4PM)**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Scenic Drive to Kaneohe [HAR]<br>10:00 **Na Leo Manu O'o [HKL-Activity Room]**<br>10:00 Outdoor Stroll [CG]<br>1:00 Fit and Fun Afternoon Exercise [HAR]<br>2:00 Snacks & Hydration [HAR]<br>3:00 Card Games [HAR]<br>6:00 Evening News and Current Affairs [HAR] | **26**<br>**Medical Appointments (8AM-4PM)**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Pet Therapy Visit [CG]<br>10:00 Gardening and Water the Plants [CG]<br>1:00 **Floats and Tunes [HAR]**<br>2:00 Snacks and Hydration [HAR]<br>3:00 Connect the Dots [HAR]<br>6:00 Watch America's Got Talent [HAR] | **27**<br>**Shopping and Errands Day (Foodland, Costco, & Target 8:30 AM-12:30 PM)**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Mobility Ball Exercise [HAR]<br>10:00 **Mix and Match Game [HAR]**<br>1:00 Shout Bingo! [HAR]<br>2:00 Snacks & Hydration [HAR]<br>3:00 Word From A-Z [HAR]<br>6:00 Evening News and Current Affairs [HAR] | **28**<br>**Medical Appointments (8AM-4PM)**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Morning Walk in the Garden [CG]<br>10:00 Sing Along [HAR]<br>1:00 **DIY Hot Air Balloon Part 1 [HAR]**<br>2:00 Snacks and Hydration [HAR]<br>3:00 **DIY Hot Air Balloon Part 2 [HAR]**<br>6:00 Watch America's Got Talent [HAR] | **29**<br>**Shopping and Errands Day (Longs, Safeway, & Walmart 10 AM-2 PM)**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Walking with the Blue Zones Walking Moai [CG]<br>10:00 Outdoor Sing Along with Friends [CG]<br>1:00 Snacks & Hydration [HAR]<br>2:00 **Road Trip to Royal Kunia [HAR]**<br>3:00 Shout BINGO! [HAR]<br>6:00 Evening News and Current Affairs [HAR] | **30**<br>8:30 You've Got Mail: Morning Mail Delivery [CG]<br>9:00 Seated Tai Chi [HAR]<br>10:00 Gardening- Outdoor Pastime [CG]<br>1:00 **Show Your Tiktok Moves [HAR]**<br>2:00 Snacks & Hydration [HAR]<br>3:00 Music Therapy: Karaoke with friends [HAR]<br>6:00 Watch Wheel of Fortune [HAR] |

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