

OCTOBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEN'S OASIS (Afternoon Hydration Program)  Mondays: Ice Cream Tuesdays: Coffee Wednesdays: Juices Thursdays: "Smoothies" Fridays: "Cocktails" Saturdays: Fruit Drinks Sundays: Iced Tea & Cookies	1) 10:00 Calendar Talk & October Trivia Games 10:00Garden Views & Sunshine 11:00 Dancing to Music 1:30 Bingo Club Fun 3:00 Fruit Relay Contest 4:00 Ukulele w/ Gloria & Lynn 6:00 Evening BINGO with Ken	2) 10:00 Japanese Culture Club w/ Shigeko & Friends 10:00 Sensory Exercises 11:00 Current News & Events 1:30 Let's Play Mancala 3:00 Pet Visit by Yuki w/ Chris 4:00 Dance Workout w/ Janae 6:00 Japanese Toyo Theater	3) 10:00 Door of Faith Christian Service 10:00 Music & Memory Time 11:00 Bodies In Motion 1:30 Over the Hilltop Serenaders 2:30 Ben's Oasis Station 4:00 Beachball Kick and Toss 6:00 Movie: The Wizard of Oz	4) 10:00 True Life in Christ with Pastor Kimon 10:00 Views & Sunshine 11:00Ukulele Singing w/ Sam 1:30 Painting Club 2:30 Smoothie Break Time 4:00 Rhythmic Moves w/ Chin 6:00 Bingo Fun with Ken	5) 10:00Kapahulu Church Outreach 10:00 1-1 Sensory Stimulations 11:00 Stretcher-cize 1:00 Resident Council Meeting 2:30 Chips & Cocktail Hour 3:00 Gentlemen's Club Social 3:30 Hawaii Places I Remember 6:00 Music For Inspiration	6) 10:00 Gaylord Rieta & Friends 10:00 Youtube Fun (Library) 11:00 Chair Yoga 1:30 Let's Get Organized 2:30 Cran-Orange Juice Bar 3:00 Glitz and Glam w/ Selu 3:30 Indoor Tennis Game 6:00 Super Volleyball w/ David
7) 10:00 Taina Production Special Presentation 10am Sensory & Namaste 11:00 Stetcher-cise 1:30 Fun With Colors 3:00 Movie Matinee Show 3:30 Facials & Fancy Nails 6:00 Bingo Fun with Ken	8) Columbus Day 10:00 Gifted Voices of Janae Akima & Ohana 10:00 Outdoor Sensory Fun 11:00 Discoverer's Day Trivia 1:30 Bingo Club Fun 3:00 Body & Brains Yoga w/ Cat 4:00 Ukulele w/ Gloria & Lynn 6:00 Evening BINGO with Ken	9) 10:00 Kalihi Baptist Church Christian Fellowship 10:00 Pet Visit w/ Toby 1:30 Puzzles, Board Games 2:00 Hot/Cold Coffee Break 3:00 Word Building Games 3:30 Songs I Remember 6:00 Japanese Toyo Theater	10) 10:00 Korean Cooking w/ Gloria 10:00 Scategories w/ Eena 11:00 Bodies In Motion 1:30 Over the Hilltop Serenaders 2:30 Ben's Oasis Station 3:00 Getting To Know Eena 4:00 Beachball Kick and Toss 6pm Movie:Edward Scissorhands	11) 10:00 Lanakila Senior Center Taisho Koto Rendition 11:00 Tai Chi Workout 1:30 Sewing Club with Jody 2:30 Smoothie Break Time 3:00 Gentlemen's Club 4:00 Rhythmic Moves w/ Chin 6:00 Bingo Fun with Ken	12) 10:00 Ernie Kanoa & Friends 10:00 1-1 Sensory Activities 11:00 Stretcher-cize 1:30 Hanafuda Club 2:30 Chips & Cocktail Hour 2:30 "The Word" w/ Joe 4:00 Karaoke Sing-along w/ Joe 6:00 Music For Inspiration	13) 10a New Hope Service Times 10:00 Healing Touch w/Susie 11:00 Chair Yoga 1:30 Let's Play Chess w/ Sam 2:30 Rootbeer Float Social 3:00 Glitz and Glam w/ Selu 4:00 Flower Arranging Club 6:00Korean Youth Mini Concert
14) 10:00 Places I Long To See 10:00 Beachball Kick&Toss 11:00 Stretcher-cise 1:30 Creative Arts & Crafts 2:30 Iced Tea Social 3:00 Christian Fellowship King's Chapel Niu Valley 6:00 Bingo Fun with Ken	15) 10:00 Pau Hana Glee Club Musical Variety Show 10:00 Outdoor Sensory Time 11:00 Current News w/ Janae 1:30 Bingo Club Fun 3:00 Afternoon Workout 4:00 Ukulele w/ Gloria & Lynn 6:00 Sing-along w/ Mr. Chun	16) 10:00 Plumeria Girls Dance Workout 10:00 Outdoor Sensory Fun 1:30 Bead Jewelry Making 2:00 Hot/Cold Coffee Break 3:00 Pet Visit by Yuki w/ Chris 4:00 October Historic Events 6:00 Japanese Toyo Theater	17) 10:00 Susie's Japanese Kitchen 10:00 Pet Visit w/ Betsy&Latte 11:00 Bodies In Motion 1:30 Over the Hilltop Serenaders 2:30 Ben's Oasis Station 3:00 Afternoon Workout 3:30 Photo Reminiscing w /Hazel 6:00 Movie: Beetlejuice	18) 10:00 Moilili Hongwanji Buddhist Service 11:00 Tai Chi Workout 1:30 Painting Club 2:30 Fruit Smoothie Break 3:00 Musical Games w/ Sam 4:00 Rhythmic Moves w/ Chin 6:00 Bingo Fun with Ken	19) 10:00 100th Infantry Battalion Veterans Pres. Harry Nakayama 11:00 Stretcher-cise 1:30 Hanafuda Club 2:30 Chips & Cocktail Hour 3:00 Bean Bag Toss Contest 3:30 Karaoke Sing-along w/ Joe 6:00 Music For Inspiration	20) 10:00 Mele Aloha Serenaders 10:00 Outdoor Views & Stroll 11:00 Chair Yoga 1:00 KCC School of Massage Gentle Masages by Students 2:30 Tomato Juice Stand 3:00 Glitz and Glam w/ Selu 6:00 Super Volleyball w/ David
21) 10:00 Christian Service with Pastor Abel Kim 10:00 Music Relaxation at the Courtyard 1:00 Music Session w/ Mike 3:00 Movie Matinee Show 3:30 Facials & Fancy Nails 6:00 Bingo Fun with Ken	22) 10:00 Story Telling Time with Ginny Young 11:00 Strengthening Moves 1:30 Bingo Club Fun 2:30 Ice Cream Break 3:00 Afternoon Workout 4:00 Ukulele w/ Gloria & Lynn 6:00 Relaxing Music w/ Jessie	23) 10:00 Kalihi Baptist Church Christian Fellowship 10:00 Pet Visit w/ Toby 1:30Decorating For Halloween 2:30 Afternoon Coffee Break 3:00 Word Puzzle Games 3:30 Technology & Sarah 6:00 Korean Drama Night	24) United Nations Day 10:00 Recognizing UN Flags 10:00 Pet Visit w/ Betsy & Latte 11:00 Bodies In Motion 1:30 Over the Hilltop Serenaders 2:30 Ben's Oasis Station 3:00 US National Parks - DVD 4:00 Foot Massage w/ Toshi 6:00 Movie: Young Frankenstein	25) 10:00 Kawaiulo Musical Entertainment 11:00 Tai Chi Workout 1:30 Halloween Arts & Crafts 2:30 Vegetable Smoothies 3:00 Gentlemen's Club 4:00Sounds&Rhythm w/ Chin 6:00 Tekniqlingz Crew	26) 9:00 Sightseeing to East Oahu 10:00 Japanese Culture Club 10:00 Bible Talk w/ Bro. Nathan 1:30 Pumpkin Carving and Halloween Crafts 2:30 "The Word" w/ Joe 4:00 Karaoke Sing-along w/ Joe 6:00 Music For Inspiration	27) 10:00 GEMS Movement Center 11:00 Halloween Costume Open Contest 1:30 Playing Poker w/ Sam 2:30 Coconut Water Break 3:00 Glitz and Glam w/ Selu 3:30 Scattgory Contest 6:00 Super Volleyball w/ David

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28) "Black & Orange Day" 10:00 Kamaka Tom & Co. Musical Entertainment 10am Sensory & Namaste 11:00 Dancing to the Beat 1:30 Halloween Coloring Fun 2:30 Iced Tea Social 3:00 Movie Matinee Show 3:30 Facials & Fancy Nails 6:00 Bingo Fun with Ken	29) Halloween Hats, etc. 10am Arirang Entertainment Korean Variety Show 10am Namaste & Healing Touch 11:00 Stretch & Rhythm 1:30 Bingo Club Fun 2:30 Ice Cream Break 3:00 Afternoon Tai Chi 4:00 Ukulele w/ Gloria & Lynn 6:00 Evening BINGO with Ken	30) Dress in Black & Your Halloween Accessories 10:00 Shannon & Friends 11:00 Sushi Making w/ Lani, Doug, & Melba 1:30 Lei Making Crafts 2:30 Afternoon Coffee Break 3:00 Learning to Play Mahjong 4:00 Music & Memory Hour 6:00 Korean Drama Night	31) Halloween Dress-Up Fun Day (Costumes Welcome) 10:00 Gordon & Sandy Duets 10:00 Pet Visit w/ Betsy&Latte 11:00 Bodies In Motion 1:30 Over the Hilltop Serenaders 2:30 Ben's Oasis Station 3:00 Walk Down Memory Lane 4:00 Halloween Groovy Social 6:00 Musical Night w/ Kiana			 Residents Council Meeting Help Make A Difference... * All Are Invited * October 5 @ 1:00pm Call 695-2810 for more info.

DAILY ACTIVITIES (by 2nd Floor Neighborhood Team)
(Note: Please ask 2nd Floor staff for assistance to the lanais)

- 8:00 am** Newspapers Available at the Aloha Aina
- 9:00 am** Coffee & Juices (at the Aloha Aina)
- 10:00 am** Small Group Exercises (Orchid Dining Rm)
- 1:30 pm** 1-1 Bedside Visits
- 2:00 pm** Ben's Oasis (at the Aloha Aina)
- 3:30-4:30** Small Group Activity (Orchid Room/Lanai)
- 6:00 pm** Movie Night (at the Aloha Aina)

DAILY ACTIVITIES (Castle Living Room located on the 3rd floor)

8:30 am TODAY'S NEWS (Newspaper or news on TV)	1:30pm THE CLUB (Castle Living Rm)
9:00 am DAILY ANNOUNCEMENTS (menu, etc.)	2:30pm BEN'S OASIS (HYDRATION)
9:15 am GROUP EXERCISES	3:00 pm SCHEDULED ACTIVITY
10:00am SCHEDULED ACTIVITIES (Refer to calendar)	4:00 pm SCHEDULED ACTIVITY
10:00 am NAMASTE (Ethelwyn Wellness Center's 1st floor)	6:00 pm EVENING ACTIVITY

**** Library assistance provided by our Receptionist DAILY from 10-6:30 p.m.**

OUR NAMASTE CARE PROGRAM
(Honoring the Spirit Within)



Our Namaste Program blends nursing care and meaningful activities to provide peaceful and relaxing experiences using sensory-based methods such as gentle massages, range of motion, healing touch, music, and aromatherapy.

***Located in our Wellness Building

**Sightseeing to:
East Oahu**



Fare:\$32.00/person
**Checks payable to:
Roberts Hawaii**
RSVP call 695-2813



Come join us

Activities are not limited to those listed in this Calendar. Individualized activities are available as well. If you need a guide for you to engage in other meaningful activities, please ask and/or contact any of our Resident Assistants or call the Community Life Dept. at 695-2813.

Salon and Nail Services Available at Maunalani




Joyce Pasion (Hairdresser)
Linda Flores (Manicurist)

*** Please request an appointment with Jody, Chloe or Selu at 695-2860.

