

# October 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5
		<p>8:15 LTK, <b>WC</b>            8:30 Yoga, <b>SOL</b>            9:15 AF Land, <b>SOL</b>            10:00 Assisted Balance &amp; Coordination (ABC), <b>WC</b>            10:00 iPad Help Session, <b>L</b>            10:00 Tai Chi with Les, <b>SOL</b>            10:30 Aqua Fit, <b>POOL</b>            10:30 Craft Club, <b>MPR</b>            10:45 Exercise Trivia, <b>WC</b>            11:00 Exercise Machine Demo, <b>WC</b>            11:00 Beginner Tai Chi, <b>SOL</b>            11:00 Save &amp; Share, <b>TH</b>            2:00 Movie: Rocketman, <b>TH</b>            2:30 Meet with HMSA, <b>L</b></p>	<p>8:30 Osteoporosis, <b>SOL</b>            8:30 Perform Better, <b>WC</b>            9:15 Advanced Strength Training, <b>WC</b>            9:15 Strength Training, <b>SOL</b>            10:00 Regular Hula Class with Charlotte, <b>SOL</b>            10:00 Excursion: Kahala Mall* (RD)            10:15 Core Value Article Discussion, <b>L</b>            10:30 Aqua Fit, <b>POOL</b>            1:10 Bridge, <b>SOL PDR</b>            3:00 Advanced Yoga, <b>SOL PDR</b>            3:00 Readers' Theatre, <b>TH</b>            6:30 Korean Drama: The Queen of Game, <b>TH</b></p>	<p>8:15 LTK, <b>WC</b>            8:30 Yoga, <b>SOL</b>            9:15 AF Land, <b>SOL</b>            10:00 Assisted Balance &amp; Coordination (ABC), <b>WC</b>            10:00 iPad Help Session, <b>L</b>            10:30 Aqua Fit, <b>POOL</b>            11:00 Exercise Machine Demo, <b>WC</b>            3:30 Bible Study with Dr. Rev. George Scott, <b>SOL</b>            6:45 Sounds of Craigside, <b>WC</b></p>	<p>8:30 Osteoporosis, <b>SOL</b>            9:15 Advanced Strength Training, <b>WC</b>            9:15 Strength Training, <b>SOL</b>            10:00 Visions in Art 2019, <b>L</b>            11:00 Tai Chi with Les, <b>SOL</b>            1:00 Excursion: Pearlridge* (RD)            1:10 Bridge, <b>SOL PDR</b>            2:00 Hong Kong Style Mah Jong, <b>SOL</b>            2:15 Functional Fitness, <b>WC</b>            3:00 Aqua Fit, <b>POOL</b>            3:30 What's Ahead?, <b>L</b></p>	<p>8:30 Osteoporosis, <b>SOL</b>            9:15 Strength Training, <b>WC</b>            11:00 Excursion: Lunch at Gyotaku* (CB)            2:00 15C Mahjong, <b>SOL</b></p>
6	7	8	9	10	11	12
<p>8:30 Better Balance, <b>WC</b>            9:15 Osteoporosis, <b>WC</b>            1:00 Photography Club, <b>TH</b>            4:00 Vespers Service with Communion with Rev. Trina Zelle, <b>TH</b></p>	<p>8:30 Osteoporosis, <b>SOL</b>            9:15 Advanced Strength Training, <b>WC</b>            9:15 Strength Training, <b>SOL</b>            9:45 Scrabble, <b>SOL</b>            10:30 Inner Crafters, <b>TH</b>            1:10 Bridge, <b>SOL PDR</b>            1:30 Art Club, <b>TH</b>            2:15 Functional Fitness, <b>WC</b>            3:00 Aqua Fit, <b>POOL</b>            6:30 80s Movie: Indiana Jones: Raider of the Lost Ark, <b>TH</b></p>	<p>8:15 LTK, <b>WC</b>            8:30 Yoga, <b>SOL</b>            9:15 AF Land, <b>SOL</b>            10:00 Assisted Balance &amp; Coordination (ABC), <b>WC</b>            10:00 iPad Help Session, <b>L</b>            10:00 Tai Chi with Les, <b>SOL</b>            10:30 Aqua Fit, <b>POOL</b>            10:30 Craft Club, <b>MPR</b>            10:45 Exercise Trivia, <b>WC</b>            11:00 Exercise Machine Demo, <b>WC</b>            11:00 Beginner Tai Chi, <b>SOL</b>            11:00 Meditative Breathing, <b>SOL PDR</b>            2:00 Movie: John Wick: Chapter 3, <b>TH</b></p>	<p>8:30 Osteoporosis, <b>SOL</b>            8:30 Perform Better, <b>WC</b>            9:15 Advanced Strength Training, <b>WC</b>            9:15 Strength Training, <b>SOL</b>            10:00 Regular Hula Class with Charlotte, <b>SOL</b>            10:00 Excursion: Manoa Marketplace* (RD)            10:15 Core Value Article Discussion, <b>L</b>            10:30 Aqua Fit, <b>POOL</b>            1:00 Excursion: Costco* (RD)            1:10 Bridge, <b>SOL PDR</b>            3:00 Advanced Yoga, <b>SOL PDR</b>            3:00 80s Documentary: Reagan Revolution, <b>TH</b>            6:30 80s Movie: Pretty in Pink, <b>TH</b></p>	<p>8:15 LTK, <b>WC</b>            8:30 Yoga, <b>SOL</b>            9:15 AF Land, <b>SOL</b>            10:00 Assisted Balance &amp; Coordination (ABC), <b>WC</b>            10:00 iPad Help Session, <b>L</b>            10:30 Aqua Fit, <b>POOL</b>            10:30 Sounds of Craigside with Elisabeth, <b>TH</b>            11:00 Exercise Machine Demo, <b>WC</b>            3:00 Bingo, <b>TH</b>            6:45 Sounds of Craigside, <b>TH</b></p>	<p>8:30 Osteoporosis, <b>SOL</b>            9:15 Advanced Strength Training, <b>WC</b>            9:15 Strength Training, <b>SOL</b>            10:00 What's Ahead?, <b>L</b>            10:00 Keiki O Ka Aina, <b>TH</b>            11:00 Tai Chi with Les, <b>SOL</b>            1:10 Bridge, <b>SOL PDR</b>            2:00 Hong Kong Style Mah Jong, <b>SOL</b>            2:15 Functional Fitness, <b>WC</b>            3:00 Aqua Fit, <b>POOL</b>            5:30 Excursion: Food &amp; New Product Show* (CB)</p>	<p>8:30 Osteoporosis, <b>SOL</b>            9:15 Strength Training, <b>WC</b>            2:00 15C Mahjong, <b>SOL</b>            4:15 UH Football: Hawaii vs. Boise State, <b>TH</b></p>

SUN	MON	TUES	WED	THURS	FRI	SAT
13	14	15	16	17	18	19
<b>8:30</b> Better Balance, <i>WC</i> <b>9:15</b> Osteoporosis, <i>WC</i> <b>4:00</b> Vespers Service, <i>TH</i>	<b>8:30</b> Osteoporosis, <i>SOL</i> <b>9:15</b> Advanced Strength Training, <i>WC</i> <b>9:15</b> Strength Training, <i>SOL</i> <b>9:45</b> Scrabble, <i>SOL</i> <b>10:30</b> Gardening Plus, <i>TH</i> <b>1:10</b> Bridge, <i>SOL PDR</i> <b>2:15</b> Functional Fitness, <i>WC</i> <b>3:00</b> Aqua Fit, <i>POOL</i> <b>6:30</b> 80s Movie: Top Gun, <i>TH</i>	<b>8:15</b> LTK, <i>WC</i> <b>8:30</b> Yoga, <i>SOL</i> <b>9:15</b> AF Land, <i>SOL</i> <b>10:00</b> Assisted Balance & Coordination (ABC), <i>WC</i> <b>10:00</b> iPad Help Session, <i>L</i> <b>10:00</b> Tai Chi with Les, <i>SOL</i> <b>10:30</b> Aqua Fit, <i>POOL</i> <b>10:30</b> 80s Documentary: Tear Down the Wall, <i>TH</i> <b>10:30</b> Craft Club, <i>MPR</i> <b>10:45</b> Exercise Trivia, <i>WC</i> <b>11:00</b> Exercise Machine Demo, <i>WC</i> (RD) <b>11:00</b> Beginner Tai Chi, <i>SOL</i> <b>2:00</b> Movie: Yesterday, <i>TH</i>	<b>8:30</b> Osteoporosis, <i>SOL</i> <b>8:30</b> Perform Better, <i>WC</i> <b>9:15</b> Advanced Strength Training, <i>WC</i> <b>9:15</b> Strength Training, <i>SOL</i> <b>10:00</b> Regular Hula Class with Charlotte, <i>SOL</i> <b>10:00</b> Excursion: Liliha Square* (RD) <b>10:15</b> Core Value Article Discussion, <i>L</i> <b>10:30</b> Aqua Fit, <i>POOL</i> <b>10:30</b> Brain Games, <i>TH</i> <b>1:00</b> Excursion: Palama Market* (RD) <b>1:10</b> Bridge, <i>SOL PDR</i> <b>3:00</b> Advanced Yoga, <i>SOL PDR</i> <b>3:30</b> Travel Club, <i>TH</i> <b>6:30</b> 80s Movie: The Princess Bride, <i>TH</i>	<b>8:15</b> LTK, <i>WC</i> <b>8:30</b> Yoga, <i>SOL</i> <b>9:15</b> AF Land, <i>SOL</i> <b>10:00</b> Assisted Balance & Coordination (ABC), <i>WC</i> <b>10:00</b> iPad Help Session, <i>L</i> <b>10:30</b> Aqua Fit, <i>POOL</i> <b>10:30</b> 80s Documentary: Tech Boom, <i>TH</i> <b>11:00</b> Exercise Machine Demo, <i>WC</i> <b>4:00</b> Cocktail Hour with BOOS, <i>L</i> <b>6:45</b> Sounds of Craigside, <i>TH</i>	<b>8:30</b> Osteoporosis, <i>SOL</i> <b>9:15</b> Advanced Strength Training, <i>WC</i> <b>9:15</b> Strength Training, <i>SOL</i> <b>10:00</b> What's Ahead?, <i>L</i> <b>10:30</b> It's Aloha Friday Event – What Aloha Means to You, <i>L</i> <b>11:00</b> Tai Chi with Les, <i>SOL</i> <b>1:10</b> Bridge, <i>SOL PDR</i> <b>2:00</b> Hong Kong Style Mah Jong, <i>SOL</i> <b>2:15</b> Functional Fitness, <i>WC</i> <b>3:00</b> Aqua Fit, <i>POOL</i> <b>5:30</b> Excursion: Holiday Gift & Craft Fair* (CB)	<b>8:30</b> Osteoporosis, <i>SOL</i> <b>9:15</b> Strength Training, <i>WC</i> <b>10:00</b> The EbbTides, <i>TH</i> <b>2:00</b> 15C Mahjong, <i>SOL</i> <b>5:00</b> UH Football: Air Force vs. Hawaii, <i>TH</i>
20	21	22	23	24	25	26
<b>8:30</b> Better Balance, <i>WC</i> <b>9:15</b> Osteoporosis, <i>WC</i> <b>4:00</b> Vespers Service, <i>TH</i>	<b>8:30</b> Osteoporosis, <i>SOL</i> <b>9:15</b> Advanced Strength Training, <i>WC</i> <b>9:15</b> Strength Training, <i>SOL</i> <b>9:45</b> Scrabble, <i>SOL</i> <b>10:30</b> Explore YouTube, <i>TH</i> <b>1:10</b> Bridge, <i>SOL PDR</i> <b>2:15</b> Functional Fitness, <i>WC</i> <b>3:00</b> Aqua Fit, <i>POOL</i> <b>3:30</b> Magic Club, <i>SOL PDR</i> <b>6:30</b> 80s Movie: The Karate Kid, <i>TH</i>	<b>8:15</b> LTK, <i>WC</i> <b>8:30</b> Yoga, <i>SOL</i> <b>9:15</b> AF Land, <i>SOL</i> <b>10:00</b> Assisted Balance & Coordination (ABC), <i>WC</i> <b>10:00</b> iPad Help Session, <i>L</i> <b>10:00</b> Tai Chi with Les, <i>SOL</i> <b>10:30</b> Aqua Fit, <i>POOL</i> <b>10:30</b> Craft Club, <i>MPR</i> <b>10:45</b> Exercise Trivia, <i>WC</i> <b>11:00</b> Exercise Machine Demo, <i>WC</i> (RD) <b>11:00</b> Beginner Tai Chi, <i>SOL</i> <b>1:00</b> Meditative Breathing, <i>SOL PDR</i> <b>2:00</b> Movie: The Sun is Also a Star, <i>TH</i>	<b>8:30</b> Osteoporosis, <i>SOL</i> <b>8:30</b> Perform Better, <i>WC</i> <b>9:15</b> Advanced Strength Training, <i>WC</i> <b>9:15</b> Strength Training, <i>SOL</i> <b>10:00</b> Regular Hula Class with Charlotte, <i>SOL</i> <b>10:15</b> Core Value Article Discussion, <i>L</i> <b>10:30</b> Aqua Fit, <i>POOL</i> <b>11:00</b> The Legacy, <i>TH</i> <b>1:10</b> Bridge, <i>SOL PDR</i> <b>3:00</b> Advanced Yoga, <i>SOL PDR</i> <b>3:00</b> 80s Documentary: Greed is God, <i>TH</i> <b>6:30</b> 80s Movie: The Goonies, <i>TH</i>	<b>8:15</b> LTK, <i>WC</i> <b>8:30</b> Yoga, <i>SOL</i> <b>9:15</b> AF Land, <i>SOL</i> <b>10:00</b> Assisted Balance & Coordination (ABC), <i>WC</i> <b>10:00</b> iPad Help Session, <i>L</i> <b>10:30</b> Aqua Fit, <i>POOL</i> <b>11:00</b> Exercise Machine Demo, <i>WC</i> <b>3:00</b> Bingo, <i>TH</i> <b>6:45</b> Sounds of Craigside, <i>TH</i>	<b>8:30</b> Osteoporosis, <i>SOL</i> <b>9:15</b> Advanced Strength Training, <i>WC</i> <b>9:15</b> Strength Training, <i>SOL</i> <b>10:00</b> What's Ahead?, <i>L</i> <b>10:30</b> Flash Back, <i>TH</i> <b>11:00</b> Tai Chi with Les, <i>SOL</i> <b>1:00</b> Excursion: Marukai* (RD) <b>1:10</b> Bridge, <i>SOL PDR</i> <b>2:00</b> Hong Kong Style Mah Jong, <i>SOL</i> <b>2:15</b> Functional Fitness, <i>WC</i> <b>3:00</b> Aqua Fit, <i>POOL</i> <b>3:45</b> Bichuan Li Piano Studio, <i>TH</i> <b>6:30</b> HBH Performance, <i>TH</i>	<b>8:30</b> Osteoporosis, <i>SOL</i> <b>9:15</b> Strength Training, <i>WC</i> <b>10:00</b> UH Football: Hawaii vs. New Mexico, <i>TH</i> <b>2:00</b> 15C Mahjong, <i>SOL</i>
27	28	29	30	31	<p style="text-align: center; font-size: 2em; color: orange;">October 2019</p> <p style="text-align: center;">MEETING PLACES  <i>WC</i> - 15C Wellness Center  <i>POOL</i> - 15C Pool  <i>TH</i> - 15C Theater  <i>SOL</i> - 15C Solarium  <i>SOL PDR</i> - 15C Solarium Private Dining Room  <i>L</i> - 15C Lobby  <i>MPR</i> - 15C Multipurpose Room</p> <p style="text-align: center;">*Please sign up for this excursion/event. (Fees may apply) (RD) please sign up at the Reception Desk  (CB) please sign up on the Community Board  Activities are for residents only, unless guests are specifically invited.  Thank you for your cooperation!</p>	
<b>8:30</b> Better Balance, <i>WC</i> <b>9:15</b> Osteoporosis, <i>WC</i> <b>4:00</b> Buddhist Service with Soto Mission, <i>TH</i>	<b>8:30</b> Osteoporosis, <i>SOL</i> <b>9:15</b> Advanced Strength Training, <i>WC</i> <b>9:15</b> Strength Training, <i>SOL</i> <b>9:45</b> Scrabble, <i>SOL</i> <b>10:30</b> For Old Time Sake, <i>TH</i> <b>1:10</b> Bridge, <i>SOL PDR</i> <b>2:15</b> Functional Fitness, <i>WC</i> <b>3:00</b> Aqua Fit, <i>POOL</i> <b>3:30</b> Catholic Mass, <i>SOL</i> <b>6:30</b> 80s Movie: E.T., <i>TH</i>	<b>8:15</b> LTK, <i>WC</i> <b>8:30</b> Yoga, <i>SOL</i> <b>9:15</b> AF Land, <i>SOL</i> <b>10:00</b> Assisted Balance & Coordination (ABC), <i>WC</i> <b>10:00</b> iPad Help Session, <i>L</i> <b>10:00</b> Tai Chi with Les, <i>SOL</i> <b>10:30</b> Aqua Fit, <i>POOL</i> <b>10:30</b> Halloween Craft, <i>TH</i> <b>10:30</b> Craft Club, <i>MPR</i> <b>10:45</b> Exercise Trivia, <i>WC</i> <b>11:00</b> Exercise Machine Demo, <i>WC</i> (RD) <b>11:00</b> Beginner Tai Chi, <i>SOL</i> <b>2:00</b> Movie: Aladdin, <i>TH</i>	<b>8:30</b> Osteoporosis, <i>SOL</i> <b>8:30</b> Perform Better, <i>WC</i> <b>9:15</b> Advanced Strength Training, <i>WC</i> <b>9:15</b> Strength Training, <i>SOL</i> <b>10:00</b> Regular Hula Class with Charlotte, <i>SOL</i> <b>10:15</b> Core Value Article Discussion, <i>L</i> <b>10:30</b> Aqua Fit, <i>POOL</i> <b>1:10</b> Bridge, <i>SOL PDR</i> <b>3:00</b> Advanced Yoga, <i>SOL PDR</i> <b>6:30</b> 80s Movie: Dirty Dancing, <i>TH</i>	<b>8:15</b> LTK, <i>WC</i> <b>8:30</b> Yoga, <i>SOL</i> <b>9:15</b> AF Land, <i>SOL</i> <b>10:00</b> Assisted Balance & Coordination (ABC), <i>WC</i> <b>10:00</b> iPad Help Session, <i>L</i> <b>10:30</b> Aqua Fit, <i>POOL</i> <b>10:30</b> Movie: Halloweentown, <i>TH</i> <b>11:00</b> Exercise Machine Demo, <i>WC</i> <b>1:00</b> Halloween Costume Contest, <i>TH</i> <b>6:45</b> Sounds of Craigside, <i>TH</i>		