

# January 2026 4th Floor Calendar

created with 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>THE PLAZA</b> at Mililani</p>		<p>• Arts / Crafts • Educational Classes • Exercise / Physical Activity • Field Trip / Medical Appointments • Games • Gardening / Outdoor Visit • Hydration Program • Meditation / Mindfulness • Movies / Documentaries • Music / Special Entertainment • Plaza Life Fitness • Religious / Spiritual Programs</p>		<p>7:30 Resident Breakfast 8:50 Seated Strength Circuits 9:15 News &amp; Views: Fun Facts about New Year's Day 9:30 Hydration &amp; Bathroom Break 10:00 Lanai Time &amp; Hawaiian Tunes 11:30 Resident Lunch 1:00 Ageless Fitness &amp; Hydration 1:30 Fun Film &amp; Bananagrams 3:00 BINGO 3:30 Ageless Fitness &amp; Hydration 4:30 Resident Dinner</p>	<p>7:30 Resident Breakfast 8:50 Seated Strength Circuits 9:15 News &amp; Views: Best Buffets in America 9:30 Hydration &amp; Bathroom Break 10:00 Lanai Time &amp; Hawaiian Tunes 11:30 Resident Lunch 1:00 Hangman &amp; Pictionary 1:30 Hot Chocolate &amp; Brain Games at The Bistro 2:30 Ageless Fitness &amp; Hydration 3:00 BINGO 4:30 Resident Dinner</p>	<p>7:30 Resident Breakfast 8:50 Seated Strength (B) &amp; Hydration 9:15 News &amp; Views: Wackiest Chocolate Covered Items 10:00 Morning Surprise: Chair Zumba w/ Annette - 2nd Floor 11:30 Resident Lunch 1:00 Charades &amp; Name That Tune 1:30 Just Craftin: Color by Numbers Solar System Art 2:30 Chair Zumba &amp; Hydration 3:00 BINGO 4:30 Resident Dinner</p>
<p><b>Spaghetti Day</b> 7:30 Resident Breakfast 8:50 Seated Strength Circuits 9:15 News &amp; Views: History of Spaghetti 9:30 Hydration &amp; Bathroom Break 10:00 Lanai Time &amp; Hawaiian Tunes 11:30 Resident Lunch 1:00 Balloon Volleyball 1:30 Fun Film &amp; Bananagrams 3:00 BINGO 3:30 Ageless Fitness &amp; Hydration 4:30 Resident Dinner</p>	<p><b>Bird Day</b> 7:30 Resident Breakfast 8:50 Seated Strength (A) &amp; Hydration 9:15 News &amp; Views: 10 Fun Facts about Birds 9:45 Van Ride: Old Waipahu / Kunia 10:00 Dice BINGO 10:30 Game Show Hour: The Price is Right 11:30 Resident Lunch 1:00 Watercolors &amp; Puzzle Packs 2:00 Ageless Fitness &amp; Hydration 2:30 Name 5 &amp; Charades 3:00 BINGO 4:30 Resident Dinner</p>	<p><b>Technology Day</b> 7:30 Resident Breakfast 8:50 Seated Strength (B) &amp; Hydration 9:15 News &amp; Views: History of Modern Technology 9:45 Lanai Time &amp; Hawaiian Tunes 10:00 Musical Performance by Roy Hamada &amp; Friends: 2nd Floor 11:30 Resident Lunch 1:00 Hangman &amp; Pictionary 1:30 Just Craftin: Paper Fish Bowl Making 2:30 Ageless Fitness &amp; Hydration 3:00 BINGO 4:30 Resident Dinner</p>	<p><b>Tempura Day</b> 7:30 Resident Breakfast 8:45 Ageless Fitness &amp; Hydration 9:15 News &amp; Views: Best Tempura Restaurants in Hawaii 9:30 Hydration &amp; Bathroom Break 10:00 Musical Performance by Roy Hamada &amp; Friends: 2nd Floor 11:30 Resident Lunch 1:00 Spot It! &amp; Trivia 1:30 Movies &amp; Color Therapy 3:00 Drum-A-Sizing 4:30 Resident Dinner</p>	<p><b>Argyle Day</b> 7:30 Resident Breakfast 8:50 Seated Strength Circuits 9:15 News &amp; Views: 10 Facts about Argyles 9:30 Hydration &amp; Bathroom Break 10:00 Morning Surprise: Musical Performance by The Mellow Friends - 2nd Floor 11:30 Resident Lunch 1:00 Hangman &amp; Pictionary 1:30 Hot Chocolate &amp; Brain Games at The Bistro 2:30 Ageless Fitness &amp; Hydration 3:00 BINGO 4:30 Resident Dinner</p>	<p><b>Law Enforcement Appreciation Day</b> 7:30 Resident Breakfast 8:50 Seated Strength (A) 9:15 News &amp; Views: History of The Honolulu P.D. 9:30 Hydration &amp; Bathroom Break 10:00 Lanai Time &amp; Hawaiian Tunes 11:30 Resident Lunch 1:00 Dice BINGO 2:00 Watercolors &amp; Word Search Puzzles 3:00 Drum-A-Sizing 4:30 Resident Dinner</p>	<p><b>Eagle Day</b> 7:30 Resident Breakfast 8:50 Seated Strength (B) &amp; Hydration 9:15 News &amp; Views: Fun Facts about Eagles 9:30 Hydration &amp; Bathroom Break 10:00 Local Jamz w/ Dean Hirata: 2nd Floor 11:30 Resident Lunch 1:00 Charades &amp; Name That Tune 1:30 Just Craftin: Popsicle Stick Cactus Making 2:30 Chair Zumba &amp; Hydration 3:00 BINGO 4:30 Resident Dinner</p>
<p><b>Milk Day</b> 7:30 Resident Breakfast 8:50 Seated Strength Circuits 9:15 News &amp; Views: 10 Fun Facts about Milk 9:30 Hydration &amp; Bathroom Break 10:00 Lanai Time &amp; Hawaiian Tunes 11:30 Resident Lunch 1:00 Balloon Volleyball 1:30 Fun Film &amp; Bananagrams 3:00 BINGO 3:30 Ageless Fitness &amp; Hydration 4:30 Resident Dinner</p>	<p><b>Curry Day</b> 7:30 Resident Breakfast 8:50 Seated Strength (A) &amp; Hydration 9:15 News &amp; Views: Best Curry Spots in Hawaii 9:45 Van Ride: Moanalua / Salt Lake 10:00 Hawaiian Music w/ Kupuna Mele: 2nd Floor 11:30 Resident Lunch 1:00 Watercolors &amp; Puzzle Packs 2:00 Ageless Fitness &amp; Hydration 2:30 Name 5 &amp; Charades 3:00 BINGO 4:30 Resident Dinner</p>	<p><b>Korean American Day</b> 7:30 Resident Breakfast 8:50 Seated Strength (B) &amp; Hydration 9:15 News &amp; Views: History of Koreans in Hawaii 9:30 Lanai Time &amp; Hawaiian Tunes 10:00 Resident Council Meeting 11:30 Resident Lunch 1:00 Hangman &amp; Pictionary 1:30 Just Craftin: Curled Paper Flower Art 2:30 Ageless Fitness &amp; Hydration 3:00 BINGO 4:30 Resident Dinner</p>	<p><b>Dress Up Your Pet Day</b> 7:30 Resident Breakfast 8:45 Ageless Fitness &amp; Hydration 9:15 News &amp; Views: Funny Pictures of Pets 9:30 Hydration &amp; Bathroom Break 10:00 Morning Surprise: Mele with Our Friends - 2nd Floor 11:30 Resident Lunch 1:00 Spot It! &amp; Trivia 1:30 Movies &amp; Color Therapy 3:00 Drum-A-Sizing 4:30 Resident Dinner</p>	<p><b>Hat Day</b> 7:30 Resident Breakfast 8:50 Seated Strength Circuits 9:15 News &amp; Views: History of Hats 9:30 Hydration &amp; Bathroom Break 10:00 Lanai Time &amp; Hawaiian Tunes 11:30 Resident Lunch 1:00 Hangman &amp; Pictionary 1:30 Hot Chocolate &amp; Brain Games at The Bistro 2:30 Ageless Fitness &amp; Hydration 3:00 BINGO 4:30 Resident Dinner</p>	<p><b>Fig Newton Day</b> 7:30 Resident Breakfast 8:50 Seated Strength (A) 9:15 News &amp; Views: What is a Fig Newton? 9:30 Hydration &amp; Bathroom Break 10:00 Lanai Time &amp; Hawaiian Tunes 11:30 Resident Lunch 1:00 Dice BINGO 2:00 Watercolors &amp; Word Search Puzzles 3:00 Drum-A-Sizing 4:30 Resident Dinner</p>	<p><b>Popeye The Sailor Day</b> 7:30 Resident Breakfast 8:50 Seated Strength (B) &amp; Hydration 9:15 News &amp; Views: Who is Popeye The Sailor 9:30 Lanai Time &amp; Hawaiian Tunes 10:00 Resident Lunch 1:00 Charades &amp; Name That Tune 1:30 Just Craftin: Cotton Ball Penguin Making 2:30 Chair Zumba &amp; Hydration 3:00 BINGO 4:30 Resident Dinner</p>
<p><b>Winnie The Pooh Day</b> 7:30 Resident Breakfast 8:50 Seated Strength Circuits 9:15 News &amp; Views: Fun Facts about Winnie The Pooh 9:30 Hydration &amp; Bathroom Break 10:00 Lanai Time &amp; Hawaiian Tunes 11:30 Resident Lunch 1:00 Balloon Volleyball 1:30 Fun Film &amp; Bananagrams 3:00 BINGO 3:30 Ageless Fitness &amp; Hydration 4:30 Resident Dinner</p>	<p><b>Martin Luther King Day</b> 7:30 Resident Breakfast 8:50 Seated Strength (A) &amp; Hydration 9:15 News &amp; Views: History of Martin Luther King 9:45 Van Ride: Waialua 10:00 Piano Performance by Nicolas Sugg: 2nd Floors 11:30 Resident Lunch 1:00 Watercolors &amp; Puzzle Packs 2:00 Ageless Fitness &amp; Hydration 2:30 Name 5 &amp; Charades 3:00 BINGO 4:30 Resident Dinner</p>	<p><b>Cheese Lovers Day</b> 7:30 Resident Breakfast 8:50 Seated Strength (B) &amp; Hydration 9:15 News &amp; Views: Wackiest Things Made w/ Cheese 9:30 Lanai Time &amp; Hawaiian Tunes 10:00 Resident Lunch 1:00 Hangman &amp; Pictionary 1:30 Just Craftin: Wacky Paper Plate Jelly Fish Making 2:30 Ageless Fitness &amp; Hydration 3:00 BINGO 4:30 Resident Dinner</p>	<p><b>Squirrel Day</b> 7:30 Resident Breakfast 8:45 Ageless Fitness &amp; Hydration 9:15 News &amp; Views: 10 Fun Facts about Squirrels 9:30 Hydration &amp; Bathroom Break 10:00 Morning Surprise: Mele with Our Friends - 2nd Floor 11:30 Resident Lunch 1:00 Spot It! &amp; Trivia 1:30 Movies &amp; Color Therapy 3:00 Drum-A-Sizing 4:30 Resident Dinner</p>	<p><b>Polka Dot Day</b> 7:30 Resident Breakfast 8:50 Seated Strength Circuits 9:15 News &amp; Views: Interesting Polka Dot Art 9:30 Hydration &amp; Bathroom Break 10:00 Bon Dancersizing w/ Wahiawa Hongwanji: 2nd Floor 11:30 Resident Lunch 1:00 Hangman &amp; Pictionary 1:30 Hot Chocolate &amp; Brain Games at The Bistro 2:30 Ageless Fitness &amp; Hydration 3:00 BINGO 4:30 Resident Dinner</p>	<p><b>Pie Day</b> 7:30 Resident Breakfast 8:50 Seated Strength (A) 9:15 News &amp; Views: History of Pie 9:30 Hydration &amp; Bathroom Break 10:00 Bible Stories w/ Ms. Maureen &amp; Friends: 5th Floor 11:30 Resident Lunch 1:00 Dice BINGO 2:00 Watercolors &amp; Word Search Puzzles 3:00 Drum-A-Sizing 4:30 Resident Dinner</p>	<p><b>Peanut Butter Day</b> 7:30 Resident Breakfast 8:50 Seated Strength (B) &amp; Hydration 9:15 News &amp; Views: Wackiest Peanut Butter Creations 9:30 Lanai Time &amp; Hawaiian Tunes 10:00 Resident Lunch 1:00 Charades &amp; Name That Tune 1:30 Hydration &amp; Bathroom Break 2:00 Afternoon Surprise: Musical Performance by The Wahiawa SDA Church Group - 2nd Floor 3:00 BINGO 4:30 Resident Dinner</p>
<p><b>Florida Day</b> 7:30 Resident Breakfast 8:50 Seated Strength Circuits 9:15 News &amp; Views: 10 Facts about Florida 9:30 Hydration &amp; Bathroom Break 10:00 Lanai Time &amp; Hawaiian Tunes 11:30 Resident Lunch 1:00 Balloon Volleyball 1:30 Fun Film &amp; Bananagrams 3:00 BINGO 3:30 Ageless Fitness &amp; Hydration 4:30 Resident Dinner</p>	<p><b>Green Juice Day</b> 7:30 Resident Breakfast 8:50 Seated Strength (A) &amp; Hydration 9:15 News &amp; Views: Health Benefits from Juicing 9:45 Van Ride: Ewa Beach 10:00 Dice BINGO 10:30 Game Show Hour: The Price is Right 11:30 Resident Lunch 1:00 Watercolors &amp; Puzzle Packs 2:00 Ageless Fitness &amp; Hydration 2:30 Name 5 &amp; Charades 3:00 BINGO 4:30 Resident Dinner</p>	<p><b>Chocolate Cake Day</b> 7:30 Resident Breakfast 8:50 Seated Strength (B) &amp; Hydration 9:15 News &amp; Views: Wackiest Cake Creations 9:30 Lanai Time &amp; Hawaiian Tunes 10:00 Resident Lunch 1:00 Hangman &amp; Pictionary 1:30 Just Craftin: Tissue Paper Ballerina Art 2:30 Ageless Fitness &amp; Hydration 3:00 BINGO 4:30 Resident Dinner</p>	<p><b>Pancake Day</b> 7:30 Resident Breakfast 8:45 Ageless Fitness &amp; Hydration 9:15 News &amp; Views: Best Pancake Houses in Hawaii 9:30 Hydration &amp; Bathroom Break 10:00 Morning Surprise: Mele with Our Friends - 2nd Floor 11:30 Resident Lunch 1:00 Spot It! &amp; Trivia 1:30 Movies &amp; Plaza Buck Shopping 3:00 Drum-A-Sizing 4:30 Resident Dinner</p>	<p><b>Puzzle Day</b> 7:30 Resident Breakfast 8:50 Seated Strength Circuits 9:15 News &amp; Views: Interesting Puzzle Facts 9:30 Hydration &amp; Bathroom Break 10:00 Lanai Time &amp; Hawaiian Tunes 11:30 Resident Lunch 1:00 Hangman &amp; Pictionary 1:30 Hot Chocolate &amp; Brain Games at The Bistro 2:30 Ageless Fitness &amp; Hydration 3:00 BINGO 4:30 Resident Dinner</p>	<p><b>Croissant Day</b> 7:30 Resident Breakfast 8:50 Seated Strength (A) 9:15 News &amp; Views 9:30 Hydration &amp; Bathroom Break 10:00 Lanai Time &amp; Hawaiian Tunes 11:30 Resident Lunch 1:00 Dice BINGO 2:00 Watercolors &amp; Word Search Puzzles 3:00 Drum-A-Sizing 4:30 Resident Dinner</p>	<p><b>Hot Chocolate Day</b> 7:30 Resident Breakfast 8:50 Seated Strength (B) &amp; Hydration 9:15 News &amp; Views: Who Created Hot Chocolate? 9:30 Hydration &amp; Bathroom Break 10:00 Local Jamz w/ Dean Hirata: 2nd Floor 11:30 Resident Lunch 1:00 Charades &amp; Name That Tune 1:30 Just Craftin: Balloon Elephant Making 2:30 Chair Zumba &amp; Hydration 3:00 BINGO 4:30 Resident Dinner</p>