

January 2026  
4th Floor Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div><div><div>🎨 Arts / Crafts</div><div>🎓 Educational Classes</div><div>🏃 Exercise / Physical Activity</div><div>🚗 Field Trip / Medical Appointments</div><div>🎲 Games</div><div>🌿 Gardening / Outdoor Visit</div><div>🌿 Hydration Program</div><div>🌿 Meditation / Mindfulness</div><div>🎬 Movies / Documentaries</div><div>🎵 Music / Special Entertainment</div><div>🌿 Plaza Life Fitness</div><div>🙏 Religious / Spiritual Programs</div></div></div>			<div><div>New Years Day1</div><div>7:30 Resident Breakfast</div><div>8:50 🌿 Seated Strength Circuits</div><div>9:15 📰 News &amp; Views: Fun Facts about New Year's Day</div><div>9:30 🌿 Hydration &amp; Bathroom Break</div><div>10:00 🌿 Lanai Time &amp; Hawaiian Tunes</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Hangman &amp; Pictionary</div><div>1:30 🌿 Hot Chocolate &amp; Brain Games at The Bistro</div><div>2:30 ↔ Ageless Fitness &amp; Hydration</div><div>3:00 🎲 BINGO</div><div>4:30 Resident Dinner</div></div>	<div><div>Buffet Day2</div><div>7:30 Resident Breakfast</div><div>8:50 🌿 Seated Strength (A)</div><div>9:15 📰 News &amp; Views: Best Buffets in America</div><div>9:30 🌿 Hydration &amp; Bathroom Break</div><div>10:00 🌿 Lanai Time &amp; Hawaiian Tunes</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Dice BINGO</div><div>2:00 🎨 Watercolors &amp; Word Search Puzzles</div><div>3:00 ↔ Drum-A-Sizing</div><div>4:30 Resident Dinner</div></div>	<div><div>Chocolate Covered Day3</div><div>7:30 Resident Breakfast</div><div>8:50 🌿 Seated Strength (B) &amp; Hydration</div><div>9:15 📰 News &amp; Views: Wackiest Chocolate Covered Items</div><div>10:00 🎵 Morning Surprise: Chair Zumba w/ Annette - 2nd Floor</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Charades &amp; Name That Tune</div><div>1:30 🎨 Just Craftin: Color by Numbers Solar System Art</div><div>2:30 ↔ Chair Zumba &amp; Hydration</div><div>3:00 🎲 BINGO</div><div>4:30 Resident Dinner</div></div>
<div><div>Spaghetti Day4</div><div>7:30 Resident Breakfast</div><div>8:50 ↔ Seated Strength Circuits</div><div>9:15 📰 News &amp; Views: History of Spaghetti</div><div>9:30 🌿 Hydration &amp; Bathroom Break</div><div>10:00 🌿 Lanai Time &amp; Hawaiian Tunes</div><div>11:30 Resident Lunch</div><div>1:00 ↔ Balloon Volleyball</div><div>1:30 🎲 Fun Film &amp; Bananagrams</div><div>3:00 🎲 BINGO</div><div>3:30 ↔ Ageless Fitness &amp; Hydration</div><div>4:30 Resident Dinner</div></div>	<div><div>Bird Day5</div><div>7:30 Resident Breakfast</div><div>8:50 Seated Strength (A) &amp; Hydration</div><div>9:15 📰 News &amp; Views: 10 Fun Facts about Birds</div><div>9:45 🚗 Van Ride: Old Waipahu / Kunia</div><div>10:00 🎲 Dice BINGO</div><div>10:30 🎲 Game Show Hour: The Price is Right</div><div>11:30 Resident Lunch</div><div>1:00 🎨 Watercolors &amp; Puzzle Packs</div><div>2:00 ↔ Ageless Fitness &amp; Hydration</div><div>2:30 🎲 Name 5 &amp; Charades</div><div>3:00 🎲 BINGO</div><div>4:30 Resident Dinner</div></div>	<div><div>Technology Day6</div><div>7:30 Resident Breakfast</div><div>8:50 🌿 Seated Strength (B) &amp; Hydration</div><div>9:15 📰 News &amp; Views: History of Modern Technology</div><div>10:00 🌿 Lanai Time &amp; Hawaiian Tunes</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Hangman &amp; Pictionary</div><div>1:30 🎨 Just Craftin: Paper Fish Bowl Making</div><div>2:30 ↔ Ageless Fitness &amp; Hydration</div><div>3:00 🎲 BINGO</div><div>4:30 Resident Dinner</div></div>	<div><div>Tempura Day7</div><div>7:30 Resident Breakfast</div><div>8:45 ↔ Ageless Fitness &amp; Hydration</div><div>9:15 📰 News &amp; Views: Best Tempura Restaurants in Hawaii</div><div>9:30 🌿 Hydration &amp; Bathroom Break</div><div>10:00 🎵 Musical Performance by Roy Hamada &amp; Friends: 2nd Floor</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Spot It! &amp; Trivia</div><div>1:30 🎲 Movies &amp; Color Therapy</div><div>3:00 ↔ Drum-A-Sizing</div><div>4:30 Resident Dinner</div></div>	<div><div>Argyle Day8</div><div>7:30 Resident Breakfast</div><div>8:50 🌿 Seated Strength Circuits</div><div>9:15 📰 News &amp; Views: 10 Facts about Argyles</div><div>9:30 🌿 Hydration &amp; Bathroom Break</div><div>10:00 🎵 Morning Surprise: Musical Performance by The Mellow Friends - 2nd Floor</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Hangman &amp; Pictionary</div><div>1:30 🌿 Hot Chocolate &amp; Brain Games at The Bistro</div><div>2:30 ↔ Ageless Fitness &amp; Hydration</div><div>3:00 🎲 BINGO</div><div>4:30 Resident Dinner</div></div>	<div><div>Law Enforcement Appreciation Day9</div><div>7:30 Resident Breakfast</div><div>8:50 🌿 Seated Strength (A)</div><div>9:15 📰 News &amp; Views: History of The Honolulu P.D.</div><div>9:30 🌿 Hydration &amp; Bathroom Break</div><div>10:00 🌿 Lanai Time &amp; Hawaiian Tunes</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Dice BINGO</div><div>2:00 🎨 Watercolors &amp; Word Search Puzzles</div><div>3:00 ↔ Drum-A-Sizing</div><div>4:30 Resident Dinner</div></div>	<div><div>Eagle Day10</div><div>7:30 Resident Breakfast</div><div>8:50 🌿 Seated Strength (B) &amp; Hydration</div><div>9:15 📰 News &amp; Views: Fun Facts about Eagles</div><div>9:30 🌿 Hydration &amp; Bathroom Break</div><div>10:00 🎵 Local Jamz w/ Dean Hirata: 2nd Floor</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Charades &amp; Name That Tune</div><div>1:30 🎨 Just Craftin: Popsicle Stick Cactus Making</div><div>2:30 ↔ Chair Zumba &amp; Hydration</div><div>3:00 🎲 BINGO</div><div>4:30 Resident Dinner</div></div>
<div><div>Milk Day11</div><div>7:30 Resident Breakfast</div><div>8:50 ↔ Seated Strength Circuits</div><div>9:15 📰 News &amp; Views: 10 Fun Facts about Milk</div><div>9:30 🌿 Hydration &amp; Bathroom Break</div><div>10:00 🌿 Lanai Time &amp; Hawaiian Tunes</div><div>11:30 Resident Lunch</div><div>1:00 ↔ Balloon Volleyball</div><div>1:30 🎲 Fun Film &amp; Bananagrams</div><div>3:00 🎲 BINGO</div><div>3:30 ↔ Ageless Fitness &amp; Hydration</div><div>4:30 Resident Dinner</div></div>	<div><div>Curry Day12</div><div>7:30 Resident Breakfast</div><div>8:50 Seated Strength (A) &amp; Hydration</div><div>9:15 📰 News &amp; Views: Best Curry Spots in Hawaii</div><div>9:45 🚗 Van Ride: Moanalua / Salt Lake</div><div>10:00 🎵 Hawaiian Music w/ Kupuna Mele: 2nd Floor</div><div>11:30 Resident Lunch</div><div>1:00 🎨 Watercolors &amp; Puzzle Packs</div><div>2:00 ↔ Ageless Fitness &amp; Hydration</div><div>2:30 🎲 Name 5 &amp; Charades</div><div>3:00 🎲 BINGO</div><div>4:30 Resident Dinner</div></div>	<div><div>Korean American Day13</div><div>7:30 Resident Breakfast</div><div>8:50 🌿 Seated Strength (B) &amp; Hydration</div><div>9:15 📰 News &amp; Views: History of Koreans in Hawaii</div><div>9:30 🌿 Lanai Time &amp; Hawaiian Tunes</div><div>10:00 Resident Council Meeting</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Hangman &amp; Pictionary</div><div>1:30 🎨 Just Craftin: Curled Paper Flower Art</div><div>2:30 ↔ Ageless Fitness &amp; Hydration</div><div>3:00 🎲 BINGO</div><div>4:30 Resident Dinner</div></div>	<div><div>Dress Up Your Pet Day14</div><div>7:30 Resident Breakfast</div><div>8:45 ↔ Ageless Fitness &amp; Hydration</div><div>9:15 📰 News &amp; Views: Funny Pictures of Pets</div><div>9:30 🌿 Hydration &amp; Bathroom Break</div><div>10:00 🎵 Morning Surprise: Mele with Our Friends - 2nd Floor</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Spot It! &amp; Trivia</div><div>1:30 🎲 Movies &amp; Color Therapy</div><div>3:00 ↔ Drum-A-Sizing</div><div>4:30 Resident Dinner</div></div>	<div><div>Hat Day15</div><div>7:30 Resident Breakfast</div><div>8:50 🌿 Seated Strength Circuits</div><div>9:15 📰 News &amp; Views: History of Hats</div><div>9:30 🌿 Hydration &amp; Bathroom Break</div><div>10:00 🌿 Lanai Time &amp; Hawaiian Tunes</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Hangman &amp; Pictionary</div><div>1:30 🌿 Hot Chocolate &amp; Brain Games at The Bistro</div><div>2:30 ↔ Ageless Fitness &amp; Hydration</div><div>3:00 🎲 BINGO</div><div>4:30 Resident Dinner</div></div>	<div><div>Fig Newton Day16</div><div>7:30 Resident Breakfast</div><div>8:50 🌿 Seated Strength (A)</div><div>9:15 📰 News &amp; Views: What is a Fig Newton?</div><div>9:30 🌿 Hydration &amp; Bathroom Break</div><div>10:00 🌿 Lanai Time &amp; Hawaiian Tunes</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Dice BINGO</div><div>2:00 🎨 Watercolors &amp; Word Search Puzzles</div><div>3:00 ↔ Drum-A-Sizing</div><div>4:30 Resident Dinner</div></div>	<div><div>Popeye The Sailorman Day17</div><div>7:30 Resident Breakfast</div><div>8:50 🌿 Seated Strength (B) &amp; Hydration</div><div>9:15 📰 News &amp; Views: Who is Popeye The Sailorman</div><div>10:00 🌿 Lanai Time &amp; Hawaiian Tunes</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Charades &amp; Name That Tune</div><div>1:30 🎨 Just Craftin: Cotton Ball Penguin Making</div><div>2:30 ↔ Chair Zumba &amp; Hydration</div><div>3:00 🎲 BINGO</div><div>4:30 Resident Dinner</div></div>
<div><div>Winnie The Pooh Day18</div><div>7:30 Resident Breakfast</div><div>8:50 ↔ Seated Strength Circuits</div><div>9:15 📰 News &amp; Views: Fun Facts about Winnie The Pooh</div><div>9:30 🌿 Hydration &amp; Bathroom Break</div><div>10:00 🌿 Lanai Time &amp; Hawaiian Tunes</div><div>11:30 Resident Lunch</div><div>1:00 ↔ Balloon Volleyball</div><div>1:30 🎲 Fun Film &amp; Bananagrams</div><div>3:00 🎲 BINGO</div><div>3:30 ↔ Ageless Fitness &amp; Hydration</div><div>4:30 Resident Dinner</div></div>	<div><div>Martin Luther King Day19</div><div>7:30 Resident Breakfast</div><div>8:50 Seated Strength (A) &amp; Hydration</div><div>9:15 📰 News &amp; Views: History of Martin Luther King</div><div>9:45 🚗 Van Ride: Waialua</div><div>10:00 🎵 Piano Performance by Nicolas Sugg: 2nd Floors</div><div>11:30 Resident Lunch</div><div>1:00 🎨 Watercolors &amp; Puzzle Packs</div><div>2:00 ↔ Ageless Fitness &amp; Hydration</div><div>2:30 🎲 Name 5 &amp; Charades</div><div>3:00 🎲 BINGO</div><div>4:30 Resident Dinner</div></div>	<div><div>Cheese Lovers Day20</div><div>7:30 Resident Breakfast</div><div>8:50 🌿 Seated Strength (B) &amp; Hydration</div><div>9:15 📰 News &amp; Views: Wackiest Things Made w/ Cheese</div><div>10:00 🌿 Lanai Time &amp; Hawaiian Tunes</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Hangman &amp; Pictionary</div><div>1:30 🎨 Just Craftin: Wacky Paper Plate Jelly Fish Making</div><div>2:30 ↔ Ageless Fitness &amp; Hydration</div><div>3:00 🎲 BINGO</div><div>4:30 Resident Dinner</div></div>	<div><div>Squirrel Day21</div><div>7:30 Resident Breakfast</div><div>8:45 ↔ Ageless Fitness &amp; Hydration</div><div>9:15 📰 News &amp; Views: 10 Fun Facts about Squirrels</div><div>9:30 🌿 Hydration &amp; Bathroom Break</div><div>10:00 🎵 Morning Surprise: Mele with Our Friends - 2nd Floor</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Spot It! &amp; Trivia</div><div>1:30 🎲 Movies &amp; Color Therapy</div><div>3:00 ↔ Drum-A-Sizing</div><div>4:30 Resident Dinner</div></div>	<div><div>Polka Dot Day22</div><div>7:30 Resident Breakfast</div><div>8:50 🌿 Seated Strength Circuits</div><div>9:15 📰 News &amp; Views: Interesting Polka Dot Art</div><div>9:30 🌿 Hydration &amp; Bathroom Break</div><div>10:00 🎵 Bon Dancersizing w/ Wahiawa Hongwanji: 2nd Floor</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Hangman &amp; Pictionary</div><div>1:30 🌿 Hot Chocolate &amp; Brain Games at The Bistro</div><div>2:30 ↔ Ageless Fitness &amp; Hydration</div><div>3:00 🎲 BINGO</div><div>4:30 Resident Dinner</div></div>	<div><div>Pie Day23</div><div>7:30 Resident Breakfast</div><div>8:50 🌿 Seated Strength (A)</div><div>9:15 📰 News &amp; Views: History of Pie</div><div>9:30 🌿 Hydration &amp; Bathroom Break</div><div>10:00 🙏 Bible Stories w/ Ms. Maureen &amp; Friends: 5th Floor</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Dice BINGO</div><div>2:00 🎨 Watercolors &amp; Word Search Puzzles</div><div>3:00 ↔ Drum-A-Sizing</div><div>4:30 Resident Dinner</div></div>	<div><div>Peanut Butter Day24</div><div>7:30 Resident Breakfast</div><div>8:50 🌿 Seated Strength (B) &amp; Hydration</div><div>9:15 📰 News &amp; Views: Wackiest Peanut Butter Creations</div><div>10:00 🌿 Lanai Time &amp; Hawaiian Tunes</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Charades &amp; Name That Tune</div><div>1:30 🌿 Hydration &amp; Bathroom Break</div><div>2:00 Afternoon Surprise: Musical Performance by The Wahiawa SDA Church Group - 2nd Floor</div><div>3:00 🎲 BINGO</div><div>4:30 Resident Dinner</div></div>
<div><div>Florida Day25</div><div>7:30 Resident Breakfast</div><div>8:50 ↔ Seated Strength Circuits</div><div>9:15 📰 News &amp; Views: 10 Facts about Florida</div><div>9:30 🌿 Hydration &amp; Bathroom Break</div><div>10:00 🌿 Lanai Time &amp; Hawaiian Tunes</div><div>11:30 Resident Lunch</div><div>1:00 ↔ Balloon Volleyball</div><div>1:30 🎲 Fun Film &amp; Bananagrams</div><div>3:00 🎲 BINGO</div><div>3:30 ↔ Ageless Fitness &amp; Hydration</div><div>4:30 Resident Dinner</div></div>	<div><div>Green Juice Day26</div><div>7:30 Resident Breakfast</div><div>8:50 Seated Strength (A) &amp; Hydration</div><div>9:15 📰 News &amp; Views: Health Benefits from Juicing</div><div>9:45 🚗 Van Ride: Ewa Beach</div><div>10:00 🎲 Dice BINGO</div><div>10:30 🎲 Game Show Hour: The Price is Right</div><div>11:30 Resident Lunch</div><div>1:00 🎨 Watercolors &amp; Puzzle Packs</div><div>2:00 ↔ Ageless Fitness &amp; Hydration</div><div>2:30 🎲 Name 5 &amp; Charades</div><div>3:00 🎲 BINGO</div><div>4:30 Resident Dinner</div></div>	<div><div>Chocolate Cake Day27</div><div>7:30 Resident Breakfast</div><div>8:50 🌿 Seated Strength (B) &amp; Hydration</div><div>9:15 📰 News &amp; Views: Wackiest Cake Creations</div><div>10:00 🌿 Lanai Time &amp; Hawaiian Tunes</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Hangman &amp; Pictionary</div><div>1:30 🎨 Just Craftin: Tissue Paper Ballerina Art</div><div>2:30 ↔ Ageless Fitness &amp; Hydration</div><div>3:00 🎲 BINGO</div><div>4:30 Resident Dinner</div></div>	<div><div>Pancake Day28</div><div>7:30 Resident Breakfast</div><div>8:45 ↔ Ageless Fitness &amp; Hydration</div><div>9:15 📰 News &amp; Views: Best Pancake Houses in Hawaii</div><div>9:30 🌿 Hydration &amp; Bathroom Break</div><div>10:00 🎵 Morning Surprise: Mele with Our Friends - 2nd Floor</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Spot It! &amp; Trivia</div><div>1:30 🎲 Movies &amp; Plaza Buck Shopping</div><div>3:00 ↔ Drum-A-Sizing</div><div>4:30 Resident Dinner</div></div>	<div><div>Puzzle Day29</div><div>7:30 Resident Breakfast</div><div>8:50 🌿 Seated Strength Circuits</div><div>9:15 📰 News &amp; Views: Interesting Puzzle Facts</div><div>9:30 🌿 Hydration &amp; Bathroom Break</div><div>10:00 🌿 Lanai Time &amp; Hawaiian Tunes</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Hangman &amp; Pictionary</div><div>1:30 🌿 Hot Chocolate &amp; Brain Games at The Bistro</div><div>2:30 ↔ Ageless Fitness &amp; Hydration</div><div>3:00 🎲 BINGO</div><div>4:30 Resident Dinner</div></div>	<div><div>Croissant Day30</div><div>7:30 Resident Breakfast</div><div>8:50 🌿 Seated Strength (A)</div><div>9:15 📰 News &amp; Views</div><div>9:30 🌿 Hydration &amp; Bathroom Break</div><div>10:00 🌿 Lanai Time &amp; Hawaiian Tunes</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Dice BINGO</div><div>2:00 🎨 Watercolors &amp; Word Search Puzzles</div><div>3:00 ↔ Drum-A-Sizing</div><div>4:30 Resident Dinner</div></div>	<div><div>Hot Chocolate Day31</div><div>7:30 Resident Breakfast</div><div>8:50 🌿 Seated Strength (B) &amp; Hydration</div><div>9:15 📰 News &amp; Views: Who Created Hot Chocolate?</div><div>9:30 🌿 Hydration &amp; Bathroom Break</div><div>10:00 🎵 Local Jamz w/ Dean Hirata: 2nd Floor</div><div>11:30 Resident Lunch</div><div>1:00 🎲 Charades &amp; Name That Tune</div><div>1:30 🎨 Just Craftin: Balloon Elephant Making</div><div>2:30 ↔ Chair Zumba &amp; Hydration</div><div>3:00 🎲 BINGO</div><div>4:30 Resident Dinner</div></div>