

# March 2026 4th Floor Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Horse Day 1</b> 7:30 Resident Breakfast 8:50 ↔ Seated Strength Circuits 9:15 📰 <b>News &amp; Views: Fun facts about Horses</b> 9:30 🌿 Hydration & Bathroom Break 10:00 🎹 <b>Piano Performance by Nicholas: 2nd Floor</b> 11:30 Resident Lunch 1:00 ↔ Balloon Volleyball 1:30 🎬 Fun Film & Bananagrams 3:00 🎲 BINGO 3:30 ↔ Ageless Fitness & Hydration 4:30 Resident Dinner	<b>Vintage Day 2</b> 7:30 Resident Breakfast 8:50 Seated Strength (A) & Hydration 9:15 📰 <b>News &amp; Views: Vintage culture &amp; clothing</b> 9:45 🚗 <b>Van Ride: Old Waipahu / Kunia</b> 10:00 🎲 Dice BINGO 10:30 🎮 Game Show Hour: The Price is Right 11:30 Resident Lunch 1:00 🎲 Wacky Word Search Monday's & Relax w/ Colors 2:00 ↔ Ageless Fitness & Hydration 2:30 🎭 Name 5 & Charades 3:00 🎲 BINGO 4:30 Resident Dinner	<b>Hinamatsuri Day 3</b> 7:30 Resident Breakfast 8:50 Seated Strength (B) & Hydration 9:15 📰 <b>News &amp; Views: 10 Fun facts about Girls Day</b> 9:30 🌿 Bathroom Break & Hydration 10:00 🎵 <b>Lanai Time &amp; Hawaiian Tunes</b> 11:30 Resident Lunch 1:00 🎲 Hangman & Pictionary 1:30 🧶 <b>Just Craftin: Girls Day Kimono Doll Bookmarker Making</b> 2:30 ↔ Ageless Fitness & Hydration 3:00 🎲 BINGO 4:30 Resident Dinner	<b>Marching Band Day 4</b> 7:30 Resident Breakfast 8:45 ↔ Ageless Fitness & Hydration 9:15 📰 <b>News &amp; Views: History of Marching Bands</b> 9:30 🌿 Hydration & Bathroom Break 10:00 🎵 <b>Musical Performance by Roy Hamada &amp; Friends: 2nd Floor</b> 11:30 Resident Lunch 1:00 🎲 Spot It! & Trivia 1:30 🎬 Movies & Color Therapy 3:00 ↔ <b>Drum-A-Sizing</b> 4:30 Resident Dinner	<b>Cheese Doodle Day 5</b> 7:30 Resident Breakfast 8:50 Seated Strength Circuits 9:15 📰 <b>News &amp; Views: Different Chips in The World</b> 9:30 🌿 Hydration & Bathroom Break 10:00 🎵 <b>Lanai Time &amp; Hawaiian Tunes</b> 11:30 Resident Lunch 1:00 🎲 Hangman & Pictionary 1:30 🍫 <b>Hot Chocolate &amp; Brain Games at The Bistro</b> 2:30 ↔ Ageless Fitness & Hydration 3:00 🎲 BINGO 4:30 Resident Dinner	<b>Oreo Cookie Day 6</b> 7:30 Resident Breakfast 8:50 Seated Strength (A) 9:15 📰 <b>News &amp; Views: Who invented the Oreo Cookie</b> 9:30 🌿 Hydration & Bathroom Break 10:00 🎵 <b>Lanai Time &amp; Hawaiian Tunes</b> 11:30 Resident Lunch 1:00 🎲 Dice BINGO 1:30 🎬 Fun Film 3:00 ↔ <b>Drum-A-Sizing</b> 4:30 Resident Dinner	<b>Cereal Day 7</b> 7:30 Resident Breakfast 8:50 Seated Strength (B) & Hydration 9:15 📰 <b>News &amp; Views: Bathroom Break &amp; Hydration</b> 10:00 🎵 <b>Morning Surprise: Chair Zumba w/ Annette - 2nd Floor</b> 11:30 Resident Lunch 1:00 🎲 Charades & Name That Tune 1:30 🧶 <b>Just Craftin: Panda Bear Walker Tag Making</b> 2:30 ↔ Chair Zumba & Hydration 3:00 🎲 BINGO 4:30 Resident Dinner
<b>Oregon Day 8</b> 7:30 Resident Breakfast 8:50 ↔ Seated Strength Circuits 9:15 📰 <b>News &amp; Views: Fun facts about Oregon</b> 9:30 🌿 Hydration & Bathroom Break 10:00 🎵 <b>Lanai Time &amp; Hawaiian Tunes</b> 11:30 Resident Lunch 1:00 ↔ Balloon Volleyball 1:30 🎬 Fun Film & Bananagrams 3:00 🎲 BINGO 3:30 ↔ Ageless Fitness & Hydration 4:30 Resident Dinner	<b>Get Over It Day 9</b> 7:30 Resident Breakfast 8:50 Seated Strength (A) & Hydration 9:15 📰 <b>News &amp; Views: Tips on getting over it</b> 9:45 🚗 <b>Van Ride: Kapolei</b> 10:00 🎲 Dice BINGO 10:30 🎮 Game Show Hour: The Price is Right 11:30 Resident Lunch 1:00 🎲 Wacky Word Search Monday's & Relax w/ Colors 2:00 ↔ Ageless Fitness & Hydration 2:30 🎭 Name 5 & Charades 3:00 🎲 BINGO 4:30 Resident Dinner	<b>Pack a Lunch Day 10</b> 7:30 Resident Breakfast 8:50 Seated Strength (B) & Hydration 9:15 📰 <b>News &amp; Views: History on the Bento Box</b> 9:45 🧶 Beading & Oldie Tunes 10:30 <b>Resident Council Meeting</b> 11:30 Resident Lunch 1:00 🎲 Hangman & Pictionary 1:30 🧶 <b>Just Craftin: Q-Tip Lilac Painting</b> 2:30 ↔ Ageless Fitness & Hydration 3:00 🎲 BINGO 4:30 Resident Dinner	<b>Johnny Appleseed Day 11</b> 7:30 Resident Breakfast 8:45 ↔ Ageless Fitness & Hydration 9:15 📰 <b>News &amp; Views: History on Johnny Appleseed</b> 9:30 🌿 Hydration & Bathroom Break 10:00 🎵 <b>Morning Surprise: Mele with Our Friends - 2nd Floor</b> 11:30 Resident Lunch 1:00 🎲 Spot It! & Trivia 1:30 🎬 Movies & Color Therapy 3:00 ↔ <b>Drum-A-Sizing</b> 4:30 Resident Dinner	<b>Girl Scout Day 12</b> 7:30 Resident Breakfast 8:50 Seated Strength Circuits 9:15 📰 <b>News &amp; Views: Fun facts about Girl Scouts</b> 9:30 🌿 Hydration & Bathroom Break 10:00 🎵 <b>Morning Surprise: Musical Performance by The Mellow Friends - 2nd Floor</b> 11:30 Resident Lunch 1:00 🎲 Hangman & Pictionary 1:30 🍫 <b>Hot Chocolate &amp; Brain Games at The Bistro</b> 2:30 ↔ Ageless Fitness & Hydration 3:00 🎲 BINGO 4:30 Resident Dinner	<b>Jewel Day 13</b> 7:30 Resident Breakfast 8:50 Seated Strength (A) 9:15 📰 <b>News &amp; Views: Worlds most expensive jewels</b> 9:30 🌿 Hydration & Bathroom Break 10:00 🎵 <b>Hula by Na Wahine O Ka Hula: 2nd Floor</b> 10:00 🎲 <b>Men's Club: Plaza Poker</b> 11:30 Resident Lunch 1:00 🎲 Dice BINGO 1:00 🎲 Watercolors & Word Search Puzzles 2:00 ↔ <b>Drum-A-Sizing</b> 4:30 Resident Dinner	<b>Butterfly Day 14</b> 7:30 Resident Breakfast 8:50 Seated Strength (B) & Hydration 9:15 📰 <b>News &amp; Views: Butterfly illustrations</b> 10:00 🎵 <b>Lanai Time &amp; Hawaiian Tunes</b> 11:30 Resident Lunch 1:00 🎲 Charades & Name That Tune 1:30 🧶 <b>Just Craftin: Clothespin Butterfly Making</b> 2:30 ↔ Chair Zumba & Hydration 3:00 🎲 BINGO 4:30 Resident Dinner
<b>Minnesota Day 15</b> 7:30 Resident Breakfast 8:50 ↔ Seated Strength Circuits 9:15 📰 <b>News &amp; Views: Fun facts about Minnesota</b> 9:30 🌿 Hydration & Bathroom Break 10:00 🎵 <b>Lanai Time &amp; Hawaiian Tunes</b> 11:30 Resident Lunch 1:00 ↔ Balloon Volleyball 1:30 🎬 Fun Film & Bananagrams 3:00 🎲 BINGO 3:30 ↔ Ageless Fitness & Hydration 4:30 Resident Dinner	<b>Panda Day 16</b> 7:30 Resident Breakfast 8:50 Seated Strength (A) & Hydration 9:15 📰 <b>News &amp; Views: Funniest panda video clips</b> 9:45 🚗 <b>Van Ride: Mokuleia</b> 10:00 🎵 <b>Hawaiian Music w/ Kupuna Mele</b> 11:30 Resident Lunch 1:00 🎲 Wacky Word Search Monday's & Relax w/ Colors 2:00 ↔ Ageless Fitness & Hydration 2:30 🎭 Name 5 & Charades 3:00 🎲 BINGO 4:30 Resident Dinner	<b>St. Patricks' Day 17</b> 7:30 Resident Breakfast 8:50 Seated Strength (B) & Hydration 9:15 📰 <b>News &amp; Views: History of St. Patrick's Day</b> 9:30 🌿 Bathroom Break & Hydration 10:00 🎵 <b>Lanai Time &amp; Hawaiian Tunes</b> 11:30 Resident Lunch 1:00 🎲 Hangman & Pictionary 1:30 🧶 <b>Just Craftin: Wacky Clover Garland Making</b> 2:30 ↔ Ageless Fitness & Hydration 3:00 🎲 BINGO 4:30 Resident Dinner	<b>Oatmeal Day 18</b> 7:30 Resident Breakfast 8:45 ↔ Ageless Fitness & Hydration 9:15 📰 <b>News &amp; Views: Health benefits from oatmeal</b> 9:30 🌿 Hydration & Bathroom Break 10:00 🎵 <b>Morning Surprise: Mele with Our Friends - 2nd Floor</b> 11:30 Resident Lunch 1:00 🎲 Spot It! & Trivia 1:30 🎬 Movies & Color Therapy 3:00 ↔ <b>Drum-A-Sizing</b> 4:30 Resident Dinner	<b>Lets Laugh Day 19</b> 7:30 Resident Breakfast 8:50 Seated Strength Circuits 9:15 📰 <b>News &amp; Views: Clips of funny animals</b> 9:30 🌿 Hydration & Bathroom Break 10:00 🎵 <b>Lanai Time &amp; Hawaiian Tunes</b> 11:30 Resident Lunch 1:00 🎲 Hangman & Pictionary 1:30 🍫 <b>Hot Chocolate &amp; Brain Games at The Bistro</b> 2:30 ↔ Ageless Fitness & Hydration 3:00 🎲 BINGO 4:30 Resident Dinner	<b>Pasta Day 20</b> 7:30 Resident Breakfast 8:50 Seated Strength (A) 9:15 📰 <b>News &amp; Views: Hawaii's best Italian restaurants</b> 9:30 🌿 Hydration & Bathroom Break 10:00 🎵 <b>Musical Performance by The Olaloe Jammers: 2nd Floor</b> 11:30 Resident Lunch 1:00 🎲 Dice BINGO 2:00 🎲 Watercolors & Word Search Puzzles 3:00 ↔ <b>Drum-A-Sizing</b> 4:30 Resident Dinner	<b>Fragrance Day 21</b> 7:30 Resident Breakfast 8:50 Seated Strength (B) & Hydration 9:15 📰 <b>News &amp; Views: History on perfumes</b> 10:00 🎵 <b>Lanai Time &amp; Hawaiian Tunes</b> 11:30 Resident Lunch 1:00 🎲 Charades & Name That Tune 1:30 🧶 <b>Just Craftin: Family Bear Silhouette Painting</b> 2:30 ↔ Chair Zumba & Hydration 3:00 🎲 BINGO 4:30 Resident Dinner
<b>Goof Off Day 22</b> 7:30 Resident Breakfast 8:50 ↔ Seated Strength Circuits 9:15 📰 <b>News &amp; Views: Ideas on goofing off</b> 9:30 🌿 Hydration & Bathroom Break 10:00 🎵 <b>Lanai Time &amp; Hawaiian Tunes</b> 11:30 Resident Lunch 1:00 ↔ Balloon Volleyball 1:30 🎬 Fun Film & Bananagrams 3:00 🎲 BINGO 3:30 ↔ Ageless Fitness & Hydration 4:30 Resident Dinner	<b>Puppy Day 23</b> 7:30 Resident Breakfast 8:50 Seated Strength (A) & Hydration 9:15 📰 <b>News &amp; Views: Fun facts about puppies</b> 9:45 🚗 <b>Van Ride: Pearl City / Waimalu</b> 10:00 🎵 <b>Musical Performance by Na Leo O Manu O'o: 2nd Floor</b> 11:30 Resident Lunch 1:00 🎲 Wacky Word Search Monday's & Relax w/ Colors 2:00 ↔ Ageless Fitness & Hydration 2:30 🎭 Name 5 & Charades 3:00 🎲 BINGO 4:30 Resident Dinner	<b>Chocolate Raisins Day 24</b> 7:30 Resident Breakfast 8:50 Seated Strength (B) & Hydration 9:15 📰 <b>News &amp; Views: History on raisins</b> 9:30 🌿 Bathroom Break & Hydration 10:00 🎵 <b>Lanai Time &amp; Hawaiian Tunes</b> 11:30 Resident Lunch 1:00 🎲 Hangman & Pictionary 1:30 🧶 <b>Just Craftin: Tulip Fork Painting</b> 2:30 ↔ Ageless Fitness & Hydration 3:00 🎲 BINGO 4:30 Resident Dinner	<b>Medal of Honor Day 25</b> 7:30 Resident Breakfast 8:45 ↔ Ageless Fitness & Hydration 9:15 📰 <b>News &amp; Views: Recipients of the Medal of Honor</b> 9:30 🌿 Hydration & Bathroom Break 10:00 🎵 <b>Morning Surprise: Mele with Our Friends - 2nd Floor</b> 11:30 Resident Lunch 1:00 🎲 Spot It! & Trivia 1:30 🎬 <b>Movies &amp; Plaza Buck Shopping</b> 3:00 ↔ <b>Drum-A-Sizing</b> 4:30 Resident Dinner	<b>Manatee Day 26</b> 7:30 Resident Breakfast 8:50 Seated Strength Circuits 9:15 📰 <b>News &amp; Views: 10 Facts about Manatees</b> 9:30 🌿 Hydration & Bathroom Break 10:00 🎵 <b>Bon Dancersizing w/ Wahiawa Hongwanji: 2nd Floor</b> 11:30 Resident Lunch 1:00 🎲 Hangman & Pictionary 1:30 🌿 Bathroom Break & Hydration 2:00 🎵 <b>Singing &amp; Dancing by The Chibariyo Performance Group: 2nd Floor</b> 3:00 🎲 BINGO 4:30 Resident Dinner	<b>Scribble Day 27</b> 7:30 Resident Breakfast 8:50 Seated Strength (A) 9:15 📰 <b>News &amp; Views: Pictures of scribble art</b> 9:30 🌿 Hydration & Bathroom Break 10:00 📖 <b>Bible Stories w/ Ms. Maureen: 5th Floor</b> 11:30 Resident Lunch 1:00 🎲 Dice BINGO 2:00 🎲 Watercolors & Word Search Puzzles 3:00 ↔ <b>Drum-A-Sizing</b> 4:30 Resident Dinner	<b>Something on a Stick Day 28</b> 7:30 Resident Breakfast 8:50 Seated Strength (B) & Hydration 9:15 📰 <b>News &amp; Views: Wackiest things on a stick</b> 10:00 🎵 <b>Lanai Time &amp; Hawaiian Tunes</b> 11:30 Resident Lunch 1:00 🎲 Charades & Name That Tune 2:00 <b>Afternoon Surprise: Musical Performance by The Wahiawa SDA Church Group - 2nd Floor</b> 3:00 🎲 BINGO 4:30 Resident Dinner
<b>Vietnam Veterans Day 29</b> 7:30 Resident Breakfast 8:50 ↔ Seated Strength Circuits 9:15 📰 <b>News &amp; Views: Stories from Vietnam Vets</b> 9:30 🌿 Hydration & Bathroom Break 10:00 🎵 <b>Lanai Time &amp; Hawaiian Tunes</b> 11:30 Resident Lunch 1:00 ↔ Balloon Volleyball 1:30 🎬 Fun Film & Bananagrams 3:00 🎲 BINGO 3:30 ↔ Ageless Fitness & Hydration 4:30 Resident Dinner	<b>Pencil Day 30</b> 7:30 Resident Breakfast 8:50 Seated Strength (A) & Hydration 9:15 📰 <b>News &amp; Views: Wackiest things made w/ Pencils</b> 9:45 🚗 <b>Van Ride: Kaka'ako</b> 10:15 🎵 <b>Birthday Bash by The Emmalani Serenaders: 2nd Floor</b> 11:30 Resident Lunch 1:00 🎲 Wacky Word Search Monday's & Relax w/ Colors 2:00 ↔ Ageless Fitness & Hydration 2:30 🎭 Name 5 & Charades 3:00 🎲 BINGO 4:30 Resident Dinner	<b>Crayon Day 31</b> 7:30 Resident Breakfast 8:50 Seated Strength (B) & Hydration 9:15 📰 <b>News &amp; Views: Best art using crayons</b> 9:30 🌿 Bathroom Break & Hydration 10:00 🎵 <b>Lanai Time &amp; Hawaiian Tunes</b> 11:30 Resident Lunch 1:00 🎲 Hangman & Pictionary 1:30 🧶 <b>Just Craftin: Paper Plate Jelly Fish Making</b> 2:30 ↔ Ageless Fitness & Hydration 3:00 🎲 BINGO 4:30 Resident Dinner				<ul style="list-style-type: none"> <li>🎨 Arts / Crafts</li> <li>📖 Educational Classes</li> <li>↔ Exercise / Physical Activity</li> <li>🚗 Field Trip / Medical Appointments</li> <li>🎲 Games</li> <li>🌿 Gardening / Outdoor Visit</li> <li>🌿 Hydration Program</li> <li>🧘 Meditation / Mindfulness</li> <li>🎬 Movies / Documentaries</li> <li>🎵 Music / Special Entertainment</li> <li>🌿 Plaza Life Fitness</li> <li>📖 Religious / Spiritual Programs</li> <li>🎲 Social / Social Gathering</li> </ul>