

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>THE PLAZA Assisted Living</p>	<p>ATTENTION: Please sign up for sightseeing rides and shopping outings with concierge.</p>	<p>National International Mahjong Day 1 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Game: Tabletop Mah Jong and Punahou Music Club Virtual Concert #17 [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "80 For Brady" (2023) AP [T] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Ice Cream Sandwich Day 2 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 New Hope Church Service [T] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Don Quijote 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 Matinee Movie: Adventures of Zatoichi (1964) DVD [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 6:30 Music Listening Hour [T]</p>	<p>National Watermelon Day 3 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Buddhist Service with Moiliili Hongwanji [T] 10:00 Craft: Watermelon Welcome Door Hanger [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Anne Murray: Full Circle" (2022) DVD [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "A Walk to Remember" (2002) AP [T]</p>	<p>National International Beer Day 4 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Music with Dean Hirata [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Oyster Day 5 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Cooking Demo: Ranch Oyster Cracker Snacks [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:15 Table Games: Jenga [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "The Golden Compass" (2007) DVD [T]</p>
<p>National Root Beer Float Day 6 7:00 Breakfast 7AM - 9AM 8:15 Church Runs 8:30 Morning Exercise: Tai Chi with Gordon [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II: Tai Chi with Gordon [HT] 10:00 Karaoke and Mini RB Floats [T] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Hula with Kumu Sallie [A] 3:00 Documentary: "The Real Top Guns" (2022) AP [T] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "A Star is Born Encore" (2018) AP [T]</p>	<p>National Purple Heart Day 7 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Waimanalo 10:00 Music with Hank the Singing Dutchman [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Daiso HNL (1 hour) 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Purple Hearts: (2022) [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Dollar Day 8 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Dollar Origami [A] 10:15 Resident Council Meeting 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Music Video: "Motown The DVD (2009) DVD [T] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Book Lover's Day 9 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Ka Makana Alii 10:00 New Hope Church Service [T] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Errand Run (2 mile radius) 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 Matinee Movie: "Zatoichi's Revenge" (1965) DVD [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 6:30 Music Listening Hour [T]</p>	<p>National S'mores Day 10 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Piano Performance by Maegan and Kaedan Lee [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Sly" (2023) [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "A Beautiful Life" (2023) [T]</p>	<p>National Global Kinetic Sand Day 11 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Pet Therapy with Jim and Chico [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Bowling Day 12 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Wii Game: Bowling [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:15 Table Games: Hanafuda [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 6:00 Plaza Bon Dance with Hawaii Shin Kobukai [HT]</p>
<p>National International Left Handers Day 13 7:00 Breakfast 7AM - 9AM 8:15 Church Runs 8:30 Morning Exercise: Tai Chi with Gordon [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II: Tai Chi with Gordon [HT] 10:00 Artists in Action (Painting Class) [A] 11:00 Lunch 11AM - 1PM 1:00 Sightseeing: Kapalama 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Kanikapila [A] 3:00 Documentary: "Unknown: Killer Robots" (2023) [T] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "The Mauritanian" (2021) [T]</p>	<p>National Creamsicle Day 14 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Waianae Boat Harbor 10:00 Music with Roy Hamada [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs Drugs (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "Cuba and the Cameraman" (2017) [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Relaxation Day 15 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Men's Social (Men Only) [T] 10:00 Spa Day [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "On Golden Pond" (1989) DVD [T] 2:30 Afternoon Exercise (AL residents only) [WF] 3:00 5th Floor Bingo (AL residents only) [WF] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Tell A Joke Day 16 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 New Hope Church Service [T] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Excursion: Waioala Shave Ice 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 Matinee Movie: "Zatoichi and the Doomed Man" (1965) DVD [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 6:30 Music Listening Hour [T]</p>	<p>National Black Cat Appreciation Day 17 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Catholic Service with St. Augustine Church by the Sea [T] 11:00 Pet Therapy with Wes Koga [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Hell or High Seas" (2021) AP [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: [T]</p>	<p>National Fajita Day 18 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Cooking Demo: Mini Fajitas [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National World Honey Bee Day 19 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Polymer Clay Bumblebee Pin or Magnet [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:15 Table Games: Blackjack [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Make Me Believe" (2023) [T]</p>
<p>National Radio Day 20 7:00 Breakfast 7AM - 9AM 8:15 Church Runs 8:30 Morning Exercise: Tai Chi with Gordon [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II: Tai Chi with Gordon [HT] 10:00 Karaoke Time! [T] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Hula with Kumu Sallie [A] 3:00 Documentary: "Mind Games-The Experiment" (2023) AP [T] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Titanic" (1997) [T]</p>	<p>National Senior Citizens Day 21 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Ke'ehi Lagoon Park 10:00 Music with Hank the Singing Dutchman [A] 11:00 Kau Kau Cafe (TBD) 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Don Quijote (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "Sea of Shadows" (2019) D+ [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Be An Angel Day 22 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Hawaiian Angels [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Music Video: "Andrew Lloyd Webber: The Royal Albert Hall Celebration" (1998) DVD [T] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Sponge Cake Day 23 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Excursion: Kunawai Pond 10:00 New Hope Church Service [T] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Errand Run (2 mile radius) 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 Matinee Movie: "Zatoichi and the Chess Expert" (1965) DVD [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 6:30 Music Listening Hour [T]</p>	<p>National Waffle Day 24 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Cooking Demo: Strawberry or Banana Waffles [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "The Giant Killer: Finding Flaherty The Director's Cut" (2017) AP [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Rav" (2004) [T]</p>	<p>National Banana Split Day 25 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Cooking Demo: Banana Split Fluff Salad [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Dog Day 26 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Dog Days of Summer [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:15 Table Games: UNO [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Hunger" (2023) [T]</p>
<p>National Just Because Day 27 7:00 Breakfast 7AM - 9AM 8:15 Church Runs 8:30 Morning Exercise: Tai Chi with Gordon [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II: Tai Chi with Gordon [HT] 10:00 Pet Therapy with Kaia and Noah [A] 11:00 Lunch 11AM - 1PM 1:00 Sightseeing: Maunaloa Bay 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Kanikapila [A] 3:00 Documentary: "King of Clones" (2023) [T] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Interstellar" (2014) AP [T]</p>	<p>National Thoughtful Day 28 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Dole Plantation 10:00 Sing-a-long with Sandy and Gordon [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Savers Moiliili (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: " [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National According to Hoyle Day 29 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Televeda: Beyond Walls Statewide Bingo [T] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Seasons" (2023) [T] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>Dress Day: Plaza Shirt National Beach Day 30 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 New Hope Church Service [T] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Kahala Mall 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 Matinee Movie: "Zatoichi's Vengeance" (1966) DVD [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 6:30 Music Listening Hour [T]</p>	<p>National Eat Outside Day 31 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Televeda: Beyond Walls Statewide Trivia [T] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "For Love" (2023) AP [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Failure to Launch" (2006) AP [T]</p>		<p>♥ Health & Fitness 🎬 Movie 🚌 Shuttle ★ Special Event</p>