

# February 2025 Independent and Assisted Living Monthly Activity Calendar



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

- Art
- Entertainment
- Excursions
- Games
- Group Activity
- Learning Hour
- Medical
- Mindfulness
- Physical
- Religious
- Resident Clubs
- Special Events

**THE PLAZA**  
at Moanalua

**--Van Departures--**  
Please meet in the lobby  
15 minutes prior to  
all van departures

[A] Activity Room  
[T] Theater Room  
[B] Bistro  
[S] Sunroom

Please sign up for this  
month's Special Events  
with Concierge

\*All activities are subject  
to change without  
notice\*

**Play Outside Day**  
9:00 Seated Strength Circuit [A]  
9:00 Wii Sports!  
10:00 Seated Strength Circuit [A]  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
11:00 Walking Club  
1:00 Trivia Crack & Games! [A]  
1:30 DOCUMENTARY - Expedition Files Ep.1 (MAX)  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
2:30 CHIT CHATTERS HOUR + Word Puzzles [A]  
3:00 TV SERIES - Nancy Drew (Max)  
3:30 GAME ON - Card/Board Games

**Groundhog Day**  
9:00 Seated Strength Circuit [A]  
9:00 Wii Sports!  
10:00 Seated Strength Circuit [A]  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
11:00 Walking Club  
11:00 Word of Life: Christian Online Service [T]  
1:00 Trivia Crack & Games! [A]  
1:30 LIVE Sunday Sports Watch! [T]  
2:00 GAME ON - Card/Board Games  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
3:00 CHIT CHATTERS HOUR on the Patio  
3:00 TV SERIES - Nancy Drew (Max)

**National Missing Persons Day**  
9:00 Resistance Training A [A]  
9:00 Wii Sports!  
10:00 Seated Strength Circuit [A]  
10:30 Walking Club  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
1:00 Trivia Crack & Games! [A]  
1:30 DOCUMENTARY - Black Files Declassified (MAX)  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
2:30 CHIT CHATTERS HOUR + Word Puzzles [A]  
3:00 NICKEL BINGO [A]  
3:00 TV SERIES - Nancy Drew (Max)

**Thank a Mail Carrier Day**  
7:00 MEDICAL RUNS - West Bound & Central  
9:00 Seated Strength A [A]  
9:00 Wii Sports!  
10:00 Seated Strength A [A]  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
11:00 Walking Club  
1:00 Trivia Crack & Games! [A]  
1:30 CARD CREATIONS COLLECTIVE [A]  
1:30 DOCUMENTARY - Black Files Declassified (MAX)  
2:00 K-DRAMA - Extraordinary Attorney Woo Ep. 1 (Netflix) [A]  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
3:00 TV SERIES - Nancy Drew (Max)  
3:30 CHIT CHATTERS HOUR + Independent Projects [A]

**Weatherpersons Day**  
9:00 Resistance Training B [A]  
9:00 Wii Sports!  
9:30 Scenic Ride - Pali Lookout  
10:00 Seated Strength Circuit [A]  
10:30 Walking Club  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
1:00 Trivia Crack & Games! [A]  
1:30 CANVAS OF TIME  
1:30 DOCUMENTARY - Black Files Declassified (MAX)  
2:00 Unescorted Errand Ride - Target  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
2:30 Guided Meditation [A]  
3:00 NICKEL BINGO [A]  
3:00 TV SERIES - Nancy Drew (Max)

**Chopsticks Day**  
7:00 MEDICAL RUN - East Side  
9:00 Seated Strength B [A]  
9:00 Wii Sports!  
10:00 Seated Strength B [A]  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
11:00 Walking Club  
1:00 Trivia Crack & Games! [A]  
1:30 DOCUMENTARY - Black Files Declassified (MAX)  
1:30 SIP & STITCH [A]  
1:30 Unescorted Errand Ride - Marukai  
2:00 K-DRAMA - Extraordinary Attorney Woo Ep. 2 (Netflix) [A]  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
3:00 TV SERIES - Nancy Drew (Max)  
3:30 CHIT CHATTERS HOUR + Word Puzzles [A]

**Wear RED Day**  
9:00 Seated Strength Circuit [A]  
9:00 Wii Sports!  
9:30 Friday Scenic Ride - Magic Island  
10:00 Seated Strength Circuit [A]  
10:30 Guided Meditation [A]  
10:45 Kau Kau Club! - Sadie's BBQ  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
1:00 Trivia Crack & Games! [A]  
1:30 DOCUMENTARY - Black Files Declassified (MAX)  
1:30 PAPER FOLDS SOCIETY [A]  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
2:30 CHIT CHATTERS HOUR + Independent Projects [A]  
3:00 NICKEL BINGO [A]  
3:00 TV SERIES - Nancy Drew (Max)

**Kite Flying Day**  
9:00 Seated Strength Circuit [A]  
9:00 Wii Sports!  
10:00 Seated Strength Circuit [A]  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
11:00 Walking Club  
1:00 ARTS & CRAFTS - Make Your Own Kite  
1:30 DOCUMENTARY - Expedition Files Ep.2 (MAX)  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
2:30 CHIT CHATTERS HOUR + Word Puzzles [A]  
3:00 TV SERIES - Nancy Drew (Max)  
3:30 GAME ON - Card/Board Games

**SUPERBOWL SUNDAY**  
9:00 Seated Strength Circuit [A]  
9:00 Wii Sports!  
10:00 Seated Strength Circuit [A]  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
11:00 Walking Club  
11:00 Word of Life: Christian Online Service [T]  
11:30 SUPERBOWL TAILGATE PARTY! [A]  
1:30 SUPERBOWL SUNDAY 2025!  
2:00 GAME ON - Card/Board Games  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
3:00 CHIT CHATTERS HOUR on the Patio  
3:00 TV SERIES - Nancy Drew (Max)

**Safer Internet Day**  
9:00 Resistance Training A [A]  
9:00 Wii Sports!  
10:00 COMMUNION [T]  
10:00 Seated Strength Circuit [A]  
10:30 Walking Club  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
1:00 Trivia Crack & Games! [A]  
1:30 GUEST SPEAKER - CaptionCall  
1:30 LUCKY TILE MONDAYS [A]  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
2:30 CHIT CHATTERS HOUR + Word Puzzles [A]  
3:00 NICKEL BINGO [A]  
3:00 TV SERIES - Nancy Drew (Max)

**Make a Friend Day**  
7:00 MEDICAL RUNS - West Bound & Central  
9:00 Seated Strength A [A]  
9:00 Wii Sports!  
10:00 PERFORMANCE - Hank the Singing Dutchman! [A]  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
11:00 Walking Club  
1:00 CARD CREATIONS COLLECTIVE [A]  
1:30 DOCUMENTARY - Black Files Declassified (MAX)  
1:30 Unescorted Errand Ride - Longs or Safeway  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
2:00 RESIDENT COUNCIL [A]  
2:45 K-DRAMA - Extraordinary Attorney Woo Ep. 3 (Netflix) [T]  
3:00 TV SERIES - Nancy Drew (Max)  
3:30 CHIT CHATTERS HOUR + Independent Projects [A]

**Plum Pudding Day**  
9:00 Resistance Training B [A]  
9:00 Wii Sports!  
9:30 Scenic Ride - Hawaii Kai  
10:00 Seated Strength Circuit [A]  
10:30 Walking Club  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
1:00 CANVAS OF TIME  
1:00 DOCUMENTARY - Black Files Declassified (MAX)  
1:30 Unescorted Errand Ride - Walmart Pearl City  
1:45 PERFORMANCE - Roy Hamada! [A]  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
3:00 NICKEL BINGO [A]  
3:00 TV SERIES - Nancy Drew (Max)

**Giving Hearts Day**  
7:00 MEDICAL RUN - East Side  
9:00 Seated Strength B [A]  
9:00 Wii Sports!  
10:00 PERFORMANCE - Wally Brown! [A]  
10:30 Seated Strength B [A]  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
11:00 Walking Club  
1:00 ARTS & CRAFTS - Valentine's Craft  
1:30 DOCUMENTARY - Black Files Declassified (MAX)  
1:30 SIP & STITCH [A]  
1:30 Unescorted Errand Ride - Marukai  
2:00 K-DRAMA - Extraordinary Attorney Woo Ep. 4 (Netflix) [A]  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
3:00 TV SERIES - Nancy Drew (Max)  
3:30 CHIT CHATTERS HOUR + Letters to Our Valentines

**Happy Valentine's Day!**  
9:00 Seated Strength Circuit [A]  
9:00 Wii Sports!  
9:30 Friday Scenic Ride - Kamuki  
10:00 Seated Strength Circuit [A]  
10:30 Guided Meditation [A]  
10:45 Kau Kau Club! - CPK  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
1:00 Valentine's Day Movie - To All the Boys I've Loved Before [A]  
1:30 DOCUMENTARY - Black Files Declassified (MAX)  
1:30 PAPER FOLDS SOCIETY [A]  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
2:15 CHIT CHATTERS HOUR + Deliver Hearts to Residents  
3:00 NICKEL BINGO [A]  
3:00 TV SERIES - Nancy Drew (Max)

**Gumdrop Day**  
9:00 Seated Strength Circuit [A]  
9:00 Wii Sports!  
10:00 Seated Strength Circuit [A]  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
11:00 Walking Club  
1:00 Trivia Crack & Games! [A]  
1:30 DOCUMENTARY - Expedition Files Ep.3 (MAX)  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
2:30 CHIT CHATTERS HOUR + Word Puzzles [A]  
3:00 TV SERIES - Nancy Drew (Max)  
3:30 GAME ON - Card/Board Games

**Do a Grouch a Favor Day**  
8:30 Church Services - Bus Drop-Offs  
9:00 Seated Strength Circuit [A]  
9:00 Wii Sports!  
10:00 Seated Strength Circuit [A]  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
11:00 Walking Club  
11:00 Word of Life: Christian Online Service [T]  
1:00 Trivia Crack & Games! [A]  
1:30 LIVE Sunday Sports Watch! [T]  
1:30 Unescorted Errand Ride - Longs or Safeway  
2:00 GAME ON - Card/Board Games  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
2:30 Unescorted Errand Ride - Longs or Safeway  
3:00 CHIT CHATTERS HOUR on the Patio  
3:00 TV SERIES - Nancy Drew (Max)

**Presidents Day**  
9:00 Resistance Training A [A]  
9:00 Wii Sports!  
10:00 Seated Strength Circuit [A]  
10:30 Walking Club  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
1:00 Trivia Crack & Games! [A]  
1:30 DOCUMENTARY - Black Files Declassified (MAX)  
1:30 LUCKY TILE MONDAYS [A]  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
2:30 CHIT CHATTERS HOUR + Word Puzzles [A]  
3:00 NICKEL BINGO [A]  
3:00 TV SERIES - Nancy Drew (Max)

**Drink Wine Day**  
7:00 MEDICAL RUNS - West Bound & Central  
9:00 Seated Strength A [A]  
9:00 Wii Sports!  
10:00 Seated Strength A [A]  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
11:00 Walking Club  
1:00 Trivia Crack & Games! [A]  
1:30 CARD CREATIONS COLLECTIVE [A]  
1:30 DOCUMENTARY - Black Files Declassified (MAX)  
1:30 Unescorted Errand Ride - Don Quijote  
2:00 K-DRAMA - Extraordinary Attorney Woo Ep. 5 (Netflix) [A]  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
3:00 TV SERIES - Nancy Drew (Max)  
3:30 CHIT CHATTERS HOUR + Independent Projects [A]

**Chocolate Mint Day**  
9:00 Resistance Training B [A]  
9:00 Wii Sports!  
9:30 Scenic Ride - Hoopili  
10:00 Seated Strength Circuit [A]  
10:30 Walking Club  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
1:00 Trivia Crack & Games! [A]  
1:30 CANVAS OF TIME  
1:30 DOCUMENTARY - Black Files Declassified (MAX)  
1:30 Unescorted Errand Ride - Waimalu Shopping Center  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
2:30 Guided Meditation [A]  
3:00 NICKEL BINGO [A]  
3:00 TV SERIES - Nancy Drew (Max)

**Love Your Pet Day**  
7:00 MEDICAL RUN - East Side  
9:00 Seated Strength B [A]  
9:00 Wii Sports!  
10:00 Seated Strength B [A]  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
11:00 Walking Club  
1:00 K-DRAMA - Extraordinary Attorney Woo Ep. 6 (Netflix) [A]  
1:30 SIP & STITCH [A]  
1:30 DOCUMENTARY - Black Files Declassified (MAX)  
1:30 Unescorted Errand Ride - Wholesale Unlimited  
2:00 BIRTHDAY BASH with Dean Hirata! [A]  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
3:00 TV SERIES - Nancy Drew (Max)  
3:30 CHIT CHATTERS HOUR + Word Puzzles [A]

**National Caregivers Day**  
9:00 Seated Strength Circuit [A]  
9:00 Wii Sports!  
9:30 Friday Scenic Ride - Kaneohe  
10:00 Seated Strength Circuit [A]  
10:30 Guided Meditation [A]  
10:45 Kau Kau Club! - Genki Sushi Pearl Ridge  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
1:00 Trivia Crack & Games! [A]  
1:30 DOCUMENTARY - Black Files Declassified (MAX)  
1:30 PAPER FOLDS SOCIETY [A]  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
2:30 CHIT CHATTERS HOUR + Independent Projects [A]  
3:00 NICKEL BINGO [A]  
3:00 TV SERIES - Nancy Drew (Max)

**Margarita Day**  
9:00 Seated Strength Circuit [A]  
9:00 Wii Sports!  
10:00 Seated Strength Circuit [A]  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
11:00 Walking Club  
1:00 Trivia Crack & Games! [A]  
1:30 DOCUMENTARY - Expedition Files Ep.4 (MAX)  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
2:30 CHIT CHATTERS HOUR + Word Puzzles [A]  
3:00 TV SERIES - Nancy Drew (Max)  
3:30 GAME ON - Card/Board Games

**Dog Biscuit Day**  
8:30 Church Services - Bus Drop-Offs  
9:00 Seated Strength Circuit [A]  
9:00 Wii Sports!  
10:00 Seated Strength Circuit [A]  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
11:00 Walking Club  
11:00 Word of Life: Christian Online Service [T]  
1:00 Trivia Crack & Games! [A]  
1:30 LIVE Sunday Sports Watch! [T]  
1:30 Unescorted Errand Ride - Longs or Safeway  
2:00 GAME ON - Card/Board Games  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
2:30 Unescorted Errand Ride - Longs or Safeway  
3:00 CHIT CHATTERS HOUR on the Patio  
3:00 TV SERIES - Nancy Drew (Max)

**Tortilla Chip Day**  
9:00 Resistance Training A [A]  
9:00 Wii Sports!  
10:00 CATHOLIC MASS [T]  
10:00 Seated Strength Circuit [A]  
10:30 Walking Club  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
1:00 Trivia Crack & Games! [A]  
1:30 DOCUMENTARY - Black Files Declassified (MAX)  
1:30 LUCKY TILE MONDAYS [A]  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
2:30 CHIT CHATTERS HOUR + Word Puzzles [A]  
3:00 NICKEL BINGO [A]  
3:00 TV SERIES - Nancy Drew (Max)

**Chocolate Covered Day**  
7:00 MEDICAL RUNS - West Bound & Central  
9:00 Seated Strength A [A]  
9:00 Wii Sports!  
10:00 Seated Strength A [A]  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
11:00 Walking Club  
1:00 Trivia Crack & Games! [A]  
1:30 CARD CREATIONS COLLECTIVE [A]  
1:30 DOCUMENTARY - Black Files Declassified (MAX)  
1:30 Unescorted Errand Ride - HMart  
2:00 K-DRAMA - Extraordinary Attorney Woo Ep. 7 (Netflix) [A]  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
3:00 NICKEL BINGO [A]  
3:00 TV SERIES - Nancy Drew (Max)

**Set a Good Example Day**  
9:00 Resistance Training B [A]  
9:00 Wii Sports!  
9:30 Scenic Ride - Keehi Lagoon  
10:00 Seated Strength Circuit [A]  
10:30 Walking Club  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
1:00 Trivia Crack & Games! [A]  
1:30 CANVAS OF TIME  
1:30 DOCUMENTARY - Black Files Declassified (MAX)  
1:30 Unescorted Errand Ride - Daiso  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
2:30 Guided Meditation [A]  
3:00 NICKEL BINGO [A]  
3:00 TV SERIES - Nancy Drew (Max)

**Retro Dress-Up Day**  
7:00 MEDICAL RUN - East Side  
9:00 Seated Strength B [A]  
9:00 Wii Sports!  
10:00 Seated Strength B [A]  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
11:00 Walking Club  
1:00 Trivia Crack & Games! [A]  
1:30 DOCUMENTARY - Black Files Declassified (MAX)  
1:30 SIP & STITCH [A]  
1:30 Unescorted Errand Ride - TJ Maxx  
2:00 K-DRAMA - Extraordinary Attorney Woo Ep. 8 (Netflix) [A]  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
3:00 TV SERIES - Nancy Drew (Max)  
3:30 CHIT CHATTERS HOUR + Word Puzzles [A]

**Floral Design Day**  
9:00 Seated Strength Circuit [A]  
9:00 Wii Sports!  
9:30 Friday Scenic Ride - Kaneohe Cemetery  
10:00 Seated Strength Circuit [A]  
10:30 Guided Meditation [A]  
10:45 Kau Kau Club! - Kam Drive Inn  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
1:00 Trivia Crack & Games! [A]  
1:30 DOCUMENTARY - Black Files Declassified (MAX)  
1:30 PAPER FOLDS SOCIETY [A]  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
2:30 CHIT CHATTERS HOUR + Independent Projects [A]  
3:00 NICKEL BINGO [A]  
3:00 TV SERIES - Nancy Drew (Max)

**Floral Design Day**  
9:00 Seated Strength Circuit [A]  
9:00 Wii Sports!  
9:30 Friday Scenic Ride - Kaneohe Cemetery  
10:00 Seated Strength Circuit [A]  
10:30 Guided Meditation [A]  
10:45 Kau Kau Club! - Kam Drive Inn  
11:00 INDEPENDENT ACTIVITIES + RESIDENT CLUBS  
1:00 Trivia Crack & Games! [A]  
1:30 DOCUMENTARY - Black Files Declassified (MAX)  
1:30 PAPER FOLDS SOCIETY [A]  
2:00 REALITY TV - 90 Day Fiancé (MAX)  
2:30 CHIT CHATTERS HOUR + Independent Projects [A]  
3:00 NICKEL BINGO [A]  
3:00 TV SERIES - Nancy Drew (Max)