The Plaza at Waikiki Monday Wednesdav Friday Saturday Sunday Tuesdav National Science Fiction Day Happy New Year! Dress Day: Wear Stripes Dress Day: Denim Day (Jeans Okay) National Shortbread Day National Tempura Day 7:00 Breakfast 7AM - 9AM Breakfast 7AM - 9AM National Drinking Straw Day 7:00 Breakfast 7AM - 9AM National Whipped Cream Day 7:00 Breakfast 7AM - 9AM 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:00 • Virtual Exercise: "Rise and Shine" [T] 8:00 Virtual Exercise: "Rise and Shine" [T] Breakfast 7AM - 9AM 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" 8:00 Virtual Exercise: "Rise and Shine" 8:00 Virtual Exercise: "Rise and Shine" [T] 8:15 🖨 Church Runs 8:30 W Morning Exercise [HT] 8:30 Morning Exercise [HT] 8:00 Virtual Exercise: "Rise and Shine" [T] [T] 8:30 🖨 Plaza Walking Moai Club @ Magic Island 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 8:30 Morning Exercise [HT] 8:30 Morning Exercise [HT] 8:30 Morning Exercise [HT] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 Plaza Walking Moai Club @ Magic Island 9:30 Morning Exercise II [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Cooking Demo: Rolling Sushi [A] 9:45 💂 Sightseeing: Ka Makana Ali'i "Straw"berry Smoothies and Straw Minute to Win It New Hope Church Service [T] 10:00 🖈 Buddhist Service with Moiliili Hongwanji [T] 10:00 ★ Music with Dean Hirata [A] 9:30 Morning Exercise II [HT] 11:00 Lunch 11AM - 1PM 10:00 * Music with Hank the Singing Dutchman [A] 11:00 Lunch 11AM - 1PM 10:00 Ice Cream Sundaes with Whipped Cream/ New Year's Trivia [A] Games [A] 12:45 🖨 Sightseeing: Makapuu Lunch 11AM - 1PM 11:00 Lunch 11AM - 1PM 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:00 Lunch 11AM - 1PM 9:45 🖨 Sightseeing: Waimanalo Catholic Service with St. Augustine Church by the Sea 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🖨 Shopping: Walmart 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 10:00 Cooking Demo: Vegetable Tempura [A] Medical Transportation 1:15 ☐ Shopping: Longs Drugs (1 hour) 1:30 ❤ Afternoon Stretch [A] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 MARTIN Afternoon Stretch [A] 1:30 Afternoon Stretch [A] 1:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [A] Community Service Moai: Heart Pillows or Holiday Community Service Moai: Heart Pillows or 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 MATTER Afternoon Stretch [A] 2:00 1:30 MAfternoon Stretch [A] ─ ─ ─ Documentary: "Secret Space UFOs: In the Beginning" Bookmarkers [A] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Glass Onion: A Knives Out Mystery" Holiday Bookmarkers [A] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Mathilda the Musical" (2022) [T] (2022) [T] 2:30 ♥ Afternoon Exercise (AL residents) [WF] 2:00 Kanikapila [A] (2022) AP [T] 2:00 Documentary: "If These Walls Could Sing" (2022) D+ [T] 3:00 Bingo [A] 2:15 Table Games: Jenga [A] 3:00 Documentary: "Elephant Whisperers" (2022) [T] Bingo [A] Bingo [A] 3:00 2:00 Walking Club Around the Plaza Dinner 4:30 pm - 6:30 pm 4:30 Bingo [A] 3:00 4:30 Dinner 4:30 pm - 6:30 pm Dinner 4:30 pm - 6:30 pm Dinner 4:30 pm - 6:30 pm 5th Floor Bingo (AL residents only) [WF] 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "A New Year's Resolution" (2021) AP [T] 4:30 Dinner 4:30 pm - 6:30 pm Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Marriage Story" (2019) [T] **National Argyle Day** National Law Enforcement Appreciation Day Dress Day: Plaza Shirt National Milk Day **National Curried Chicken Day Dress Day: Cartoon Characters National Vision Board Day** 7:00 Breakfast 7AM - 9AM National Houseplant Appreciation Day 7:00 Breakfast 7AM - 9AM Breakfast 7AM - 9AM 7:00 Breakfast 7AM - 9AM National Sticker Day 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:00 Virtual Exercise: "Rise and Shine" [T] 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine' 8:00 Virtual Exercise: "Rise and Shine 8:00 Virtual Exercise: "Rise and Shine" 7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 8:30 Morning Exercise [HT] 8:00 Virtual Exercise: "Rise and Shine" [T] [T] 8:00 Virtual Exercise: "Rise and Shine" 8:30 Plaza Walking Moai Club @ Magic Island 8:30 Plaza Walking Moai Club @ Magic Island 8:30 Morning Exercise [HT] 8:30 Morning Exercise [HT] 8:15 🖨 Church Runs 8:30 ♥ Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 Plaza Walking Moai Club @ Magic Island 8:30 Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:30 Morning Exercise II [HT] 9:30 ♥ Morning Exercise II [HT] 9:30 Morning Exercise II [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:45 🖨 Sightseeing: Lanikai Beach 9:45 🖨 Sightseeing: Pearlridge 10:00 Craft: Origami Folding: Lotus [A] 10:15 ★ Resident Council Meeting [L] 9:30 ♥ Morning Exercise II [HT] 10.00 Karaoke Time! [A] 9:30 Morning Exercise II [HT] 9:30 Morning Exercise II [HT] 0:00 🖈 Music with Roy Hamada [A] New Hope Church Service [T] 10:00 Pet Therapy with Kai'a the Goldendoodle [A] Lunch 11AM - 1PM 9:45 🖨 Sightseeing: Pu'uualakaa State Park 11:00 11:00 📮 Kau Kau Cafe Lunch 11AM - 1PM 11:00 Lunch 11AM - 1PM 10:00 Craft: Stickered Pencil Cases/ Misc Holder [A] Lunch 11AM - 1PM 1:00 Lunch 11AM - 1PM 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] Medical Transportation 0:00 Create Your Vision Board [A] 11:00 12:00 12:00 Medical Transportation 1.00 Lunch 11AM - 1PM 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🖨 Shopping: Errand Run (2 mile radius) 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T 1:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T 1:30 • Afternoon Stretch [A] 1:15 🖨 Shopping: Don Quijote (1 hour) 1:30 • Afternoon Stretch [A] 1:30 Afternoon Stretch [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 1:30 Afternoon Stretch [A] Community Service Moai: Heart Pillows or Holiday 1:30 MAfternoon Stretch [A] 2:00 Matinee Movie: "Something From Tiffany's" (2022) AP [T] 2:00 2:00 Hula with Kumu Sallie [A] 2:00 Documentary: "Rising Phoenix" (2020) [T] 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows or 2:00 Documentary: "The Sound of 007" (2022) AP [T] Bookmarkers [A] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 Documentary: "Kangaroo Valley" (2022) [T] 2:00 Walking Club Around the Plaza 2:15 Table Games: Blackjack [A] Holiday Bookmarkers [A] 2:00 Matinee Movie: "The Harimaya Bridge" (2009) AP [T] Bingo [A] 5th Floor Bingo (Al. residents only) [WF] 3:00 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 3:00 Pokeno [A] Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm Dinner 4:30 pm - 6:30 pm Ringo [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "The Hunt For Red October" (1990) 4:30 Dinner 4:30 pm - 6:30 pm 4:30 Dinner 4:30 pm - 6:30 pm Dinner 4:30 pm - 6:30 pm 4:30 7:00 Movie Night: "Notting Hill" (1999) [T] 7:00 Movie Night: "Letter to Juliet" (2010) AP [T] Dress Day: Funny Hats National Martin Luther King Jr. Day National Classy Day National Winnie the Pooh Day National Popcorn Day Dress Day: Plaza Shirt National Granola Bar Day 18 6 7:00 Breakfast 7AM - 9AM Breakfast 7AM - 9AM National Hat Day 7:00 Breakfast 7AM - 9AM 7:00 Breakfast 7AM - 9AM National Cheese Lover's Day 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:00 Virtual Exercise: "Rise and Shine" [T] 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" 8:00 ♥ Virtual Exercise: "Rise and Shine" 7:00 Breakfast 7AM - 9AM 8:00 ♥ Virtual Exercise: "Rise and Shine" 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 8:30 Morning Exercise [HT] 8:00 Virtual Exercise: "Rise and Shine" 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 8:15 🖨 Church Runs 8:30 Morning Exercise [HT] 8:30 Morning Exercise [HT] 8:30 Morning Exercise [HT] 8:30 Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 8:30 🎔 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:30 Morning Exercise II [HT] 10:00 Pet Therapy with Wes Koga [A] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 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 9:30 Morning Exercise II [HT] 10:00 Craft: Year of the Rabbit Door Decoration [A] 9:30 Morning Exercise II [HT] 9:30 ♥ Morning Exercise II [HT] 10:00 Craft: Yarn Hat Ornaments [A] 1:00 Lunch 11AM - 1PM 12:00 Medical Transportation 9:45 🖨 Sightseeing: Kunawai Pond 11:00 Lunch 11AM - 1PM 10:00 Music with Mele Magic (Bill Melemai) [A] 9:45 🖨 Sightseeing: Wahiawa 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 11:00 Lunch 11AM - 1PM 12:45 Sightseeing: White Plains Beach 10:00 ★ Music with Hank the Singing Dutchman [A] 12:00 Medical Transportation 1:15 🖨 Shopping: Marukai 1:30 MAfternoon Stretch [A] 1:00 Lunch 11AM - 1PM 0:00 Bingo with the American Legion Volunteers [A] 2:00 Documentary: "The Volcano: Rescue From Whakaari 11:00 Lunch 11AM - 1PM 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 • Afternoon Stretch [A] 1:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T 2:00 Community Service Moai: Heart Pillows or Holiday 1:30 • Afternoon Stretch [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 1:30 Afternoon Stretch [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] Bookmarkers [A] 2:00 Walking Club Around the Plaza 2:00 Kanikapila [A] 1:15 🖨 Shopping: Longs Drugs(1 hour) 2:00 Matinee Movie: "The Mulligan" (2022) AP [T] 2:00 Matinee Movie: "Dive" (2022) AP [T] 1:30 MAfternoon Stretch [A] 2:00 Matinee Movie: "Food Club" (2021) AP [T] 3:00 Pokeno [A] 3:00 Documentary: " Breath" (2022) AP [A] 1:30 • Afternoon Stretch [A] 2:30 Afternoon Exercise (AL residents) [WF] 2:15 Table Games: UNO [A] Bingo [A] 3:00 4:30 Dinner 4:30 pm - 6:30 pm Dinner 4:30 pm - 6:30 pm 3:00 Bingo [A] 2:00 Documentary: "Coming For The King" (2021) [T] 5th Floor Bingo (AL residents only) [WF] Dinner 4:30 pm - 6:30 pm 4:30 3:00 Bingo [A] 7:00 Movie Night: "Redeeming Love" (2022) AP [T] Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "One Special Night" (1999) AP [T] 4:30 Dinner 4:30 pm - 6:30 pm Dinner 4:30 pm - 6:30 pm 3:00 Bingo [A] Dinner 4:30 nm - 6:30 nm 7:00 😭 Movie Night: "Five Feet Apart" (2019) [T] Dress Day: Wear Red National Pie Day **National Compliment Day National Opposite Day** Dress Day: Wear Green **National Chocolate Cake Day National Blueberry Pancake Day** 26 28 Kung Hee Fat Choy (Happy Chinese New Year) 7:00 Breakfast 7AM - 9AM Breakfast 7AM - 9AM 7:00 Breakfast 7AM - 9AM National Green Juice Day Breakfast 7AM - 9AM 7:00 Breakfast 7AM - 9AM 7:00 7:00 7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:00 Virtual Exercise: "Rise and Shine" [T] Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" 8:00 ♥ Virtual Exercise: "Rise and Shine" 8:00 Virtual Exercise: "Rise and Shine" 8:30 Morning Exercise [HT] 8:30 Morning Exercise [HT] 8:00 Virtual Exercise: "Rise and Shine" [T] 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Plaza Walking Moai Club @ Magic Island 8:30 🖨 Plaza Walking Moai Club @ Magic Island 8:15 Church Runs 8:30 ♥ Morning Exercise [HT] 8:30 Morning Exercise [HT] 8:30 Morning Exercise [HT] 8:30 Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 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] 9:30 W Morning Exercise II [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:30 ♥ Morning Exercise II [HT] 9:30 Morning Exercise II [HT] 9:45 Sightseeing Olomana 9:45 🖨 Sightseeing: Maunawili 10:00 Cooking Demo: Green Juice for Health [A] 11:00 Lunch 11AM - 1PM Plaza at Waikiki Beyond Walls Initiative Launch 10:00 Music with Kupuna Mele [A] 9:30 ♥ Morning Exercise II [HT] Cooking Demo: Pie in Your Face [A] 10:00 New Hope Church Service [T] 10:00 Cooking Demo: Jai [A] "Sweets and Treats" [A] Lunch 11AM - 1PM 9:45 Sightseeing: Kaneohe 11:00 Lunch 11AM - 1PM Men's Social (Men Only) [T] 1:00 Lunch 11AM - 1PM Medical Transportation 1:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T 10:00 Craft: Tootsie Pop Heart [A] 1:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 12:00 Medical Transportation 1:15 A Shopping: Errand Run (2 mile radius) 1:30 Afternoon Stretch [A] 1:00 Lunch 11AM - 1PM 1:30 Afternoon Stretch [A] 1:30 Afternoon Stretch [A] 1:30 • Afternoon Stretch [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 2:00 Chinese Lion Dance Association [A] 1:15 🖨 Shopping: Savers (1 hour) 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 2:00 Documentary: "Fire Of Love" (2022) D+ [T] Community Service Moai: Heart Pillows or 2:00 2:00 Walking Club Around the Plaza 3:00 Documentary: "I Trained Lion Dance for 30 Days Straigh 1:30 Afternoon Stretch [A] 1:30 Afternoon Stretch [A] Community Service Moai: Heart Pillows or Holiday Holiday Bookmarkers [A] 1:30 MARTER AFTERNOON Stretch [A] 2:00 Documentary: "Sr." (2022) [T] Bookmarkers [A] 2:00 Matinee Movie: "Hachi: A Dog's Tale" (2009) [T] 3:00 Pokeno [A] Bingo [A] 2:15 Table Games: Hanafuda [A] 4:30 Dinner 4:30 pm - 6:30 pm 2:00 Matinee Movie: "Rescued By Ruby" (2022) [T] Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm Dinner 4:30 pm - 6:30 pm 2:30 Afternoon Exercise (AL residents) [WF] 3:00 Bingo [A] 7:00 Movie Night: "Rush Hour 2" (2001) [T] Dinner 4:30 pm - 6:30 pm Bingo [A] 7:00 Movie Night: "Critical Thinking" (2020) [T] 3:00 5th Floor Bingo (AL residents only) [WF] Dinner 4:30 pm - 6:30 pm 4:30 Dinner 4:30 pm - 6:30 pm 4:30 Dinner 4:30 pm - 6:30 pm 7:00 🗃 Movie Night: "Revond the Universe" (2022) [T] 4:30 National Corn Chip Day National Inspire Your Heart with Art Day Dress Day: Plaza Shirt **ATTENTION:** 7:00 Breakfast 7AM - 9AM National Bubble Wrap Day 7:00 Breakfast 7AM - 9AM 8:00 ♥ Virtual Exercise: "Rise and Shine" [T] Breakfast 7AM - 9AM 8:00 ♥ Virtual Exercise: "Rise and Shine" 8:15 🖨 Church Runs 8:00 ♥ Virtual Exercise: "Rise and Shine" [T] Health & Fitness 8:30 Morning Exercise [HT] 8:30 Morning Exercise [HT] 8:30 Morning Exercise [HT] Please sign up for sightseeing 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] rides and shopping outings with Movie 9:30 ♥ Morning Exercise II [HT] 10:00 Karaoke Time! [A] 9:30 ♥ Morning Exercise II [HT] Artists in Action (Painting Class) [A]

THE PLAZA

Assisted Living

concierae.

Shuttle

★ Special Event

9:45 🖨 Sightseeing: Ko'olina

1:00 Lunch 11AM - 1PM

1:30 Afternoon Stretch [A]

Bingo [A]

Shuttle" (2021) [T]

0:00 Sing A Long with Sandy and Gordon [A]

1:15 🖨 Shopping: Longs Drugs (1 hour)

Dinner 4:30 pm - 6:30 pm

1:00 Virtual Exercise: Barre with Resistance Bands [T]

2:00 Documentary: "Wonderful Stories From The Space

11:00

12:00

Lunch 11AM - 1PM

1:30 • Afternoon Stretch [A]

4:30 Dinner 4:30 pm - 6:30 pm

Medical Transportation

1:00 Virtual Exercise: Barre with Resistance Bands [T]

5th Floor Bingo (AL residents only) [WF]

2:00 Matinee Movie: "Cowgirl's Song" (2022) [T]

2:30 Afternoon Exercise (AL residents) [WF]

11:00 Lunch 11AM - 1PM

1:30 • Afternoon Stretch [A]

2:00 Hula with Kumu Sallie [A]

4:30 Dinner 4:30 pm - 6:30 pm

3:00 Documentary: "Audrey" (2020) [A]

7:00 Movie Night: "Marry Me" (2022) AP [T]

12:45 💂 Sightseeing: Halawa Valley

1:00 Virtual Exercise: Barre with Resistance Bands [T]