

January 2023 The Plaza at Waikiki



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>Happy New Year! 1</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:15 Church Runs</p> <p>8:30 Morning Exercise [HT]</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>10:00 Cooking Demo: Rolling Sushi [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>12:45 Sightseeing: Makapuu</p> <p>1:00 Catholic Service with St. Augustine Church by the Sea [T]</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [A]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Kanikapila [A]</p> <p>3:00 Documentary: "Elephant Whisperers" (2022) [T]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p> <p>7:00 Movie Night: "A New Year's Resolution" (2021) AP [T]</p>	<p>National Science Fiction Day 2</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>8:30 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>9:45 Sightseeing: Ka Makana Ali'i</p> <p>10:00 Music with Hank the Singing Dutchman [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:15 Shopping: Longs Drugs (1 hour)</p> <p>1:30 Afternoon Stretch [A]</p> <p>— Documentary: "Secret Space UFOs: In the Beginning" (2022) AP [T]</p> <p>3:00 Bingo [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>Dress Day: Wear Stripes 3</p> <p>National Drinking Straw Day</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>10:00 "Straw"berry Smoothies and Straw Minute to Win It Games [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>12:00 Medical Transportation</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Matinee Movie: "Glass Onion: A Knives Out Mystery" (2022) [T]</p> <p>2:30 Afternoon Exercise (AL residents) [WF]</p> <p>3:00 5th Floor Bingo (AL residents only) [WF]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Trivia Day 4</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>8:30 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>10:00 New Hope Church Service [T]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:15 Shopping: Walmart</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A]</p> <p>2:00 Matinee Movie: "Mathilda the Musical" (2022) [T]</p> <p>3:00 Bingo [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>Dress Day: Denim Day (Jeans Okay) 5</p> <p>National Whipped Cream Day</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>10:00 Buddhist Service with Moiliili Hongwanji [T]</p> <p>10:00 Ice Cream Sundaes with Whipped Cream/ New Year's Trivia [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Documentary: "If These Walls Could Sing" (2022) D+ [T]</p> <p>2:00 Walking Club Around the Plaza</p> <p>3:00 Pokeno [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Shortbread Day 6</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>10:00 Music with Dean Hirata [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A]</p> <p>3:00 Bingo [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Tempura Day 7</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>8:30 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>9:45 Sightseeing: Waimanalo</p> <p>10:00 Cooking Demo: Vegetable Tempura [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:15 Table Games: Jenga [A]</p> <p>3:00 Bingo [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p> <p>7:00 Movie Night: "Marriage Story" (2019) [T]</p>
<p>National Argyle Day 8</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:15 Church Runs</p> <p>8:30 Morning Exercise [HT]</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>10:00 Pet Therapy with Kai'a the Goldendoodle [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Hula with Kumu Sallie [A]</p> <p>3:00 Documentary: "Kangaroo Valley" (2022) [T]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p> <p>7:00 Movie Night: "The Hunt For Red October" (1990) [T]</p>	<p>National Law Enforcement Appreciation Day 9</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>8:30 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>9:45 Sightseeing: Pearlridge</p> <p>10:00 Music with Roy Hamada [A]</p> <p>11:00 Kau Kau Cafe</p> <p>11:00 Lunch 11AM - 1PM</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:15 Shopping: Don Quijote (1 hour)</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Documentary: "The Sound of 007" (2022) AP [T]</p> <p>3:00 Bingo [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>Dress Day: Plaza Shirt 10</p> <p>National Houseplant Appreciation Day</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>10:00 Craft: Origami Folding: Lotus [A]</p> <p>10:15 Resident Council Meeting [L]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>12:00 Medical Transportation</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Matinee Movie: "Something From Tiffany's" (2022) AP [T]</p> <p>2:30 Afternoon Exercise (AL residents) [WF]</p> <p>3:00 5th Floor Bingo (AL residents only) [WF]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Milk Day 11</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>8:30 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>9:45 Sightseeing: Lanikai Beach</p> <p>10:00 New Hope Church Service [T]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:15 Shopping: Errand Run (2 mile radius)</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A]</p> <p>2:00 Matinee Movie: "The Harimaya Bridge" (2009) AP [T]</p> <p>3:00 Bingo [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Curried Chicken Day 12</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>10:00 Karaoke Time! [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>12:00 Medical Transportation</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Documentary: "Rising Phoenix" (2020) [T]</p> <p>2:00 Walking Club Around the Plaza</p> <p>3:00 Pokeno [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p> <p>7:00 Movie Night: "Nottina Hill" (1999) [T]</p>	<p>Dress Day: Cartoon Characters 13</p> <p>National Sticker Day</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>10:00 Craft: Stickered Pencil Cases/ Misc Holder [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A]</p> <p>3:00 Bingo [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Vision Board Day 14</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>8:30 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>9:45 Sightseeing: Pu'uualakaa State Park</p> <p>10:00 Create Your Vision Board [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:15 Table Games: Blackjack [A]</p> <p>3:00 Bingo [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p> <p>7:00 Movie Night: "I Letter to Juliet" (2010) AP [T]</p>
<p>Dress Day: Funny Hats 15</p> <p>National Hat Day</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:15 Church Runs</p> <p>8:30 Morning Exercise [HT]</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>10:00 Craft: Yarn Hat Ornaments [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>12:45 Sightseeing: White Plains Beach</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Kanikapila [A]</p> <p>3:00 Documentary: "Breath" (2022) AP [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p> <p>7:00 Movie Night: "One Special Night" (1999) AP [T]</p>	<p>National Martin Luther King Jr. Day 16</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>8:30 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>9:45 Sightseeing: Kunawai Pond</p> <p>10:00 Music with Hank the Singing Dutchman [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:15 Shopping: Longs Drugs (1 hour)</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Documentary: "Coming For The King" (2021) [T]</p> <p>3:00 Bingo [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Classy Day 17</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>10:00 Craft: Year of the Rabbit Door Decoration [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>12:00 Medical Transportation</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Matinee Movie: "The Mulligan" (2022) AP [T]</p> <p>2:30 Afternoon Exercise (AL residents) [WF]</p> <p>3:00 5th Floor Bingo (AL residents only) [WF]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Winnie the Pooh Day 18</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>8:30 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>10:00 New Hope Church Service [T]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:15 Shopping: Marukai</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A]</p> <p>2:00 Matinee Movie: "Food Club" (2021) AP [T]</p> <p>3:00 Bingo [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Popcorn Day 19</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>10:00 Pet Therapy with Wes Koga [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>12:00 Medical Transportation</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Documentary: "The Volcano: Rescue From Whakaari" (2022) [T]</p> <p>2:00 Walking Club Around the Plaza</p> <p>3:00 Pokeno [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p> <p>7:00 Movie Night: "Redeeming Love" (2022) AP [T]</p>	<p>Dress Day: Plaza Shirt 20</p> <p>National Cheese Lover's Day</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>10:00 Music with Mele Magic (Bill Melemai) [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Matinee Movie: "Dive" (2022) AP [T]</p> <p>3:00 Bingo [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Granola Bar Day 21</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>8:30 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>9:45 Sightseeing: Wahiawa</p> <p>10:00 Bingo with the American Legion Volunteers [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:15 Table Games: UNO [A]</p> <p>3:00 Bingo [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p> <p>7:00 Movie Night: "Five Feet Apart" (2019) [T]</p>
<p>Dress Day: Wear Red 22</p> <p>Kung Hee Fat Choy (Happy Chinese New Year)</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:15 Church Runs</p> <p>8:30 Morning Exercise [HT]</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>10:00 Cooking Demo: Jai [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Chinese Lion Dance Association [A]</p> <p>3:00 Documentary: "1 Trained Lion Dance for 30 Days Straight" YT [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p> <p>7:00 Movie Night: "Rush Hour 2" (2001) [T]</p>	<p>National Pie Day 23</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>8:30 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>9:45 Sightseeing: Olomana</p> <p>10:00 Cooking Demo: Pie in Your Face [A]</p> <p>10:00 Men's Social (Men Only) [T]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:15 Shopping: Savers (1 hour)</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Documentary: "Sr" (2022) [T]</p> <p>3:00 Bingo [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Compliment Day 24</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>10:00 Plaza at Waikiki Beyond Walls Initiative Launch "Sweets and Treats" [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>12:00 Medical Transportation</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Matinee Movie: "Hachi: A Dog's Tale" (2009) [T]</p> <p>2:30 Afternoon Exercise (AL residents) [WF]</p> <p>3:00 5th Floor Bingo (AL residents only) [WF]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Opposite Day 25</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>8:30 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>9:45 Sightseeing: Maunawili</p> <p>10:00 New Hope Church Service [T]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:15 Shopping: Errand Run (2 mile radius)</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A]</p> <p>2:00 Matinee Movie: "Rescued By Ruby" (2022) [T]</p> <p>3:00 Bingo [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>Dress Day: Wear Green 26</p> <p>National Green Juice Day</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>10:00 Cooking Demo: Green Juice for Health [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>12:00 Medical Transportation</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Documentary: "Fire Of Love" (2022) D+ [T]</p> <p>2:00 Walking Club Around the Plaza</p> <p>3:00 Pokeno [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p> <p>7:00 Movie Night: "Critical Thinking" (2020) [T]</p>	<p>National Chocolate Cake Day 27</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>10:00 Music with Kupuna Mele [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A]</p> <p>3:00 Bingo [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Blueberry Pancake Day 28</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>8:30 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>9:45 Sightseeing: Kaneohe</p> <p>10:00 Craft: Tootsie Pop Heart [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:15 Table Games: Hanafuda [A]</p> <p>3:00 Bingo [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p> <p>7:00 Movie Night: "Beyond the Universe" (2022) [T]</p>
<p>National Corn Chip Day 29</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:15 Church Runs</p> <p>8:30 Morning Exercise [HT]</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>10:00 Karaoke Time! [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>12:45 Sightseeing: Halawa Valley</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Hula with Kumu Sallie [A]</p> <p>3:00 Documentary: "Audrey" (2020) [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p> <p>7:00 Movie Night: "Marry Me" (2022) AP [T]</p>	<p>Dress Day: Plaza Shirt 30</p> <p>National Bubble Wrap Day</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>8:30 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>9:45 Sightseeing: Koolina</p> <p>10:00 Sing A Long with Sandy and Gordon [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:15 Shopping: Longs Drugs (1 hour)</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Documentary: "Wonderful Stories From The Space Shuttle" (2021) [T]</p> <p>3:00 Bingo [A]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Inspire Your Heart with Art Day 31</p> <p>7:00 Breakfast 7AM - 9AM</p> <p>8:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>8:30 Morning Exercise [HT]</p> <p>9:00 Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 Morning Exercise II [HT]</p> <p>10:00 Artists in Action (Painting Class) [A]</p> <p>11:00 Lunch 11AM - 1PM</p> <p>12:00 Medical Transportation</p> <p>1:00 Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 Afternoon Stretch [A]</p> <p>2:00 Matinee Movie: "Cowgirl's Song" (2022) [T]</p> <p>2:30 Afternoon Exercise (AL residents) [WF]</p> <p>3:00 5th Floor Bingo (AL residents only) [WF]</p> <p>4:30 Dinner 4:30 pm - 6:30 pm</p>	<p style="text-align: center;">ATTENTION:</p> <p style="text-align: center;"><i>Please sign up for sightseeing rides and shopping outings with concierge.</i></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: right;"> <p> Health & Fitness</p> <p> Movie</p> <p> Shuttle</p> <p> Special Event</p> </div> </div>			