


July 2025 The Plaza at Waikiki						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div>♥ Health & Fitness</div> <div>🎬 Movie</div> <div>🌿 Plaza Life</div> <div>🚌 Shuttle</div> <div>★ Special Event</div>	<div>National Postage Stamp Day1</div> <div>8:30 ♥ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Mini Postage Stamp Box [A] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch 2:00 🎭 Matinee Movie: "Rear Window" (1954) N [T] 2:00 Watercolor and Classical Music [A] 3:00 Pokeno [A] 6:30 🌿 Hawaiian Music Hour [T]</div>	<div>National Disco Day2</div> <div>8:30 ♥ Morning Exercise [HT] 8:30 🚌 Plaza Walking Moai Club @ Magic Island (2 Trips/times) 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 New Hope Church Service [T] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚌 Shopping: Don Quijote 1:30 ♥ Strength, Balance and Tone with Daniel 2:00 🎭 Matinee Movie: "The Boy & The Heron" (2023) Peacock [T] 3:00 Bingo [A] 6:30 🌿 Music Variety Hour [T]</div>	<div>National Fried Clam Day3</div> <div>8:30 ♥ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Craft: 4th of July Gnomes [A] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch 2:00 🎭 Matinee Movie: "Titan" (2025) N [T] 2:00 ♥ Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 🎭 Movie Night: "Pride & Prejudice" (2005) Max [T]</div>	<div>Dress Day: Red, White, and Blue4 Happy 4th of July!</div> <div>8:30 ♥ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Music with Dean Hirata [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 Diamond Art & Crochet/ Paper Leis [A] 3:00 Bingo [A]</div>	<div>National Apple Turnover Day5</div> <div>8:30 ♥ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Cooking Demo with Jeremy [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch 2:00 Kanikapila [T] 3:00 Bingo [A] 7:00 🎭 Movie Night: The Ballad of Wallis Island" (2025) Peacock [T]</div>
		<div>National Build A Scarecrow Day6</div> <div>8:15 🚌 Church Runs 8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [A] 10:00 Craft: Toliet Paper Roll Scarecrow [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 🎭 Documentary: "The Crown" Ep. 2 (2016) N [T] 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 🎭 Movie Night: "Hitchcock" (2012) N [T]</div>	<div>National Chocolate Day7</div> <div>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 [A] 10:00 ★ Hank the Singing Dutchman [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚌 Shopping: Longs (1 hour) 1:30 Afternoon Stretch 2:00 🎭 Documentary: "The Crown" Ep. 3 (2016) N [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 🌿 Light Classical Music Hour [T]</div>	<div>Dress Day: Tye Dye8 National Freezer Pop Day</div> <div>8:30 ♥ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Popsicles on the Terrace [HT] 10:15 ★ Resident Council Meeting [A] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch 2:00 Board Games [A] 2:00 🎭 Matinee Movie: "Blue Crush" (2002) Peacock [T] 3:00 Pokeno [A] 6:30 🌿 Hawaiian Music Hour [T]</div>	<div>National Sugar Cookie Day9</div> <div>8:30 ♥ Morning Exercise [HT] 8:30 🚌 Plaza Walking Moai Club @ Magic Island 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 New Hope Church Service [T] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚌 Shopping: Target, Walmart, Don Quijote 1:30 ♥ Plaza Life Circuit 1 Exercise [A] 2:00 Matinee Movie: "Dirty Dancing" (1987) Peacock [T] 3:00 Bingo [A] 6:30 🌿 Music Variety Hour [T]</div>	<div>Dress Day: Plaza Shirts10 National Kitten Day</div> <div>8:30 ♥ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Performance by Hui Malama [A] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch 2:00 🎭 Documentary: "The Quilters" (2024) N [T] 2:00 ♥ Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 🎭 Movie Night: "Priscilla" (2023) Max [T]</div>
<div>National French Fry Day13</div> <div>8:15 🚌 Church Runs 8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [A] 10:00 Coloring with Classical Music [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 Errand Run: Longs (1Hour) 1:30 ♥ Afternoon Stretch [A] 2:00 🎭 Documentary: "The Crown" Ep. 4 (2016) N [T] 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 🎭 Movie Night: "Ticket to Paradise" (2022) Peacock [T]</div>	<div>National Shark Awareness Day14</div> <div>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 [A] 10:00 Craft: Shark Painting [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚌 Shopping: Foodland Farms (1 hour) 1:30 Afternoon Stretch 2:00 🎭 Documentary: "The Crown" Ep. 5 (2016) N [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 🌿 Light Classical Music Hour [T]</div>	<div>Dress Day: Rainbow15 National Gummi Worm Day</div> <div>8:30 ♥ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Community Craft: Paper Mache Sharks [A] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch 2:00 Crochet Lei Making with Larissa [A] 2:00 🎭 Matinee Movie: "Jaws" (1975) Peacock [T] 3:00 Pokeno [A] 6:30 🌿 Hawaiian Music Hour [T]</div>	<div>National Cherry Day16</div> <div>8:30 ♥ Morning Exercise [HT] 8:30 🚌 Plaza Walking Moai Club @ Magic Island 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 New Hope Church Service [T] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚌 Shopping: Errand Run (2 Miles) 1:30 ♥ Plaza Life Circuit 1 Exercise [A] 1:30 ♥ Strength, Balance and Tone with Daniel 2:00 🎭 Matinee Movie: "Runaway Bride" (1999) Peacock [T] 3:00 Bingo [A] 6:30 🌿 Music Variety Hour [T]</div>	<div>Dress Day: Yellow or Emoji Shirts17 National Emoji Day</div> <div>8:30 ♥ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 Tai Chi with Tomoshi [T] 10:00 Pet Therapy with Wes Koga [A] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch 2:00 🎭 Documentary: "My Love" Ep. 1 (2021) N [T] 2:00 ♥ Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 🎭 Movie Night: "A Complete Unknown" (2024) Hulu [T]</div>	<div>National Sour Candy Day18</div> <div>8:30 ♥ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Community Reading with Tom [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 Diamond Art & Crochet/ Paper Leis [A] 3:00 Bingo [A]</div>	<div>National Hotdog Day19</div> <div>8:30 ♥ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 American Legion Family Bingo [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch 2:00 Kanikapila [T] 3:00 Bingo [A] 7:00 🎭 Movie Night: "The Banshees of Inisherin" (2022) Disney+/Hulu [T]</div>
<div>Dress Day: Plaza Shirts20 National Lollipop Day</div> <div>8:15 🚌 Church Runs 8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [A] 10:00 Craft: Friendship Bracelets 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 🎭 Documentary: "The Crown" Ep. 6 (2016) N [T] 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 🎭 Movie Night: "Emma" (2020) Peacock [T]</div>	<div>National Hug Your Kids Day21</div> <div>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 [A] 9:45 Sightseeing: Waikiki/ Diamond Head/ Kahala 10:00 Craft: Dried Flower Bookmark 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚌 Shopping: Target (1 hour) 1:30 Afternoon Stretch 2:00 🎭 Documentary: "The Crown" Ep. 7 (2016) N [T] 2:00 ♥ Walking Club Around the Plaza 3:00 Bingo [A] 6:30 🌿 Light Classical Music Hour [T]</div>	<div>Dress Day: Orange or Green22 National Mango Day</div> <div>8:30 ♥ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Charcuterie and Trivia [A] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch 2:00 🎭 Matinee Movie: "Happy Gilmore" (1996) Peacock [T] 3:15 Pokeno [A] 6:30 🌿 Hawaiian Music Hour [T]</div>	<div>National Sprinkle Day23</div> <div>8:30 ♥ Morning Exercise [HT] 8:30 🚌 Plaza Walking Moai Club @ Magic Island 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 New Hope Church Service [T] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚌 Shopping: Don Quijote [A] 1:30 ♥ Plaza Life Circuit 1 Exercise [A] 2:00 Matinee Movie: "The Holdovers" (2023) Peacock [T] 3:00 Bingo [A] 6:30 🌿 Music Variety Hour [T]</div>	<div>National Tell An Old Joke Day24</div> <div>8:30 ♥ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Jokes and Drinks [A] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch 2:00 🎭 Documentary: "Become Led Zeppelin" (2022) N [T] 2:00 ♥ Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 🎭 Movie Night: "The Intern" (2015) N [T]</div>	<div>National Talk In A Elevator Day25</div> <div>8:30 ♥ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Trivia 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 Diamond Art & Crochet/ Paper Leis [A] 3:00 Bingo [A]</div>	<div>Dress Day: Brown, Black, or Tan26 National Coffee Milkshake Day</div> <div>8:30 ♥ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Cooking Demo with Jeremy 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch 2:00 Kanikapila [T] 3:00 Bingo [A] 7:00 🎭 Movie Night: "This Means War" (2012) Max [T]</div>
<div>National Love Is Kind Day27</div> <div>8:15 🚌 Church Runs 8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [A] 10:00 Write A Letter To Your Loved One 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 Errand Run: Don Quijote (1Hour) 1:30 ♥ Afternoon Stretch [A] 2:00 🎭 Documentary: "The Crown" Ep. 8 (2016) N [T] 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 🎭 Movie Night: "Up in the Air" (2009) Peacock [T]</div>	<div>Dress Day: Western Attire (Jeans Okay)28 National Cowboy Day</div> <div>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 [A] 10:00 ★ Sing-a-long with Sandy and Gordon [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚌 Shopping: Kahala Mall (2 hour) 1:30 Afternoon Stretch 2:00 🎭 Documentary: "The Crown" Ep. 9 (2016) N [T] 2:00 ♥ Walking Club Around the Plaza 3:00 Bingo [A] 6:30 🌿 Light Classical Music Hour [T]</div>	<div>National Lipstick Day29</div> <div>8:30 ♥ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Presentation: Solar System Astronomy with May Kealoha and Friends [A] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch 2:00 🎭 Matinee Movie: "Safe House" (2012) Peacock [T] 2:00 Walker and Cane Sanitation [A] 3:00 Pokeno [A] 6:30 🌿 Hawaiian Music Hour [T]</div>	<div>Dress Day: Plaza Shirts30 National Cheesecake Day</div> <div>8:30 ♥ Morning Exercise [HT] 8:30 🚌 Plaza Walking Moai Club @ Magic Island 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 New Hope Church Service [T] 10:45 🚌 Kau Kau Cafe: TBD 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Plaza Life Circuit 1 Exercise [A] 1:45 🚌 Shopping: Longs & Savers 2:00 🎭 Matinee Movie: "Are You Here God? It's Me, Margaret" (2023) Peacock [T] 3:00 Bingo [A] 6:30 🌿 Music Variety Hour [T]</div>	<div>Dress Day: Harry Potter Shirts31 Harry Potter's Birthday</div> <div>8:30 ♥ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 Dancercise with Toshimi [T] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch 2:00 🎭 Documentary: "ABBA: Against All Odds" (2024) N [T] 2:00 ♥ Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 🎭 Movie Night: "Harry Potter and the Sorcerer's Stone" (2001) Max [T]</div>	<div>Location Keys</div> <div>Activity RoomA</div> <div>Hoku TerraceHT</div> <div>TheaterT</div>	