

Independent & Assisted Living Activity Calendar

September 2025 - The Plaza at Moanalua



SUNDAY

VAN RIDE UPDATE

Medical Runs will continue as usual. Please check for the errand rides and sign up at the front desk.
Beginning Sunday 9/14, CHURCH DROP OFF/PICK UPS will resume.
Please sign up at the Front Desk or see Sophia Trejo, Activity Director.

MONDAY

Labor Day 1

9:00 Resistance Training A
10:00 Seated Strength Circuit
1:00 Trivia Crack!
1:00 Lucky Tile Mondays!
3:00 NNICKEL BINGO

TUESDAY

Telephone Tuesday 2

7:30 Medical Run - Central
9:00 Seated Strength A
10:00 Seated Strength A
11:00 Origami Club
1:00 Trivia Crack!
1:30 Baking Bunch!
2:00 Brick, Flicks & Bites
2:30 Bible Study w/Jaz & Tony

WEDNESDAY

Skyscraper Day 3

9:00 Resistance Training B
9:00 Scenic Ride - Keehi Lagoon
10:00 Seated Strength Circuit
1:00 Trivia Crack
1:30 Color Splash with Kelsie!
1:30 Errand Ride - Longs/Safeway
2:30 Educational Video - Skyscrapers
3:00 NICKEL BINGO

THURSDAY

Wildlife Day 4

7:30 Medical Run - East Bound
9:00 Seated Strength B
10:00 Seated Strength B
11:00 Origami Club
1:00 Trivia Crack!
2:00 Creative Creations - Animals
2:30 Throwback Thursday Television
7:00 UH Wahine Volleyball vs. San Jose State [T]

FRIDAY

Cheese Pizza Day 5

9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
1:00 Trivia Crack!
1:00 Mahjong & Scrabble Hour!
3:00 NICKEL BINGO
7:00 UH Wahine Volleyball vs. Utah Valley [T]

SATURDAY

Read a Book Day 6

9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
11:00 Origami Club
1:00 Trivia Crack!
1:30 Tiles, Blossoms & More!
2:30 Pick-A-Flick Saturday
6:00 UH Football vs. Sam Houston [T]

Salami Day 7

9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
11:00 Origami Club
1:00 Trivia Crack!
1:30 Tiles, Blossoms & More!
2:30 Pick-A-Flick Sunday
5:00 UH Wahine Volleyball vs. St. John's [T]

Literacy Day 8

7:30 Medical Run - West Bound
9:00 Resistance Training A
10:00 Seated Strength Circuit
10:00 Communion [T]
1:00 Trivia Crack!
1:00 Lucky Tile Mondays!
1:30 Errand Ride - Longs/Safeway
3:00 NNICKEL BINGO

Teddy Bear Day 9

7:30 Medical Run - Central
9:00 Seated Strength A
10:00 Seated Strength A
11:00 Origami Club
1:00 Trivia Crack!
1:30 RESIDENT COUNCIL
1:30 Baking Bunch!
2:00 Brick, Flicks & Bites
2:30 Bible Study w/Jaz & Tony

TV Dinner Day 10

9:00 Seated Strength Circuit
9:00 Scenic Ride - Downtown
10:00 PERFORMANCE: Brandon Onishi (Musician)
10:30 Errand Ride - Target
1:00 Trivia Crack
1:30 Color Splash with Kelsie!
1:30 Bank Run
2:30 Educational Video
3:00 NICKEL BINGO

Service & Remembrance Day 11

7:30 Medical Run - East Bound
9:00 Seated Strength B
10:00 Seated Strength B
11:00 Origami Club
1:00 Trivia Crack!
2:00 Gorgeous Grams Hour!
2:30 Throwback Thursday Television
7:00 UH Wahine Volleyball vs. Portland [T]

Video Games Day 12

9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
1:00 Trivia Crack!
1:00 Mahjong & Scrabble Hour!
3:00 NICKEL BINGO

Peanut Day 13

9:00 Zumba with Annette!
10:00 Seated Strength Circuit
11:00 Origami Club
1:00 Trivia Crack!
1:30 Tiles, Blossoms & More!
2:30 Pick-A-Flick Saturday
6:00 UH Football vs. Portland State [T]

Coloring Day 14

7:00 Church Drop Off/Pick Up
9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
11:00 Origami Club
1:00 Trivia Crack!
1:30 Tiles, Blossoms & More!
1:30 Errand Ride - Longs/Safeway
2:30 Pick-A-Flick Sunday

International Dot Day 15

7:30 Medical Run - West Bound
9:00 Resistance Training A
10:00 Seated Strength Circuit
1:00 Trivia Crack!
1:00 Lucky Tile Mondays!
1:30 Errand Ride - Don Q/H Mart
3:00 NNICKEL BINGO

Voter Registration Day 16

7:30 Medical Run - Central
9:00 Seated Strength A
10:00 Seated Strength A
11:00 Origami Club
1:00 Trivia Crack!
1:30 Baking Bunch!
2:00 Brick, Flicks & Bites
2:30 Bible Study w/Jaz & Tony

Citizenship Day 17

9:00 Resistance Training B
9:00 Scenic Ride - Kaneohe
10:00 Seated Strength Circuit
10:30 Errand Ride - Daiso
1:00 Trivia Crack
1:30 Color Splash with Kelsie!
1:30 Bank Run
2:30 Educational Video
3:00 NICKEL BINGO

Cheeseburger Day 18

7:30 Medical Run - East Bound
9:00 Seated Strength B
10:00 Seated Strength B
11:00 Origami Club
1:00 Trivia Crack!
2:00 Creative Creations - Crafting
2:30 Throwback Thursday Television

Talk like a Pirate Day 19

9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
1:00 Trivia Crack!
1:00 Mahjong & Scrabble Hour!
3:00 NICKEL BINGO

String Cheese Day 20

9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
11:00 Origami Club
1:00 Trivia Crack!
1:30 Tiles, Blossoms & More!
2:00 Birthday Bash w/ Dean H.!
2:30 Pick-A-Flick Saturday
6:00 UH Football vs. Fresno State [T]

Chai Day 21

7:00 Church Drop Off/Pick Up
9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
11:00 Origami Club
1:00 Trivia Crack!
1:30 Tiles, Blossoms & More!
1:30 Errand Ride - Longs/Safeway
2:30 Pick-A-Flick Sunday

Elephant Appreciation Day 22

7:30 Medical Run - West Bound
9:00 Resistance Training A
10:00 Seated Strength Circuit
10:00 Communion/Catholic Mass [T]
1:00 Trivia Crack!
1:00 Lucky Tile Mondays!
1:30 Errand Ride - Walmart Pearl City
3:00 NNICKEL BINGO

Snack Stick Day 23

7:30 Medical Run - Central
9:00 Seated Strength A
10:00 PERFORMANCE: Hank the Signing Dutchman
11:00 Origami Club
1:00 Trivia Crack!
1:30 Baking Bunch!
2:00 Brick, Flicks & Bites
2:30 Bible Study w/Jaz & Tony

Punctuation Day 24

9:00 Resistance Training B
9:00 Scenic Ride - Ala Moana Beach Park
10:00 Seated Strength Circuit
10:30 Errand Ride - Wholesale Unlimited
1:00 Trivia Crack
1:30 Bank Run
2:00 PERFORMANCE: Motogawa (Musician)
3:00 NICKEL BINGO

Comic Book Day 25

7:30 Medical Run - East Bound
9:00 Seated Strength B
10:00 Seated Strength B
11:00 Origami Club
1:00 Trivia Crack!
2:00 Gorgeous Grams Hours!
2:30 Throwback Thursday Television

Pancake Day 26

9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
1:00 Trivia Crack!
1:00 Mahjong & Scrabble Hour!
3:00 NICKEL BINGO
7:00 UH Wahine Volleyball vs. UC Riverside [T]

Tourism Day 27

9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
11:00 Origami Club
1:00 Trivia Crack!
1:30 Tiles, Blossoms & More!
2:30 Pick-A-Flick Saturday
7:00 UH Football vs. UC Davis [T]

Good Neighbor Day 28

7:00 Church Drop Off/Pick Up
9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
11:00 Origami Club
1:00 Trivia Crack!
1:30 ALZ Family BINGO Event!
1:30 Tiles, Blossoms & More!
1:30 Errand Ride - Longs/Safeway
2:30 Pick-A-Flick Sunday

Coffee Day 29

7:30 Medical Run - West Bound
9:00 Resistance Training A
10:00 Seated Strength Circuit
1:00 Trivia Crack!
1:00 Lucky Tile Mondays!
1:30 Errand Ride - Target
3:00 NNICKEL BINGO

Chewing Gum Day 30

7:30 Medical Run - Central
9:00 Seated Strength A
10:00 Seated Strength A
11:00 Origami Club
1:00 Trivia Crack!
1:30 Baking Bunch!
2:00 Brick, Flicks & Bites
2:30 Bible Study w/Jaz & Tony

THERE ARE DAILY ACTIVITY OFFERINGS THAT ANYONE CAN ATTEND. PLEASE SEE TO THE RIGHT FOR THE TIMES & LOCATIONS OF THE DAILY ACTIVITY OFFERINGS.

ALL DAY Plaza Puzzle Packets & Independent Activities
7:00 am/5:30 pm Hawaii News Now! [T]
9:30 am Morning Worship [T]
10:45 am Daily Catholic Mass Livestream [T]
11:00/11:30 am Walking Club [Independent]
12:00 pm Wii Sports! [T]

