

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



ATTEENTION:
Please sign up for sightseeing rides and shopping outings with concierge.

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National Peanut Butter Lover's Day **1**

7:00 Breakfast 7AM - 9AM
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 [HT]
10:00 New Hope Church Service [T]
11:00 Lunch 11AM - 1PM
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:15 Shopping: Longs Drugs (1 hour)
1:30 Afternoon Stretch [A]
2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A]
2:00 Matinee Movie: "You People" (2023) [T]
3:00 Bingo [A]
4:30 Dinner 4:30 pm - 6:30 pm
6:30 Music Listening Hour [T]

National Banana Cream Pie Day **2**

7:00 Breakfast 7AM - 9AM
8:30 Morning Exercise [HT]
9:00 Virtual Exercise: "Rise and Shine" [T]
9:30 Morning Exercise II [HT]
10:00 Buddhist Service with Moiliili Hongwanji [T]
10:00 Music with Legacy [A]
11:00 Lunch 11AM - 1PM
12:00 Medical Transportation
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:30 Afternoon Stretch [A]
2:00 Documentary: Hallelujah Leonard Cohen: A Journey, A Song" (2022) [T]
2:00 Walking Club Around the Plaza
3:00 Pokeno [A]
4:30 Dinner 4:30 pm - 6:30 pm
7:00 Movie Night: "Still Alice" (2014) [T]

Dress Day: Wear Pink **3**

Happy Girl's Day (Hinamasturi)
7:00 Breakfast 7AM - 9AM
8:00 Girl's Day Meet and Greet
8:30 Morning Exercise [HT]
9:00 Virtual Exercise: "Rise and Shine" [T]
9:30 Morning Exercise II [HT]
10:00 Music with Dean Hirata [A]
11:00 Lunch 11AM - 1PM
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:30 Afternoon Stretch [A]
2:00 Choir Practice [T]
2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A]
3:00 Bingo [A]
4:30 Dinner 4:30 pm - 6:30 pm

National Marching Music Day **4**

7:00 Breakfast 7AM - 9AM
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 [HT]
9:45 Sightseeing: Patsy Mink Regional Park Hanapa'a! Let's Go Fishing [A]
10:00 Lunch 11AM - 1PM
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:30 Afternoon Stretch [A]
2:15 Table Games: UNO [A]
3:00 Bingo [A]
4:30 Dinner 4:30 pm - 6:30 pm
7:00 Movie Night: "Daddy's Little Girls" (2007) [T]

National Cheese Doodle Day **5**

7:00 Breakfast 7AM - 9AM
8:15 Church Runs
8:30 Morning Exercise [HT]
9:00 Virtual Exercise: "Rise and Shine" [T]
9:30 Morning Exercise II [HT]
10:00 Cooking Demo: Cheese Ritz Crackers and Hawaii Trivia [A]
Lunch 11AM - 1PM
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:30 Afternoon Stretch [A]
2:00 Hula with Kumu Sallie [A]
3:00 Documentary: "Physical 100: The Pecking Order"(2023) [T]
4:30 Dinner 4:30 pm - 6:30 pm
7:00 Movie Night: "Burnt" (2015) [T]

Dress Day: Wear Black or White **6**

National Oreo Cookie Day
7:00 Breakfast 7AM - 9AM
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 [HT]
9:45 Sightseeing: Kalama Valley
10:00 Baking Demo: Oreo Cookies and Cream Blondie Bars [A]
Lunch 11AM - 1PM
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:15 Excursion: The Arts at Marks Garage Exhibit (1 hour)
1:30 Afternoon Stretch [A]
2:00 Documentary: "Bill Russell-Part I" (2023) [T]
3:00 Bingo [A]
4:30 Dinner 4:30 pm - 6:30 pm

National Flapjack Day **7**

7:00 Breakfast 7AM - 9AM
8:30 Morning Exercise [HT]
9:00 Virtual Exercise: "Rise and Shine" [T]
9:30 Morning Exercise II [HT]
10:00 Pet Therapy with Noah (Pup of Kai'a the Goldendoodle) [A]
Lunch 11AM - 1PM
12:00 Medical Transportation
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:30 Afternoon Stretch [A]
2:00 Matinee Movie: "True Spirit" (2023) [T]
2:00 May Day Practice [A]
2:30 Afternoon Exercise (AL residents) [WF]
3:00 5th Floor Bingo (AL residents only) [WF]
4:30 Dinner 4:30 pm - 6:30 pm

National International Women's Day **8**

7:00 Breakfast 7AM - 9AM
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 [HT]
9:45 Sightseeing: Sherwood Forest
10:00 New Hope Church Service [T]
Lunch 11AM - 1PM
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:15 Shopping: Errand Run (2 mile radius)
1:30 Afternoon Stretch [A]
2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A]
2:00 Matinee Movie: "New In Town" (2009) [T]
3:00 Bingo [A]
4:30 Dinner 4:30 pm - 6:30 pm
6:30 Music Listening Hour [T]

National Meatball Day **9**

7:00 Breakfast 7AM - 9AM
8:30 Morning Exercise [HT]
9:00 Virtual Exercise: "Rise and Shine" [T]
9:30 Morning Exercise II [HT]
10:00 Craft: Spring Hyacinth Flower [A]
Lunch 11AM - 1PM
12:00 Medical Transportation
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:30 Afternoon Stretch [A]
2:00 Documentary: "Mission Joy: (2021) [T]
2:00 Walking Club Around the Plaza
3:00 Pokeno [A]
4:30 Dinner 4:30 pm - 6:30 pm
7:00 Movie Night: "Journey to Grace: The Jansie Cronje Story" (2008) [T]

Dress Day: Plaza Shirt **10**

National Blueberry Popover Day
7:00 Breakfast 7AM - 9AM
8:30 Morning Exercise [HT]
9:00 Virtual Exercise: "Rise and Shine" [T]
9:30 Morning Exercise II [HT]
10:00 Cooking Demo: Blueberry Poppers and Tea [A]
Lunch 11AM - 1PM
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:30 Afternoon Stretch [A]
2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A]
3:00 Bingo [A]
4:30 Dinner 4:30 pm - 6:30 pm

National Johnny Appleseed Day **11**

7:00 Breakfast 7AM - 9AM
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 [HT]
9:45 Sightseeing: Ka Makana Alii Shopping Center Game: Apple Jenga [A]
Lunch 11AM - 1PM
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:30 Afternoon Stretch [A]
2:15 Table Games: Blackjack [A]
3:00 Bingo [A]
4:30 Dinner 4:30 pm - 6:30 pm
7:00 Movie Night: "Best of Me" (2014) [T]

Dress Day: Bling! Shiny or Sparkly **12**

National Jewel Day
7:00 Breakfast 7AM - 9AM
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 [HT]
9:45 Sightseeing: Pacific Palisades
10:00 Music with Roy Hamada [A]
Lunch 11AM - 1PM
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:15 Shopping: Longs Drugs (1 hour)
1:30 Afternoon Stretch [A]
2:00 Documentary: "USS Indianapolis: The Legacy" (2016) AP [T]
3:00 Bingo [A]
4:30 Dinner 4:30 pm - 6:30 pm

National Learn About Butterflies Day **13**

7:00 Breakfast 7AM - 9AM
8:30 Morning Exercise [HT]
9:00 Virtual Exercise: "Rise and Shine" [T]
9:30 Morning Exercise II [HT]
10:00 Craft: Butterflies Are Free [A]
Lunch 11AM - 1PM
12:00 Medical Transportation
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:30 Afternoon Stretch [A]
2:00 Matinee Movie: "Your Place or Mine" (2023) [T]
2:00 May Day Practice [A]
2:30 Afternoon Exercise (AL residents) [WF]
3:00 5th Floor Bingo (AL residents only) [WF]
4:30 Dinner 4:30 pm - 6:30 pm

National Kansas Day **14**

7:00 Breakfast 7AM - 9AM
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 [HT]
10:00 New Hope Church Service [T]
Lunch 11AM - 1PM
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:15 Shopping: Walmart
1:30 Afternoon Stretch [A]
2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A]
2:00 Matinee Movie: "The People We Hate At Weddings" (2022) AP [T]
3:00 Bingo [A]
4:30 Dinner 4:30 pm - 6:30 pm
6:30 Music Listening Hour [T]

National Panda Day **15**

7:00 Breakfast 7AM - 9AM
8:30 Morning Exercise [HT]
9:00 Virtual Exercise: "Rise and Shine" [T]
9:30 Morning Exercise II [HT]
10:00 Pet Therapy with Wes Koga [A]
Lunch 11AM - 1PM
12:00 Medical Transportation
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:30 Afternoon Stretch [A]
2:00 Documentary: "Born in China" (2016) D+ [T]
2:00 Walking Club Around the Plaza
3:00 Pokeno [A]
4:30 Dinner 4:30 pm - 6:30 pm
7:00 Movie Night: "The Woman King" (2022) [T]

Dress Day: Wear Green **16**

National St. Patrick's Day
7:00 Breakfast 7AM - 9AM
8:30 Morning Exercise [HT]
9:00 Virtual Exercise: "Rise and Shine" [T]
9:30 Morning Exercise II [HT]
10:00 Music with Mele Magic (Bill Melema) [A]
Lunch 11AM - 1PM
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:30 Afternoon Stretch [A]
2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A]
3:00 Bingo [A]
4:30 Dinner 4:30 pm - 6:30 pm

National Corn Dog Day **17**

7:00 Breakfast 7AM - 9AM
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 [HT]
9:45 Sightseeing: He'eia Kea Boat Harbor
Cooking Demo: Corn Dog Bites [A]
Lunch 11AM - 1PM
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:30 Afternoon Stretch [A]
2:15 Table Games: Hanafuda [A]
3:00 Bingo [A]
4:30 Dinner 4:30 pm - 6:30 pm
7:00 Movie Night: " [T]

Dress Day: Plaza Shirt **18**

National Spring Begins Day
7:00 Breakfast 7AM - 9AM
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 [HT]
9:45 Sightseeing: Halona Blow Hole
10:00 Music with Hank the Singing Dutchman [A]
Lunch 11AM - 1PM
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:15 Shopping: Don Quijote (1 hour)
1:30 Afternoon Stretch [A]
2:00 Documentary: "Harry and Meghan-Episode 1" (2022) [T]
3:00 Bingo [A]
4:30 Dinner 4:30 pm - 6:30 pm

National Fragrance Day **19**

7:00 Breakfast 7AM - 9AM
8:30 Morning Exercise [HT]
9:00 Virtual Exercise: "Rise and Shine" [T]
9:30 Morning Exercise II [HT]
10:00 Craft: Makes Scents [A]
Lunch 11AM - 1PM
12:00 Medical Transportation
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:30 Afternoon Stretch [A]
2:00 Matinee Movie: "Shotgun Wedding" (2023) AP [T]
2:00 May Day Practice [A]
2:30 Afternoon Exercise (AL residents) [WF]
3:00 5th Floor Bingo (AL residents only) [WF]
4:30 Dinner 4:30 pm - 6:30 pm

Dress Day: Superhero **20**

National Goof Off Day
7:00 Breakfast 7AM - 9AM
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 [HT]
9:45 Sightseeing: Aiea Loop Trail
10:00 New Hope Church Service [T]
Lunch 11AM - 1PM
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:15 Shopping: Errand Run (2 mile radius)
1:30 Afternoon Stretch [A]
2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A]
2:00 Matinee Movie: "Local Color" (2006) AP [T]
3:00 Bingo [A]
4:30 Dinner 4:30 pm - 6:30 pm

National Puppy Day **21**

7:00 Breakfast 7AM - 9AM
8:30 Morning Exercise [HT]
9:00 Virtual Exercise: "Rise and Shine" [T]
9:30 Morning Exercise II [HT]
10:00 Craft: Puppy Love [A]
Lunch 11AM - 1PM
12:00 Medical Transportation
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:30 Afternoon Stretch [A]
2:00 Documentary: "Father Soldier Son" (2020) [T]
2:00 Walking Club Around the Plaza
3:00 Pokeno [A]
4:30 Dinner 4:30 pm - 6:30 pm
7:00 Movie Night: "You're Not You" (2014) AP [T]

National Cocktail Day **22**

7:00 Breakfast 7AM - 9AM
8:30 Morning Exercise [HT]
9:00 Virtual Exercise: "Rise and Shine" [T]
9:30 Morning Exercise II [HT]
10:00 Bottoms Up with Taylor's Mocktail Delight [A]
Lunch 11AM - 1PM
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:30 Afternoon Stretch [A]
2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A]
3:00 Bingo [A]
4:30 Dinner 4:30 pm - 6:30 pm

National Medal of Honor Day **23**

7:00 Breakfast 7AM - 9AM
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 [HT]
9:30 Morning Exercise II [HT]
10:00 Spring Olympics and Medals [A]
Lunch 11AM - 1PM
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:30 Afternoon Stretch [A]
2:15 Table Games: Blackjack [A]
3:00 Bingo [A]
4:30 Dinner 4:30 pm - 6:30 pm
7:00 Movie Night: "Wakanda Forever" (2022) D+ [T]

National Spinach Day **24**

7:00 Breakfast 7AM - 9AM
8:15 Church Runs
8:30 Morning Exercise [HT]
9:00 Virtual Exercise: "Rise and Shine" [T]
9:30 Morning Exercise II [HT]
10:00 Cooking Demo: Hot Spinach and Artichoke Dip [A]
Lunch 11AM - 1PM
12:45 Sightseeing: Waimalu
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:30 Afternoon Stretch [A]
2:00 Kanikapila [A]
3:00 Documentary: "Great National Parks: Gunung Leuser, Indonesia" (2022) [T]
4:30 Dinner 4:30 pm - 6:30 pm
7:00 Movie Night: "Downhill Racer" (1969) AP [T]

Dress Day: Disney Day **25**

National Something on a Stick Day
7:00 Breakfast 7AM - 9AM
8:30 Morning Exercise [HT]
9:00 Virtual Exercise: "Rise and Shine" [T]
9:30 Morning Exercise II [HT]
10:00 Cooking: Chocolate Fruit Kabobs [A]
Lunch 11AM - 1PM
12:00 Medical Transportation
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:30 Afternoon Stretch [A]
2:00 Matinee Movie: "We Have A Ghost" (2023) [T]
2:00 May Day Practice [A]
2:30 Afternoon Exercise (AL residents) [WF]
3:00 5th Floor Bingo (AL residents only) [WF]
4:30 Dinner 4:30 pm - 6:30 pm

National Nevada Day **26**

7:00 Breakfast 7AM - 9AM
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 [HT]
10:00 New Hope Church Service [T]
Lunch 11AM - 1PM
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:15 Shopping: Kahala Mall
1:30 Afternoon Stretch [A]
2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A]
2:00 Matinee Movie: "The Game Plan" (2007) D+ [T]
3:00 Bingo [A]
4:30 Dinner 4:30 pm - 6:30 pm
6:30 Music Listening Hour [T]

Dress Day: Plaza Shirt **27**

National Virtual Vacation Day
7:00 Breakfast 7AM - 9AM
8:30 Morning Exercise [HT]
9:00 Virtual Exercise: "Rise and Shine" [T]
9:30 Morning Exercise II [HT]
10:00 Armchair Travel to Korea [A]
Lunch 11AM - 1PM
12:00 Medical Transportation
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:30 Afternoon Stretch [A]
2:00 Documentary: "Black Pharaohs: Sunken Treasures" (2018) D+ [T]
2:00 Walking Club Around the Plaza
3:00 Pokeno [A]
4:30 Dinner 4:30 pm - 6:30 pm
7:00 Movie Night: "Full Out 2: You Got This" (2020) [T]

National Crayon Day **28**

7:00 Breakfast 7AM - 9AM
8:30 Morning Exercise [HT]
9:00 Virtual Exercise: "Rise and Shine" [T]
9:30 Morning Exercise II [HT]
10:00 Craft: Crayon Resist Eggs [A]
Lunch 11AM - 1PM
1:00 Virtual Exercise: Barre with Resistance Bands [T]
1:30 Afternoon Stretch [A]
2:00 Community Service Moai: Heart Pillows or Holiday Bookmarkers [A]
3:00 Bingo [A]
4:30 Dinner 4:30 pm - 6:30 pm

Health & Fitness
Movie
Shuttle
Special Event