

# MARCH 2026

## The Plaza at Moanalua Independent & Assisted Living Activity Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>1 SPRING CLEANING DAY</b> 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:00 Seated Strength Circuit [O] 10:45 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Trivia Crack! 1:30 Sketch Class with Lester! 3:00 Game: Rummy! 4:00 Game: Left, Right, Center!	<b>2 READ ACROSS AMERICA DAY</b> 9:00 Seated Strength A [O] 9:30 Seated Strength A [O] 10:30 Resistance Training A [G] 11:15 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Trivia Crack! 1:30 Lucky Tile Mondays! 3:00 NICKEL BINGO 4:00 Game: UNO!	<b>3 GIRLS DAY</b> 9:00 Seated Strength B [O] 9:30 Seated Strength B [O] 10:30 Resistance Training A [P] 11:15 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Lucky Tiles & Blossoms 1:30 Bible Study with April 2:00 MOA to MILS Pen Pal 4:00 Game: Chinese Checkers!	<b>4 CHAIR EXERCISE DAY</b> 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:00 Performance: Brandon Onishi 11:15 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Wednesday Wordle 1:30 POKER with Tony! 3:00 NICKEL BINGO 4:00 Game: UNO!	<b>5 COLOR ORANGE DAY</b> 9:00 Seated Strength A [O] 9:30 Seated Strength A [O] 10:30 Resistance Training B [P] 11:15 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Game: UNO! 2:00 Learning Hour: Color Orange 2:30 Lucky Tiles & Blossoms 3:30 Game: Chinese Checkers!	<b>6 OREO DAY</b> 9:00 Seated Strength B [O] 9:30 Seated Strength B [O] 10:00 Seated Strength Circuit [O] 11:15 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Trivia Crack! 1:30 Sketch Class with Lester! 3:00 NICKEL BINGO 4:00 Game: UNO!	<b>7 CEREAL DAY</b> 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:00 Seated Strength Circuit [O] 10:45 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Trivia Crack! 1:30 Craft Club with Memory! 3:00 Game: UNO! 4:00 Game: War & Gold Fish	
<b>8 INTERNATIONAL WOMENS DAY</b> 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:00 Seated Strength Circuit [O] 10:45 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Trivia Crack! 1:30 Tech Support w/Memory! 3:00 Gorgeous Grams Hour! 4:00 Game: Rummy!	<b>9 MEATBALL DAY</b> 9:00 Seated Strength A [O] 9:30 Seated Strength A [O] 10:30 Resistance Training A [G] 11:15 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Trivia Crack! 1:30 Lucky Tile Mondays! 3:00 NICKEL BINGO 4:00 Game: UNO!	<b>10 WATER BOTTLE DAY</b> 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:00 RESIDENT COUNCIL 11:15 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Lucky Tiles & Blossoms 1:30 Bible Study with April 2:00 MOA to MILS Pen Pal 4:00 Game: Chinese Checkers!	<b>11 PAPER AIRPLANE FLYING</b> 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:30 Resistance Training B [G] 11:15 Wednesday Wordle 11:30 Lamaku Exercise [P] 1:00 Trivia Crack! 1:30 Gentlemen's Hour w/Tony [Sunroom] 1:30 Jam with Auntie Lanil 3:00 NICKEL BINGO 4:00 Game: UNO!	<b>12 SUNCATCHER DAY</b> 9:00 Seated Strength A [O] 9:30 Seated Strength A [O] 10:30 Resistance Training A [P] 11:15 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Game: UNO! 2:30 Performance: Matt Barber 3:30 Lucky Tiles & Blossoms 4:00 Game: Chinese Checkers!	<b>13 LUCKY CHARM DAY</b> 9:00 Seated Strength B [O] 9:30 Seated Strength B [O] 10:00 Performance: Christian Academy 11:15 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Trivia Crack! 1:30 Craft Club with Memory! 3:00 NICKEL BINGO 4:00 Game: UNO!	<b>14 PI DAY</b> 9:00 Zumba with Annette! 10:00 Seated Strength Circuit [O] 10:45 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Trivia Crack! 1:30 Sketch Class with Lester! 3:00 Game: UNO! 4:00 Game: War & Gold Fish	
<b>15 NAPPING DAY</b> 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:00 Seated Strength Circuit [O] 10:45 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Trivia Crack! 1:30 Crochet with Kelsie! 3:00 Game: Rummy! 4:00 Game: Left, Right, Center!	<b>16 ART APPRECIATION DAY</b> 9:00 Seated Strength A [O] 9:30 Seated Strength A [O] 10:00 Pet Therapy [Sunroom] 10:30 Resistance Training A [G] 11:15 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Trivia Crack! 1:30 Lucky Tile Mondays! 3:00 NICKEL BINGO 4:00 Game: UNO!	<b>17 ST. PATRICKS DAY</b> 9:00 Seated Strength B [O] 9:30 Seated Strength B [O] 10:00 Hank the Singing Dutchman 11:15 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Lucky Tiles & Blossoms 1:30 Bible Study with April 2:00 MOA to MILS Pen Pal 4:00 Game: Chinese Checkers!	<b>18 LAUGH THRU LIFE DAY</b> 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:30 Resistance Training B [G] 11:15 Wednesday Wordle 11:30 Lamaku Exercise [P] 1:00 Trivia Crack! 1:30 POKER with Tony! 3:00 NICKEL BINGO 4:00 Game: UNO!	<b>19 1<sup>ST</sup> DAY OF SPRING</b> 9:00 Seated Strength A [O] 9:30 Seated Strength A [O] 10:30 Resistance Training B [P] 11:15 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Game: UNO! 1:30 Color Splash with Kelsie! 3:00 Lucky Tiles & Blossoms 4:00 Game: Chinese Checkers!	<b>20 FROG DAY</b> 9:00 Seated Strength B [O] 9:30 Seated Strength B [O] 10:00 Seated Strength Circuit [O] 11:15 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Trivia Crack! 1:30 Sketch Class with Lester! 3:00 NICKEL BINGO 4:00 Game: UNO!	<b>21 POETRY DAY</b> 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:00 Seated Strength Circuit [O] 10:45 Trivia Crack! 11:30 Lamaku Exercise [P] 1:00 Daily Wordle & Trivia 2:00 Birthday Bash w/Dean Hirata! 3:00 Game: UNO! 4:00 Game: War & Gold Fish	
<b>22 OCEAN REMINISCING DAY</b> 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:00 Seated Strength Circuit [O] 10:45 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Trivia Crack! 1:30 Tech Support w/Memory! 3:00 Gorgeous Grams Hour! 4:00 Game: 21 Black Jack!	<b>23 PUPPY DAY</b> 9:00 Seated Strength A [O] 9:30 Seated Strength A [O] 10:00 Catholic Mass [Theater] 10:30 Resistance Training A [G] 11:15 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Trivia Crack! 1:30 Lucky Tile Mondays! 3:00 NICKEL BINGO 4:00 Game: UNO!	<b>24 MINI SUNDAE DAY</b> 9:00 Seated Strength B [O] 9:30 Seated Strength B [O] 10:30 Resistance Training A [P] 11:15 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Lucky Tiles & Blossoms 1:30 Bible Study with April 2:00 MOA to MILS Pen Pal 4:00 Game: Chinese Checkers!	<b>25 WAFFLE DAY</b> 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:30 Resistance Training B [G] 11:15 Wednesday Wordle 11:30 Lamaku Exercise [P] 1:00 Trivia Crack! 1:30 Gentlemen's Hour w/Tony [Sunroom] 1:30 Jam with Auntie Lanil 3:00 NICKEL BINGO 4:00 Game: UNO! 5:00 FAMILY BINGO NIGHT!	<b>26 GRATITUDE GARLAND DAY</b> 9:00 Seated Strength A [O] 9:30 Seated Strength A [O] 10:30 Resistance Training B [P] 11:15 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Game: UNO! 1:30 Color Splash with Kelsie! 3:00 Lucky Tiles & Blossoms 4:00 Game: Chinese Checkers!	<b>27 JOKES &amp; GIGGLES DAY</b> 9:00 Seated Strength B [O] 9:30 Seated Strength B [O] 10:00 Seated Strength Circuit [O] 11:15 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 DANCE-A-THON with Activity Staff 3:00 NICKEL BINGO 4:00 Game: UNO!	<b>28 COTTON CANDY DAY</b> 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:00 Seated Strength Circuit [O] 10:45 Trivia Crack! 11:30 Lamaku Exercise [P] 1:00 Daily Wordle 1:30 Sketch Class with Lester! 3:00 Game: UNO! 4:00 Game: War & Gold Fish	
<b>29 YELLOW OUTFIT DAY</b> 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:00 Seated Strength Circuit [O] 10:45 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Trivia Crack! 1:30 Crochet with Kelsie! 3:00 Game: Rummy! 4:00 Game: Left, Right, Center!	<b>30 WALK IN A PARK DAY</b> 9:00 Seated Strength A [O] 9:30 Seated Strength A [O] 10:30 Resistance Training A [G] 11:15 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Trivia Crack! 1:30 Lucky Tile Mondays! 3:00 NICKEL BINGO 4:00 Game: UNO!	<b>31 CRAYON DAY</b> 9:00 Seated Strength B [O] 9:30 Seated Strength B [O] 10:30 Resistance Training A [P] 11:15 Daily Wordle 11:30 Lamaku Exercise [P] 1:00 Lucky Tiles & Blossoms 1:30 Bible Study with April 2:00 MOA to MILS Pen Pal 4:00 Game: Chinese Checkers!	<h1>HAPPY ST. PATRICK'S DAY</h1>			<b>DAILY ACTIVITIES</b> 8:00 Hawaii News Now/Fox News 9:30 Daily Catholic Mass Livestream 11:00 Independent Walks 2:30 Independent Walks	<b>MARCH EVENTS</b> 3/4 10:00a Performance: Brandon Onishi 3/10 10:00a Resident Council 3/12 2:30p Performance: Matt Barber 3/15 10:00a Performance: Christian Academy 3/14 9:00a Zumba with Annette! 3/16 10:00a Pet Therapy [Sunroom] 3/17 10:00a Hank the Singing Dutchman 3/21 2:00p Birthday Bash with Dean Hirata 3/25 5:00p Family BINGO Night! 3/27 1:00p Dance-a-thon with Activity Staff