



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>THE PLAZA Assisted Living</p>	<p>Dress Day: Aloha Attire May Day 1</p> <p>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: Kailua Beach 10:00 Music with Hank the Singing Dutchman [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: "The Light We Carry: Michelle Obama and Oprah Winfrey" (2023) [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Truffle Day 2</p> <p>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: Boy's Day Scrapbook Card [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 Matinee Movie: "Dr. Zhivago" (1965) AP [T] 2:00 Serenaders 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</p>	<p>National Garden Meditation Day 3</p> <p>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 Stretch, Balance and Tone with Daniel [A] 1:15 Shopping: Don Quijote 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows [A] 2:00 Matinee Movie: "Murder Mystery 2" (2023) [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 6:30 Music Listening Hour [T]</p>	<p>Dress Day: Star Wars (May the Force (4th) Be With You) 4</p> <p>National Star Wars Day</p> <p>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 Moilili Hongwanji [T] Karaoke Timel [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: "Longest Third Date" (2023) [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: Star Wars: The Rise of Skywalker (2019) [T]</p>	<p>Happy Boy's Day 5</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Boy'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] Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Nurse's Day 6</p> <p>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: Nurse's Day Appreciation Banner [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:15 Table Games: Jenga [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Persuasion" (2022) [T]</p>	
<p>National Lemonade Day 7</p> <p>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 May Day Program [L] Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Kanikapila [A] 3:00 Documentary: "Lost Gardens of Babylon" (2014) AP [T] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "The Dig" (2021) [T]</p>	<p>National Have a Coke Day 8</p> <p>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: Ewa Beach 10:00 Music with Roy Hamada [A] Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Walmart (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "Judy Blume Forever" (2023) AP [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Moscato Day 9</p> <p>7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:15 Resident Council Meeting 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: "I Wanna Dance With Somebody" (2022) [T] 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</p>	<p>Dress Day: Plaza Shirt National Shrimp Day 10</p> <p>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: Kaneohe 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: Queen's Heart Pillows [A] 2:00 Matinee Movie: "On A Wing and a Prayer" (2023) AP [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 6:30 Music Listening Hour [T]</p>	<p>National Eat What You Want Day 11</p> <p>7:00 Breakfast 7AM - 9AM 8:30 Drums Alive! [A] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Drums Alive! [A] 10:00 Cooking: Kamaboko Won Tons [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: "Black Holes: The Edge of All We Know" (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: "Rav" (2004) AP [T]</p>	<p>National Nutty Fudge Day 12</p> <p>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 Baking Demo: Nutty Fudge [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Miniature Golf Day 13</p> <p>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 Game: Miniature Golf Game [A] 11:00 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: "The Legend of Bagge Vance" (2000) AP [T]</p>	
<p>Dress Day: Wear Red or Pink Happy Mother's Day 14</p> <p>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 Mother's Day Social [A] Lunch 11AM - 1PM 1:00 Sightseeing: Pearlridge 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Kanikapila [A] 3:00 Documentary: "JFK's Women: The Scandals Revealed" (2022) AP 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Mothers and Daughters" (2016) [T]</p>	<p>National Chocolate Chip Day 15</p> <p>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: Mililani 10:00 Music with Hank the Singing Dutchman [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: "Icarus" (2017) [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Do Something Good For Your Neighbor Day 16</p> <p>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 Karaoke Time! [T] 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 Matinee Movie: "A Tourist's Guide to Love" (2023) [T] 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</p>	<p>National Cherry Cobbler Day 17</p> <p>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 Stretch, Balance and Tone with Daniel [A] 1:15 Shopping: Errand Run (2 mile radius) 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows [A] 2:00 Matinee Movie: "A Tourist's Guide to Love" (2016) DVD [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 6:30 Music Listening Hour [T]</p>	<p>National Cheese Souffle Day 18</p> <p>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, Sandy and Lilo [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: "The Mars Generation" (2017) [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: "Eiffel" (2022) AP [T]</p>	<p>National Endangered Species Day 19</p> <p>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: Queen's Heart Pillows [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>Dress Day: Plaza Shirt National Red Sneakers Day 20</p> <p>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 Game: Ladder Ball [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:15 Table Games: Jenga [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Love Sarah" (2020) AP [T]</p>	
<p>National Strawberries and Cream Day Plaza Open House 21</p> <p>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 Craft: Strawberries and Cream Scrapbooking Card [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 Music Video: "Everlasting Gloria!" (DVD) [T] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Kiss Kiss" (2023) [T]</p>	<p>National Vanilla Pudding Day 22</p> <p>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: Historical Hawaiian Sites 10:00 Sing-a-long with Sandy and Gordon [A] Kau Kau Cafe: TBD Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Walmart (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "Bigorexia" (2020) AP [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Lucky Penny Day 23</p> <p>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 Musical Performance by the Silver Foxes [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: "Peter Pan and Wendy" (2023) D+ [T] 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</p>	<p>National Scavenger Hunt Day 24</p> <p>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 Excursion: Kunawai Pond 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: Queen's Heart Pillows [A] 2:00 Matinee Movie: "Sweet Home Alabama" (2002) AP [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 6:30 Music Listening Hour [T]</p>	<p>National Towel Day 25</p> <p>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 Community Service: Dog Pull Towel Toys for Humane Society [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: "Gather" (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: "Tender Mercies" (1983) AP [T]</p>	<p>National Paper Airplane Day 26</p> <p>7:00 Breakfast 7AM - 9AM 8:30 Drums Alive! [A] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Drums Alive! [A] 10:00 Paper Airplane Contests [A] Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Grape Popsicle Day 27</p> <p>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: Popsicle Stick Crafts and Yummy Treat [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: "All The Places" (2023) [T]</p>	
<p>National Hamburger Day 28</p> <p>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 Baking: Make Your Own Hamburger Cupcakes [A] 10:00 Catholic Service with St. Augustine Church by the Sea [T] Lunch 11AM - 1PM 1:00 Sightseeing: Maunaloa Bay 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Kanikapila [A] 3:00 Documentary: "Spitfire" (2018) AP 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Cyrano" (2022) AP [T]</p>	<p>Dress Day: Patriotic Colors National Memorial Day 29</p> <p>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 Music with Pau Hana Glee Club [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: "Facing Air" (2009) AP [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Creativity Day 30</p> <p>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: Kawaii Felt Plushie Pin [A] Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Televeda Beyond Walls: Virtual Zumba Gold [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Ticket To Paradise" (2022) AP [T] 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</p>	<p>National Senior Health and Fitness Day 31</p> <p>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: Queen's Heart Pillows [A] 2:00 Matinee Movie: "Still Time" (2023) [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 6:30 Music Listening Hour [T]</p>	<p>ATTENTION:</p> <p>Please sign up for sightseeing rides and shopping outings with concierge.</p>			<p> Health & Fitness</p> <p> Movie</p> <p> Shuttle</p> <p> Special Event</p>