

November 2025
The Plaza at Waikiki



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
November cont'd		30				Location Keys						1	
Dress Day: Plaza Shirts National Crazy Hat Day 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: Popsicle Snowflakes (Painting) [A] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🛒 Shopping: 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "The Crown" S5 Ep 5 [T] 3:00 ♠️ Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 🎭 Performance by Mele Taki Handbells [T]				🎨 Arts / Crafts 🎉 Celebrations 🏠 Club Visits 🍳 Cooking / Baking 🎓 Educational Classes ↔ Exercise / Physical Activity 🚗 Field Trip / Medical Appointments ♠️ Games 🌿 Meditation / Mindfulness 🎬 Movies / Documentaries 🎵 Music / Special Entertainment ★ One-on-One 🌿 Plaza Life Fitness		Activity Room A Bistro B Hoku Terrace HT Theater T						National Día de Muertos (Day of the Dead) 8:30 ↔ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 🎮 Trivia! [T] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 🎵 Kanikapila [T] 3:00 ♠️ Bingo [A] 4:30 🏈 UH Football vs San Jose State [T]	
Dress Day: Wear Green or Muppets Shirt National Kermit the Frog Day 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: Stain Glass Leaves [A] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🛒 Shopping: Longs 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "The Crown" S4 Ep 8 [T] 3:00 ♠️ Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 🎬 Movie Night: "Walk Ride Rodeo" (2019) N [T]		National Count Your Coins Day 8:30 ↔ Morning Exercise [HT] 8:30 🚗 Plaza Walking Moai Club Around the Ala Wai 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] 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "The Crown" S4 Ep 9 [T] 2:00 ↔ Walking Club Around the Plaza 3:00 ♠️ Bingo [A] 6:30 🎵 Light Classical Music Hour [T]		National Candy Day 8:30 ↔ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:15 🎨 Crafts: Making a Card [A] 12:00 Medical Transportation 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 🎣 Crochet Leis for Veterans [A] 2:00 🎬 Matinee Movie: "Ponyo" (2008) Max [T] 3:00 ♠️ Pokeno [A] 6:30 🎵 Hawaiian Music Hour [T]		National Monopoly Day 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 (1 hour) 1:30 🚗 Plaza Life Circuit 1 Exercise [A] 1:30 🌿 Strength, Balance and Tone with Daniel 2:00 🎬 Matinee Movie: "Flow" (2024) Max [T] 3:00 ♠️ Bingo [A] 6:30 🎵 Music Variety Hour [T]		National Games Day 8:30 ↔ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 Legacy Music [A] 12:00 Medical Transportation 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "Man on the Run" (2023) N [T] 2:00 ↔ Walking Club Around the Plaza 3:00 ♠️ Pokeno [A] 7:00 🎬 Movie Night: "Wicked Little Letters" (2023) N [T]		National Pillsbury Dough Boy Birthday 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] 2:00 🙋 Tech Help with Jeremy [A] 3:00 ♠️ Bingo [A] 6:30 ↔ Friday Night Fight Club (Tai Chi Practice) [T]		Dress Day: Plaza Shirts Walk to End Alzheimer's Day 8:30 ↔ Excursion: Walk to End Alzheimer's Walk @ Magic Island 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] 1:15 🛒 Errand Run: Longs (1Hour) 1:30 ↔ Afternoon Stretch [A] 2:00 🎵 Kanikapila [T] 3:00 ♠️ Bingo [A] 6:00 🏈 UH Football vs San Diego State [T]	
Dress Day: Polka Dots National Draw a Perfect Circle Day 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 🎨 Color Mandela's and Classical Music [A] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "The Crown" S4 Ep 9 [T] 3:00 ♠️ Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 🎬 Movie Night: "Lincoln Lawyer" (2011) N [T]		Dress Day: Plaza Shirts National Marine Corps Anniversary 8:30 ↔ Morning Exercise [HT] 8:30 🚗 Plaza Walking Moai Club @ Magic Island 9:00 ↔ Virtual Exercise: "Rise and Shine" [T] 9:30 🚗 Excursion: Tropic Lightning Museum 9:30 ↔ Morning Exercise II [A] 10:00 🎨 Craft: Fall Wreath [A] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🛒 Shopping: Manoa Market Place (1 hour) 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "The Crown" S4 Ep 10 [T] 2:00 ↔ Walking Club Around the Plaza 3:00 ♠️ Bingo [A] 6:30 🎵 Light Classical Music Hour [T]		Veteran's Day 8:30 ↔ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 🍳 Snacks on the Terrace [A] 10:15 🏛️ Resident Council Meeting [A] 12:00 Medical Transportation 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 🎬 Matinee Movie: "The Mask" (1994) N [T] 2:00 📺 Table Games: Scrabble, 5 Second Questions Game, Checkers [A] 3:00 ♠️ Pokeno [A] 6:30 🎵 Hawaiian Music Hour [T]		National Mocktail Day 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] 9:45 🛒 Shopping: Kahala Mall (1 hour) 10:00 🙋 New Hope Church Service [T] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 🚗 Plaza Life Circuit 1 Exercise [A] 2:00 🎉 Soda, Snacks, and Talk Story with a Veteran [T] 3:00 ♠️ Bingo [A] 6:30 🎵 Music Variety Hour [T]		World Kindness Day 8:30 ↔ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [A] 10:00 ♠️ Trivia! [A] 12:00 Medical Transportation 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "My Mom Jayne " (2025) Max [T] 2:00 ↔ Walking Club Around the Plaza 3:00 ♠️ Pokeno [A] 7:00 🎬 Movie Night: "Captain Phillips" (2013) N [T]		National Pickle Day 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 [A] 2:00 🎣 Diamond Art & Crochet/ Paper Leis [A] 2:00 🙋 Tech Help with Jeremy [A] 3:00 ♠️ Bingo [A] 6:30 ↔ Friday Night Fight Club (Tai Chi Practice) [T]		National I Love to Write Day 8:30 ↔ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 🎨 Craft: Curly Paper Pumpkins Craft 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 🎵 Kanikapila [T] 3:00 ♠️ Bingo [A] 7:00 🎬 Movie Night: "Apollo 13" (1995) N [T]	
National Aviation History Day 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 🎨 Making Paper Airplanes [A] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🛒 Shopping: Longs (1 hour) 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "The Crown" S5 Ep 1 [T] 3:00 ♠️ Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 🎬 Movie Night: "The Tuskegee Airmen" (1995) Max [T]		World Peace Day 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: Stain Glass Pumpkins 10:45 🏪 Kau Kau Cafe: Goma Tei 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 1:30 🚗 Shopping: Errand Run (2 Miles) 2:00 📺 Documentary: "The Crown" S5 Ep 2 [T] 2:00 ↔ Walking Club Around the Plaza 3:00 ♠️ Bingo [A] 6:30 🎵 Light Classical Music Hour [T]		Dress Day: Mickey Mouse Shirts Mickey Mouses' Birthday 8:30 ↔ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Tai Chi with Toshimi [T] 10:15 🎨 Crafting with Larissa [A] 12:00 Medical Transportation 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 🎬 Matinee Movie: "Sweet Home Alabama" (2002) N [T] 2:00 📺 Table Games: Scrabble, 5 Second Questions Game, Checkers [A] 3:00 ♠️ Pokeno [A] 6:30 🎵 Hawaiian Music Hour [T]		National Carbonated Beverage Day 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 (1 hour) 1:30 🌿 Strength, Balance and Tone with Daniel 2:00 🎬 Matinee Movie: "The Tale of the Princess Kaguya" (2013) Max [T] 3:00 ♠️ Bingo [A] 6:30 🎵 Music Variety Hour [T]		Dress Day: Plaza Shirts National Let's Talk Turkey Day 8:30 ↔ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [A] 10:00 🙋 Jeopardy! [A] 12:00 Medical Transportation 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "The Kingdom of Dreams and Madness" (2013) Max [T] 2:00 ↔ Walking Club Around the Plaza 3:00 ♠️ Pokeno [A] 7:00 🎬 Movie Night: "Temple Grandin" (2010) Max [T]		Dress Day: Flannel National Gingerbread Cookie Day 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 [T] 2:00 🎣 Diamond Art & Crochet/ Paper Leis [B] 2:00 🙋 Tech Help with Jeremy [B] 3:15 ♠️ Bingo [A] 5:30 🏈 UH Football vs UNLV [T] 6:30 ↔ Friday Night Fight Club (Tai Chi Practice) [A]		National Juke Box Day 8:30 ↔ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 🎵 Music Performance with Jeremy [A] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 🎵 Kanikapila [T] 3:00 ♠️ Bingo [A] 7:00 🎬 Movie Night: "Into the Woods" (2014) D+ [T]	
National Buy Nothing Day 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 🎨 Friendship Bracelets [A] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "The Crown" S5 Ep 3 [T] 3:00 ♠️ Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 🎬 Movie Night: "Wizard Oz" (1939) Max [T]		National Solve a Crime Day 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: 10:00 🎨 Craft: Giant Popsicle Snowflake [A] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🛒 Shopping: Longs (1 hour) 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "The Crown" S5 Ep 4 [T] 2:00 ↔ Walking Club Around the Plaza 3:00 ♠️ Bingo [A] 6:30 🎵 Light Classical Music Hour [T]		National Parfait Day 8:30 ↔ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 🎨 Parfaits and Trivia [A] 12:00 Medical Transportation 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 🎬 Matinee Movie: "The Outlaws" (2023) N [T] 2:00 📺 Table Games: Scrabble, 5 Second Questions Game, Checkers [A] 3:00 ♠️ Pokeno [A] 6:30 🎵 Hawaiian Music Hour [T]		National Pumpkin Pie Day 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 1:30 🚗 Plaza Life Circuit 1 Exercise [A] 2:00 🎬 Matinee Movie: "The Foreigner" (2017) N [T] 3:00 ♠️ Bingo [A] 6:30 🎵 Music Variety Hour [T]		Dress Day: Fall colors (Red, Orange, Yellow, Brown) Thanksgiving 8:30 ↔ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 🎮 Jeopardy!! [A] 12:00 Medical Transportation 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: Babe Ruth (1998) Max [T] 2:00 ↔ Walking Club Around the Plaza 3:00 ♠️ Pokeno [A] 7:00 🎬 Movie Night: "Mr. Church" (2016) Max [T]		National Shop til you Drop Day 8:30 ↔ Morning Exercise [HT] 9:00 🌿 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 ♠️ Game: The Price is Right [T] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 🎣 Diamond Art & Crochet/ Paper Leis [A] 2:00 🙋 Tech Help with Jeremy [A] 3:00 ♠️ Bingo [A] 6:30 ↔ Friday Night Fight Club (Tai Chi Practice) [T]		National Square Dance Day 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 [A] 2:00 🎵 Kanikapila [T] 3:00 ♠️ Bingo [A] 6:00 🏈 UH Football vs Wyoming [T]	
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