November 2025 The Plaza at Waikiki Wednesday Friday Sunday Monday Tuesdav Thursdav Saturday November cont'd National Día de Muertos (Day of the Arts / Crafts Celebrations **Location Keys** Dress Day: Plaza Shirts Club Visits National Crazy Hat Day 9:00 **№** Plaza Life Circuit 2 Exercise [A] Cooking / Baking 8:15 🖨 Church Runs 9:30 → Virtual Exercise: "Rise and Shine" [T] **Activity Room** 8:30 •• Morning Exercise [HT] Educational Classes 10:00 Trivia! [T] 9:00 ↔ Virtual Exercise: "Rise and Shine" [T] 9:30 •• Morning Exercise II [A] THE PLAZA 1:00 - Virtual Exercise: Barre with **Bistro** 10:00 • Craft: Popsicle Snowflakes (Painting) [A] Field Trip / Medical Appointments Resistance Bands [T] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] Assisted Living **♣** Games 1:30 → Afternoon Stretch [A] 1:15 ♠ Shopping: 1:30 ↔ Afternoon Stretch [A] Hoku Terrace Meditation / Mindfulness 2:00 5 Kanikapila [T] 2:00 Documentary: "The Crown" S5 Ep 5 [T] Movies / Documentaries 3:00 🔥 Bingo [A] 3:00 🚹 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Theater ■ Music / Special Entertainment 4:30 W UH Football vs San Jose State [T] Fuda, Uno, Mah Jong Game [A] 7:00 Performance by Mele Taki Handbells [T] ☆ One-on-One **Dress Day: Wear Green or Muppets Shirt National Count Your Coins Day National Candy Day National Monopoly Day National Games Day** National Pillsbury Dough Boy Birthday Dress Day: Plaza Shirts 8 Walk to End Alzheimer's Day National Kermit the Frog Day 8:30 Plaza Walking Moai Club @ Magic 9:00 ♣ Plaza Life Circuit 2 Exercise [A] 8:30 •• Excursion: Walk to End Alzheimer's 8:15 🖨 Church Runs 8:30 📮 Plaza Walking Moai Club 9:00 Plaza Life Circuit 2 Exercise 9:00 🏶 Plaza Life Circuit 2 Exercise 9:30 - Virtual Exercise: "Rise and Shine" 8:30 ↔ Morning Exercise [HT] Walk @ Magic Isalnd Around the Ala Wai 9:00 ₱ Plaza Life Circuit 2 Exercise [A] 8:30 Morning Exercise [HT] 9:00 ↔ Virtual Exercise: "Rise and Shine" [T] 9:00 ↔ Virtual Exercise: "Rise and Shine" [T] 9:30 • Tai Chi with Toshimi [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] Legacy Music [A] 9:00 ₱ Plaza Life Circuit 2 Exercise [A] 10:15 Crafts: Making a Card [A] 10:00 Music with Dean Hirata [A] 10:00 The New Hope Church Service [T] 12:00 Medical Transportation 9:30 - Virtual Exercise: "Rise and Shine" [T] 10:00 • Craft: Stain Glass Leaves [A] 1:00 → Virtual Exercise: Barre with Resistance 10:00 Hank the Singing Dutchman [A] 12:00 Medical Transportation 1:00 → Virtual Exercise: Barre with Resistance Bands [T 1:00 - Virtual Exercise: Barre with Resistance Bands [T] 0:00 Cooking Demo with Jeremy 1:00 - Virtual Exercise: Barre with Resistance Bands [T Bands [T] 1:00 → Virtual Exercise: Barre with Resistance 1:00 → Virtual Exercise: Barre with Resistance 1:15 🖨 Shopping: Don Quijote (1 hour) 1:30 → Afternoon Stretch [A] 1:15 🦷 Shopping: Longs 1:00 Wirtual Exercise: Barre with Resistance Bands [T] 1:30 → Afternoon Stretch [A] Bands [T] Bands [T] 1:30 Plaza Life Circuit 1 Exercise [A] 2:00 Documentary: "Man on the Run" (2023) N [T] 1:30 → Afternoon Stretch [A] 1:15 Frand Run: Longs (1Hour) 2:00 Diamond Art & Crochet/ Paper Leis [A] 1:30 👺 Strength, Balance and Tone with Daniel 2:00 Walking Club Around the Plaza 2:00 Documentary: "The Crown" S4 Ep 8 [T] 1:30 •• Afternoon Stretch [A] 2:00 Documentary: "The Crown" S4 Ep 9 [T] 2:00 Crochet Leis for Veterans [A] 2:00 Matinee Movie: "Flow" (2024) Max [T] 3:00 - Pokeno [A] 2:00 Tech Help with Jeremy [A] 2:00 5 Kanikapila [T] 3:00 1 Table Games: Scrabble, 5 Second Rule, Jenga, 7:00 Movie Night: "Wicked Little Letters" (2023) N [T] 3:00 🔓 Bingo [A] Hana Fuda, Uno, Mah Jong Game [A] 2:00 • Walking Club Around the Plaza 2:00 Matinee Movie: "Ponyo" (2008) Max [T] 3:00 📥 Bingo [A] 3:00 🏟 Bingo [A] 6:30 ■ Music Variety Hour [T] 6:00 🏖 UH Football vs San Diego State [T] 7:00 Movie Night: "Walk Ride Rodeo" (2019) N [T] 6:30 ← Friday Night Fight Club (Tai Chi Practice) 3:00 🔥 Bingo [A] 3:00 🏚 Pokeno [A] 6:30 🞜 Light Classical Music Hour [T] Dress Day: Plaza Shirts Dress Day: Polka Dots National Mocktail Day World Kindness Day **National Pickle Day** Veteran's Day **National I Love to Write Day** National Marine Corps Anniversary **National Draw a Perfect Circle Day** 8:30 •• Morning Exercise [HT] 8:15 🖨 Church Runs 9:00 Plaza Life Circuit 2 Exercise [A] 8:30 📮 Plaza Walking Moai Club @ Magic 9:00 Plaza Life Circuit 2 Exercise [A] 9:00 🏶 Plaza Life Circuit 2 Exercise 9:00 Plaza Life Circuit 2 8:30 🗐 Plaza Walking Moai Club @ Magic Island 9:30 ↔ Virtual Exercise: "Rise and Shine" 9:30 → Virtual Exercise: "Rise and Shine" 8:30 ↔ Morning Exercise [HT] 9:00 ↔ Virtual Exercise: "Rise and Shine" [T] Exercise [A] 9:00 Plaza Life Circuit 2 Exercise [A] 9:00 → Virtual Exercise: "Rise and Shine" [T] 9:30 Excursion: Tropic Lightning Museum 10:00 Snacks on the Terrace [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 th Trivial [A] 9:30 → Virtual Exercise: "Rise and Shine" [T] 10:00 Y Cooking Demo with Jeremy 9:30 • Morning Exercise II [A] 10:15 Resident Council Meeting [A] 9:45 🖨 Shopping: Kahala Mall (1 hour) 12:00 Medical Transportation 10:00 Craft: Curly Paper Pumpkins Craft 10:00 Color Mandela's and Classical Music [A] 0:00 • Craft: Fall Wreath [A] 1:00 • Virtual Exercise: Barre with Resistance 1:00 → Virtual Exercise: Barre with Resistance Bands [T] 12:00 Medical Transportation 10:00 The New Hope Church Service [T] 1:00 → Virtual Exercise: Barre with Resistance Bands [T] 1:00 •• Virtual Exercise: Barre with 1:00 •• Virtual Exercise: Barre with Resistance Bands Bands [T] 1:00 → Virtual Exercise: Barre with Resistance Bands [T] 1:00 •• Virtual Exercise: Barre with Resistance Bands [T 1:30 - Afternoon Stretch [A] 1:15 🖨 Shopping: Manoa Market Place (1 hour) Resistance Bands [T] 1:30 → Afternoon Stretch [A] 2:00 P Documentary: "My Mom Jayne " (2025) Max [T] 1:30 → Afternoon Stretch [A] 1:30 Afternoon Stretch [A] 1:30 🁺 Plaza Life Circuit 1 Exercise [A] 1:30 • Afternoon Stretch [A] 2:00 Diamond Art & Crochet/ Paper Leis [A] 2:00 Matinee Movie: "The Mask" (1994) N [T] 2:00 P Documentary: "The Crown" S4 Ep 10 [T] 2:00 W Soda, Snacks, and Talk Story with a Veteran [T] 2:00 •• Walking Club Around the Plaza 2:00 Pocumentary: "The Crown" S4 Ep 9 [T] 2:00 •• Walking Club Around the Plaza Table Games: Scrabble, 5 Second Questions 3:00 📥 Bingo [A] 3:00 🏚 Pokeno [A] 2:00 Tech Help with Jeremy [A] 2:00 A Kanikapila [T] 3:00 in Table Games: Scrabble, 5 Second Rule, Jenga, 3:00 📥 Bingo [A] Game, Checkers [A] 7:00 Movie Night: "Captain Phillips" (2013) N [T] 3:00 🔥 Bingo [A] 3:00 **i** Bingo [A] Hana Fuda, Uno, Mah Jong Game [A] 6:30 🞜 Light Classical Music Hour [T] 3:00 🏚 Pokeno [A] 6:30 ← Friday Night Fight Club (Tai Chi Practice) 7:00 Movie Night: "Lincoln Lawyer" (2011) N [T] 7:00 Movie Night: "Apollo 13" (1995) N [T] 6:30 🞜 Hawaiian Music Hour [T] **National Aviation History Day World Peace Day** Dress Day: Mickey Mouse Shirts **National Carbonated Beverage Day** Dress Day: Plaza Shirts **Dress Day: Flannel National Juke Box Day** 8:15 🖨 Church Runs 8:30 ← Morning Exercise [HT] Mickey Mouses' Birthday National Let's Talk Turkey Day National Gingerbread Cookie Day 8:30 H Morning Exercise [HT] 8:30 🗐 Plaza Walking Moai Club @ Magic 8:30 📮 Plaza Walking Moai Club @ Magic 9:00 🏶 Plaza Life Circuit 2 9:00 → Virtual Exercise: "Rise and Shine" 9:00 Plaza Life Circuit 2 Exercise [A] 9:00 Plaza Life Circuit 2 Exercise [A] 9:00 Plaza Life Circuit 2 Exercise [A] Exercise [A] 9:00 •• Virtual Exercise: "Rise and Shine" [T] 9:00 ♣ Plaza Life Circuit 2 Exercise [A] 9:30 • Tai Chi with Toshimi [T] 9:30 → Virtual Exercise: "Rise and Shine" [A] 9:30 → Virtual Exercise: "Rise and Shine" [T] 9:30 •• Morning Exercise II [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 9:30 → Virtual Exercise: "Rise and Shine" [T] 10:15 • Crafting with Larissa [A] 10:00 🗢 Jeoperdy! [A] 10:00 **Y** Cooking Demo with Jeremy [A] 10:00 Making Paper Airplanes [A] 10:00 Craft: Stain Glass Pumpkins 10:00 The New Hope Church Service [T] 12:00 Medical Transportation 12:00 Medical Transportation 10:00 🖪 Music Performance with Jeremy [A] 1:00 - Virtual Exercise: Barre with Resistance Bands 1:00 → Virtual Exercise: Barre with Resistance Bands [T] 10:45 🖨 Kau Kau Cafe: Goma Tei 1:00 → Virtual Exercise: Barre with Resistance Bands [T] 1:00 → Virtual Exercise: Barre with Resistance Bands [T] 1:00 - Virtual Exercise: Barre with Resistance Bands [T 1:00 - Virtual Exercise: Barre with 1:00 → Virtual Exercise: Barre with Resistance Bands [T] 1:15 🖨 Shopping: Don Quijote (1 hour) 1:15 🖨 Shopping: Longs (1 hour) 1:30 → Afternoon Stretch [A] Resistance Bands [T] 1:30 •• Afternoon Stretch [A] 1:30 🌋 Strength, Balance and Tone with Daniel 1:30 → Afternoon Stretch [A] 2:00 Matinee Movie: "Sweet Home Alabama" (2002) N 2:00 Documentary: "The Kingdom of Dreams and 2:00 Diamond Art & Crochet/ Paper Leis [B] 2:00 Documentary: "The Crown" S5 Ep 1 [T] 1:30 A Shopping: Errand Run (2 Miles) 2:00 Matinee Movie: "The Tale of the Princess Kaguya 1:30 •• Afternoon Stretch [A] Madness" (2013) Max IT 2:00 Tech Help with Jeremy [B] 2:00 5 Kanikapila [T] 3:00 in Table Games: Scrabble, 5 Second Rule, Jenga, 2:00 Documentary: "The Crown" S5 Ep 2 [T] (2013) Max [T] Table Games: Scrabble, 5 Second Questions 2:00 - Walking Club Around the Plaza 3:15 🏟 Bingo [A] Hana Fuda, Uno, Mah Jong Game [A] 2:00 •• Walking Club Around the Plaza 3:00 h Bingo [A] Game, Checkers [A] 3:00 🏚 Pokeno [A] 3:00 🏚 Bingo [A] 5:30 W UH Football vs UNLV [T] 7:00 Movie Night: "The Tuskegee Airmen" (1995) Max 3:00 🏞 Pokeno [A] 3:00 📥 Bingo [A] 7:00 Movie Night: "Temple Grandin" (2010) Max [T] 7:00 Movie Night: "Into the Woods" (2014) 6:30 ← Friday Night Fight Club (Tai Chi Practice) [A] 6:30 🞜 Light Classical Music Hour [T] 6:30 🖪 Hawaiian Music Hour [T] D+ [T] National Buy Nothing Day National Solve a Crime Day National Parfait Day National Pumpkin Pie Day 26 Dress Day: Fall colors (Red. Orange, Yellow, **National Shop til you Drop Day** National Square Dance Day 8:15 🖨 Church Runs 8:30 → Morning Exercise [HT] 8:30 📮 Plaza Walking Moai Club @ Magic 9:00 ₱ Plaza Life Circuit 2 Exercise [A] 8:30 Plaza Walking Moai Club @ Thanksgiving 9:00 Plaza Life Circuit 2 Exercise 9:00 Plaza Life Circuit 2 Exercise 9:30 ↔ Virtual Exercise: "Rise and Shine" 9:00 → Virtual Exercise: "Rise and Shine" Magic Island 9:00 → Virtual Exercise: "Rise and Shine" [T] 9:00 Plaza Life Circuit 2 Exercise [A] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 → Virtual Exercise: "Rise and Shine" [T] 9:30 → Virtual Exercise: "Rise and Shine" [T] 10:00 • Parfaits and Trivia [A] 9:30 Morning Exercise II [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 9:30 •• Morning Exercise II [A] 9:30 → Virtual Exercise: "Rise and Shine" [T] 10:00 - Game: The Price is Right [T] 0:00 | Cooking Demo with Jeremy [A] 9:45 🖨 Sightseeing: 12:00 Medical Transportation 10:00 Jeopardy!! [A] 10:00 • Friendship Bracelets [A] 10:00 The New Hope Church Service [T] 1:00 → Virtual Exercise: Barre with Resistance 1:00 → Virtual Exercise: Barre with Resistance 10:00 • Craft: Giant Popsicle Snowflake [A] 1:00 •• Virtual Exercise: Barre with Resistance Bands [T] 12:00 Medical Transportation 1:00 ↔ Virtual Exercise: Barre with Resistance Bands 1:00 - Virtual Exercise: Barre with Resistance Bands Bands [T] Bands [T] 1:00 H Virtual Exercise: Barre with Resistance Bands [T] 1:30 •• Afternoon Stretch [A] 1:00 - Virtual Exercise: Barre with Resistance Bands [T 1:30 → Afternoon Stretch [A] 1:30 •• Afternoon Stretch [A] 1:15 F Shopping: Longs (1 hour) 2:00 Matinee Movie: "The Outlaws" (2023) N [T] 1:15 🖨 Shopping: Don Quijote 2:00 Diamond Art & Crochet/ Paper Leis [A] 2:00 A Kanikapila [T] Table Games: Scrabble, 5 Second Questions

1:30 🍄 Plaza Life Circuit 1 Exercise [A]

3:00 🔥 Bingo [A]

2:00 Matinee Movie: "The Foreigner" (2017) N [T]

2:00 Documentary: Babe Ruth (1998) Max [T]

7:00 Movie Night: "Mr. Church" (2016) Max [T]

2:00 Tech Help with Jeremy [A]

6:30 ↔ Friday Night Fight Club (Tai Chi Practice)

3:00 🔥 Bingo [A]

3:00 🏚 Bingo [A]

6:00 W UH Football vs Wyoming [T]

Continued at top

2:00 Walking Club Around the Plaza

3:00 🏚 Pokeno [A]

2:00 Documentary: "The Crown" S5 Ep 4 [T]

2:00 •• Walking Club Around the Plaza

6:30 J Light Classical Music Hour [T]

3:00 🏟 Bingo [A]

Game, Checkers [A]

6:30 🖪 Hawaiian Music Hour [T]

3:00 🏟 Pokeno [A]

2:00 Documentary: "The Crown" S5 Ep 3 [T]

7:00 Movie Night: "Wizard Oz" (1939) Max [T]

3:00 in Table Games: Scrabble, 5 Second Rule, Jenga

Hana Fuda, Uno, Mah Jong Game [A]