

NOVEMBER 2025

The Plaza at Moanalua
Independent/Assisted Living Activity Calendar



SUNDAY

COMPUTER SECURITY DAY 30
9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
11:00 Origami Club!
1:00 Trivia Crack
1:30 Tiles, Blossoms, and more!
2:00 Pick-A-Flick Sunday
2:30 Gorgeous Grams Hour!

MONDAY

DAILY ACTIVITY OFFERINGS

8:30 Hawaii News Now
10:45 Daily Catholic Mass
11:00 Walking Club
11:30 Independent Activities + Plaza Puzzle Packet
12:00 Wii Sports! [Theater]
5:00 Evening News [Sunroom]

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



CINNAMON DAY 1
9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
1:00 Trivia Crack!
1:30 Tiles, Blossoms, and more!
1:45 Spooky Screening: Hocus Pocus (2022)
2:00 Creative Coloring!
4:30 UH Football vs. San Jose State

WORLD BALLET DAY

 2

9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
11:00 Origami Club!
1:00 Trivia Crack
1:30 Tiles, Blossoms, and more!
2:00 Pick-A-Flick Sunday
2:30 Gorgeous Grams Hour!

SANDWICH DAY

 3

9:00 Resistance Training A
10:00 Seated Strength Circuit
1:00 LUCKY TILE MONDAYS
1:00 Trivia Crack!
3:00 NICKEL BINGO

EASY BAKE OVEN DAY

 4

9:00 Seated Strength A
10:00 Seated Strength A
1:00 Trivia Crack!
1:30 Baking Cookies!
2:00 Brick, Flicks, & Bites
3:00 Bible Study with Jaz!

AMERICAN FOOTBALL DAY

 5

9:00 Resistance Training B
10:00 Seated Strength Circuit
11:00 Origami Club
1:00 Trivia Crack!
1:30 Color Splash with Kelsie!
2:30 Educational Video
3:00 NICKEL BINGO

BASKETBALL DAY

 6

9:00 Seated Strength B
10:00 Seated Strength B
1:00 Trivia Crack
2:00 Creative Creations - Create Your Thankful Turkey!

FOUNTAIN PEN DAY

 7

9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
1:00 Mahjong & Scrabble hour!
1:00 Trivia Crack!
3:00 NICKEL BINGO
7:00 UH Wahine Volleyball vs. CSUN

SADDLE HUNTING DAY

 8

9:00 ZUMBA w/ Annette!
10:00 Seated Strength Circuit
1:00 Trivia Crack!
1:30 Tiles, Blossoms, and more!
2:00 Art - Color by Number!
6:00 UH Football vs. San Diego State

TONGUE TWISTER DAY

 9

9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
11:00 Origami Club!
1:00 Trivia Crack!
1:30 Tiles, Blossoms and more!
2:00 Pick-A-Flick Sunday
4:00 UH Wahine Volleyball vs. CSU Bakersfield

SESAME STREET DAY

 10

9:00 Resistance Training A
10:00 Seated Strength Circuit
10:00 COMMUNION [T]
1:00 LUCKY TILE MONDAYS
1:00 Trivia Crack!
3:00 NICKEL BINGO

WORLD ORIGAMI DAY

 11

9:00 Seated Strength A
10:00 Seated Strength A
1:00 Trivia Crack!
1:30 RESIDENT COUNCIL
2:30 Baking Cookies!
2:30 Brick, Flicks & Bites

FRENCH ONION DIP DAY

 12

9:00 Seated Strength Circuit
10:00 MUSIC - BRANDON ONISHI
11:00 Origami Club
1:00 Trivia Crack!
1:30 Color Splash with Kelsie!
2:30 Educational Video - Chef Julie Yoon
3:00 NICKEL BINGO

HUG A MUSICIAN DAY

 13

9:00 Seated Strength B
10:00 Seated Strength B
1:00 Trivia Crack!
2:00 Creative Creations - Turkey Headbands!

PICKLE DAY

 14

9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
1:00 Mahjong & Scrabble hour!
1:00 Trivia Crack!
3:00 NICKEL BINGO

STEVE IRWIN DAY

 15

9:00 Seated Strength Circuit
10:00 PERFORMANCE - HANK THE SINGING DUTCHMAN
1:00 Trivia Crack!
1:30 Tiles, Blossoms and more!
2:00 Creative Creations - Paper Pumpkin Pies!

BUTTON DAY

 16

9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
11:00 Origami Club
1:00 Trivia Crack!
1:30 Tiles, Blossoms and more!
2:00 Pick-A-Flick Sunday
2:30 Gorgeous Grams Hour!

HOMEMADE BREAD DAY

 17

9:00 Resistance Training A
10:00 Seated Strength Circuit
1:00 LUCKY TILE MONDAYS
1:00 Trivia Crack!
3:00 NICKEL BINGO

MICKY & MINNIE MOUSE DAY

 18

9:00 Seated Strength A
10:00 Seated Strength A
1:00 Trivia Crack!
2:00 PERFORMANCE - CHRISTIAN ACADEMY BAND

PLAY MONOPOLY DAY

 19

9:00 Resistance Training B
10:00 Seated Strength Circuit
11:00 Origami Club
1:00 Trivia Crack!
1:30 Color Splash with Kelsie!
2:30 Educational Video - Fun Facts!
3:00 NICKEL BINGO

PHILOSOPHY DAY

 20

9:00 Seated Strength B
10:00 Seated Strength B
1:00 Trivia Crack!
2:00 Art - Turkey Painting!

TELEVISION DAY

 21

9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
10:00 FURRY FRIENDS - Kaia & Noah
1:00 Mahjong & Scrabble hour!
1:00 Trivia Crack!
3:00 NICKEL BINGO
1:00 UH Wahine Volleyball vs. UC San Diego

ADOPTION DAY

 22

9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
1:00 Trivia Crack!
1:30 Tiles, Blossoms, and more!
2:00 BIRTHDAY BASH w/ Dean Hirata
7:00 UH Wahine Volleyball vs/ Long Beach State

FIBONACCI DAY

 23

9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
11:00 Origami Club
1:00 Trivia Crack!
1:30 Tiles, Blossoms and more!
2:00 Pick-A-Flick Sunday

AU PAIR DAY

 24

9:00 Resistance Training A
10:00 Seated Strength Circuit
10:00 CATHOLIC MASS [T]
1:00 LUCKY TILE MONDAYS
1:00 Trivia Crack!
3:00 NICKEL BINGO

NATURAL FIBERS DAY

 25

9:00 Seated Strength A
10:00 Seated Strength A
1:00 Trivia Crack!
2:00 PERFORMANCE - LANCE MOTOGAWA

JUKEBOX DAY

 26

9:00 Resistance Training B
10:00 Seated Strength Circuit
11:00 Origami Club
1:00 Trivia Crack!
1:30 Color Splash with Kelsie!
2:30 Educational Video - The First Thanksgiving
3:00 NICKEL BINGO

THANKSGIVING!

 27

9:00 Seated Strength B
10:00 Seated Strength B
1:00 Trivia Crack!
2:00 Craft - Making Holiday Cards!

ILLUSTRATION DAY

 28

9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
1:00 Mahjong & Scrabble hour!
1:00 Trivia Crack!
3:00 NICKEL BINGO

SQUARE DANCING DAY

 29

9:00 Seated Strength Circuit
10:00 Seated Strength Circuit
1:00 Trivia Crack!
1:30 Tiles, Blossoms, and more!
2:00 Color by Number!
6:00 UH Football vs. Wyoming