

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p><b>April Fool's Day 1</b></p> <p>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: Kahalu'u 10:00  <b>Hank the Singing Dutchman [HT]</b> 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:15  Shopping: Longs 1:30  Afternoon Stretch [A] 2:00  Documentary: "The Longest Third Date" (2023) [T] 2:00  Walking Club Around the Plaza 3:00  Bingo [A] 6:30  Classical Music Listening Hour [T]</p>	<p><b>National Peanut Butter and Jelly Day 2</b></p> <p>8:30  Morning Exercise [HT] 9:00  Virtual Exercise: "Rise and Shine" [T] 9:30  Morning Exercise II [HT] 10:00  Trivia Game plus PB&amp;J Milkshakes! [A] 12:00  Medical Transportation 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  Matinee Movie: "In the Heights" (2021) [T] 2:30  Afternoon Exercise (AL residents) [WF] 3:00  5th Floor Bingo (AL residents only) [WF]</p>	<p><b>National Walking Day 3</b></p> <p>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] 1:00  <b>Strength, Balance and Tone with Daniel</b> 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:15  Excursion: Pipeline Bakery and Creamery 1:30  Afternoon Stretch [A] 2:00  Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00  Matinee Movie: "Lone Wolf and Cub: Sword of Vengeance" (1972) DVD [T] 3:00  Bingo [A] 6:30  Music Variety Hour [T]</p>	<p><b>Dress Day: Wear Orange 4</b></p> <p><b>National Vitamin C Day</b> 8:30  Morning Exercise [HT] 9:00  Virtual Exercise: "Rise and Shine" [T] 9:30  Morning Exercise II [HT] 10:00  <b>Buddhist Service with Moiliili Hongwanji [T]</b> 10:00  Cooking Demonstration: Rosemary Cauliflower Soup [A] 12:00  Medical Transportation 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  Documentary: "It Ain't Over" (2022) [T] 2:00  Walking Club Around the Plaza 3:00  Pokeno [A] 7:00  Movie Night: "Fried Green Tomatoes" (1992) [T]</p>	<p><b>National Deep Dish Pizza Day 5</b></p> <p>8:30  Morning Exercise [HT] 9:00  Virtual Exercise: "Rise and Shine" [T] 9:30  Morning Exercise II [HT] 10:00  <b>Music with Dean Hirata [A]</b> 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  Diamond Art Club [A] 3:00  Bingo [A]</p>	<p><b>National Caramel Popcorn Day 6</b></p> <p>8:30  Morning Exercise [HT] 9:00  Virtual Exercise: "Rise and Shine" [T] 9:30  <b>Workshop: Cyber Safe Seniors [A]</b> 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  <b>Kanikapila [T]</b> 3:00  Bingo [A] 7:00  Movie Night: "They Cloned Tyrone" (2023) [T]</p>	
<p><b>National Beer Day 7</b></p> <p>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  <b>Pet Therapy with Jim and Chico</b> 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  Documentary: "Beerocracy" (2017) YT 2:00  Table Games: Hanafuda [A] 3:00  Mah Jong Game [A] 7:00  Movie Night: "Dumb Money" (2023) [T]</p>	<p><b>National Zoo Lover's Day 8</b></p> <p>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: Paradise Park 10:00  <b>Music with Roy Hamada [A]</b> 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:15  Shopping: Errand Run 1:30  Afternoon Stretch [A] 2:00  Documentary: "Surviving Paradise: A Family Tale" (2022) [T] 2:00  Walking Club Around the Plaza 3:00  Bingo [A] 6:30  Classical Music Listening Hour [T]</p>	<p><b>Dress Day: Rainbows and Glitter 9</b></p> <p><b>National Unicorn Day</b> 8:30  Morning Exercise [HT] 9:00  Virtual Exercise: "Rise and Shine" [T] 9:30  Morning Exercise II [HT] 10:00  Craft: Spring Door Decoration [A] 10:15  <b>Resident Council Meeting</b> 12:00  Medical Transportation 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  Matinee Movie: "Unicorn Store" (2019) [T] 2:30  Afternoon Exercise (AL residents) [WF] 3:00  5th Floor Bingo (AL residents only) [WF]</p>	<p><b>Dress Day: Plaza Shirts 10</b></p> <p><b>National Cinnamon Crescent Day</b> 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: Halona Blowhole 10:00  New Hope Church Service [T] 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:15  Shopping: Don Quijote 1:30  Afternoon Stretch [A] 2:00  <b>Kupuna Garden Art with Kerry Komatsubara [A]</b> 2:00  Matinee Movie: "Lone Wolf and Cub: Baby Cart at the River Styx" (1972) DVD [T] 3:00  Bingo [A] 6:30  Music Variety Hour [T]</p>	<p><b>National Barbershop Quartet Day 11</b></p> <p>8:30  Morning Exercise [HT] 9:00  Virtual Exercise: "Rise and Shine" [T] 9:30  Morning Exercise II [HT] 10:00  YouTube Karaoke Sing Along [A] 12:00  Medical Transportation 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  Documentary: "Quincy" (2018) [T] 2:00  Walking Club Around the Plaza 3:00  Pokeno [A] 7:00  Movie Night: "Pitch Perfect" (2012) AP [T]</p>	<p><b>National Licorice Day 12</b></p> <p>8:30  Morning Exercise: Drums Alive! [A] 9:00  Virtual Exercise: "Rise and Shine" [T] 9:30  Morning Exercise II: Drums Alive! [A] 10:00  Craft: Scrabble Tile Art [A] 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  Diamond Art Club [A] 3:00  Bingo [A]</p>	<p><b>Dress Day: Shirts with Words 13</b></p> <p><b>National Scrabble Day</b> 8:30  Morning Exercise [HT] 9:00  Virtual Exercise: "Rise and Shine" [T] 9:30  Morning Exercise II [HT] 10:00  <b>Chinese Calligraphy with Ina Chang [A]</b> 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  <b>Kanikapila [T]</b> 3:00  Bingo [A] 7:00  Movie Night: "Sometimes Always Never" (2018) AP [T]</p>	
<p><b>National Dolphin Day 14</b></p> <p>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  <b>Pet Therapy with Kaia and Noah [A]</b> 1:00  Sightseeing: Aloha Stadium 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  <b>Hula with Kumu Sallie [A]</b> 3:00  Documentary: "Giants of the Deep Blue" (2018) D+ [T] 3:00  Mah Jong Game [A] 7:00  Movie Night: "The Great Gatsby" (2013) [T]</p>	<p><b>National Titanic Remembrance Day 15</b></p> <p>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: South Shore Beaches 10:00  <b>Hank the Singing Dutchman [HT]</b> 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:15  Shopping: Longs 1:30  Afternoon Stretch [A] 2:00  Documentary: "Titanic: 25 Years Later" (2023) D+ [T] 2:00  Walking Club Around the Plaza 3:00  Bingo [A] 6:30  Classical Music Listening Hour [T]</p>	<p><b>Dress Day: Pajama Day 16</b></p> <p><b>National Wear Your Pajamas to Work Day</b> 8:30  Morning Exercise [HT] 9:00  Virtual Exercise: "Rise and Shine" [T] 9:30  Morning Exercise II [HT] 10:00  Craft: DIY Sleep Mask [A] 12:00  Medical Transportation 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  Matinee Movie: "The Fundamentals of Caring" (2016) [T] 2:30  Afternoon Exercise (AL residents) [WF] 3:00  5th Floor Bingo (AL residents only) [WF]</p>	<p><b>International Haiku Poetry Day 17</b></p> <p>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  <b>Kau Kau Cafe: Heavenly Island Lifestyle</b> 1:00  <b>Strength, Balance and Tone with Daniel</b> 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  Lei Making to Decorate Our Community! [A] 2:00  Matinee Movie: "Lone Wolf and Cub: Baby Cart to Hades" (1972) DVD [T] 2:00  Shopping: Kahala Mall 3:00  Bingo [A] 6:30  Music Variety Hour [T]</p>	<p><b>National Animal Crackers Day 18</b></p> <p>8:30  Morning Exercise: Drums Alive! [A] 9:00  Virtual Exercise: "Rise and Shine" [T] 9:30  Morning Exercise II: Drums Alive! [HT] 10:00  <b>Pet Therapy with Wes Koga [A]</b> 12:00  Medical Transportation 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  Documentary: "Kangaroo Valley" (2022) [T] 2:00  Walking Club Around the Plaza 3:00  Pokeno [A] 7:00  Movie Night: "Southpaw" (2015) [T]</p>	<p><b>National Garlic Day 19</b></p> <p>8:30  Morning Exercise [HT] 9:00  Virtual Exercise: "Rise and Shine" [T] 9:30  Morning Exercise II [HT] 10:00  <b>John Freitas Piano Performance [A]</b> 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  Diamond Art Club [A] 3:00  Bingo [A]</p>	<p><b>Dress Day: Plaza Shirts 20</b></p> <p><b>National Look Alike Day</b> 8:30  Morning Exercise [HT] 9:00  Virtual Exercise: "Rise and Shine" [T] 9:30  Morning Exercise II [HT] 10:00  <b>American Legion Family Bingo [A]</b> 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  <b>Kanikapila [T]</b> 3:00  Bingo [A] 7:00  Movie Night: "Twins" (1988) [T]</p>	
<p><b>National Chocolate Covered Cashews Day 21</b></p> <p>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  <b>Performance: Keepin' It Real Barbershop Quartet</b> 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  Table Games: Hanafuda [A] 3:00  Documentary: "Dolly Parton: A Musicares Tribute" (2021) 3:00  Mah Jong Game [A] 7:00  Movie Night: "The Beautiful Game" (2024) [T]</p>	<p><b>Dress Day: Blue and Green Shirts 22</b></p> <p><b>Earth Day</b> 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: Aulani Resort 10:00  <b>Sing-a-long with Sandy and Gordon [A]</b> 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:15  Shopping: Errand Run 1:30  Afternoon Stretch [A] 2:00  Documentary: "David Attenborough: A Life on Our Planet" (2020) [T] 2:00  Walking Club Around the Plaza 3:00  Bingo [A] 6:30  Classical Music Listening Hour [T]</p>	<p><b>National Cherry Cheesecake Day 23</b></p> <p>8:30  Morning Exercise [HT] 9:00  Virtual Exercise: "Rise and Shine" [T] 9:30  Morning Exercise II [HT] 10:00  Cooking Demonstration: No-Bake Cherry Cheesecake [A] 12:00  Medical Transportation 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  Matinee Movie: "Damsel" (2024) [T] 2:30  Afternoon Exercise (AL residents) [WF] 3:00  5th Floor Bingo (AL residents only) [WF]</p>	<p><b>Dress Day: Travel Shirts 24</b></p> <p><b>National Bucket List Day</b> 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] 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:15  Excursion: <b>Downtown Art Center</b> 1:30  Afternoon Stretch [A] 2:00  <b>Lei Making to Decorate Our Community! [A]</b> 2:00  Matinee Movie: "The Bucket List" (2007) DVD [T] 3:00  Bingo [A] 6:30  Music Variety Hour [T]</p>	<p><b>National Telephone Day 25</b></p> <p>8:30  Morning Exercise [HT] 9:00  Virtual Exercise: "Rise and Shine" [T] 9:30  Morning Exercise II [HT] 10:00  <b>Televeda: Tech Thursday [T]</b> 12:00  Medical Transportation 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  Documentary: "Hallelujah: Leonard Cohen, a Journey of Song" (2022) [T] 2:00  Walking Club Around the Plaza 3:00  Pokeno [A] 7:00  Movie Night: "Mr. Harrigan's Phone" (2022) [T]</p>	<p><b>National Pretzel Day 26</b></p> <p>8:30  Morning Exercise [HT] 9:00  Virtual Exercise: "Rise and Shine" [T] 9:30  Morning Exercise II [HT] 10:00  Engineering Challenge: Pretzel Marshmallow Structures! [A] 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  <b>Lei Making to Decorate Our Community! [A]</b> 3:00  Bingo [A]</p>	<p><b>National Babe Ruth Day 27</b></p> <p>8:30  Morning Exercise [HT] 9:00  Virtual Exercise: "Rise and Shine" [T] 9:30  Morning Exercise II [HT] 10:00  Artists in Action: Painting [A] 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  <b>Kanikapila [T]</b> 3:00  Bingo [A] 7:00  Movie Night: "Moneyball" (2011) [T]</p>	
<p><b>Dress Day: Superhero Shirts 28</b></p> <p><b>National Super Hero Day</b> 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  <b>Pet Therapy with Jim and Chico</b> 1:00  Sightseeing: Kaneohe 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  <b>Hula with Kumu Sallie</b> 3:00  Documentary: "Marvel: From Pulp to Pop!" (2014) D+ [T] 3:00  Mah Jong Game [A] 7:00  Movie Night: "Shang-Chi and the Legend of the Ten Rings" (2021) D+ [T]</p>	<p><b>National Shrimp Scampi Day 29</b></p> <p>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: Koko Marina 10:00  Craft: Paper Flower Pots [A] 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:15  Shopping: Savers 1:30  Afternoon Stretch [A] 2:00  Documentary: "Amy Tan: Unintended Memoir" (2021) [T] 2:00  Walking Club Around the Plaza 3:00  Bingo [A] 6:30  Classical Music Listening Hour [T]</p>	<p><b>Dress Day: Plaza Shirts 30</b></p> <p><b>National Raisin Day</b> 8:30  Morning Exercise: Drums Alive! [A] 9:00  Virtual Exercise: "Rise and Shine" [T] 9:30  Morning Exercise II: Drums Alive! [A] 10:00  <b>Televeda: Beyond Walls Bingo! [T]</b> 12:00  Medical Transportation 1:00  Virtual Exercise: Barre with Resistance Bands [T] 1:30  Afternoon Stretch [A] 2:00  Matinee Movie: "Falling for Figaro" (2020) [T] 2:30  Afternoon Exercise (AL residents) [WF] 3:00  5th Floor Bingo (AL residents only) [WF]</p>	<p><b>ATTENTION:</b></p> <p>Please sign up for sightseeing rides and shopping outings with concierge.</p> <p>All Activities are subject to change</p>			<p> <b>Health &amp; Fitness</b></p> <p> <b>Movie</b></p> <p> <b>Shuttle</b></p> <p> <b>Special Event</b></p>	<p><b>Location Keys</b></p> <p>Activity Room A</p> <p>Hoku Terrace HT</p> <p>Theater T</p> <p>Wellness Floor (5th) WF</p>