

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>THE PLAZA Assisted Living</p>	<p>ATTENTION:</p> <p>Please sign up for sightseeing rides and shopping outings with concierge.</p>	<p>All Activities are subject to change</p>	<p>♥ Health & Fitness 🎬 Movie 🚌 Shuttle ★ Special Event</p>	<p>International Mah Jong Day 1</p> <p>8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 ★ Buddhist Service with Moiliili Hongwanji [T] 10:00 Cooking Demonstration: Mah Jong Cookies [A] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Documentary: "Operation Varsity Blues: The College Admissions Scandal" [T] 2:00 ♥ Walking Club Around the Plaza Pokeno [A] 3:00 Pokeno [A] 7:00 🎬 Movie Night: "Crazy Rich Asians" (2018) [T]</p>	<p>National Ice Cream Sandwich Day 2</p> <p>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] 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>Dress Day: Pink Shirts 3</p> <p>National Watermelon Day</p> <p>8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 Information Session: Skin Cancer Awareness and Prevention with Dr. Tagai Musaevi [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: "The Blind Side" (2009) [T]</p>
<p>National Friendship Day 4</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 Friendship Beaded Bracelets [A] 1:00 🚌 Sightseeing: Koko Marina 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 Table Games: [A] 3:00 🎬 Documentary: "The Elephant Whisperers" (2022) 3:00 Mah Jong Game [A] 7:00 🎬 Movie Night: "Beverly Hills Cop: Axel F" (2024) [T]</p>	<p>Dress Day: Nautical Shirts 5</p> <p>National Oyster Day</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: Olomana 10:00 Volunteer to Donate Succulent Gardens for Project Swimmy! [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚌 Shopping: Errand Run 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Documentary: "Blackfish" (2013) [T] 2:00 ♥ Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p>National Root Beer Float Day 6</p> <p>8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 Root Beer Floats 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: "My Girl 2" (1994) [T] 2:30 ♥ Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</p>	<p>National Raspberries n' Cream Day 7</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 ♥ Strength, Balance and Tone with Daniel 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚌 Shopping: Don Quijote 1:30 ♥ Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 🎬 Matinee Movie: "The Long Game" (2023) [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p>National Dollar Day 8</p> <p>8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 ★ Pet Visit: Jim and Chico [A] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Documentary: "Going Clear: Scientology and the Prison of Belief" (2015) [T] 2:00 ♥ Walking Club Around the Plaza Pokeno [A] 3:00 Pokeno [A] 7:00 🎬 Movie Night: "Under the Tuscan Sun" (DVD) [T]</p>	<p>National Book Lover's Day 9</p> <p>8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 Performance: Legacy Music [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>Dress Day: Plaza Shirts 10</p> <p>National Bowling Day</p> <p>8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 Sing Along [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: "Ali" (2001) [T]</p>
<p>Play in the Sand Day 11</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 Sand Mandala Art [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 Table Games: [A] 3:00 🎬 Documentary: "Inside the Mind of a Cat" (2022) 3:00 Mah Jong Game [A] 7:00 🎬 Movie Night: "Homeward Bound: The Incredible Journey" (1993) D+ [T]</p>	<p>Dress Day: Favorite Band Shirts 12</p> <p>National Vinyl Record Day</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: Sandy Beach 10:00 Music with Roy Hamada [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚌 Shopping: Longs 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Documentary: "Hate to Love: Nickelback" (2023) [T] 2:00 ♥ Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p>International Lefthanders Day 13</p> <p>8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 Craft: Pop-up Paper Flower Vase [A] 10:15 ★ Resident Council Meeting 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Matinee Movie: "The Redeem Team" (2022) [T] 2:30 ♥ Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</p>	<p>National Creamsicle Day 14</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: Royal Summit 10:00 New Hope Church Service [T] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚌 Shopping: Errand Run 1:30 ♥ Afternoon Stretch [A] 2:00 Community Service Moai: Letters Against Isolation! [A] 2:00 🎬 Matinee Movie: "A Walk in the Woods" (2015) [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p>Dress Day: Comfy Shirts 15</p> <p>National Relaxation Day</p> <p>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 [A] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Documentary: "Secrets of the Neanderthals" (2024) [T] 2:00 ♥ Walking Club Around the Plaza Pokeno [A] 3:00 Pokeno [A] 7:00 🎬 Movie Night: "Freud's Last Session" (2023) [T]</p>	<p>National Tell a Joke Day 16</p> <p>8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 Craft: Wood-Slice Coasters [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>World Honeybee Day 17</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: Honey Cake [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: "La La Land" (2016) [T]</p>
<p>National Fajita Day 18</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 Honolulu Blend Show Chorus [L] 1:00 🚌 Sightseeing: Sand Island 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 Table Games: [A] 3:00 🎬 Documentary: "Simone Biles Rising: Episode 1" (2024) [T] 3:00 Mah Jong Game [A] 7:00 🎬 Movie Night: "The Two Popes" (2019) [T]</p>	<p>National Potato Day 19</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: Liliuokalani Botanical Garden 10:00 ★ Artists in Action: Painting [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚌 Shopping: Errand Run 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Documentary: "Chasing Coral" (2017) [T] 2:00 ♥ Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p>Dress Day: Plaza Shirts 20</p> <p>National Bacon Lovers Day</p> <p>8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 Craft: Pig Card [A] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Matinee Movie: "Outstanding: A Comedy Revolution" (2024) [T] 2:30 ♥ Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</p>	<p>National Senior Citizen's Day 21</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 Kau Kau Cafe: TBD 1:00 ♥ Strength, Balance and Tone with Daniel 1:30 ♥ Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 🎬 Matinee Movie: "The Neon Highway" (2024) [T] 2:00 🎬 Shopping: Longs 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p>Dress Day: Red Shirts 22</p> <p>National Bao Day</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: Bao [A] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Documentary: "The Good, the Bad, the Hungry" (2019) [T] 2:00 ♥ Walking Club Around the Plaza Pokeno [A] 3:00 Pokeno [A] 7:00 🎬 Movie Night: "Airport" (1970) [T]</p>	<p>National Cuban Sandwich Day 23</p> <p>8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 Craft: Color a Wind-Up Butterfly [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>National Waffle Day 24</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: Waffles [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: "A Family Affair" (2024) [T]</p>
<p>National Banana Split Day 25</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 Pet Therapy with Kaia and Noah [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 Table Games: [A] 3:00 🎬 Documentary: "Attack of the Hollywood Cliches!" (2021) [T] 3:00 Mah Jong Game [A] 7:00 🎬 Movie Night: "The Young Victoria" (2009) [T]</p>	<p>National Dog Day 26</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: Pu'u o Kaimuki 10:00 ★ Sing-a-long with Sandy and Gordon [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 Excursion: Shave Ice 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Documentary: "Living with Leopards" (2024) [T] 2:00 ♥ Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p>Dress Day: Sparkly or Glittery Shirts 27</p> <p>National Just Because Day</p> <p>8:30 ♥ Morning Exercise: Drums Alive! [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II: Drums Alive! [HT] 10:00 Televeda: Beyond Walls Bingo! [T] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Matinee Movie: "The Man from Toronto" (2022) [T] 2:30 ♥ Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</p>	<p>National Thoughtful Day 28</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: Downtown/Chinaton 10:00 New Hope Church Service [T] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚌 Shopping: 1:30 ♥ Afternoon Stretch [A] 2:00 Community Service Moai: Beanbags for Education! [A] 2:00 🎬 Matinee Movie: "The Land of Steady Habits" (2018) [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p>National Chop Suey Day 29</p> <p>8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 Televeda: Tech Thursday! [T] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 ♥ Kanikapila with Residents from Plaza Punchbowl! [T] 3:00 Pokeno [A] 7:00 🎬 Movie Night: "The Midnight Sky" (2020) [T]</p>	<p>Dress Day: Plaza Shirts 30</p> <p>National College Colors Day</p> <p>8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 Pet Visit: Jim and Chico [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>National Trail Mix Day 31</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 [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: "Dark Waters" (2019) [T]</p>