

August 2025
The Plaza at Waikiki



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>August cont'd</div> <div>31</div> <div><div>National Trail Mix Day</div><div>8:15 🚌 Church Runs</div><div>8:30 ↔ Morning Exercise [HT]</div><div>9:00 ↔ Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 ↔ Morning Exercise II [A]</div><div>10:00 🗺 Giant Word Search [A]</div><div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:15 🚌 Shopping: Longs (1 Hour)</div><div>1:30 ↔ Afternoon Stretch [A]</div><div>2:00 📺 Documentary: "The Crown" S2 Ep 7 [T]</div><div>3:00 ♠ Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A]</div><div>7:00 🎬 Movie Night: "Mulan" (2020) D+ [T]</div></div>	<div></div>	<div>🌀 Arts / Crafts</div> <div>📖 Book Club / Reading</div> <div>🎉 Celebrations</div> <div>🏠 Club Visits</div> <div>👩🍳 Cooking / Baking</div> <div>🎓 Educational Classes</div> <div>↔ Exercise / Physical Activity</div> <div>🚌 Field Trip / Medical Appointments</div> <div>🎮 Games</div> <div>🎬 Movies / Documentaries</div> <div>🎵 Music / Special Entertainment</div> <div>🌟 Plaza Life Fitness</div> <div>✝️ Spiritual / Worship Services</div>	<div>Location Keys</div> <div>Activity Room A</div> <div>Bistro B</div> <div>Hoku Terrace HT</div> <div>Living Room L</div> <div>Theater T</div>		<div>Dress Day: Sportsware</div> <div>National Play Ball Day</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>10:00 🎵 Music with Dean Hirata [A]</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 🌀 Diamond Art & Crochet/ Paper Leis [A]</div> <div>3:00 ♠ Bingo [A]</div> <div>6:30 ↔ Friday Night Fight Club (Tai Chi Practice) [T]</div>	<div>National Ice Cream Sandwich Day</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>10:00 👩🍳 Cooking Demo with Jeremy [A]</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:30 Afternoon Stretch</div> <div>2:00 🎵 Kanikapila [T]</div> <div>3:00 ♠ Bingo [A]</div> <div>7:00 🎬 Movie Night: "Mission Impossible: Ghost Protocol" (2011) N [T]</div>
<div>National Watermelon Day</div> <div>3</div> <div>8:15 🚌 Church Runs</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>9:30 ↔ Morning Exercise II [A]</div> <div>10:00 🎨 Coloring with Classical Music</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:15 🚌 Shopping: Longs (1 Hour)</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 🎬 Documentary: "The Crown" S1 Ep 9 -N [T]</div> <div>3:00 ♠ Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A]</div> <div>7:00 🎬 Movie Night: "The Miracle Club" (2023) N [T]</div>	<div>National Chocolate Chip Cookie Day</div> <div>4</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>8:30 🚌 Plaza Walking Moai Club @ Magic Island</div> <div>9:00 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>9:30 ↔ Morning Exercise II [A]</div> <div>9:45 🛒 Shopping: Savers (1 hour)</div> <div>10:00 🎵 Hank the Singing Dutchman [A]</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:15 🚌 Shopping: Savers (1 hour)</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 🎬 Documentary: "The Crown" S1 Ep10- N [T]</div> <div>2:00 ↔ Walking Club Around the Plaza</div> <div>3:00 ♠ Bingo [A]</div> <div>6:30 🎵 Light Classical Music Hour [T]</div>	<div>National Blogger Day</div> <div>5</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>10:00 🌀 Craft: Summer Cards [A]</div> <div>12:00 Medical Transportation</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 🎬 Matinee Movie: "Mission Impossible: Rogue Nation" (2015) N [T]</div> <div>2:00 🌀 Watercolor and Classical Music [A]</div> <div>3:00 ♠ Pokeno [A]</div> <div>6:30 🎵 Hawaiian Music Hour [T]</div>	<div>Dress Day: Silly Socks</div> <div>National Wiggle Your Toes Day</div> <div>6</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>8:30 🚌 Plaza Walking Moai Club @ Magic Island</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>10:00 🏛 New Hope Church Service [T]</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:15 🛒 Shopping: Don Quijote (1 hour)</div> <div>1:30 🌀 Strength, Balance and Tone with Daniel</div> <div>2:00 🎬 Matinee Movie: "Midway" (2019) N [T]</div> <div>3:00 ♠ Bingo [A]</div> <div>6:30 🎵 Music Variety Hour [T]</div>	<div>National Raspberry Cream Day</div> <div>7</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>10:00 👩🍳 Cooking Demo with Jeremy [A]</div> <div>12:00 Medical Transportation</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 ↔ Walking Club Around the Plaza</div> <div>3:00 ♠ Pokeno [A]</div> <div>7:00 🎬 Movie Night: "The Poenician Scheme" (2025) Peacock [T]</div>	<div>Dress Day: Camouflage/Military colors</div> <div>National Military Appreciation Day</div> <div>8</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>10:00 🌀 Craft: Dry Flower Bookmarks [A]</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 🌀 Diamond Art & Crochet/ Paper Leis [A]</div> <div>3:00 ♠ Bingo [A]</div> <div>6:30 ↔ Friday Night Fight Club (Tai Chi Practice) [T]</div>	<div>National Bowling Day</div> <div>9</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>10:00 ♠ Bowling!!! [A]</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 🎵 Oahu College Jazz Band [L]</div> <div>3:15 ♠ Bingo [A]</div> <div>7:00 🎬 Movie Night: "The Electric State" (2025) N [T]</div>
<div>Dress Day: Plaza Shirts</div> <div>National Lazy Day</div> <div>10</div> <div>8:15 🚌 Church Runs</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>9:30 ↔ Morning Exercise II [A]</div> <div>10:00 🌀 Craft: Friendship Bracelets [A]</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 📺 Documentary: "The Crown" S2 Ep1- N [T]</div> <div>3:00 ♠ Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A]</div> <div>7:00 🎬 Movie Night: "The Theory Of Everything" (2014) N [T]</div>	<div>National Play in the Sand Day</div> <div>11</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>8:30 🚌 Plaza Walking Moai Club @ Magic Island</div> <div>9:00 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>9:30 ↔ Morning Exercise II [A]</div> <div>9:45 🛒 Shopping: Kahala Mall (1 hour)</div> <div>10:00 📖 Short Stories & Discussions with Tom</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:15 🚌 Shopping: Kahala Mall (1 hour)</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 🎬 Documentary: "The Crown: S2 Ep 2 N [T]</div> <div>2:00 ↔ Walking Club Around the Plaza</div> <div>3:00 ♠ Bingo [A]</div> <div>6:30 🎵 Light Classical Music Hour [T]</div>	<div>Dress Day: Music/ Band Shirts</div> <div>National Vinyl Record Day</div> <div>12</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>10:00 🎉 Fudgesicles or Freezer Pops on the Terrace [HT]</div> <div>10:15 🏛 Resident Council Meeting [A]</div> <div>12:00 Medical Transportation</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 🎬 Matinee Movie: "Madea's Destination Wedding" (2025) N [T]</div> <div>2:00 Table Games: Scrabble, 5 Second Questions Game, Checkers [A]</div> <div>3:00 ♠ Pokeno [A]</div> <div>6:30 🎵 Hawaiian Music Hour [T]</div>	<div>National Left Handers Day</div> <div>13</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>8:30 🚌 Plaza Walking Moai Club @ Magic Island</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>10:00 🏛 New Hope Church Service [T]</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:15 🛒 Shopping: Walmart (1 hour)</div> <div>1:30 🌀 Plaza Life Circuit 1 Exercise [A]</div> <div>2:00 🎬 Matinee Movie: "The Week Of" (2018) N [T]</div> <div>3:00 ♠ Bingo [A]</div> <div>6:30 🎵 Music Variety Hour [T]</div>	<div>National Creamsicle Day</div> <div>14</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Tai Chi with Toshimi [A]</div> <div>12:00 Medical Transportation</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 🎬 Documentary: "Jaws @ 50: The Definitive Inside Story" (2025) D+ [T]</div> <div>2:00 ↔ Walking Club Around the Plaza</div> <div>3:00 ♠ Pokeno [A]</div> <div>7:00 🎬 Movie Night: "The Long Game" (2023) N [T]</div>	<div>Dress Day: Hawaiian Shirts</div> <div>National Hawaiian Shirt Day</div> <div>15</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>10:00 🌀 Craft: Hawaiian Shirt Clay Magnet [A]</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 🌀 Diamond Art & Crochet/ Paper Leis [A]</div> <div>3:00 ♠ Bingo [A]</div> <div>6:30 ↔ Friday Night Fight Club (Tai Chi Practice) [T]</div>	<div>National Tell a Joke Day</div> <div>16</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>10:00 📺 Cooking Demo with Jeremy [A]</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 🎵 Kanikapila [T]</div> <div>3:00 ♠ Bingo [A]</div> <div>7:00 🎬 Movie Night: "True Spirit" (2023) N [T]</div>
<div>National Pineapple Juice Day</div> <div>17</div> <div>8:15 🚌 Church Runs</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>9:30 ↔ Morning Exercise II [A]</div> <div>10:00 🌀 Craft: Friendship Bracelets</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:15 🛒 Shopping: Don Quijote</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 📺 Documentary: "The Crown" S2 Ep 3 [T]</div> <div>3:00 ♠ Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A]</div> <div>7:00 🎬 Movie Night: "Friday Night Lights" (2004) N [T]</div>	<div>National Serendipity Day</div> <div>18</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>8:30 🚌 Plaza Walking Moai Club @ Magic Island</div> <div>9:00 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>9:30 ↔ Morning Exercise II [A]</div> <div>9:45 🛒 Shopping: Errand Run (2 Miles)</div> <div>10:00 📖 Local Short Stories & Discussions with Meagan</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:15 🛒 Shopping: Errand Run (2 Miles)</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 🎬 Documentary: "The Crown" S2 Ep4 [T]</div> <div>2:00 ↔ Walking Club Around the Plaza</div> <div>3:00 ♠ Bingo [A]</div> <div>6:30 🎵 Light Classical Music Hour [T]</div>	<div>Dress Day: Your Best Attire/Shirt</div> <div>National Photography Day</div> <div>19</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Virtual Exercise: "Rise and Shine" [A]</div> <div>10:00 🌀 Painted Leaf Tote Bags [A]</div> <div>12:00 Medical Transportation</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 🎬 Matinee Movie: "Yes Day" (2021) N [T]</div> <div>2:00 Table Games: Scrabble, 5 Second Questions Game, Checkers [A]</div> <div>3:00 ♠ Pokeno [A]</div> <div>6:30 🎵 Hawaiian Music Hour [T]</div>	<div>Dress Day: Plaza Shirts</div> <div>National Radio Day</div> <div>20</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>8:30 🚌 Plaza Walking Moai Club @ Magic Island</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>10:00 🏛 New Hope Church Service [T]</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:15 🛒 Shopping: Target (1 hour)</div> <div>1:30 🌀 Plaza Life Circuit 1 Exercise [A]</div> <div>1:30 🌀 Strength, Balance and Tone with Daniel</div> <div>2:00 🎬 Matinee Movie: "The Hunger Games" (2012) HBO [T]</div> <div>3:00 ♠ Bingo [A]</div> <div>6:30 🎵 Music Variety Hour [T]</div>	<div>National Senior Citizens Day</div> <div>21</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Tai Chi with Toshimi [A]</div> <div>10:00 ↔ Pet Therapy with Wes Koga [A]</div> <div>12:00 Medical Transportation</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 🎬 Documentary: "Trainwreck: Poop Cruise" (2025) N [T]</div> <div>2:00 ↔ Walking Club Around the Plaza</div> <div>3:00 ♠ Pokeno [A]</div> <div>7:00 🎬 Movie Night: "Ray" (2004) Peacock [T]</div>	<div>Dress Day: White</div> <div>National Bao Day</div> <div>22</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>10:00 📺 Crafting with Jeremy & Meagan [A]</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 🌀 Diamond Art & Crochet/ Paper Leis [B]</div> <div>3:15 ♠ Bingo [A]</div> <div>6:30 ↔ Friday Night Fight Club (Tai Chi Practice) [T]</div>	<div>National Sponge Cake Day</div> <div>23</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>10:00 👩🍳 Cooking Demo with Jeremy [A]</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 🎵 Kanikapila [T]</div> <div>3:00 ♠ Bingo [A]</div> <div>7:00 🎬 Movie Night: "Past Lives" (2023) N [T]</div>
<div>National Waffle Day</div> <div>24</div> <div>8:15 🚌 Church Runs</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>9:30 ↔ Morning Exercise II [A]</div> <div>10:00 🧩 Puzzle Pack [A]</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 📺 Documentary: "The Crown" S2 Ep 5 [T]</div> <div>3:00 ♠ Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A]</div> <div>7:00 🎬 Movie Night: " Bad Education" (2019) HBO [T]</div>	<div>National Banana Split Day</div> <div>25</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>8:30 🚌 Plaza Walking Moai Club @ Magic Island</div> <div>9:00 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>9:30 ↔ Morning Exercise II [A]</div> <div>9:45 🛒 Shopping: Manoa Shopping Center (1 hour)</div> <div>10:00 🎵 Sing-a-long with Sandy and Gordon [A]</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:15 🛒 Shopping: Manoa Shopping Center (1 hour)</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 📺 Documentary: "The Crown" S2 Ep6 [T]</div> <div>2:00 ↔ Walking Club Around the Plaza</div> <div>3:00 ♠ Bingo [A]</div> <div>6:30 🎵 Light Classical Music Hour [T]</div>	<div>Dress Day: Dog Shirts</div> <div>National Dog Day</div> <div>26</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>10:00 👩🍳 Name that Tune and Snacks [A]</div> <div>12:00 Medical Transportation</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 🎬 Matinee Movie: "Waterworld" (1995) Peacock [T]</div> <div>2:00 Walker and Cane Sanitation [A]</div> <div>3:00 ♠ Pokeno [A]</div> <div>6:30 🎵 Hawaiian Music Hour [T]</div>	<div>National Peach Day</div> <div>27</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>8:30 🚌 Plaza Walking Moai Club @ Magic Island</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>10:00 🏛 New Hope Church Service [T]</div> <div>10:45 Kau Kau Cafe: TBD [A]</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:30 🌀 Plaza Life Circuit 1 Exercise [A]</div> <div>1:30 🛒 Shopping: Longs (1 hour)</div> <div>2:00 📺 Matinee Movie: "Twister" (1996) Peacock [T]</div> <div>3:00 ♠ Bingo [A]</div> <div>6:30 🎵 Music Variety Hour [T]</div>	<div>National Thoughtful Day</div> <div>28</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>10:00 🎮 Trivia [A]</div> <div>12:00 Medical Transportation</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 🎬 Documentary: "Titanic: The digital Resurrection" (2025) [T]</div> <div>2:00 ↔ Walking Club Around the Plaza</div> <div>3:00 ♠ Pokeno [A]</div> <div>7:00 🎬 Movie Night: "Casablanca" (1942) HBO [T]</div>	<div>Dress Day: College Shirts or College Colors</div> <div>National College Colors Day</div> <div>29</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>10:00 🗨 Talk Story with Dave (retired HPD) [T]</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 🌀 Diamond Art & Crochet/ Paper Leis [A]</div> <div>3:00 ♠ Bingo [A]</div> <div>6:30 ↔ Friday Night Fight Club (Tai Chi Practice) [T]</div>	<div>Dress Day: Plaza Shirts</div> <div>National Beach Day</div> <div>30</div> <div>8:30 ↔ Morning Exercise [HT]</div> <div>9:00 🌟 Plaza Life Circuit 2 Exercise [A]</div> <div>9:30 ↔ Virtual Exercise: "Rise and Shine" [T]</div> <div>10:00 👩🍳 Cooking Demo with Jeremy [A]</div> <div>1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T]</div> <div>1:30 ↔ Afternoon Stretch [A]</div> <div>2:00 🎵 Kanikapila [T]</div> <div>3:00 ♠ Bingo [A]</div> <div>7:00 🎬 Movie Night: "Public Enemies" [T]</div>

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