





Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

<p>Sunday</p> <p>National International Ninja Day 5</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:15 Church Runs 8:30 Drums Alive! [A] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Drums Alive! [A] 10:00 Craft: Origami Ninja Stars and Target Practice [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Hula with Kumu Sallie [A] 2:00 Independent Paper Puzzles [B] 3:15 Documentary: "RBG" (2018) [T] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Beautiful Boy" (2018) AP [T]</p>	<p>Monday</p> <p>ATTENTION: We must continue to practice social distancing and wear masks during all activities.</p> <p>Please sign up for sightseeing rides and shopping outings with concierge.</p> <p>National Microwave Oven Day 6</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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: Makapu'u Beach 10:00 Music with Hank the Singing Dutchman [HT] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Savers (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "Pukiki-The Portuguese Americans of Hawaii (YT) [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>Tuesday</p> <p>National Pie Day 1</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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 Virtual Tour: SPAM Museum via Zoom [T] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Don Quijote 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows or Holiday Tent Cards [A] 2:00 Matinee Movie: "Tick Tick Boom!" (2021) [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>Wednesday</p> <p>National Fritters Day 2</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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 Demo: Zucchini Fritters [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Walking Club Around the Plaza 2:30 Documentary: "Rotten: Bitter Chocolate" (2019) [T] 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Still Mine" (2013) AP [T]</p>	<p>Thursday</p> <p>National Bartender Day 3</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Cooking Demo: Christmas Punch Mocktail [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows or Holiday Tent Cards [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>Friday</p> <p>Dress Day: Wear Polka Dots 4</p> <p>National Dice Day</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Ho'omaluhia Botanical Garden 10:00 Christmas Games with Dice [A] 10:00 Christmas Program Ukulele Practice [T] 11:00 Lunch 11AM - 1PM 12:45 Sightseeing: Kunawai Pond 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:15 Walker and Cane Sanitation Wipe Down [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Zero to Hero" (2021) [T]</p>	
<p>National International Ninja Day 5</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:15 Church Runs 8:30 Drums Alive! [A] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Drums Alive! [A] 10:00 Craft: Origami Ninja Stars and Target Practice [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Hula with Kumu Sallie [A] 2:00 Independent Paper Puzzles [B] 3:15 Documentary: "RBG" (2018) [T] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Beautiful Boy" (2018) AP [T]</p>	<p>National Microwave Oven Day 6</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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: Makapu'u Beach 10:00 Music with Hank the Singing Dutchman [HT] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Savers (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "Pukiki-The Portuguese Americans of Hawaii (YT) [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>Dress Day: Wear Patriotic Colors 7</p> <p>National Pearl Harbor Remembrance Day</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Christmas Gnomes [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Shang-Chi & The Legend of the Ten Rings" (2021) D+ [T] 3:00 5th Floor Bingo (AL residents only) [WF] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Brownie Day 8</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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 Cooking: Reindeer Brownies [A] 10:00 New Hope Church Service [T] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Errand Run (2 mile radius) 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows or Holiday Tent Cards [A] 2:00 Matinee Movie: "Kurara, the Dazzling Life of Hokusai's Daughter" (2017) AP [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Christmas Card Day 9</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Making Christmas Cards [A] 10:00 Virtual Concert: Waikiki Beachwalk 2020 Holiday Mele w/Kamanawa (YT) [T] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Walking Club Around the Plaza 2:00 Documentary: "The Wonderful Stories From the Space Station" (2021) [T] 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Ta'ata" (2017) [T]</p>	<p>Dress Day: Plaza Shirt 10</p> <p>National Nobel Prize Day</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Ka Makana Ali'i Shopping Center 10:00 Christmas Program Ukulele Practice [T] 10:00 Music with Dean Hirata 11:00 Lunch 11AM - 1PM 12:45 Sightseeing: Punchbowl 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:15 Walker and Cane Sanitation Wipe Down [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "The Princess Switch 3: Romancing the Star" (2021) [T]</p>	<p>National App Day 11</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Ka Makana Ali'i Shopping Center 10:00 Christmas Program Ukulele Practice [T] 10:00 Music with Dean Hirata 11:00 Lunch 11AM - 1PM 12:45 Sightseeing: Punchbowl 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:15 Walker and Cane Sanitation Wipe Down [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "The Princess Switch 3: Romancing the Star" (2021) [T]</p>
<p>National Poinsettia Day 12</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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 Craft: Paper Poinsettia [A] 11:00 Lunch 11AM - 1PM 12:45 Sightseeing: Sherwood Forest 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Independent Paper Puzzles [B] 2:00 Kanikapila [A] 3:15 Documentary: "Honolulu 100 Years in the Making" (2006) YT [T] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "T" [T]</p>	<p>National Cocoa Day 13</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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: Ko'olina Lagoon 10:00 Bagpipe Performance by Greg Kim [HT] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs Drugs (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "Gather" (2020) [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Monkey Day 14</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Afternoon Exercise (AL residents) [WF] 10:15 Resident Council Meeting 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Walmart 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows [A] 2:00 Matinee Movie: "The Farmer and the Belle: Saving Santaland" (2020) AP [T] 3:00 5th Floor Bingo (AL residents only) [WF] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Cupcake Day 15</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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 Craft: Barrel of Monkeys [A] 10:00 New Hope Church Service [T] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Walmart 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows [A] 2:00 Matinee Movie: "Christmas Wedding Planner" (2017) [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Chocolate Covered Anything Day 16</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Baking: Chocolate Covered Pretzel Rods [A] 10:00 Catholic Service with St. Augustine Church by the Sea [T] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Walking Club Around the Plaza 2:30 Documentary: Countdown Inspiration 4 Mission to Space, Episode 5 [T] 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Snowbound For Christmas" (2019) [T]</p>	<p>Dress Day: Wear Your Ugly Christmas Sweater 17</p> <p>National Ugly Christmas Sweater Day</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Sandy Beach 10:00 Christmas Program Ukulele Practice [T] 10:00 Craft: Christmas Wreath Door Hanger [A] 11:00 Lunch 11AM - 1PM 12:45 Sightseeing: Palolo Valley 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows or Holiday Tent Cards [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Wreaths Across America Day 18</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Sandy Beach 10:00 Christmas Program Ukulele Practice [T] 10:00 Craft: Christmas Wreath Door Hanger [A] 11:00 Lunch 11AM - 1PM 12:45 Sightseeing: Palolo Valley 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:15 Walker and Cane Sanitation Wipe Down [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Noelle" (2019) D+ [T]</p>
<p>National Hard Candy Day 19</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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 Holiday Christmas Program [L] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Independent Paper Puzzles [B] 2:00 Kanikapila [A] 3:15 Documentary: "Becoming Cousteau" (2021) D+ [T] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "The Christmas Dance" (2021) AP [T]</p>	<p>Dress Day: Wear Your Xmas Pajamas 20</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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 Music with Hank the Singing Dutchman [HT] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Don Quijote (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "Frank and Ollie" (1995) D+ [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 5:30 Sightseeing: Christmas Lights Night Ride</p>	<p>Dress Day: Tinsel Tuesday 21</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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 Class) [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 1:30 Christmas Piano Recital with Maegan and Kaeden Lee via Zoom [A] 2:30 Afternoon Exercise (AL residents) [WF] 2:30 Matinee Movie: "The Christmas Shoes" (2002) [T] 3:00 5th Floor Bingo (AL residents only) [WF] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>Dress Day: Winter Whiteout Wednesday 22</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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 Craft: Glass Jar Luminaries [A] 10:00 New Hope Church Service [T] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Errand Run (2 mile radius) 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows or Holiday Tent Cards [A] 2:00 Matinee Movie: "Christmas in Mississippi" (2017) AP [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>Dress Day: Wear Christmas Accessories 23</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Drums Alive! [A] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Drums Alive! [A] 10:00 Craft: Rudolph With Your Nose So Bright [A] 10:00 Virtual Concert: KS Hawai'i Kula Ki'eki'e Christmas Concert 201 (YT)8 [T] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Walking Club Around the Plaza 2:30 Documentary: "The Great British Baking Show" (2020) [T] 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "A Boy Called Christmas" (2021) [T]</p>	<p>Dress Day: Ugly Christmas Sweaters 24</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: White Plains Beach 10:00 Craft: Decorating Gingerbread Houses [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows or Holiday Tent Cards [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>Dress Day: Wear Red or Green Shirt 25</p> <p>Merry Christmas</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: White Plains Beach 10:00 New Hope Christmas Church Service [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 White Elephant Gift Exchange and Christmas Social [L] 3:00 Christmas Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "White Christmas" ((1954) [T]</p>
<p>National Candy Cane Day 26</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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 Baking: Candy Cane Crescent Danishes [A] 11:00 Lunch 11AM - 1PM 12:45 Sightseeing: Royal Summit 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Independent Paper Puzzles [B] 2:00 Kanikapila [A] 3:15 Documentary: "Idaho, The Movie" (2017) AP [T] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "A River Runs Through It" (1992) [T]</p>	<p>National Fruitcake Day 27</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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: He'eia Kea Boat Harbor 10:00 Craft: 2022 Desktop Calendars [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs Drugs (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "Flooded Tombs of the Nile" (2021) D+ [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Card Playing Day 28</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Casino Day [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Kahala Mall 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Around the World in 80 Days" (2004) D+ [T] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Tick Tock Day 29</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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 Craft: Paper Plants [A] 10:00 New Hope Church Service [T] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Kahala Mall 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows or Holiday Tent Cards [A] 2:00 Matinee Movie: "Shiba Park" (2019) AP [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>Dress Day: Plaza Shirts 30</p> <p>National Bacon Day</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Piggly Wiggly Scrapbook Card [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Walking Club Around the Plaza 2:30 Documentary: "Stonehedge Decoded: Secrets Revealed" (2008) D+ [T] 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Love Hard" (2021) [T]</p>	<p>New Year's Eve 31</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Cooking Demo: Noodles for Good Luck in the New Year [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows or Holiday Tent Cards [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p> Health & Fitness  Movie  Shuttle  Special Event</p>