December 2025 ne Plaza at Waikik Sunday Tuesday Monday Wednesday Thursdav Friday Saturday National Make a Gift Day National Toy's Day Dress Day: Black **National Easy Breezy Cooking Day** 8:30 ← Morning Exercise [HT] **National Ninia Day** 8:30 • Plaza Walking Moai Club Around 9:00 Plaza Life Circuit 2 Exercise [A] 8:30 📮 Plaza Walking Moai Club @ Magic 9:00 Plaza Life Circuit 2 Exercise [A] 9:00 🏶 Plaza Life Circuit 2 Exercise the Ala Wai 9:30 ↔ Virtual Exercise: "Rise and Shine" 9:30 Wirtual Exercise: "Rise and Shine" 9:00 ▶ Plaza Life Circuit 2 Exercise [A] 9:00 ↔ Virtual Exercise: "Rise and Shine" [T] 9:00 ♣ Plaza Life Circuit 2 Exercise [A] 9:30 → Virtual Exercise: "Rise and Shine" [T] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] Cooking Demo with Jeremy [A] 9:30 Morning Exercise II [A] 10:00 Music with Dean Hirata [A] 10:00 Cooking Demo with Jeremy 10:00 🎜 Hank the Singing Dutchman [A] Medical Transportation 12:00 Medical Transportation 10:00 A Excursion: Honolulu Hale Chri 12:00 12:45 Fight Club (Tai Chi Balance) [A] 12:45 Fight Club (Tai Chi Balance) [A] Fight Club (Tai Chi Balance) [A] 12:45 Fight Club (Tai Chi Balance) [A] 10:00 The New Hope Church Service [T] Fight Club (Tai Chi Balance) [A] 12:45 12:45 HE PLAZA 1:00 → Virtual Exercise: Barre with Resistance Bands 1:00 → Virtual Exercise: Barre with Resistance 1:00 Wirtual Exercise: Barre with Resistance Bands [T 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 12:45 Fight Club (Tai Chi Balance) [A] 1:00 → Virtual Exercise: Barre with Resistance Bands [T Bands [T] 1:30 Afternoon Stretch [A] 1:30 → Afternoon Stretch [A] 1:00 •• Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 1:30 → Afternoon Stretch [A] 2:00 Documentary: "The Crown" S5 Ep 6 [T] 1:30 •• Afternoon Stretch [A] 2:00 Craft: Christmas Cards for Plaza Punchbowl [A] 1:15 🖨 Shopping: Don Quijote 2:00 Documentary: "Frosty the Snowman" (1969) Hulu 2:00 Diamond Art & Crochet/Paper Leis [A] 2:00 •• Walking Club Around the Plaza 2:00 Matinee Movie: "The Man Who Invented 1:30 Plaza Life Circuit 1 Exercise [A] 2:00 🎜 Kanikapila [T] 2:00 Tech Help [A] 2:00 Matinee Movie: "Last Holiday" (2006) D+/Hulu [T] 2:00 ➡ Walking Club Around the Plaza Christmas" (2017) HBO [T] 3:00 🏟 Bingo [A] 3:00 🏚 Bingo [A] 3:00 **†** Pokeno [A] 3:00 📥 Bingo [A] 6:30 🎜 Light Classical Music Hour [T] 3:00 🏚 Bingo [A] 3:00 - Pokeno [A] 7:00 Movie Night: "Home Alone" (1990) D+ [T] 6:30 ← Friday Night Fight Club (Tai Chi Practice) [T] 6:30 🖪 Hawaiian Music Hour [T] 7:00 Movie Night: "Jack Frost" (1998) Hulu [T] 6:30 5 Music Variety Hour [T] National Pearl Harbor Remembrance Day National Toilet Paper Marketing Day **National Christmas Card Day** Dress Day: Plaza Shirts National Stretching Day National Poinsettia Day **National Gingerbread House Day** National Human Rights Day 8:30 •• Morning Exercise [HT] 8:30 •• Morning Exercise [HT] 9:00 ↔ Virtual Exercise: "Rise and Shine" 8:30 🖨 Plaza Walking Moai Club Around 9:00 ➤ Plaza Life Circuit 2 Exercise [A] 9:00 ♣ Plaza Life Circuit 2 Exercise [A] 9:00 Plaza Life Circuit 2 Exercise [A] 9:00 Plaza Life Circuit 2 Exercise 8:30 📮 Plaza Walking Moai Club @ Magic Island 9:30 ↔ Tai Chi with Toshimi [T] 9:30 → Virtual Exercise: "Rise and Shine 9:30 - Virtual Exercise: "Rise and Shine" 9:00 Plaza Life Circuit 2 Exercise [A] 10:00 • Apple Cider/ Cookies [B] 9:00 🕶 Virtual Exercise: "Rise and Shine" [T] [T] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 • CRAFT: Popsicle Stick Snowflakes [A] 9:30 •• Morning Exercise II [A] 10:15 **≈ Resident Council Meeting [A]** Jeoperdy! [A] 10.00 Craft: Mini Christmas Trees [A] 10:00 🌴 New Hope Church Service [T] 10:00 J Joy Club Dance Club [L] 10:00 5 Entertainment: Step-Taculars [A] Medical Transportation 1:00 - Virtual Exercise: Barre with Resistance Bands [T] 12:00 Medical Transportation 12:00 Fight Club (Tai Chi Balance) [A] 12:45 10:45 🖨 Kau Kau Cafe: Old Spaghetti Factory 12:45 Fight Club (Tai Chi Balance) [A] Fight Club (Tai Chi Balance) [A] 1:15 🖨 Shopping: Longs (1 hour) 12:45 Fight Club (Tai Chi Balance) [A] 12:45 Fight Club (Tai Chi Balance) [A] 12:45 2:45 Fight Club (Tai Chi Balance) [A] 1:00 - Virtual Exercise: Barre with Resistance Bands 1:00 → Virtual Exercise: Barre with Resistance 1:30 → Afternoon Stretch [A] 1:00 •• Virtual Exercise: Barre with Resistance Bands [T] 1:00 → Virtual Exercise: Barre with Resistance Bands [T 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 2:00 Documentary: "The Crown " (S5 Ep 6) [T] 1:30 •• Afternoon Stretch [A] Bands [T] 1:30 Afternoon Stretch [A] 1:15 🖨 Shopping: Manoa Market Place (1 hour) 1:30 → Afternoon Stretch [A] 3:00 1 Table Games: Scrabble, 5 Second Rule, Jenga, 2:00 Documentary: "The Crown " (S5 Ep 7) [T] 2:00 Make-It, Gift-It: Pencil Pouches (Craft) [A] 2:00 Matinee: "The Muppet Christmas Carol" (1992) 1:30 👺 Plaza Life Circuit 1 Exercise [A] 2:00 Diamond Art & Crochet/Paper Leis [A] Hana Fuda, Uno, Mah Jong Game [A] 2:00 •• Walking Club Around the Plaza 2:00 Matinee Movie: "Gremlins" (1984) HBO [T] D+ [T] 2:00 5 Kanikapila [T] 2:00 Matinee Movie: "Polar Express" (2004) HBO [T] 2:00 re Tech Help [A] 6:00 🖨 Sightseeing: Honolulu City Lights 2:00 •• Walking Club Around the Plaza 3:00 h Bingo [A] 3:00 h Pokeno [A] 3:00 🏚 Bingo [A] 3:00 h Bingo [A] 7:00 Movie Night: " Almost Christmas" (2016) HBO [T] 6:30 5 Music Variety Hour [T] 3:00 🏚 Pokeno [A] 6:30 Light Classical Music Hour [T] 6:30 🖪 Hawaiian Music Hour [T] 7:00 Movie Night: "Miracle on 34th Street" 6:30 ↔ Friday Night Fight Club (Tai Chi Practice) [T] 7:00 Movie Night: "Elf" (2003) HBO [T] (1947) D+ [T] Hanukkah Begins National Baking Cookies Day National Gift Wrapping/Scrabble Day National Maple Syrup Day Dress Day: Grinch Shirts Dress Day: Ugly Sweaters Dress Day: Plaza Shirts O **National Grinch Day** Church Runs National Ugly Sweater Day **National Cookie Swap Day** 9:00 ♣ Plaza Life Circuit 2 Exercise [A] 8:30 - Plaza Walking Club @ Magic Island 9:00 Plaza Life Circuit 2 Exercise [A] 9:00 → Virtual Exercise: "Rise and Shine" 8:30 🖨 Plaza Walking Moai Club Around 9:30 ↔ Virtual Exercise: "Rise and Shine" 9:00 ♣ Plaza Life Circuit 2 Exercise [A] 9:30 - Virtual Exercise: "Rise and Shine' 9:00 Plaza Life Circuit 2 Exercise [A] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Excursion: Plaza Punchbowl Christmas 9:30 → Virtual Exercise: "Rise and Shine" [T] 9:30 → Virtual Exercise: "Rise and Shine" [T] 9:00 • Virtual Exercise: "Rise and Shine" [T] Kanikapila Cooking Demo with Jeremy [A] 10:00 Craft: Snowman Pins 10:00 **Cookie Exchange!** [A] 9:30 W Virtual Exercise: "Rise and Shine" [T Medical Transportation 10:00 Craft: Poinsettia Wreath 12:45 Fight Club (Tai Chi Balance) [A] 2:45 Fight Club (Tai Chi Balance) [A] 12:00 Medical Transportation Fight Club (Tai Chi Balance) [A] Craft: Reindeer Pins [A] 10:00 The New Hope Church Service [T] 12:45 10:00 1:00 • Virtual Exercise: Barre with Resistance Bands 1:00 Wirtual Exercise: Barre with Resistance Bands 12:45 Fight Club (Tai Chi Balance) [A] 1:00 → Virtual Exercise: Barre with Resistance Fight Club (Tai Chi Balance) [A] 12:45 Fight Club (Tai Chi Balance) [A] 1:00 • Virtual Exercise: Barre with Resistance Bands [T 1:00 → Virtual Exercise: Barre with Resistance Bands [T] Bands [T] 1:00 H Virtual Exercise: Barre with Resistance Bands [T] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 1:30 •• Afternoon Stretch [A] 1:30 •• Afternoon Stretch [A] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Nutcrackers" (2024) Hulu [T] 1:15 🖨 Shopping: Saver's/ Longs 1:30 • Afternoon Stretch [A] 2:00 Documentary: "The Crown " (S5 Ep 7) [T] 2:00 Diamond Art & Crochet/Paper Leis [A] 2:00 Crafts: Stockings [A] 2:00 Documentary: "The Crown " (S5 Ep 8) [T] 1:30 🁺 Plaza Life Circuit 1 Exercise [A] 2:00 • Walking Club Around the Plaza 2:00 A Kanikapila [T] 3:00 🔥 Table Games: Scrabble, 5 Second Rule, Jenga 2:00 Matinee Movie: "Santa Claus is Comin to Town" (1970) Peacock [T] 2:00 Tech Help with Jeremy [A] 2:00 •• Walking Club Around the Plaza 2:00 Matinee Movie: "Noelle" (2019) D+ [T] 3:00 🏚 Pokeno [A] 3:00 🏚 Bingo [A] Hana Fuda, Uno, Mah Jong Game [A] 3:00 🏞 Bingo [A] 3:00 📥 Bingo [A] 7:00 Movie Night: "Jingle All the Way" (1996) D+ [T] 3:00 📥 Bingo [A] 7:00 Movie Night: "A Christmas Carol" (1938) 7:00 Movie Night: "The Family Stone" (2005) D+ [T] 3:00 h Pokeno [A] 6:30 → Friday Night Fight Club (Tai Chi Practice) [T] 6:30 🖪 Music Variety Hour [T] 6:30 Light Classical Music Hour [T] 6:30 🖪 Hawaiian Music Hour [T] Dress Day: Feeling Frosty (Snowflakes, Dress Day: Holiday Sweaters (Ugly, Fun, Cute, Dress Day: Christmas Tree Topper (Holiday **Christmas Eve** Dress Day: Merry Christmas (Christmas Dress Day: Candy Cane Lane (Red and/or Dress Day: Plaid or Flannel or Palaka White, Blue, Silver Shirts) Dress Day: Christmas Helpers (Red or Green National Fruitcake Day National Hang an Ornament Day First Day of Winter Twas the Night Before Christmas Day or Elf Attire) Mele Kalikimaka!~Christmas Day **National Candy Cane Day** 8:30 •• Morning Exercise [HT] 8:30 •• Morning Exercise [HT] 8:15 📮 Church Runs 8:30 •• Morning Exercise [HT] 8:30 •• Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 8:30 🗐 Plaza Walking Moai Club @ Magic Island 8:30 🖨 Plaza Walking Moai Club @ Magic Island 9:00 Plaza Life Circuit 2 Exercise [A] 9:00 Plaza Life Circuit 2 Exercise [A] 9:00 Plaza Life Circuit 2 Exercise [A] 9:00 ↔ Virtual Exercise: "Rise and Shine" [T] 9:30 → Virtual Exercise: "Rise and Shine" [T] 9:00 → Virtual Exercise: "Rise and Shine" [T] 9:30 Tai Chi with Toshimi [T] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 → Virtual Exercise: "Rise and Shine" [T] 9:30 W Virtual Exercise: "Rise and Shine" [T] 10:00 Cooking Demo with Jeremy 10:00 Craft: Snowflakes [A] 9:30 Wirtual Exercise: "Rise and Shine" [T] 9:30 • Morning Exercise II [A] 10:00 Christmas Trivia [A] 10:00 Jeopardy! 0:00 Craft: Snowman Ornament Fight Club (Tai Chi Balance) [A] 12:45 12:45 Fight Club (Tai Chi Balance) [A] 10:00 Craft: Paper Snowflakes Fight Club (Tai Chi Balance) [A] 12:00 Medical Transportation 10:00 P New Hope Church Service [T] 12:45 Fight Club (Tai Chi Balance) [A] 1:00 • Virtual Exercise: Barre with Resistance 12:45 Fight Club (Tai Chi Balance) [A] 1:00 Wirtual Exercise: Barre with Resistance Bands [T] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 12:45 Fight Club (Tai Chi Balance) [A] 1:00 - Virtual Exercise: Barre with Resistance Bands [T 1:00 - Virtual Exercise: Barre with Resistance Bands [T] Bands [T] 1:15 🗐 Shopping: Longs (1 hour) 1.15 Errand Run: 2 Mile Radius 1:00 •• Virtual Exercise: Barre with Resistance Bands [T] 1:00 → Virtual Exercise: Barre with Resistance Bands [T 1:30 → Afternoon Stretch [A] 2:00 Diamond Art & Crochet/Paper Leis [A] 1:30 → Afternoon Stretch [A] 1:30 Afternoon Stretch [A] 1:15 🖨 Shopping: Don Quijote (1 hour) 2:00 Matinee Movie: "The Nutcracker and the Four 2:00 Documentary: "The Crown " (S5 Ep 10) [T] Realms" (2018) D+ [T] 2:00 A Kanikapila [T] 2:00 Documentary: "The Crown " (S5 Ep 9) [T] 2:00 Cookie Decorating [A] 1:30 Plaza Life Circuit 1 Exercise [A] 2:00 Tech Help [A] 2:00 •• Walking Club Around the Plaza 2:00 • Walking Club Around the Plaza 2:00 Matinee Movie: "A Christmas Story" (1983) HBO 3:00 🏚 Bingo [A] 3:00 in Table Games: Scrabble, 5 Second Rule, Jenga, 2:00 Matinee Movie: "National Lampoon's Christmas 3:00 🏚 Bingo [A] 3:15 📥 Bingo [A] 3:00 🏚 Pokeno [A] Hana Fuda, Uno, Mah Jong Game [A] Vacation" (1989) H ([T] 6:30 ← Friday Night Fight Club (Tai Chi Practice) [T] 7:00 Movie Night: "Home Alone 2: Lost in New 6:30 🞜 Light Classical Music Hour [T] 7:00 Movie Night: "The Santa Clause" (1994) D+ [T] 3:00 - Pokeno [A] 3:00 🏟 Bingo [A] 7:00 Movie Night: "How the Grinch Stole Christmas York" (1992) D+ [T] 6:30 🎜 Hawaiian Music Hour [T] (2000) Peacock [T] 6:30 🎜 Music Variety Hour [T] Dress Day: Shine Bright for the New Year National Pick-Up Pine Needles Day Dress Day: Plaza Shirts National Short Film Day Arts / Crafts (Dazzle, Tinsel, Sparkle, Best Attire) **Location Keys** 8:15 🖨 Church Runs **National Color TV Day &** Celebrations 8:30 📮 Plaza Walking Moai Club Around News Years Evel Club Visits the Ala Wai 9:00 → Virtual Exercise: "Rise and Shine" 9:00 ➤ Plaza Life Circuit 2 Exercise [A] **Activity Room** 9:00 Wirtual Exercise: "Rise and Shine" [T] 8:30 Plaza Walking Moai Club @ Magic Island **★** Educational Classes 9:30 → Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [A] 9:00 ♣ Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Morning Exercise II [A] ■ Exercise / Physical Activity 10:00 🎜 Hula Performance by Koko Hula [A] 9:30 → Virtual Exercise: "Rise and Shine" [T] 10:00 Mindful Colorina 12:00 Medical Transportation **Bistro** Field Trip / Medical Appointments 12:45 Fight Club (Tai Chi Balance) [A] Fight Club (Tai Chi Balance) [A] 10:00 The New Hope Church Service [T] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands 12:45 1:00 - Virtual Exercise: Barre with Resistance Bands [T] 12:45 Fight Club (Tai Chi Balance) [A] **i** Games 1:00 → Virtual Exercise: Barre with Resistance Bands [T] Hoku Terrace 1:00 - Virtual Exercise: Barre with Resistance Bands [T] Movies / Documentaries 2:00 Matinee Movie: "Dog" (2022) N [T] 2:00 Documentary: "The Crown " (S6 Ep 2) [T] 1:15 🖨 Shopping: Don Quijote 2:00 Documentary: "The Crown " (S6 Ep 1) [T] Music / Special Entertainment 2:00 Walking Club Around the Plaza 1:30 Strength, Balance and Tone with Daniel [A] 3:00 in Table Games: Scrabble, 5 Second Rule, Jenga 2:00 Table Games: Scrabble, 5 Second Questions Living Room 3:00 📥 Bingo [A] Game, Checkers [A] 2:00 Matinee Movie: "Left-Hand Girl" (2025) N [T] ☆ One-on-One Hana Fuda, Uno, Mah Jong Game [A] 6:30 Light Classical Music Hour [T] 3:00 h Pokeno [A] 3:00 📥 Bingo [A] 7:00 Movie Night: "Holidate" (2020) Netflix [T] Plaza Life Fitness 6:30 Music Variety Hour [T] Theater Religious / Spiritual Programs