

FEBRUARY 2026

The Plaza at Moanalua
Assisted & Independent Living Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 TEXAS DAY 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:00 Seated Strength Circuit [O] 11:00 Brain Gym: Word Hunt 1:00 Trivia Crack! 1:30 Crochet with Kelsie! 2:30 Daily Wordle 3:00 Lucky Tiles & Blossoms 4:00 Plaza Life Stretching [O]	2 GRONDHOG DAY 9:00 Seated Strength A [O] 9:30 Seated Strength A [O] 10:30 Resistance Training A [G] 11:15 Brain Gym: Crossword Crew 1:00 Life Long Learning 1:30 Lucky Tile Mondays! 2:30 Daily Wordle 3:00 NICKEL BINGO 4:00 Plaza Life Stretching [O]	3 FOUR CHAPLAINS DAY 9:00 Seated Strength B [O] 9:30 Seated Strength B [O] 10:30 Resistance Training A [P] 11:15 Brain Gym: Family Feud 1:00 Jeopardy! 1:30 Bible Study with April 1:30 MOA to MILS Pen Pal! 2:30 Daily Wordle 3:00 Game: UNO! 4:00 Plaza Life Stretching [O]	4 GIRLS & WOMEN IN SPORTS 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:30 Resistance Training B [G] 11:15 Wednesday Wordle 1:00 Trivia Crack! 1:30 Gentlemen's Hour w/Tony [Sunroom] 1:30 Women's Club w/Sophia 3:00 NICKEL BINGO 4:00 Plaza Life Stretching [O]	5 WORLD NUTELLA DAY 9:00 Seated Strength A [O] 9:30 Seated Strength A [O] 10:30 Resistance Training B [P] 11:15 Brain Gym: Word Hunt 1:00 Trivia Crack! 1:30 Color Splash with Kelsie! 3:00 Daily Wordle 3:00 Lucky Tiles & Blossoms 4:00 Plaza Life Stretching [O]	6 COZY BLANKET DAY 9:00 Seated Strength B [O] 9:30 Seated Strength B [O] 10:00 Seated Strength Circuit [O] 11:00 Brain Gym: Crossword Crew 1:00 Jeopardy! 1:30 Sketch Class with Lester! 2:30 Daily Wordle 3:00 NICKEL BINGO 4:00 Plaza Life Stretching [O]	7 SEND A CARD TO A FRIEND DAY 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:00 Seated Strength Circuit [O] 11:00 Brain Gym: Family Feud 1:00 Life Long Learning 1:30 Craft Club with Memory! 2:30 Daily Wordle 3:00 Game: UNO! 4:00 Plaza Life Stretching [O]
8 SUPERBOWL SUNDAY 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:00 Seated Strength Circuit [O] 11:00 Brain Gym: Word Hunt 1:00 SUPERBOWL TAILGATE! 1:30 SUPERBOWL KICKOFF! [Theater] 4:00 Plaza Life Stretching [O]	9 PIZZA DAY 9:00 Seated Strength A [O] 9:30 Seated Strength A [O] 10:00 COMMUNION [T] 10:00 PET THERAPY [Sunroom] 10:30 Resistance Training A [G] 11:15 Brain Gym: Crossword Crew 1:00 Life Long Learning 1:30 Lucky Tile Mondays! 2:30 Daily Wordle 3:00 NICKEL BINGO 4:00 Plaza Life Stretching [O]	10 UMBRELLA DAY 9:00 Seated Strength B [O] 9:30 Seated Strength B [O] 10:00 RESIDENT COUNCIL 11:00 Brain Gym: Family Feud 1:00 Jeopardy! 1:30 Bible Study with April 1:30 MOA to MILS Pen Pal! 2:30 Daily Wordle 3:00 Game: UNO! 4:00 Plaza Life Stretching [O]	11 PEP IN YOUR STEP DAY 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:30 Resistance Training B [G] 11:15 Wednesday Wordle 1:00 Trivia Crack! 1:30 Gentlemen's Hour w/Tony [Sunroom] 1:30 Women's Club w/Sophia 3:00 NICKEL BINGO 4:00 Plaza Life Stretching [O] 5:00 FAMILY MOVIE NIGHT: ENCHANTED	12 PLUM PUDDING DAY 9:00 Seated Strength A [O] 9:30 Seated Strength A [O] 10:30 Resistance Training A [P] 11:15 Brain Gym: Word Hunt 1:00 Trivia Crack! 1:30 Color Splash with Kelsie! 3:00 Daily Wordle 3:00 Lucky Tiles & Blossoms 4:00 Plaza Life Stretching [O]	13 CHEDDAR CHEESE DAY 9:00 Seated Strength B [O] 9:30 Seated Strength B [O] 10:30 Resistance Training B [P] 11:15 Brain Gym: Crossword Crew 1:00 Jeopardy! 1:30 Craft Club with Memory! 2:30 Daily Wordle 3:00 NICKEL BINGO 4:00 Plaza Life Stretching [O]	14 VALENTINES DAY 9:00 ZUMBA WITH ANNETTE! 9:30 Seated Strength Circuit [O] 10:00 Seated Strength Circuit [O] 11:00 Brain Gym: Family Feud 1:00 Valentine's Cookies <3 1:30 Sketch Class with Lester! 2:30 Daily Wordle 3:00 Game: UNO! 4:00 Plaza Life Stretching [O]
15 BRACELET MAKING DAY 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:00 Seated Strength Circuit [O] 11:00 Brain Gym: Word Hunt 1:00 Trivia Crack! 1:30 Crochet with Kelsie! 2:30 Daily Wordle 3:00 Gorgeous Grams Hour! 4:00 Plaza Life Stretching [O]	16 ALMOND DAY 9:00 Seated Strength A [O] 9:30 Seated Strength A [O] 10:00 LION DANCE 11:00 Brain Gym: Crossword Crew 1:00 Life Long Learning 1:30 Lucky Tile Mondays! 2:30 Daily Wordle 3:00 NICKEL BINGO 4:00 Plaza Life Stretching [O]	17 CHINESE NEW YEAR 9:00 Seated Strength B [O] 9:30 Seated Strength B [O] 10:00 HANK THE SINGING DUTCHMAN 11:00 Brain Gym: Family Feud 1:00 Jeopardy! 1:30 Bible Study with April 1:30 MOA to MILS Pen Pal! 2:30 Daily Wordle 3:00 Game: UNO! 4:00 Plaza Life Stretching [O]	18 WATER COLOR ART DAY 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:00 BRANDON ONISHI! 11:00 Wednesday Wordle 1:00 Trivia Crack! 1:30 Gentlemen's Hour w/Tony [Sunroom] 1:30 Women's Club w/Sophia 3:00 NICKEL BINGO 4:00 Plaza Life Stretching [O]	19 BIRD WATCHING DAY 9:00 Seated Strength A [O] 9:30 Seated Strength A [O] 10:00 Seated Strength Circuit [O] 11:00 Brain Gym: Word Hunt 1:00 Trivia Crack! 1:30 Color Splash with Kelsie! 3:00 Daily Wordle 3:00 Lucky Tiles & Blossoms 4:00 Plaza Life Stretching [O]	20 TROPICAL SHIRT DAY 9:00 Seated Strength B [O] 9:30 Seated Strength B [O] 10:00 Seated Strength Circuit [O] 11:00 Brain Gym: Crossword Crew 1:00 Jeopardy! 1:30 Sketch Class with Lester! 2:30 Daily Wordle 3:00 NICKEL BINGO 4:00 Plaza Life Stretching [O]	21 STICKY BUNS DAY 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:00 Seated Strength Circuit [O] 11:00 Brain Gym: Family Feud 1:00 Jeopardy! 1:30 Craft Club with Memory! 2:30 Daily Wordle 3:00 Game: UNO! 4:00 Plaza Life Stretching [O]
22 SWEET POTATO DAY 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:00 Seated Strength Circuit [O] 11:00 Brain Gym: Word Hunt 1:00 Trivia Crack! 1:30 Origami Club w/Memory 2:30 Daily Wordle 3:00 Game: Scrabble! 4:00 Plaza Life Stretching [O]	23 BANANA BREAD DAY 9:00 Seated Strength A [O] 9:30 Seated Strength A [O] 10:30 Resistance Training A [G] 11:15 Brain Gym: Crossword Crew 1:00 Life Long Learning 1:30 Lucky Tile Mondays! 2:30 Daily Wordle 3:00 NICKEL BINGO 4:00 Plaza Life Stretching [O]	24 LOTERIA DAY 9:00 Seated Strength B [O] 9:30 Seated Strength B [O] 10:30 Resistance Training A [P] 11:15 Brain Gym: Family Feud 1:00 Jeopardy! 1:30 Bible Study with April 1:30 MOA to MILS Pen Pal! 2:30 Daily Wordle 3:00 Game: UNO! 4:00 Plaza Life Stretching [O]	25 PAPER LANTERN DAY 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:30 Resistance Training B [G] 11:15 Wednesday Wordle 1:00 Trivia Crack! 1:30 Gentlemen's Hour w/Tony [Sunroom] 1:30 Women's Club w/Sophia 3:00 NICKEL BINGO 4:00 Plaza Life Stretching [O]	26 CROWNS & CASTLES DAY 9:00 Seated Strength A [O] 9:30 Seated Strength A [O] 10:00 STEP-TACULAR PERFORMANCE 11:15 Brain Gym: Word Hunt 1:00 Trivia Crack! 1:30 Color Splash with Kelsie! 3:00 Daily Wordle 3:00 Lucky Tiles & Blossoms 4:00 Plaza Life Stretching [O]	27 POKEMON DAY 9:00 Seated Strength B [O] 9:30 Seated Strength B [O] 10:30 Resistance Training B [P] 11:15 Brain Gym: Crossword Crew 1:00 Jeopardy! 1:30 Craft Club with Memory! 2:30 Daily Wordle 3:00 NICKEL BINGO 4:00 Plaza Life Stretching [O]	28 MUSIC THRU THE DECADES 9:00 Seated Strength Circuit [O] 9:30 Seated Strength Circuit [O] 10:00 Seated Strength Circuit [O] 11:00 Brain Gym: Family Feud 1:00 Jeopardy! 1:30 Sketch Class with Lester! 2:30 Daily Wordle 3:00 Game: UNO! 4:00 Plaza Life Stretching [O]

DAILY ACTIVITIES:

8:00 Hawaii News Now [Theater]
9:30 Daily Catholic Mass Livestream [Theater]

11:00 Independent Walks
12:00 Wii Sports! [Theater]
2:30 Independent Walks

