



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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| <p>THE PLAZA Assisted Living</p> | <p>ATTENTION: 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>National Serpent Day 1 8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 ★ Buddhist Service with Moilili Hongwanji [T] 10:00 Snake Trivia Challenge! [A] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Documentary: "World's Deadliest Snakes: Snakes of the Pacific" (2020) D+ [T] 2:00 ♥ Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 🎬 Movie Night: "A Jazzman's Blues" (2022) [T]</p> | <p>Dress Day: Red Shirts 2 Wear Red Day 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] 6:30 Classical Music Listening Hour [T] 7:00 UH Men's Volleyball: vs Tusculum [A]</p> | <p>National Carrot Cake Day 3 8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 Cooking Demonstration: Carrot 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: "Queenpins" (2021) [T]</p> |
| <p>National Homemade Soup Day 4 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 Visit with Jim and Chico [A] 1:00 🚌 Sightseeing: Alewa Heights 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Documentary: "You Are What You Eat: A Twin Experiment" (2023) 2:00 Table Games: Hanafuda [A] 3:00 Mah Jong Game [A] 7:00 🎬 Movie Night: "The Lost Daughter" (2021) [T] 7:00 UH Men's Volleyball: vs Tusculum [A]</p> | <p>World Nutella Day 5 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: Loko Pa'aiau Fishpond 10:00 ★ Hank the Singing Dutchman [HT] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚌 Shopping: Longs 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Documentary: "American Factory" (2019) [T] 2:00 ♥ Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Light Classical Music Hour [T]</p> | <p>Dress Day: Pastel Colors 6 Ice Cream for Breakfast Day 8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 Chinese New Year Card [A] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Matinee Movie: "Mamma Mia: Here We Go Again" (2018) [T] 2:30 ♥ Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</p> | <p>National Send a Card to a Friend Day 7 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 🚌 Excursion: John Young Museum of Art 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Matinee Movie: "Marriage Story" (2019) [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T] 7:00 UH Men's Volleyball: vs Stanford [A]</p> | <p>National Kite Flying Day 8 8:30 ♥ Morning Exercise: Drums Alive! [A] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II: Drums Alive! [A] 10:00 Decorate and Fly a Kite! (Weather Permitting) [A] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Documentary: "Full Circle" (2023) [T] 2:00 ♥ Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 🎬 Movie Night: "Mary Poppins" (1964) D+ [T]</p> | <p>National Pizza Day 9 8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 ★ Fall Prevention Workshop with Holly Atchison [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] 6:30 Classical Music Listening Hour [T] 7:00 UH Men's Volleyball: vs Stanford [A]</p> | <p>Chinese New Year 10 Dress Day: Plaza Shirts 8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 Craft: Cupcake Liner Chinese Dragon [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: "Everything Everywhere All at Once" (2022) AP [T]</p> |
| <p>Dress Day: Sports Jerseys or Team Shirts 11 Superbowl Sunday 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] 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Superbowl LVIII [T] 3:00 Mah Jong Game [A] 7:00 🎬 Movie Night: "Greater" (2016) [T]</p> | <p>National Lost Penny Day 12 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: White Plains Beach 10:00 🎬 Music with Roy Hamada [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚌 Excursion: Magnolia Ice Cream and Treats 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Documentary: "Bitconned" (2024) [T] 2:00 ♥ Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Light Classical Music Hour [T]</p> | <p>Dress Day: Purple, Green and Gold 13 Mardi Gras 8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 Mardi Gras Masks and Celebration! [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: "Hunt for the Wilderpeople" (2016) [T] 2:30 ♥ Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</p> | <p>Dress Day: Red, Pink and White 14 Valentine's Day 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: Milliani 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 🎬 Matinee Movie: "Set it Up" (2018) [T] 2:00 🎬 Valentine's Day Minute to Win It Games and Tea Party! [A] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p> | <p>National Gumdrop Day 15 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: "Miss Americana: Taylor Swift" (2020) [T] 2:00 ♥ Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 🎬 Movie Night: "Silver Linings Playbook" (2012) [T]</p> | <p>National Do a Grouch a Favor Day 16 8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 🎬 Artists in Action: Valentine's Day Painting [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] 6:30 Classical Music Listening Hour [T]</p> | <p>World Pangolin Day 17 8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 YouTube Karaoke Sing Along 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: "Minari" (2020) [T]</p> |
| <p>National Drink Wine Day 18 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 Non-Alcoholic Wine Tasting [A] 12:45 🎬 Excursion: Royal Hawaiian Band at the Kapiolani Park Bandstand 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Hula with Kumu Sallie [A] 3:00 🎬 Documentary: "Women of Impact: Changing the World" (2019) D+ 3:00 Mah Jong Game [A] 7:00 🎬 Movie Night: "Uncorked" (2020) [T]</p> | <p>President's Day 19 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: Valley of the Temples 10:00 ★ Hank the Singing Dutchman [HT] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚌 Shopping: Target 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Documentary: "Unknown: Killer Robots" (2023) [T] 2:00 ♥ Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Light Classical Music Hour [T]</p> | <p>Dress Day: Plaza Shirts 20 National Love Your Pet Day 8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 Craft: Sweetheart Bracelets [A] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Matinee Movie: "Dog Gone" (2023) [T] 2:30 ♥ Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</p> | <p>National Sticky Bun Day 21 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 🎬 Excursion: Kau Kau Cafe (TBD) 1:00 ♥ Strength, Balance and Tone with Daniel 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 🎬 Matinee Movie: "The Kindergarten Teacher" (2018) [T] 2:00 🎬 Shopping: Longs 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p> | <p>Dress Day: Aloha Shirts 22 National Margarita Day 8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 Trivia Challenge with Virgin Margaritas! [A] 12:00 Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Documentary: "Take Your Pills: Xanax" (2022) [T] 2:00 ♥ Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 🎬 Movie Night: "Jurassic Park" (1993) [T] 7:00 UH Men's Volleyball: vs Missouri S&T [A]</p> | <p>National Tile Day 23 8:30 ♥ Morning Exercise: Drums Alive! [A] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II: Drums Alive! [A] 10:00 Craft: Tile 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] 6:30 Classical Music Listening Hour [T] 7:00 UH Men's Volleyball: vs Missouri S&T [A]</p> | <p>National Tortilla Chip Day 24 8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 Cooking Demonstration: 7-Layer Dip 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: "Society of the Snow" (2024) [T]</p> |
| <p>National Clam Chowder Day 25 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: Mandala Suncatchers [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Hula with Kumu Sallie [A] 3:00 🎬 Documentary: "Man Among Cheetahs" (2017) D+ 3:00 Mah Jong Game [A] 7:00 🎬 Movie Night: "Good Grief" (2024) [T]</p> | <p>National Pistachio Day 26 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: Hanauma Bay 10:00 ★ Sing-a-long with Sandy and Gordon [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚌 Shopping: Errand Run 1:30 ♥ Afternoon Stretch [A] 2:00 🎬 Documentary: "Like a Rolling Stone: The Life and Times of Ben Fong-Torres" (2022) [T] 2:00 ♥ Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Light Classical Music Hour [T]</p> | <p>Dress Day: Retro Shirts 27 National Retro Day 8:30 ♥ Morning Exercise: Drums Alive! [A] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II: Drums Alive! [A] 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: "Against the Ice" (2022) [T] 2:30 ♥ Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</p> | <p>National Floral Design Day 28 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: Kunawai Pond 10:00 New Hope Church Service [T] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🚌 Shopping: Kahala Mall 1:30 ♥ Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 🎬 Matinee Movie: "The House of Flowers: The Movie" (2021) [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p> | <p>Leap Day 29 8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 🎬 Musical Performance: Leahi Serenaders [A] 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 🎬 Documentary: "Mercury 13" (2018) [T] 2:00 ♥ Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 🎬 Movie Night: "The Impossible" (2012) [T]</p> | <p>Location Keys Activity Room A Hoku Terrace HT Theater T Wellness Floor (5th) WF</p> | |