

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2026 January

The Plaza at Moanalua
Assisted & Independent Living Activity Calendar

DAILY ACTIVITIES:

- 8:30 Morning News [Sunroom]
- 9:30 Daily Catholic Mass Livestream [Theater]
- 11:00 Independent Walking Club
- 12:00 Wii Sports [Theater]
- 2:30 Independent Walking Club
- 4:00 Peaceful Meditation [Theater]
- 5:00 Afternoon News [Sunroom]

1 NEW YEARS DAY

- 9:00 Seated Strength A
- 9:30 Seated Strength A
- 10:00 Seated Strength Circuit
- 10:45 Brain Gym: Word Hunt
- 1:00 Trivia Crack!
- 1:30 Craft Club with Memory!
- 2:30 Daily Wordle
- 3:00 Hanafuda & Scrabble
- 4:00 Lucky Tiles & Blossoms

2 BUFFET DAY

- 9:00 Seated Strength B
- 9:30 Seated Strength B
- 10:00 Seated Strength Circuit
- 10:45 MOA to MILS Pen Pals Intro!
- 1:00 Trivia Crack!
- 1:30 Daily Wordle
- 2:00 Brain Gym: Crossword Crew!
- 3:00 Nickel BINGO

3 DRINKING STRAW DAY

- 9:00 Seated Strength Circuit
- 9:30 Seated Strength Circuit
- 10:00 Seated Strength Circuit
- 10:45 Brain Gym: Family Feud!
- 1:00 Trivia Crack!
- 1:30 Daily Wordle
- 2:00 Jeopardy!
- 3:00 Lucky Tiles & Blossoms
- 4:00 Hanafuda & Scrabble

4 SPAGHETTI DAY

- 9:00 Seated Strength Circuit
- 9:30 Seated Strength Circuit
- 10:00 Seated Strength Circuit
- 10:45 Community: Plaza Pals Intro
- 1:00 Trivia Crack!
- 1:30 Crochet with Kelsie!
- 2:30 Daily Wordle
- 3:00 Snack & Social on the Patio

5 BIRD DAY

- 9:00 Seated Strength A
- 9:30 Seated Strength A
- 10:15 Resistance Training A [Green]
- 11:00 Brain Gym: Word Hunt
- 11:30 Lamaku ROM Exercise [Pink]
- 1:00 Life Long Learning
- 1:30 Lucky Tile Mondays!
- 2:30 Daily Wordle
- 3:00 Nickel BINGO

6 BEAN DAY

- 9:00 Seated Strength B
- 9:30 Seated Strength B
- 10:15 Resistance Training A [Purple]
- 11:00 MOA to MILS Pen Pals!
- 1:00 Jeopardy!
- 1:30 Bible Study with April F.
- 2:30 Daily Wordle
- 3:00 Brain Gym: Crossword Crew!
- 3:30 Lucky Tiles & Blossoms

7 BOBBLE HEAD DAY

- 9:00 Seated Strength Circuit
- 9:30 Seated Strength Circuit
- 10:00 Performance: Brandon Onishi
- 11:00 Brain Gym: Wednesday Wordle
- 11:30 Lamaku ROM Exercise [Pink]
- 1:00 Brain Gym: Word Hunt
- 1:30 Gentlemen's Club w/Tony [Sunroom]
- 3:00 Nickel BINGO

8 BUBBLE BATH DAY

- 9:00 Seated Strength A
- 9:30 Seated Strength A
- 10:15 Resistance Training B [Green]
- 11:00 MOA to MILS Pen Pals!
- 1:00 Trivia Crack!
- 1:30 Color Splash with Kelsie!
- 3:00 Daily Wordle
- 3:30 Hanafuda & Scrabble
- 4:00 Lucky Tiles & Blossoms

9 APRICOT DAY

- 9:00 Seated Strength B
- 9:30 Seated Strength B
- 10:15 Resistance Training B [Purple]
- 11:00 Brain Gym: Word Hunt
- 11:30 Lamaku ROM Exercise [Pink]
- 1:00 Brain Gym: SPECIAL ACTIVITY
- 1:30 Sketch Class with Lester!
- 2:30 Daily Wordle
- 3:00 Nickel BINGO

10 HOUSE PLANT APPRECIATION

- 9:00 ZUMBA with Annette!
- 9:45 Seated Strength Circuit
- 10:15 Seated Strength Circuit
- 11:00 Brain Gym: Family Feud!
- 1:00 Craft Club!
- 2:30 Daily Wordle
- 3:00 Jeopardy!
- 3:00 Lucky Tiles & Blossoms!

11 MILK DAY

- 9:00 Seated Strength Circuit
- 9:30 Seated Strength Circuit
- 10:00 Seated Strength Circuit
- 10:45 Community: Plaza Pals
- 1:00 Trivia Crack!
- 1:30 Origami Club!
- 2:30 Daily Wordle
- 3:00 Gorgeous Grams Hour!

12 MARZIPAN DAY

- 9:00 Seated Strength A
- 9:30 Seated Strength A
- 10:00 Communion [Theater]
- 10:15 Resistance Training A [Green]
- 11:00 Brain Gym: Word Hunt
- 11:30 Lamaku ROM Exercise [Pink]
- 1:00 Life Long Learning
- 1:30 Lucky Tile Mondays!
- 2:30 Daily Wordle
- 3:00 Nickel BINGO

13 STICKER DAY

- 9:00 Seated Strength B
- 9:30 Seated Strength B
- 10:15 Resistance Training A [Purple]
- 11:00 MOA to MILS Pen Pals!
- 1:00 Daily Wordle!
- 1:30 Resident Council
- 2:00 Bible Study with April F.
- 3:00 Brain Gym: Family Feud!
- 3:30 Lucky Tiles & Blossoms

14 HOT PASTRAMI DAY

- 9:00 Seated Strength Circuit
- 9:30 Seated Strength Circuit
- 10:15 Resistance Training B [Green]
- 11:00 Brain Gym: Wednesday Wordle
- 11:30 Lamaku ROM Exercise [Pink]
- 1:00 Brain Gym: Word Hunt
- 1:30 Gentlemen's Club w/Tony [Sunroom]
- 1:30 Women's Club w/Sophia [Activity Room]
- 3:00 Nickel BINGO

15 BAGEL DAY

- 9:00 Seated Strength A
- 9:30 Seated Strength A
- 10:15 Resistance Training B [Purple]
- 11:00 MOA to MILS Pen Pals!
- 1:00 Trivia Crack!
- 1:30 Color Splash with Kelsie!
- 3:00 Daily Wordle
- 3:30 Brain Gym: Word Hunt
- 4:00 Lucky Tiles & Blossoms

16 FIG NEWTON DAY

- 9:00 Seated Strength B
- 9:30 Seated Strength B
- 10:00 Seated Strength Circuit
- 11:00 Brain Gym: Word Hunt
- 11:30 Lamaku ROM Exercise [Pink]
- 1:00 Brain Gym: SPECIAL ACTIVITY
- 1:30 Craft Club!
- 2:30 Daily Wordle
- 3:00 Nickel BINGO

17 POPEYE THE SAILOR DAY

- 9:00 Seated Strength Circuit
- 9:30 Seated Strength Circuit
- 10:00 BIRTHDAY BASH! W/DEAN H.
- 11:00 Brain Gym: Family Feud!
- 1:00 Sketch Class with Lester!
- 2:30 Daily Wordle
- 3:00 Trivia Crack!
- 3:00 Lucky Tiles & Blossoms!

18 WINNIE THE POOH DAY

- 9:00 Seated Strength Circuit
- 9:30 Seated Strength Circuit
- 10:00 Seated Strength Circuit
- 10:45 Community: Plaza Pals
- 1:00 Trivia Crack!
- 1:30 Crochet with Kelsie!
- 2:30 Daily Wordle
- 3:00 Snack & Social on the Patio

19 MARTIN LUTHER KING JR DAY

- 9:00 Seated Strength A
- 9:30 Seated Strength A
- 10:00 Hawaii Humane Society: Pet Therapy [IT]
- 10:15 Resistance Training A [Green]
- 11:00 Brain Gym: Word Hunt
- 11:30 Lamaku ROM Exercise [Pink]
- 1:00 Life Long Learning
- 1:30 Lucky Tile Mondays!
- 2:30 Daily Wordle
- 3:00 Nickel BINGO

20 CHEESE LOVERS DAY

- 9:00 Seated Strength B
- 9:30 Seated Strength B
- 10:00 Performance: Hank the Singing Dutchman!
- 11:00 MOA to MILS Pen Pals!
- 1:00 Jeopardy!
- 1:30 Bible Study with April F.
- 2:30 Daily Wordle
- 3:00 Brain Gym: Crossword Crew!
- 3:30 Lucky Tiles & Blossoms

21 GRANOLA DAR DAY

- 9:00 Seated Strength Circuit
- 9:30 Seated Strength Circuit
- 10:15 Resistance Training A [Purple]
- 11:00 Brain Gym: Wednesday Wordle
- 11:30 Lamaku ROM Exercise [Pink]
- 1:00 Brain Gym: Word Hunt
- 1:30 Gentlemen's Club w/Tony [Sunroom]
- 1:30 Women's Club w/Sophia [Activity Room]
- 3:00 Nickel BINGO

22 POLKA DOT DAY

- 9:00 Seated Strength A
- 9:30 Seated Strength A
- 10:15 Resistance Training B [Green]
- 11:00 MOA to MILS Pen Pals!
- 1:00 Trivia Crack!
- 1:30 Color Splash with Kelsie!
- 3:00 Daily Wordle
- 3:30 Hanafuda & Scrabble
- 4:00 Lucky Tiles & Blossoms

23 HANDWRITING DAY

- 9:00 Seated Strength B
- 9:30 Seated Strength B
- 10:15 Resistance Training B [Purple]
- 11:00 Brain Gym: Word Hunt
- 11:30 Lamaku ROM Exercise [Pink]
- 1:00 Brain Gym: SPECIAL ACTIVITY
- 1:30 Sketch Class with Lester!
- 2:30 Daily Wordle
- 3:00 Nickel BINGO

24 PEANUT BUTTER DAY

- 9:00 Seated Strength Circuit
- 9:30 Seated Strength Circuit
- 10:00 Seated Strength Circuit
- 10:30 Brain Gym: Family Feud!
- 1:00 Craft Club with Memory!
- 2:30 Daily Wordle
- 3:00 Trivia Crack!
- 3:00 Lucky Tiles & Blossoms!

25 OPPOSITE DAY

- 9:00 Seated Strength Circuit
- 9:30 Seated Strength Circuit
- 10:00 Seated Strength Circuit
- 10:45 Community: Plaza Pals
- 1:00 Trivia Crack!
- 1:30 Origami Club with Memory!
- 2:30 Daily Wordle
- 3:00 Gorgeous Grams Hour!

26 GREEN JUICE DAY

- 9:00 Seated Strength A
- 9:30 Seated Strength A
- 10:00 Catholic Mass [Theater]
- 10:15 Resistance Training A [Green]
- 11:00 Brain Gym: Word Hunt
- 11:30 Lamaku ROM Exercise [Pink]
- 1:00 Life Long Learning
- 1:30 Lucky Tile Mondays!
- 2:30 Daily Wordle
- 3:00 Nickel BINGO

27 BUBBLE WRAP DAY

- 9:00 Seated Strength B
- 9:30 Seated Strength B
- 10:15 Resistance Training A [Purple]
- 11:00 MOA to MILS Pen Pals!
- 1:00 Jeopardy!
- 1:30 Bible Study with April F.
- 2:30 Daily Wordle
- 3:00 Brain Gym: Crossword Crew!
- 3:30 Lucky Tiles & Blossoms

28 KAZOO DAY

- 9:00 Seated Strength Circuit
- 9:30 Seated Strength Circuit
- 10:15 Resistance Training B [Green]
- 11:00 Brain Gym: Wednesday Wordle
- 11:30 Lamaku ROM Exercise [Pink]
- 1:00 Brain Gym: Word Hunt
- 1:30 Gentlemen's Club w/Tony [Sunroom]
- 1:30 Women's Club w/Sophia [Activity Room]
- 3:00 Nickel BINGO
- 5:00 FAMILY BINGO NIGHT!

29 PUZZLE DAY

- 9:00 Seated Strength A
- 9:30 Seated Strength A
- 10:15 Resistance Training B [Purple]
- 11:00 MOA to MILS Pen Pals!
- 1:00 Trivia Crack!
- 1:30 Color Splash with Kelsie!
- 3:00 Daily Wordle
- 3:30 Brain Gym: Word Hunt
- 4:00 Lucky Tiles & Blossoms

30 CROISSANT DAY

- 9:00 Seated Strength B
- 9:30 Seated Strength B
- 10:00 Seated Strength Circuit
- 11:00 Brain Gym: Word Hunt
- 11:30 Lamaku ROM Exercise [Pink]
- 1:00 Brain Gym: SPECIAL ACTIVITY
- 1:30 Craft Club with Memory!
- 2:30 Daily Wordle
- 3:00 Nickel BINGO

31 HOT CHOCOLATE DAY

- 9:00 Seated Strength Circuit
- 9:30 Seated Strength Circuit
- 10:00 Seated Strength Circuit
- 10:30 Brain Gym: Family Feud!
- 1:00 Sketch Class with Lester!
- 2:30 Daily Wordle
- 3:00 Trivia Crack!
- 3:00 Lucky Tiles & Blossoms!