

January 2024
The Plaza at Waikiki



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div>National Tempura Day 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 Jim and Chico [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: "Fire in Paradise" (2019) 3:00 Mah Jong Game [A] 7:00 Movie Night: "Leave the World Behind" (2023) [T]</div>	<div>Dress Day: Sparkles and Glitter New Year'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: Waimalu 10:00 Diamond Art Cardinal Keychains [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Errand Run 1:30 Afternoon Stretch [A] 2:00 Documentary: "Becoming Cousteau" (2021) D+ [T] 3:00 Bingo [A] 6:30 Light Classical Music Hour [T]</div>	<div>National Cream Puff Day 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Hank the Singing Dutchman [HT] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Whiplash" (2014) [T] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</div>	<div>National Drinking Straw 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] 10:00 New Hope Church Service [T] 1:00 Strength, Balance and Tone with Daniel 1:15 Shopping: Longs 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 Matinee Movie: "The Killing of a Sacred Deer" (2017) [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</div>	<div>Dress Day: School Shirts National Trivia 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 Buddhist Service with Moiliili Hongwanji [T] 10:00 Trivia Challenge! [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Big Bucks: The Press Your Luck Scandal" YT [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "The Last Thing He Wanted" (2020) [T]</div>	<div>National Whipped Cream 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 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] 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</div>	<div>National Bean Day 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Cooking Demonstration: Carribean Red Beans and Quinoa 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: "Mr. Bean's Holiday" (2007) [T]</div>
<div>National Hot Pastrami Sandwich Day 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 Cooking Demonstration: Hot Pastrami Sandwich 1:00 Sightseeing: Neil Blaisdell Park 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Table Games: [A] 2:00 Documentary: "Egypt's Treasure Guardians" (2016) D+ 3:00 Mah Jong Game [A] 7:00 Movie Night: "Nyad" (2023) [T]</div>	<div>Dress Day: Argyle National Argyle 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: Kalama Valley 10:00 Music with Roy Hamada 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Walmart 1:30 Afternoon Stretch [A] 2:00 Documentary: "American Symphony" (2023) [T] 3:00 Bingo [A] 6:30 Light Classical Music Hour [T]</div>	<div>National Law Enforcement Appreciation Day 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Winter Card [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: "Beyond the Lights" (2014) [T] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</div>	<div>Dress Day: Plaza Shirts Houseplant Appreciation 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 Excursion: Swap Meet (\$1 Entry Fee Required) 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 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 Matinee Movie: "Hillbilly Elegy" (2020) [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</div>	<div>National Milk Day 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Cooking Demonstration: Hot Milk Cake [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "The Milk System" (2017) [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "Tigertail" (2020) [T]</div>	<div>National Hot Tea Day 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Tea Tasting Party [A] 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] 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</div>	<div>National Rubber Duckie Day 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Rubber Duckie Decorating 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: "Indiana Jones and the Dial of Destiny" (2023) D+ [T]</div>
<div>National Granola Bar Day 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 Cooking Demonstration: Hot Pastrami Sandwich 1:00 Sightseeing: Neil Blaisdell Park 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Table Games: [A] 2:00 Documentary: "Egypt's Treasure Guardians" (2016) D+ 3:00 Mah Jong Game [A] 7:00 Movie Night: "Nyad" (2023) [T]</div>	<div>Martin Luther King Jr. 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 Excursion: Kawaiui Marsh 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: "13th" (2016) [T] 2:00 Martin Luther King Trivia and Word Puzzles 3:00 Bingo [A] 6:30 Light Classical Music Hour [T]</div>	<div>National Fig Newton Day 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Japanese New Year Door Decoration [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Blackkklansman" (2018) [T] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</div>	<div>Betty White Day Dress Day: Wear White 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 Kau Kau Cafe: (TBD) 1:00 Strength, Balance and Tone with Daniel 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 Documentary: "Betty White: Champion for Animals" (2012) AP [T] 2:00 Shopping: Savers 3:00 Bingo [A] 6:30 Music Variety Hour [T]</div>	<div>National Winnie The Pooh Day 8:30 Morning Exercise: Drums Alive! [A] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II: Drums Alive! [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Strong Island" (2017) [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "Christopher Robin" (2018) D+ [T]</div>	<div>National Popcorn Day 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Popcorn Olympics! [A] 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] 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</div>	<div>Dress Day: Plaza Shirts National Disc Jockey Day 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 American Legion Family Bingo [A] 1:00 Hawaii Music Academy: Elementary Music StudentsPerformance [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 2:00 Kanikapila [T] 3:00 Bingo [A] 7:00 Movie Night: "Beats" (2019) [T]</div>
<div>National Granola Bar Day 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 Jim and Chico 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Hula with Kumu Sallie [A] 3:00 Documentary: "Baby Sharks" (2022) 3:00 Mah Jong Game [A] 7:00 Movie Night: "Like Father" (2018) [T]</div>	<div>Dress Day: Red Shirts Hot Sauce 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] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Waikiki/Kapahulu/Kaimuki 10:00 Sing-a-long with Sandy and Gordon [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Excursion: Leonard's Bakery 1:30 Afternoon Stretch [A] 2:00 Documentary: "The Volcano: Rescue from Whakaari" (2022) [T] 3:00 Bingo [A] 6:30 Light Classical Music Hour [T]</div>	<div>National Pie Day 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Cooking Demonstration: No-bake Banana Cream Pie [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Murder Mystery" (2019) [T] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</div>	<div>Dress Day: Most Flattering Shirt National Compliment 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 Excursion: Kunawai Pond 10:00 New Hope Church Service [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 Matinee Movie: "Poms" (2019) [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</div>	<div>National Opposite Day 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 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: "Squaring the Circle (The Story of Hipgnosis)" (2022) [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "Maestro" (2023) [T]</div>	<div>National Peanut Brittle 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 YouTube Karaoke Sing-along [A] 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] 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</div>	<div>National Chocolate Cake Day 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Chocolate Cupcake Decorating 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: "Passing" (2021) [T]</div>
<div>Dress Day: Primary Colors International LEGO Day 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 Lego Flowers 1:00 Sightseeing: Sherwood Forrest 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Table Games: [A] 2:00 Table Games: Hanafuda 3:00 Documentary: "LEGO House documentary - Home Of The Brick (UK)" (2021) YT 3:00 Mah Jong Game [A] 7:00 Movie Night: "Downsizing" (2017) [T]</div>	<div>National Puzzle 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: Wahiawa (Cherry Blossoms) 10:00 Game: CLUE, Treachery at Tudor Manor! 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Errand Run 1:30 Afternoon Stretch [A] 2:00 Card Games: Kings in the Corner 2:00 Documentary: "Becoming" (2020) [T] 3:00 Bingo [A] 6:30 Light Classical Music Hour [T]</div>	<div>Dress Day: Plaza Shirts National Croissant 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: "An Easy Girl" (2019) [T] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</div>	<div>National Inspire Your Heart With Art 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] 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: "Big Eyes" (2014) [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</div>	<div>ATTENTION: <i>Please sign up for sightseeing rides and shopping outings with concierge.</i> <i>All Activities are subject to change</i></div>		

- Health & Fitness
- Movie
- Shuttle
- Special Event