The Plaza at Waikiki Sunday Monday Tuesday Friday Saturday Wednesdav Dress Day: Sparkles and Glitter National Drinking Straw Day Dress Day: School Shirts National Bean Day **National Cream Puff Day National Whipped Cream Day** New Year's Day 8:30 ♥ Morning Exercise [HT] National Trivia Day 8:30 ♥ Morning Exercise [HT] 8:30 Morning Exercise [HT] 8:30 ♥ Morning Exercise [HT] 8:30 📮 Plaza Walking Moai Club @ Magic 8:30 ♥ Morning Exercise [HT] 8:30 Morning Exercise: Drums Alive! [A] 9:00 ♥ Virtual Exercise: "Rise and 9:00 ♥ Virtual Exercise: "Rise and 9:00 Virtual Exercise: "Rise and 8:30 🖨 Plaza Walking Moai Club @ Magic 9:00 ♥ Virtual Exercise: "Rise and Shine Shine" [T] Shine" [T] 9:00 Virtual Exercise: "Rise and Shine" [T] Shine" [T] 9:30 Morning Exercise II [HT] 9:30 ♥ Morning Exercise II [HT] 9:30 Morning Exercise II [HT] 9:30 ♥ Morning Exercise II [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II: Drums Alive! [A] Hank the Singing Dutchman [HT] Cooking Demonstration: Carribean Red 10.00 10:00 New Hope Church Service [T] 9:30 Morning Exercise II [HT] 10:00 \star Buddhist Service with Moiliili Hongwanji [T] 10:00 Music with Dean Hirata 12:00 Medical Transportation Beans and Ouinoa 1:00 V Strength, Balance and Tone with Daniel Trivia Challenge! [A] 9:45 🖨 Sightseeing: Waimalu THE PLAZA 1:00 Virtual Exercise: Barre with 1:00 Virtual Exercise: Barre with Resistance 1:00 Virtual Exercise: Barre with Resistance 0:00 Diamond Art Cardinal Keychains [A] 1:15 🖨 Shopping: Longs Medical Transportation Resistance Bands [T] Bands [T] Bands [T] - Assisted Living 2:00 Community Service Moai: Queen's Heart Pillows 1:00 💚 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] 1:15 🖨 Shopping: Errand Run or Bookmarkers [A] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "The Killing of a Sacred Deer" 2:00 Matinee Movie: "Whiplash" (2014) [T] Community Service Moai: Queen's 2:00 Kanikapila [T] 1:30 ♥ Afternoon Stretch [A] 2:00 Documentary: "Big Bucks: The Press Your Luck 2:30 Afternoon Exercise (AL residents) [WF] Scandal" YT [T] Heart Pillows or Bookmarkers [A] 2:00 Documentary: "Becoming Cousteau" (2021) D+ Bingo [A] 3:00 Bingo [A] 2:00 Walking Club Around the Plaza 7:00 Movie Night: "Mr. Bean's Holiday" (2007) 3:00 5th Floor Bingo (AL residents only) [WF] 3:00 Bingo [A] 6:30 Music Variety Hour [T] Bingo [A] 3:00 Pokeno [A] [T] 6:30 Classical Music Listening Hour [T] 6:30 Light Classical Music Hour [T] 7:00 Movie Night: "The Last Thing He Wanted" (2020) National Tempura Day Dress Day: Argyle **National Law Enforcement Appreciation Day** Dress Day: Plaza Shirts **National Milk Day** National Hot Tea Day National Rubber Duckie Day 8:15 🖨 Church Runs 8:30 ♥ Morning Exercise [HT] Houseplant Appreciation Day National Argyle Day 8:30 Morning Exercise [HT] 8:30 ♥ Morning Exercise [HT] 8:30 Morning Exercise [HT] 8:30 ♥ Morning Exercise [HT] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and 9:00 ♥ Virtual Exercise: "Rise and 9:00 ♥ Virtual Exercise: "Rise and 8:30 ☐ Plaza Walking Moai Club @ Magic Island 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:00 ♥ Virtual Exercise: "Rise and Shine" 8:30 📮 Plaza Walking Moai Club @ Magic Shine" [T] Shine" [T] Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:30 ♥ Morning Exercise II [HT] 9:30 Morning Exercise II [HT] 9:30 Morning Exercise II [HT] Craft: Winter Card [A] 9:30 ♥ Morning Exercise II [HT] 9:30 ♥ Morning Exercise II [HT] 10:00 9:00 Virtual Exercise: "Rise and Shine" [T] 9:45 🖨 Excursion: Swap Meet (\$1 Entry Fee Required) 10:00 Cooking Demonstration: Hot Milk Cake [A] 10:00 Pet Therapy with Jim and Chico [A] 10:15 * Resident Council Meeting 9:30 Morning Exercise II [HT] Tea Tasting Party [A] 10:00 Rubber Duckie Decorating 10:00 New Hope Church Service [T] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 12:00 Medical Transportation 9:45 🖨 Sightseeing: Kalama Valley 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:00 Virtual Exercise: Barre with 1:00 Virtual Exercise: Barre with 1:00 Virtual Exercise: Barre with Resistance 1:30 Afternoon Stretch [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 10:00 Music with Rov Hamada 1:15 🖨 Shopping: Errand Run Resistance Bands [T] Resistance Bands [T] 2:00 Hula with Kumu Sallie [A] 1:30 • Afternoon Stretch [A] 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] 3:00 Documentary: "Fire in Paradise" (2019) 2:00 Matinee Movie: "Beyond the Lights" (2014) [T] 2:00 Community Service Moai: Queen's Heart Pillows or 1:15 🖨 Shopping: Walmart Bookmarkers [A] 2:00 Documentary: "The Milk System" (2017) [T] 2:30 Afternoon Exercise (AL residents) [WF] 2:00 Community Service Moai: Queen's 2:00 Kanikapila [T] 3:00 Mah Jong Game [A] 1:30 MARTER AFTERNOON Stretch [A] 2:00 Matinee Movie: "Hillbilly Elegy" (2020) [T] 7:00 Movie Night: "Leave the World Behind" (2023) [T] 3:00 5th Floor Bingo (AL residents only) [WF] 2:00 Documentary: "American Symphony" (2023) [T] 2:00 Walking Club Around the Plaza Heart Pillows or Bookmarkers [A] 3:00 Bingo [A] 3:00 Bingo [A] 3:00 Bingo [A] 3:00 Pokeno [A] Bingo [A] 6:30 Music Variety Hour [T] 7:00 Movie Night: "Indiana Jones and the 6:30 Light Classical Music Hour [T] 7:00 Movie Night: "Tigertail" (2020) [T] Classical Music Listening Hour [T] Dial of Destiny" (2023) D+ [T] 6:30 National Fig Newton Day Betty White Day National Hot Pastrami Sandwich Day Martin Luther King Jr. Day National Winnie The Pooh Day **National Popcorn Day** 19 Dress Day: Plaza Shirts 16 8:15 🖨 Church Runs 8:30 ♥ Morning Exercise [HT] Dress Day: Wear White 8:30 Morning Exercise: Drums Alive! [A] 8:30 ♥ Morning Exercise [HT] **National Disc Jockey Day** 8:30 ♥ Morning Exercise [HT] 8:30 ♥ Morning Exercise [HT] 8:30 📮 Plaza Walking Moai Club @ Magic 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine' 9:00 ♥ Virtual Exercise: "Rise and 8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and 8:30 🖨 Plaza Walking Moai Club @ Magic Island 9:00 ♥ Virtual Exercise: "Rise and Shine" Island Shine" [T] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:00 Virtual Exercise: "Rise and Shine" [T] Shine" [T] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II: Drums Alive! [A] 9:30 Morning Exercise II [HT] 9:30 ♥ Morning Exercise II [HT] 10:00 Pet Therapy with Wes Koga [A] 9:30 Morning Exercise II [HT] Craft: Japanese New Year Door Decoration 10:00 New Hope Church Service [T] 10:00 10:00 American Legion Family Bingo [A] 10:00 Cooking Demonstration: Hot Pastrami Sandwich 9:45 🖨 Excursion: Kawainui Marsh Medical Transportation 10:00 Popcorn Olympics! [A] Kau Kau Cafe: (TBD) Hawaii Music Academy: Elementary 1:00 🖨 Sightseeing: Neil Blaisdell Park Hank the Singing Dutchman [HT] 1:00 Virtual Exercise: Barre with Resistance Bands [T 1.00 10:00 1:00 Strength, Balance and Tone with Daniel 1:00 Virtual Exercise: Barre with Medical Transportation Music StudentsPerformance [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] Community Service Moai: Queen's Heart Pillows or Resistance Bands [T] 1:00 Virtual Exercise: Barre with Resistance 1:30 Afternoon Stretch [A] 1:15 🖨 Shopping: Longs Bookmarkers [A] 2:00 Documentary: "Strong Island" (2017) [T] 1:00 Virtual Exercise: Barre with Resistance 2:00 Documentary: "Betty White: Champion for Animals" (2012) AP [T] 1:30 Afternoon Stretch [A] 2:00 Table Games: [A] 1:30 Afternoon Stretch [A] Bands [T] 2:00 Walking Club Around the Plaza Bands [T] 3:00 Documentary: "Egypt's Treasure Guardians" 2:00 Documentary: "13th" (2016) [T] 1:30 Afternoon Stretch [A] 3:00 Pokeno [A] Community Service Moai: Queen's Kanikapila [T] 2.00 2:00 🖨 Shopping: Savers (2016) D+ 2:00 Martin Luther King Trivia and Word Puzzles 2:00 Matinee Movie: "Blackkklansman" (2018) 7:00 Movie Night: "Christopher Robin" (2018) D+ [T] Heart Pillows or Bookmarkers [A] Bingo [A] Bingo [A] Mah Jong Game [A] Bingo [A] 7:00 Movie Night: "Beats" (2019) [T] Bingo [A] 6:30 Music Variety Hour [T] 7:00 Movie Night: "Nyad" (2023) [T] 6:30 Light Classical Music Hour [T] 2:30 Afternoon Exercise (AL residents) [WF] 6:30 Classical Music Listening Hour [T] 3:00 5th Floor Bingo (AL residents only) [WF] **National Granola Bar Day** Dress Day: Red Shirts Dress Day: Most Flattering Shirt **National Opposite Day National Peanut Brittle Day National Pie Day National Chocolate Cake Day National Compliment Day** 8:30 Morning Exercise [HT] Hot Sauce Day 8:15 🖨 Church Runs 8:30 ♥ Morning Exercise [HT] 8:30 Morning Exercise: Drums 8:30 ♥ Morning Exercise [HT] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" 8:30 Morning Exercise [HT] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Alive! [A] 9:00 ♥ Virtual Exercise: "Rise 8:30 🖨 Plaza Walking Moai Club @ Magic Island 8:30 📮 Plaza Walking Moai Club @ Magic 9:00 ♥ Virtual Exercise: "Rise and 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] and Shine" [T] Island Shine" [T] 9:30 ♥ Morning Exercise II [HT] Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Televeda: Tech Thursday [T] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:30 Morning Exercise II: Drums Alive! [A] 9:30 ♥ Morning Exercise II [HT] Cooking Demonstration: No-bake Banana 9:45 🖨 Excursion: Kunawai Pond 12:00 Medical Transportation 9:30 ♥ Morning Exercise II [HT] 10:00 Pet Therapy with Jim and Chico 10:00 New Hope Church Service [T] YouTube Karaoke Sing-along [A] Cream Pie [A] 10:00 10:00 Chocolate Cupcake Decorating 1:00 Virtual Exercise: Barre with Resistance Bands [T] 9:45 Sightseeing: Waikiki/Kapahulu/Kaimuki 1:00 Virtual Exercise: Barre with Resistance Bands [T] 12:00 1:00 Virtual Exercise: Barre with Resistance 1:00 Virtual Exercise: Barre with Resistance Medical Transportation 1:30 • Afternoon Stretch [A] 1:00 ♥ Virtual Exercise: Barre with 10:00 🖈 Sing-a-long with Sandy and Gordon [A] 1:15 🖨 Shopping: Longs 1:00 Virtual Exercise: Barre with Resistance Bands [T] Bands [T] 2:00 Documentary: "Squaring the Circle (The Story of 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] Resistance Bands [T] 1:30 Afternoon Stretch [A] Bands [T] Hipgnosis)" (2022) [T] 1:30 • Afternoon Stretch [A] Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 1:15 Excursion: Leonard's Bakery 1:30 Afternoon Stretch [A] 2:00 Walking Club Around the Plaza Community Service Moai: Queen's Heart 1:30 Afternoon Stretch [A] Hula with Kumu Sallie [A] 2:00 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Poms" (2019) [T] 3:00 Pokeno [A] Pillows or Bookmarkers [A] 2:00 Kanikapila [T] 2:00 Matinee Movie: "Murder Mystery" (2019) 3:00 Documentary: "Baby Sharks" (2022) 2:00 Documentary: "The Volcano: Rescue from 3:00 Bingo [A] 7:00 Movie Night: "Maestro" (2023) [T] Whakaari" (2022) [T] Bingo [A] 3:00 Mah Jong Game [A] 3:00 Bingo [A] 6:30 Music Variety Hour [T] 3.00 Bingo [A] 2:30 Afternoon Exercise (AL residents) [WF] Classical Music Listening Hour [T] 7:00 Movie Night: "Like Father" (2018) [T] 7:00 Movie Night: "Passing" (2021) [T] Light Classical Music Hour [T] 6:30 5th Floor Bingo (AL residents only) [WF] 3:00 Dress Day: Plaza Shirts National Inspire Your Heart With Art Day Dress Day: Primary Colors National Puzzle Day **ATTENTION:** International LEGO Day 8:30 ♥ Morning Exercise [HT] 8:30 Morning Exercise [HT] **National Croissant Day** 8:15 Church Runs 8:30 📮 Plaza Walking Moai Club @ Magic 8:30 📮 Plaza Walking Moai Club @ Magic 8:30 Morning Exercise: Drums 8:30 Morning Exercise [HT] Health & Fitness Alive! [A] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:00 Virtual Exercise: "Rise and Shine" [T Please sign up for sightseeing 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:30 ♥ Morning Exercise II [HT] 9:30 ♥ Morning Exercise II [HT] 10:00 Lego Flowers 9:30 ♥ Morning Exercise II: Drums Alive! [A] Movie Movie rides and shopping outings with 9:45 🖨 Sightseeing: Wahiawa (Cherry Blossoms) 10:00 New Hope Church Service [T] 1:00 Sightseeing: Sherwood Forrest All Activities are subject Televeda: Beyond Walls Bingo! [T] 10:00 Game: CLUE, Treachery at Tudor Manor! 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] concierge. 1:00 Virtual Exercise: Barre with Resistance Bands [T] 12:00 Medical Transportation 1:15 🖨 Shopping: Kahala Mall 1:30 • Afternoon Stretch [A] Shuttle to change 1:15 🖨 Shopping: Errand Run 1:00 Virtual Exercise: Barre with Resistance 1:30 • Afternoon Stretch [A] 2:00 Table Games: [A] 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows Table Games: Hanafuda Bands [T] 2:00 Card Games: Kings in the Corner or Bookmarkers [A] 3:00 p Documentary: "LEGO House documentary - Home Of Th 1:30 Afternoon Stretch [A] ★ Special Event 2:00 Matinee Movie: "Big Eyes" (2014) [T] Brick (UK)" (2021) YT 2:00 Documentary: "Becoming" (2020) [T] 2:00 Matinee Movie: "An Easy Girl" (2019) [T] 3:00 Mah Jong Game [A] 3:00 Bingo [A] Bingo [A] 2:30 Afternoon Exercise (AL residents) [WF] 7:00 Movie Night: "Downsizing" (2017) [T] 6:30 Music Variety Hour [T] Light Classical Music Hour [T] 3:00 5th Floor Bingo (AL residents only) [WF]