

January 2026  
The Plaza at Waikiki



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div><div>Arts / Crafts</div><div>Club Visits</div><div>Cooking / Baking</div><div>Educational Classes</div><div>Exercise / Physical Activity</div><div>Family Event / Support Group</div><div>Field Trip / Medical Appointments</div><div>Games</div><div>Movies / Documentaries</div><div>Music / Special Entertainment</div><div>One-on-One</div><div>Plaza Life Fitness</div><div>Plaza Voyages</div></div>	<div><div>Location Keys</div><div>Activity Room</div><div>Hoku Terrace</div><div>Theater</div><div>A</div><div>HT</div><div>T</div></div>		<div><div>Happy New Year!</div><div>8:30 Virtual Exercise: "Rise and Shine"</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Virtual Exercise: "Rise and Shine"</div><div>10:00 Trivia!</div><div>12:00 Medical Transportation</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Documentary: "Selena Y Los Dinos" (2025) N [T]</div><div>2:00 Walking Club Around the Plaza</div><div>3:00 Pokeno [A]</div><div>7:00 Movie Night: "Little Women" (1994) N [T]</div></div> <div>1</div>	<div><div>National Boogie Day</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Virtual Exercise: "Rise and Shine"</div><div>10:00 Music with Dean Hirata [A]</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Diamond Art &amp; Crochet/Paper Leis [A]</div><div>2:00 Tech Help with Jeremy [A]</div><div>3:00 Bingo [A]</div><div>6:30 Friday Night Fight Club (Tai Chi Practice) [T]</div><div>7:00 UH Men's Volleyball [T]</div></div> <div>2</div>	<div><div>J.R.R Tolkiens Birthday</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Virtual Exercise: "Rise and Shine" [T]</div><div>10:00 Cooking Demo With Jeremy [A]</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Kanikapila [T]</div><div>3:00 Bingo [A]</div><div>7:00 Movie Night: "A Man Called Otto" (2022) Max [T]</div></div> <div>3</div>
<div><div>National Spaghetti Day</div><div>8:15 Church Runs</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine"</div><div>9:30 Morning Exercise II [A]</div><div>10:00 Friendship Bracelets</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:15 Shopping: Longs (1 hour)</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Series/ Documentary: "The Crown" S6 Ep3 N [T]</div><div>3:00 Table Games: Hana Fuda &amp;/ or Mah Jong Game [A]</div><div>5:00 UH MEN'S VOLLEYBALL [T]</div></div> <div>4</div>	<div><div>Twelfth Night</div><div>8:30 Morning Exercise [HT]</div><div>8:30 Plaza Walking Moai Club @ Magic Island</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [A]</div><div>9:45 Sightseeing: Makapu'u Blowhole</div><div>10:00 Hank the Singing Dutchman [A]</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:15 Shopping: Kahala Mall (1 hour)</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Series/Documentary: "The Crown" S6 Ep 4 [T]</div><div>2:00 Walking Club Around the Plaza</div><div>3:00 Bingo [A]</div><div>6:30 Light Classical Music Hour [T]</div></div> <div>5</div>	<div><div>National Shortbread Day</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Tai Chi with Toshimi [T]</div><div>10:00 Craft: New Years Card [A]</div><div>12:00 Medical Transportation</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Matinee Movie: "Rocky" (1976) Peacock [T]</div><div>2:00 Table Games: Scrabble, 5 Second Questions Game, Checkers [A]</div><div>3:00 Pokeno [A]</div><div>6:30 Hawaiian Music Hour [T]</div></div> <div>6</div>	<div><div>National Cookbook Day</div><div>8:30 Morning Exercise [HT]</div><div>8:30 Plaza Walking Moai Club @ Magic Island</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Virtual Exercise: "Rise and Shine" [T]</div><div>10:00 New Hope Church Service [T]</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [A]</div><div>1:15 Shopping: Don Quijote</div><div>1:30 Strength, Balance and Tone with Daniel</div><div>2:00 Walking Club Around the Plaza</div><div>3:00 Bingo [A]</div><div>6:30 Music Variety Hour [T]</div></div> <div>7</div>	<div><div>National Elvis Day</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Virtual Exercise: "Rise and Shine"</div><div>10:00 Cooking Demo with Jeremy [A]</div><div>12:00 Medical Transportation</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Documentary: "Somebody Feed Phil" S3 Ep 4 (2025) N [T]</div><div>2:00 Walking Club Around the Plaza</div><div>3:00 Pokeno [A]</div><div>7:00 Movie Night: "The Best Exotic Marigold Hotel" (2011) HBO [T]</div></div> <div>8</div>	<div><div>Dress Day: Blue and Black</div><div>National Law Enforcement Appreciation Day</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Virtual Exercise: "Rise and Shine" [T]</div><div>10:00 Iliahi Band Performance [A]</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Diamond Art &amp; Crochet/Paper Leis [A]</div><div>2:00 Tech Help with Jeremy [A]</div><div>3:00 Bingo [A]</div><div>6:30 Friday Night Fight Club (Tai Chi Practice) [T]</div></div> <div>9</div>	<div><div>Dress Day: Plaza Shirts</div><div>National House Plant Appreciation Day</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Virtual Exercise: "Rise and Shine" [T]</div><div>10:00 Jeopardy!</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Kanikapila [T]</div><div>3:00 Bingo [A]</div><div>7:00 Movie Night: "Let Them All Talk" (2020) Max [T]</div></div> <div>10</div>
<div><div>National Sketchnote Day</div><div>8:15 Church Runs</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine"</div><div>9:30 Morning Exercise II [A]</div><div>10:00 Paint by Number Wooden Bookmarks</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Series/ Documentary: "The Crown" S6 Ep 5 N [T]</div><div>3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A]</div><div>7:00 Movie Night: "House of Gucci" (2021) N [T]</div></div> <div>11</div>	<div><div>National Hot Tea Day</div><div>8:30 Morning Exercise [HT]</div><div>8:30 Plaza Walking Moai Club @ Magic Island</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [A]</div><div>9:45 Sightseeing: Manoa</div><div>10:00 Kupuna Cyber Safety Presentation with HPD [T]</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:15 Shopping: Longs &amp; Savers (1 hour)</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Series/Documentary: "The Crown" S6 Ep 6 [T]</div><div>2:00 Walking Club Around the Plaza</div><div>3:00 Bingo [A]</div><div>6:30 Light Classical Music Hour [T]</div></div> <div>12</div>	<div><div>Dress Day: Korean Clothing</div><div>National Korean American Day</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Virtual Exercise: "Rise and Shine" [T]</div><div>10:00 Plaza Voyages to Korea: Korean Snacks [A]</div><div>10:15 Resident Council Meeting [A]</div><div>12:00 Medical Transportation</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Matinee Movie: "Minari" (2020) Tubi [T]</div><div>2:00 Plaza Voyages to Korea: Making Kites (Bangpaeyeon) [A]</div><div>3:00 Pokeno [A]</div><div>6:30 Hawaiian Music Hour [T]</div></div> <div>13</div>	<div><div>National Spice of Life Day</div><div>8:30 Morning Exercise [HT]</div><div>8:30 Plaza Walking Moai Club @ Magic Island</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Virtual Exercise: "Rise and Shine" [T]</div><div>10:00 New Hope Church Service [T]</div><div>10:45 Kau Kau Cafe: TBD</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:15 Shopping: Errand Run (2 Mile Radius)</div><div>1:30 Plaza Life Circuit 1 Exercise [A]</div><div>2:00 Matinee Movie: "Godzilla" (1998) N [T]</div><div>3:00 Bingo [A]</div><div>6:30 Music Variety Hour [T]</div></div> <div>14</div>	<div><div>National Wikipedia Day</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Virtual Exercise: "Rise and Shine"</div><div>10:00 Plaza Voyages to Korea: Cooking Demo Kimchi/ Green Onion Pancake (Jeon) [A]</div><div>12:00 Medical Transportation</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Documentary: "The Seat" (2025) N [T]</div><div>2:00 Walking Club Around the Plaza</div><div>3:00 Pokeno [A]</div><div>7:00 Movie Night: "Jay Kelly" (2025) N [T]</div></div> <div>15</div>	<div><div>National Fig Newton Day</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Virtual Exercise: "Rise and Shine"</div><div>10:00 Plaza Voyages to Korea: Korean Games</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Diamond Art &amp; Crochet/Paper Leis [A]</div><div>2:00 Tech Help with Jeremy [A]</div><div>3:00 Bingo [A]</div><div>6:30 Friday Night Fight Club (Tai Chi Practice) [T]</div></div> <div>16</div>	<div><div>National Food Service Day</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Virtual Exercise: "Rise and Shine" [T]</div><div>10:00 American Legion Family Bingo</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Kanikapila [T]</div><div>3:00 Bingo [A]</div><div>7:00 Movie Night: "Darkest Hour" (2017) N [T]</div></div> <div>17</div>
<div><div>National Gourmet Coffee Day</div><div>8:15 Church Runs</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine"</div><div>9:30 Morning Exercise II [A]</div><div>10:00 Diamond Art Club [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:15 Shopping: Longs (1 hour)</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Series/ Documentary: "The Crown" S6 Ep 7 N [T]</div><div>3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A]</div><div>7:00 Movie Night: "The Thursday Murder Club" (2025) N [T]</div></div> <div>18</div>	<div><div>National Popcorn Day</div><div>8:30 Morning Exercise [HT]</div><div>8:30 Plaza Walking Moai Club @ Magic Island</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [A]</div><div>9:45 Sightseeing: Kaimuki</div><div>10:00 Plaza Voyages to Korea: Hanbok Charm (Norigae)</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:15 Shopping: Manoa Market City (1 hour)</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Series/Documentary: "The Crown" S6 Ep 8 [T]</div><div>2:00 Walking Club Around the Plaza</div><div>3:00 Bingo [A]</div><div>6:30 Light Classical Music Hour [T]</div></div> <div>19</div>	<div><div>Dress Day: Plaza Shirts</div><div>Happy Aquarius Day</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Virtual Exercise: "Rise and Shine" [T]</div><div>10:00 Plaza Voyages to Korea: Craft Hanbok Origami [A]</div><div>12:00 Medical Transportation</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Matinee Movie: "Ip Man" (2008) N [T]</div><div>2:00 Table Games: Scrabble, 5 Second Questions Game, Checkers [A]</div><div>3:00 Pokeno [A]</div><div>6:30 Hawaiian Music Hour [T]</div></div> <div>20</div>	<div><div>National Disco Day</div><div>8:30 Morning Exercise [HT]</div><div>8:30 Plaza Walking Moai Club @ Magic Island</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Virtual Exercise: "Rise and Shine" [T]</div><div>10:00 New Hope Church Service [T]</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:15 Shopping: HMART (1 hour)</div><div>1:30 Strength, Balance and Tone with Daniel</div><div>2:00 Matinee Movie: "Ip Man 2" (2010) N [T]</div><div>3:00 Bingo [A]</div><div>6:30 Music Variety Hour [T]</div></div> <div>21</div>	<div><div>Dress Day: Yellow</div><div>National No Need to Knead Day</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Virtual Exercise: "Rise and Shine" [T]</div><div>10:00 Craft: Kneaded Dough Ornaments [A]</div><div>12:00 Medical Transportation</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Documentary: "Buy Now! The shopping Conspiracy" (2024) N [T]</div><div>2:00 Walking Club Around the Plaza</div><div>3:15 Pokeno [A]</div><div>7:00 Movie Night: "Whiplash" (2014) N [T]</div></div> <div>22</div>	<div><div>National Pie Day</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Virtual Exercise: "Rise and Shine"</div><div>10:00 Cooking Demo with Jeremy</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Diamond Art &amp; Crochet/Paper Leis [A]</div><div>2:00 Tech Help with Jeremy [A]</div><div>3:00 Bingo [A]</div><div>6:30 Friday Night Fight Club (Tai Chi Practice) [T]</div></div> <div>23</div>	<div><div>National Compliment Day</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Virtual Exercise: "Rise and Shine" [T]</div><div>10:00 Trivia!</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Kanikapila [T]</div><div>3:00 Bingo [A]</div><div>7:00 Movie Night: "Pride &amp; Prejudice" (2005) Peacock [T]</div></div> <div>24</div>
<div><div>National Apple Macintosh Day</div><div>8:15 Church Runs</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine"</div><div>9:30 Morning Exercise II [A]</div><div>10:00 Craft: Butterfly Suncatchers</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Series/ Documentary: "The Crown" S6 Ep 9 N [T]</div><div>3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A]</div><div>7:00 Movie Night: "Karate Kid Legends" (2025) N [T]</div></div> <div>25</div>	<div><div>National Peanut Brittle Day</div><div>8:30 Morning Exercise [HT]</div><div>8:30 Plaza Walking Moai Club @ Magic Island</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [A]</div><div>9:45 Sightseeing: Waikiki</div><div>10:00 Diamond Art Club</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:15 Shopping: Longs (1 hour)</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Series/Documentary: "The Crown" S6 Ep 10 [T]</div><div>2:00 Walking Club Around the Plaza</div><div>3:00 Bingo [A]</div><div>6:30 Light Classical Music Hour [T]</div></div> <div>26</div>	<div><div>Dress Day: Strange, Funky, Crazy Socks</div><div>National Tea and Trivia Day</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Tai Chi with Toshimi [T]</div><div>10:30 Craft It Again [A]</div><div>12:00 Medical Transportation</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Craft: Beaded Bag Charms [A]</div><div>2:00 Matinee Movie: "Ip Man 3" (2019) N [T]</div><div>3:00 Pokeno [A]</div><div>6:30 Hawaiian Music Hour [T]</div></div> <div>27</div>	<div><div>National Serendipity Day</div><div>8:30 Morning Exercise [HT]</div><div>8:30 Plaza Walking Moai Club @ Magic Island</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Virtual Exercise: "Rise and Shine" [T]</div><div>10:00 New Hope Church Service [T]</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:15 Shopping: Don Quijote (1 hour)</div><div>1:30 Plaza Life Circuit 1 Exercise [A]</div><div>2:00 Matinee Movie: "Thank You for Your Service" (2017) N [T]</div><div>3:00 Bingo [A]</div><div>6:30 Music Variety Hour [T]</div></div> <div>28</div>	<div><div>National Puzzle Day</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Virtual Exercise: "Rise and Shine"</div><div>10:00 Craft: Puzzle Photo Frame [A]</div><div>12:00 Medical Transportation</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Documentary: "Street Food Asia: Seoul, South Korea" (2019) N [T]</div><div>2:00 Walking Club Around the Plaza</div><div>3:00 Pokeno [A]</div><div>7:00 Movie Night: Moulin Rouge (2001) N [T]</div></div> <div>29</div>	<div><div>Beatles Breakup Day</div><div>Dress Day: Plaza Shirts</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Virtual Exercise: "Rise and Shine" [T]</div><div>10:00 Beatles Trivia</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Diamond Art &amp; Crochet/Paper Leis [A]</div><div>2:00 Tech Help with Jeremy [A]</div><div>3:00 Bingo [A]</div><div>6:30 Friday Night Fight Club (Tai Chi Practice) [T]</div></div> <div>30</div>	<div><div>Coca-Cola Trademark Day</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Plaza Life Circuit 2 Exercise [A]</div><div>9:30 Virtual Exercise: "Rise and Shine" [T]</div><div>10:00 Coke Floats [HT]</div><div>12:40 Fight Club (Tai Chi Balance) [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Kanikapila [T]</div><div>3:00 Bingo [A]</div><div>7:00 Movie Night: "A League of their Own" (1992) N [T]</div></div> <div>31</div>