

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p></p>	<b>National Creative Ice Cream Day 1</b> 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: Ko'olina 10:00 ★ <b>Hank the Singing Dutchman [A]</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🛒 Shopping: Longs 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Documentary: "Jim Henson: Idea Man" (2024) D+ [T] 2:00 ❤️ Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]	<b>National Wildland Firefighter Day 2</b> 8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 🍵 Craft: Campfire Tea Light [A] 12:00 Medical Transportation 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Matinee Movie: "Good Sam" (2019) [T] 2:30 ❤️ Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]	<b>Dress Day: Most Flattering Shirt 3</b> <b>National Compliment Your Mirror Day</b> 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 ❤️ <b>Strength, Balance and Tone with Daniel</b> 1:15 🛒 Shopping: Errand Run 2:00 <b>Make Community Decorations for July 4th! [A]</b> 2:00 🎬 Matinee Movie: "Miller's Girl" (2024) [T] 3:00 Bingo [A]	<b>Dress Day: Red, White and Blue 4</b> <b>Independence Day</b> 8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 🎉 <b>BBQ Party and Patriotic Sing-Along! [HT]</b> 12:00 Medical Transportation 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Documentary: "The Story of America - Forging A Nation" YT [T] 2:00 ❤️ Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 🎬 Movie Night: "Hamilton" (2020) D+ [T]	<b>National Hawaii Day 5</b> 8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 🎵 <b>Music with Dean Hirata [A]</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 Diamond Art Club [A] 3:00 Bingo [A]	<b>National Hand Roll Day 6</b> 8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 🍳 Cooking Demonstration: Sushi Rolls [A] 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 <b>Kanikapila [T]</b> 3:00 Bingo [A] 7:00 🎬 Movie Night: "Places in the Heart" (1984) [T]
<b>National Strawberry Sundae Day 7</b> 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 🎵 <b>Keepin' It Real Barbershop Quartet</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 Table Games: [A] 3:00 🎬 Documentary: "Hans Zimmer: Hollywood Rebel" (2022) 3:00 Mah Jong Game [A] 7:00 🎬 Movie Night: "Scoop" (2024) [T]	<b>National Freezer Pop Day 8</b> 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: Makapu'u 10:00 🎵 <b>Music with Roy Hamada [A]</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🛒 Shopping: Errand Run 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Documentary: "Bill and Molly: An Otter Love Story" (2024) D+ [T] 2:00 ❤️ Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Opera Listening Hour - Phantom of the Opera Part 1 [T]	<b>National Dimples Day 9</b> 8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 ★ <b>Buddhist Service with Moiliili Hongwanji [T]</b> 10:00 🍳 Cooking Demonstration: Dimple Cookies [A] 10:15 ★ <b>Resident Council Meeting</b> 12:00 Medical Transportation 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Matinee Movie: "The Last Laugh" (2019) [T] 2:30 ❤️ Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF] 6:30 Opera Listening Hour - Phantom of the Opera Part 2 [T]	<b>Dress Day: Plaza Shirts 10</b> <b>National Kitten Day</b> 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: Waikale 10:00 New Hope Church Service [T] 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🎵 Excursion: Singing Session at Punchbowl Plaza! 1:30 ❤️ Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 🎬 Matinee Movie: "That Darn Cat!" (1965) D+ [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]	<b>National Mojito Day 11</b> 8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 🎵 <b>Mixology Trivia Party with No-jitos! [A]</b> 12:00 Medical Transportation 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Documentary: "Secrets of the Terracotta Warriors" (2024) [T] 2:00 ❤️ <b>Volunteer to Make Succulent Gardens with Project Swimmy! [A]</b> 3:00 Pokeno [A] 7:00 🎬 Movie Night: "The Little Things" (2021) [T]	<b>Paper Bag Day 12</b> 8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 🎓 <b>Educational Session: Volunteer Opportunities with the Retired Senior Volunteer Program! [A]</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 Diamond Art Club [A] 3:00 Bingo [A]	<b>Dress Day: Stripes 13</b> <b>National Barbershop Music Appreciation Day</b> 8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 Sing Along [A] 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 <b>Kanikapila [T]</b> 3:00 Bingo [A] 7:00 🎬 Movie Night: "The Music Man" (1962) AP [T]
<b>National Tape Measure Day 14</b> 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: Make a Foam Visor! 1:00 🎵 <b>Excursion: Ukulele Festival, Kapiolani Park</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 Table Games: [A] 3:00 🎬 Documentary: "The Minimalists: Less is Now" (2021) 3:00 Mah Jong Game [A] 7:00 🎬 Movie Night: "The Dig" (2021) [T]	<b>National Give Something Away Day 15</b> 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: Kailua Beach 10:00 ★ <b>Craft: Paint a Toy Car! [A]</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🛒 Shopping: Longs 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Documentary: "Full Circle" (2021) [T] 2:00 ❤️ Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]	<b>National Personal Chef Day 16</b> 8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 🍵 Craft: Cherry Blossom Card [A] 12:00 Medical Transportation 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Documentary: "Andre and his Olive Tree" (2020) [T] 2:30 ❤️ Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]	<b>Dress Day: Yellow Shirts 17</b> <b>World Emoji Day</b> 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 ❤️ <b>Strength, Balance and Tone with Daniel</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🛒 Shopping: Don Quijote 1:30 ❤️ Afternoon Stretch [A] 2:00 Community Service Moai: Beanbags for Education! [A] 2:00 🎬 Matinee Movie: "The Idea of You" (2024) AP [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]	<b>National Get To Know Your Customer Day 18</b> 8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 🐾 <b>Pet Therapy with Wes Koga [A]</b> 12:00 Medical Transportation 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Matinee Movie: "It Could Happen to You" (1994) [T] 2:00 ❤️ Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 🎬 Movie Night: "Baby Driver" (2017) [T]	<b>National Words With Friends Day 19</b> 8:30 ❤️ Morning Exercise: Drums Alive! [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II: Drums Alive! [HT] 10:00 🎵 <b>Pet Visit with Jim and Chico [A]</b> 10:30 Scrabble/Bananagrams [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]	<b>Dress Day: Plaza Shirts 20</b> <b>National Fortune Cookie Day</b> 8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 🎲 <b>American Legion Family Bingo [A]</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 <b>Kanikapila [T]</b> 3:00 Bingo [A] 7:00 🎬 Movie Night: "The Eagle" (2011) [T]
<b>National Be Someone Day 21</b> 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 🐾 <b>Pet Therapy with Kaia and Noah [A]</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 Table Games: [A] 3:00 🎬 Documentary: "Oprah and Viola: A Netflix Special Event" (2022) [T] 3:00 Mah Jong Game [A] 7:00 🎬 Movie Night: "Starman" (1984) [T]	<b>Dress Day: Aloha Wear 22</b> <b>National Hammock Day</b> 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: Papakolea 10:00 ★ <b>Sing-a-long with Sandy and Gordon [A]</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🛒 Shopping: Errand Run 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Documentary: "Last Breath" (2019) [T] 2:00 ❤️ Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]	<b>Gorgeous Grandma Day 23</b> 8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 🎉 <b>Gorgeous Grandma Day Party! [A]</b> 12:00 Medical Transportation 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Matinee Movie: "Victoria & Abdul" (2017) [T] 2:30 ❤️ Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]	<b>National Cousins Day 24</b> 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: Sand Island 10:00 New Hope Church Service [T] 11:00 🍽️ <b>Kau Kau Cafe (Moonga Asian Bistro)</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 Community Service Moai: Letters Against Isolation [A] 2:00 🎬 Matinee Movie: "Cousins" (2021) [T] 2:00 🛒 Shopping: Kahala Mall 3:00 Bingo [A]	<b>National Refreshment Day 25</b> 8:30 ❤️ Morning Exercise: Drums Alive! [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II: Drums Alive! [HT] 10:00 📺 <b>Televeda: Tech Thursday! [T]</b> 12:00 Medical Transportation 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Documentary: "Jennifer Lopez: Halftime" (2022) [T] 2:00 ❤️ Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 🎬 Movie Night: "Rebecca" (2020) [T]	<b>National Get Gnarly Day 26</b> 8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 🎲 <b>Hawaii Trivia! [T]</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 Diamond Art Club [A] 3:00 Bingo [A]	<b>Dress Day: Cowboy Shirts 27</b> <b>National Day of the Cowboy Dress-Up Day</b> 8:30 ❤️ Morning Exercise [HT] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II [HT] 10:00 🍳 Cooking Demonstration: Chili [A] 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 <b>Kanikapila [T]</b> 3:00 Bingo [A] 7:00 🎬 Movie Night: "The Quick and the Dead" (1995) [T]
<b>National Milk Chocolate Day 28</b> 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 🐾 <b>Pet Visit with Jim and Chico [A]</b> 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 Table Games: [A] 3:00 🎬 Documentary: "The Elephant Whisperers" (2022) 3:00 Mah Jong Game [A] 7:00 🎬 Movie Night: "On The Basis of Sex" (2018) [T]	<b>National Chicken Wing Day 29</b> 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: He'eia Fishpond 10:00 🍵 Craft: Paint a Ceramic Chick! [A] 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🛒 Shopping: Longs 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Documentary: "Einstein and the Bomb" (2024) [T] 2:00 ❤️ Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]	<b>Dress Day: Plaza Shirts 30</b> <b>National Climb a Mountain Day</b> 8:30 ❤️ Morning Exercise: Drums Alive! [A] 9:00 ❤️ Virtual Exercise: "Rise and Shine" [T] 9:30 ❤️ Morning Exercise II: Drums Alive! [HT] 10:00 📺 <b>Televeda: Beyond Walls Bingo! [T]</b> 12:00 Medical Transportation 1:00 ❤️ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ❤️ Afternoon Stretch [A] 2:00 🎬 Matinee Movie: "The Hill" (2023) [T] 2:30 ❤️ Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]	<b>National Mutt Day 31</b> 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 🎓 <b>Excursion: Honolulu Police Department Museum (Limit 8)</b> 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: Beanbags for Education! [A] 2:00 🎬 Matinee Movie: "Lou" (2022) [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]	<p><b>ATTENTION:</b></p> <p>Please sign up for sightseeing rides and shopping outings with concierge.</p> <p>All Activities are subject to change</p>		<ul style="list-style-type: none"> <li>❤️ Health &amp; Fitness</li> <li>🎬 Movie</li> <li>🚌 Shuttle</li> <li>★ Special Event</li> </ul>