

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	National Pen Pal Day 1 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 [A] 9:45 Sightseeing 10:00 Writing Letters to our Halia Friends 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [A] 1:15 Shopping: Errand Run (2 Mile Radius) 1:30 Afternoon Stretch [A] 2:00 Series/Documentary: "Marty, Life is Short" (2026) [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Light Classical Music Hour [T]	National Rocky Road Day 2 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Performance by Keiki to Kupuna [L] 12:00 Medical Transportation 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [A] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Godzilla Minus One" (2023) N [T] 2:00 Plaza Voyages to Japan Craft: Bon Dance Fans [A] 3:00 Pokeno [A] 6:30 Hawaiian Music Hour [T]	National Egg Day 3 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 New Hope Church Service [T] 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [A] 1:15 Shopping: Don Quijote (1 hour) 1:30 Plaza Life Circuit 1 Exercise [A] 1:30 Strength, Balance and Tone with Daniel 2:00 Matinee Movie: "47 Ronin" (2013) Apple TV [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Music Variety Hour [T]	Dress Day: Yellow, Orange, White Shirts 4 National Rubber Ducky Day 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Crafts with Bonnie [A] 12:00 Medical Transportation 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Mel Brooks The 99 Year Old Man" (2025) HBO [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "Summertime" (1955) HBO [T]	National Donut Day 5 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Music with Dean Hirata [A] 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Diamond Art & Crochet/Paper Leis [A] 2:00 Tech Help with Jeremy [A] 3:00 Bingo [A] 6:30 Friday Night Fight Club (Tai Chi Practice) [T]	National Applesauce Cake Day 6 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Cooking Demo With Jeremy [A] 12:35 Fight Club (Tai Chi Balance) [T] 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: "Ferrari" (2023) [T]
National World Caring Day 7 8:15 Church Runs 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [A] 10:00 Diamond Art [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs (1 hour) 1:30 Afternoon Stretch [A] 2:00 Matinee Music Hour [T] 2:00 Walking Club Around the Plaza 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 Movie Night: "Steel Magnolias" (1989) N [T]	Dress Day: Ocean/Fish Theme Shirts 8 World Oceans 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 [A] 9:45 Sightseeing 10:00 Plaza Voyages to Japan: Koinobori Toilet Paper Rolls [A] 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [A] 1:15 Shopping: Kahala Mall (1 hour) 1:30 Afternoon Stretch [A] 2:00 Series/Documentary: "Jiro Dreams of Sushi" (2012) Youtube [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Light Classical Music Hour [T]	National Call your Doctor Day 9 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Tai Chi with Toshimi [T] 10:00 Come Enjoy a Snack! [L] 10:15 Resident Council Meeting [A] 12:00 Medical Transportation 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [A] 1:30 Afternoon Stretch [A] 2:00 Cane and Walker Sanitation [A] 2:00 Matinee Movie: "The Fast and the Furious Tokyo Drift" (2006) [T] 2:00 Table Games: Hana Fuda, Mah Jong, Scrabble, Etc. [A] 3:00 Pokeno [A] 6:30 Hawaiian Music Hour [T]	Dress Day: Plaza Shirts 10 National Ice Tea Day 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 New Hope Church Service [T] 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [A] 1:15 Shopping: Savers/ Longs 1:30 Plaza Life Circuit 1 Exercise [A] 2:00 Matinee Movie: "Grave of the Fireflies" (1988) N [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Music Variety Hour [T]	King Kamehameha Day 11 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Performance by Leahi Serenaders [A] 12:00 Medical Transportation 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Fukushima: A Nuclear Nightmare" (2026) HBO [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "Rental Family" (2025) D+ [T]	Bill of Rights Day 12 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Plaza Voyages to Japan: Trivia [T] 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Diamond Art & Crochet/Paper Leis [A] 2:00 Tech Help with Jeremy [A] 3:00 Bingo [A] 6:30 Friday Night Fight Club (Tai Chi Practice) [T]	Dress Day: Yukata or a Happi coat 13 National Dragon fly Day 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Performance Taiko and Bon Dancing [L] 12:35 Fight Club (Tai Chi Balance) [T] 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: "Memoirs Of Geisha" (2005) D+ [T]
National Flag Day 14 8:15 Church Runs 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [A] 10:00 Craft: Suncatcher Butterflies 12:30 Dress Day: Flag Shirt or Red, White, & Blue 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Music Hour [T] 2:00 Walking Club Around the Plaza 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 Movie Night: "Tootsie" (1982) N [T]	National Smile Day 15 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 [A] 9:45 Sightseeing 10:00 Writing Letter's to Halia with Meagan [A] 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [A] 1:15 Shopping: Errand Run (2 Mile Radius) 1:30 Afternoon Stretch [A] 2:00 Series/Documentary: "Paola From Tokyo Day in the Life of a Japanese Delivery Worker" Youtube [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Light Classical Music Hour [T]	National Sea Turtle Day 16 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Plaza Voyages to Japan: Kokeshi Dolls (Part 1 Painting) [A] 12:00 Medical Transportation 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [A] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Vojimbo" (1961) HBO [T] 2:00 Plaza Voyages to Japan: Decorating Our Kokeshi Dolls (Part 2) [A] 3:15 Pokeno [A] 6:30 Hawaiian Music Hour [T]	Dress Day: From a Movie 17 National Silent Film Day 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 New Hope Church Service [T] 10:45 Kau Kau Cafe: GyoTaku 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [A] 1:15 Shopping: Longs (1 hour) 1:30 Plaza Life Circuit 1 Exercise [A] 1:30 Strength, Balance and Tone with Daniel 2:00 Matinee Movie: "Lone Wolf and Cub" (1974) HBO [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Music Variety Hour [T]	National Go Fishing Day 18 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Ukulele Performance with Hula Hui O Kapuna Hala [L] 12:00 Medical Transportation 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Beyond the Game: Samurai 2026 World Baseball Classic" N (2026) [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "Fried Green Tomatoes" (1991) N [T]	Happy Birthday Garfield 19 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Performance by Koko Hula [L] 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Diamond Art & Crochet/Paper Leis [A] 2:00 Tech Help with Jeremy [A] 3:00 Bingo [A] 6:30 Friday Night Fight Club (Tai Chi Practice) [T]	Dress Day: Plaza Shirts 20 International Surfing Day 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Gentleman's Club 12:35 Fight Club (Tai Chi Balance) [T] 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: "Nothing In Common" (1986) D+ [T]
Happy Father's Day! 21 8:15 Church Runs 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [A] 10:00 Painting with Gordan 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs (1 hour) 1:30 Afternoon Stretch [A] 2:00 Matinee Music Hour [T] 2:00 Walking Club Around the Plaza 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 Movie Night: "1917" (2019) N [T]	Dress Day: Blue 22 National Blue Butterfly 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 [A] 9:45 Sightseeing 10:00 Bible Studies with the Kingdom of God and May Kealoha [A] 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Manoa Market Place (1 hour) 1:30 Afternoon Stretch [A] 2:00 Series/Documentary: "Midnight Asia: Tokyo, Japan" (2022) N [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Light Classical Music Hour [T]	National Pink Day 23 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Tai Chi with Toshimi [A] 12:00 Medical Transportation 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [A] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Godzilla" HBO [T] 2:00 Plaza Voyages to Japan: Origami [A] 3:00 Pokeno [A] 6:30 Hawaiian Music Hour [T]	National Target Day 24 8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Performance by Legacy Music [A] 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [A] 1:15 Shopping: Don Quijote (1 hour) 1:30 Plaza Life Circuit 1 Exercise [A] 2:00 Matinee Movie: "Tokyo Story" (1953) HBO [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Music Variety Hour [T]	National Bomb Pop Day 25 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Hearing Clinic [T] 12:00 Medical Transportation 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: Anthony Bourdain's: No Reservations S1 E11" D+ [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "Green Book" (2018) Netflix [T]	National Coconut Day 26 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 June Birthday Celebrations! [A] 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Diamond Art & Crochet/Paper Leis [A] 2:00 Tech Help with Jeremy [A] 3:00 Bingo [A] 6:30 Friday Night Fight Club (Tai Chi Practice) [T]	National Onion Day 27 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Plaza Voyages to Japan: Cooking Demo 12:35 Fight Club (Tai Chi Balance) [T] 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: "Pretty Woman" (1990) HBO [T]
National Tapioca Pudding Day 28 8:15 Church Runs 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [A] 10:00 Diamond Art Club 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Music Hour [T] 2:00 Walking Club Around the Plaza 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 Movie Night: "Beaches" (1988) D+ [T]	National Camera Day 29 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 [A] 9:45 Sightseeing 10:00 Craft: Butterfly Suncatchers 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [A] 1:15 Shopping: (1 hour) 1:30 Afternoon Stretch [A] 2:00 Series/Documentary: "Paola From Tokyo Day in the Life of the Most Expensive Japanese Tea Maker- Youtube [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Light Classical Music Hour [T]	Dress Day: Plaza Shirts 30 National Social Media Day 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Craft: Sakura Cards [A] 12:00 Medical Transportation 12:35 Fight Club (Tai Chi Balance) [T] 1:00 Virtual Exercise: Barre with Resistance Bands [A] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Lone Wolf and Cub Sword of Vengeance" (1972) HBO [T] 2:00 Plaza Voyages to Japan: Japanese Tea and Cookies [A] 3:00 Pokeno [A] 6:30 Hawaiian Music Hour [T]	Location Keys Activity Room A Hoku Terrace HT Living Room L Theater T			
<ul style="list-style-type: none"> Arts & Crafts Best Friends Celebrations Cooking / Baking Educational Classes Exercise / Physical Activity Field Trips / Outings Games Movies or Documentaries Music or Special Entertainment Plaza Life Exercise Plaza Voyages Religious or Spiritual Programs 						