

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



ATTENTION:
We must continue to practice social distancing and wear masks during all activities.

Please sign up for sightseeing rides and shopping outings with concierge.

<p>National Oreo Cookie Day 6</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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 Baking Demo: Oreo Cheesecakes [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Hula with Kumu Sallie [A] 2:10 Independent Paper Puzzles [B] 3:15 Documentary: "Ladies First" (2018) [T] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "The Lucky One" (2012) [T]</p>	<p>National Cereal Day 7</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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 Music with Hank the Singing Dutchman [HT] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Don Quijote (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "Downfall: Case Against Boeing" (2022) [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Fat Tuesday Day 1</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Mardi Gras Masks and Mini Malasadas Treat [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "My Father's Violin" (2022) [T] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Banana Cream Pie Day 2</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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] 10:15 AARP Virtual Presentation: Understanding Dementia and Steps for a Healthy Brain [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs Drugs 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows or Holiday Tent Cards [A] 2:00 Matinee Movie: "Departures" (2008) DVD [T] 3:00 Bingo [A]</p>	<p>Happy Girl's Day (Hinamasturi) 3</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Buddhist Service with Moiliili Hongwanji [T] 10:00 Craft: Hinamasturi craft [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Walking Club Around the Plaza 2:30 Documentary: "Winter on Fire: Ukraine's Fight for Freedom" (2015) [T] 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "The Railway Man" (2013) [T]</p>	<p>Dress Up: Wear Blue National Blue Day 4</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Cooking Demo: Stovetop Blueberry Crisp [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows or Holiday Tent Cards [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Cheese Doodle Day 5</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Felt Shamrock Pins [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:15 Walker and Cane Sanitation Wipe Down [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "All Roads Lead to Rome" (2016) AP [T]</p>
<p>National Jewel Day 13</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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 Kaia the Goldenpoodle [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Independent Paper Puzzles [B] 2:00 Kanikapila [A] 3:15 Documentary: "Zero to Hero" (2021) [T] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Awakenings" (1990) [T]</p>	<p>National Butterflies Day 14</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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: "Royal Summit" 10:00 Music with Roy Hamada [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs Drugs (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "Giraffoda" (2012) [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Pears Day 15</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:15 Afternoon Exercise (AL residents) [WF] 10:15 Resident Council Meeting 11:00 Lunch 11AM - 1PM 11:30 Kau Kau Cafe: (Dine In) [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "The Karate Kid" (2010) [T] 3:00 5th Floor Bingo (AL residents only) [WF] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Meatball Day 9</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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: "Kapolei" 10:00 New Hope Church Service [T] 10:15 AARP Virtual Presentation: Aging and Medicine: What You Need to Know [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Errand Run (2 mile radius) 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows or Holiday Tent Cards [A] 2:00 Matinee Movie: "Patsy and Loretta" (2019) [T] 3:00 Bingo [A]</p>	<p>Dress Day: Wear a Plaza Shirt National Mario Day 10</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Drums Alive! [A] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Drums Alive! [A] 10:00 Face Yoga with Naomi [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Walking Club Around the Plaza 2:30 Documentary: "The Reason I Jump" (2021) [T] 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "A Brilliant Young Mind" (2015) AP [T]</p>	<p>National Johnny Appleseed Day 11</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Cooking Demo: Apple Fritters [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows or Holiday Tent Cards [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Plant A Flower Day 12</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Wahiawa (to see Cherry Blossoms) 10:00 Music with Dean Hirata [A] 11:00 Lunch 11AM - 1PM 12:45 Sightseeing: Kunawai Pond 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:15 Walker and Cane Sanitation Wipe Down [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Stenmom" (1998) [T]</p>
<p>National Ravioli Day 20</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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: Easter Scrapbook Card [A] 11:00 Lunch 11AM - 1PM 12:45 Excursion: Leonard's Malasadas Truck 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Hula with Kumu Sallie [A] 2:00 Independent Paper Puzzles [B] 3:15 Documentary: "14 Peaks: Nothing is Impossible" (2021) [T] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Farm to Fork to Love" (2021) AP [T]</p>	<p>National Fragrance Day 21</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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: White Plains Beach 10:00 Music with Hank the Singing Dutchman [HT] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Walmart (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "The Tinder Swindler" (2021) [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>Dress Day: Wear Camouflage National Goof Off Day 22</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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 Kupuna IDs with the Honolulu Police Department [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Mary Poppins" (1964) D+ [T] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Chia Day 23</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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: Milliani 10:00 Craft: Heart Flower Wreath (AL Only) [WF] 10:00 New Hope Church Service [T] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Errand Run (2 mile radius) 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows or Holiday Tent Cards [A] 2:00 Matinee Movie: "Free Guy" (2021) D+ [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Cocktail Day 24</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Drums Alive! [A] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Drums Alive! [A] 10:00 Cooking Demo: Sangria Mocktail [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Walking Club Around the Plaza 2:30 Documentary: "Clotilda: Last American Slave Ship" (2022) D+ [T] 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Runaway Bride" (1999) [T]</p>	<p>National Tolkien Day 25</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Crochet Club [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows or Holiday Tent Cards [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Spinach Day 26</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:45 Sightseeing: Yokohama Bay 10:00 Cooking Demo: Popeye's Favorite Food [A] 11:00 Lunch 11AM - 1PM 12:45 Sightseeing: Kunawai Pond 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:15 Walker and Cane Sanitation Wipe Down [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Sprinter" (2018) AP [T]</p>
<p>National Scribe Day 27</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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: Peep Peep Card [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Independent Paper Puzzles [B] 2:00 Kanikapila [A] 3:15 Documentary: "7 Yards: The Chris Norton Story" (2021) [T] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "I Want You Back" (2021) AP [T]</p>	<p>National Something on a Stick Day 28</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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: Aiea Loop Trail 10:00 Surprise on a Stick! [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Don Quijote (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "Mexico Untamed: Live Another Day" D+ [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Nevada Day 29</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Playing Card Crafts [A] 10:00 Men's Social (Men Only) [T] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Never Been Kissed" (1999) D+ [T] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>Dress Day: Wear a Plaza Shirt National Pencil Day 30</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 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: Waipio Peninsula Soccer Park 10:00 Craft: Easter Foam Pencil Toppers (AL Only) [A] 10:00 New Hope Church Service [T] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Kahala Mall 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Heart Pillows or Holiday Tent Cards [A] 2:00 Matinee Movie: "Show Dogs" (2018) [T] 3:00 Bingo [A]</p>	<p>National Crayon Day 31</p> <p>7:00 Breakfast 7AM - 9AM 8:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Melted Crayon Jewelry [A] 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Walking Club Around the Plaza 2:30 Documentary: "Picture of a Scientist" (2020) [T] 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Home Team" (2022) [T]</p>		

Health & Fitness
 Movie
 Shuttle
 Special Event