

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>World Compliment Day 1</b> 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 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: "The Family McMullen" (2025) HBO [T]	<b>National Rodeo Day 2</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 [A] 9:45 Sightseeing 10:00 Hank the Singing Dutchman [A] 12:40 Fight Club (Tai Chi Balance) [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Errand Run (2 mile) 1:30 Afternoon Stretch [A] 2:00 Series/Documentary: "The Irishman: In Conversation" (2019) N [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Light Classical Music Hour [T]	<b>Dress Day: Pink or Red Happy Girls Day 3</b> 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [A] 10:00 Musical Performance by Brian Burchfield [A] 12:00 Medical Transportation 12:40 Fight Club (Tai Chi Balance) [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Craft: Diamond Art Key Chains [A] 2:00 Matinee Movie: "Elizabeth: Part 1" (2006) HBO [T] 3:00 Pokeno [A] 6:30 Hawaiian Music Hour [T]	<b>National Marching Band Day 4</b> 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] 12:40 Fight Club (Tai Chi Balance) [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Don Quijote & Walmart 1:30 Plaza Life Circuit 1 Exercise [A] 1:30 Strength, Balance and Tone with Daniel 2:00 Matinee Movie: "Elizabeth: Part 2" (2006) HBO [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Music Variety Hour [T]	<b>National Hit the Target Day 5</b> 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] 12:00 Medical Transportation 12:40 Fight Club (Tai Chi Balance) [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Hell of a Cruise" (2022) Peacock [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "The Farewell" (2019) Apple TV [T]	<b>National Oreo Cookie Day 6</b> 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] 12:40 Fight Club (Tai Chi Balance) [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Craft: Red Envelopes for Lion Dance! **LAST CHANCE!** [A] 2:00 Tech Help with Jeremy [A] 3:00 Bingo [A] 6:30 Friday Night Fight Club (Tai Chi Practice) [T]	<b>National Cereal Day 7</b> 8:30 Morning Exercise [HT] 9:00 Chinese Lion Dance 9:30 Virtual Exercise: "Rise and Shine" [T] 10:15 Jeopardy! [T] 12:40 Fight Club (Tai Chi Balance) [A] 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: "The First Wives Club" (1996) Apple TV [T]	
<b>National Working Women's Day 8</b> 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: Four Leaf Clover Suncatcher [A] 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: "Hidden Figures" (2016) HBO [T]	<b>National Ford Mustang Day 9</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 [A] 9:45 Sightseeing 10:00 Jeopardy! 12:40 Fight Club (Tai Chi Balance) [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs & Savers (1 hour) 1:30 Afternoon Stretch [A] 2:00 Series/Documentary: "Anthony Bourdain No Reservations - S2 Ep 9" HBO [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Light Classical Music Hour [T]	<b>Dress Day: Plaza Shirts National Bagpipe Day 10</b> 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Snacks in the Bistro- Chips and Dip [A] 10:15 Resident Council Meeting [A] 12:00 Medical Transportation 12:40 Fight Club (Tai Chi Balance) [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Uprising" (2024) N [T] 2:00 Plaza Voyages to Ireland: Craft- Pot O Gold Treat Box [A] 3:00 Pokeno [A] 6:30 Hawaiian Music Hour [T]	<b>Happy Birthday, PAPER! (The Invention of Paper) 11</b> 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: Zippy's 12:40 Fight Club (Tai Chi Balance) [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Kahala Mall (1 hour) 1:30 Plaza Life Circuit 1 Exercise [A] 2:00 Matinee Movie: "The Outlaws" (2023) N [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Music Variety Hour [T]	<b>National Alfred Hitchcock Day 12</b> 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Movie Trivia [A] 12:00 Medical Transportation 12:40 Fight Club (Tai Chi Balance) [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Conan O'Brien Must Go S1 Ep4" HBO [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "The Smashing Machine" (2025) HBO [T]	<b>National Good Samaritan Day 13</b> 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 Ireland: Craft - Lii Leprechaun Pin [A] 12:40 Fight Club (Tai Chi Balance) [A] 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]	<b>National Potato Chip Day 14</b> 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 Ireland: From Dublin with Flavor Cooking Demo [A] 12:40 Fight Club (Tai Chi Balance) [A] 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: "Brooklyn" (2015) D+ [T]	
<b>National Folk Tales and Fables Day 15</b> 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: Mix Match 4 Leaf Clover 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: "PS I Love You" (2007) Apple TV [T]	<b>National Musical Magic Day 16</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 [A] 9:45 Sightseeing 10:00 Game: ID the Instrument [T] 12:40 Fight Club (Tai Chi Balance) [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Errand Run (2 Miles) 1:30 Afternoon Stretch [A] 2:00 Series/Documentary: "Feed Phil - S2 Dublin" N [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Light Classical Music Hour [T]	<b>Dress Day: Green or St. Patty's Day Shirts St. Patty's Day 17</b> 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Tai Chi with Toshimi [A] 12:00 Medical Transportation 12:40 Fight Club (Tai Chi Balance) [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Oahu Irish Dance Group [A] 3:15 Pokeno [A] 6:30 Hawaiian Music Hour [T]	<b>National Western Movie Day 18</b> 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] 12:40 Fight Club (Tai Chi Balance) [A] 1:00 Presentation from HPD: Financial Scams - AI Technology [T] 1:15 Shopping: Manoa Market City (1 hour) 1:30 Strength, Balance and Tone with Daniel 2:00 Matinee Movie: "Thirty Seconds Over Tokyo" (1994) HBO [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Music Variety Hour [T]	<b>National Chocolate Caramel Day 19</b> 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 Ireland: Shamrocks & Stories: Ireland Explored [A] 12:00 Medical Transportation 12:40 Fight Club (Tai Chi Balance) [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Gordan Ramsey: Uncharted- S1 Ep4" D+ [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "Casablanca" (1942) HBO [T]	<b>Dress Day: Flower/Spring Colors or Plaza Shirts Spring Equinox Day 20</b> 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 Ireland: A Sweet Taste of the Rainbow Cooking Demo 12:40 Fight Club (Tai Chi Balance) [A] 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]	<b>International Car Racing Day 21</b> 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Trivia! 12:40 Fight Club (Tai Chi Balance) [A] 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: "F1" Apple TV [T]	
<b>Dress Day: Blue World Water Day 22</b> 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 Watercolor and Classical Music 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: "A Marriage Story" (2019) N [T]	<b>National Chip and Dip Day 23</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 [A] 9:45 Sightseeing 10:00 Plaza Bible Study with the Kingdom of God [A] 12:40 Fight Club (Tai Chi Balance) [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs & Savers (1 hour) 1:30 Afternoon Stretch [A] 2:00 Series/Documentary: "Bizarre Foods With Andrew Zimmer- S5 Ep3" HBO [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Light Classical Music Hour [T]	<b>National Cocktail Day 24</b> 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 Ireland: Potato Party! [A] 12:00 Medical Transportation 12:40 Fight Club (Tai Chi Balance) [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Wuthering Heights" (1939) HBO [T] 2:00 Table Games: Scrabble, 5 Second Questions Game, Checkers [A] 3:00 Pokeno [A] 6:30 Hawaiian Music Hour [T]	<b>National Pecan Day 25</b> 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] 12:40 Fight Club (Tai Chi Balance) [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Don Quijote & Walmart 1:30 Plaza Life Circuit 1 Exercise [A] 2:00 Matinee Movie: "The Lost Husband" (2020) HBO [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Music Variety Hour [T]	<b>Dress Day: Aloha Attire Prince Kuhio Day 26</b> 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 Jeremy [A] 12:00 Medical Transportation 12:40 Fight Club (Tai Chi Balance) [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Night on Earth - Ep1" N [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "Race the Sun" (1996) Apple TV [T]	<b>World Theater Day 27</b> 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Jeopardy! 12:40 Fight Club (Tai Chi Balance) [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:30 El Monte High School A Cappella Choir (Los Angeles) [L] 3:15 Bingo [A] 6:30 Friday Night Fight Club (Tai Chi Practice) [T]	<b>National Something on a Stick Day 28</b> 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] 12:40 Fight Club (Tai Chi Balance) [A] 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: "Ford V Ferrari" (2019) N [T]	
<b>Palm Sunday 29</b> 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: Fancy Feathers on a Pin [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: "The Founder" (2016) N [T]	<b>Dress Day: Plaza Shirts National Jeopardy Day 30</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 [A] 9:45 Sightseeing 10:00 Making Plaza Toiletry Bags [A] 12:40 Fight Club (Tai Chi Balance) [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Errand Run (2 Miles) 1:30 Afternoon Stretch [A] 2:00 Series/Documentary: "The Last Alzheimer's Patient" (2024) HBO [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Light Classical Music Hour [T]	<b>National Orange and Lemons Day 31</b> 8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Tai Chi with Toshimi [A] 12:00 Medical Transportation 12:40 Fight Club (Tai Chi Balance) [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Craft: Cards for Spring [A] 2:00 Matinee Movie: "Molly's Game" (2017) N [T] 3:00 Pokeno [A] 6:30 Hawaiian Music Hour [T]				<ul style="list-style-type: none"> <li>Arts / Crafts</li> <li>Club Visits</li> <li>Cooking / Baking</li> <li>Educational Classes</li> <li>Exercise / Physical Activity</li> <li>Field Trip / Medical Appointments</li> <li>Games</li> <li>Movies / Documentaries</li> <li>Music / Special Entertainment</li> <li>One-on-One</li> <li>Plaza Life Fitness</li> <li>Plaza Voyages</li> <li>Religious / Spiritual Programs</li> </ul>	<h3>Location Keys</h3> <ul style="list-style-type: none"> <li>Activity Room A</li> <li>Hoku Terrace HT</li> <li>Living Room L</li> <li>Theater T</li> </ul>