





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>THE PLAZA Assisted Living</p>	<p>ATTENTION:</p> <p>Please sign up for sightseeing rides and shopping outings with concierge.</p>	<p>All Activities are subject to change</p>	<p>Dress Day: Aloha Shirts</p> <p>May Day</p> <p>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 Excursion: Lei Day Celebration in Kapiolani Park New Hope Church Service [T] 10:00 Strength, Balance and Tone with Daniel 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Errand Run 1:30 Afternoon Stretch [A] 2:00 Celebrate May Day on the Terrace! [A] 2:00 Matinee Movie: "Lone Wolf and Cub: Baby Cart in Peril" (1972) DVD [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p>National Truffle Day</p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Buddhist Service with Moilili Hongwanji [T] 10:00 Cooking Demonstration: Cookie Truffles [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "The Trapped 13: How We Survived the Thai Cave" (2022) [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "Spaceman" (2024) [T]</p>	<p>Dress Day: Two Different Colored Shoes</p> <p>National Two Different Colored Shoes Day</p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Music with Dean Hirata [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] 7:00 Friday Movie Night! [A]</p>	<p>Star Wars Day</p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Cooking Demonstration: Star-Wars Themed Snacks [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: "Star Wars: A New Hope" (1977) D+ [T]</p>
<p>Cinco de Mayo</p> <p>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 Your Own Maracas! With Virgin Margaritas! [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 May Day Hula Program with Kumu Sallie [A] 3:00 Documentary: "Guatemala: Heart of the Mayan World" (2019) 3:00 Mah Jong Game [A] 7:00 Movie Night: "Players" (2024) [T]</p>	<p>National Nurse's Day</p> <p>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: Waianalo 10:00 Hank the Singing Dutchman [HT] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs 1:30 Afternoon Stretch [A] 2:00 Documentary: "The Light We Carry" (2023) [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p>Dress Day: Tourist Shirts</p> <p>National Tourism Day</p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Aloha Shirt Ornament [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Expedition Happiness" (2017) [T] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</p>	<p>National Have a Coke Day</p> <p>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: Chinatown 10:00 New Hope Church Service [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Excursion: Crumb/Uncle Clay's House of Pure Aloha 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Sew Beanbags for Education! [A] 2:00 Matinee Movie: "Lone Wolf and Cub: Baby Cart in the Land of Dreams" (1973) DVD [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p>National Moscato Day</p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Performance: Silver Foxes [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Found" (2021) [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: [T]</p>	<p>Dress Day: Plaza Shirts</p> <p>National Shrimp Day</p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Pet Visit with Jim and Chico [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]</p>	<p>National Eat What You Want Day</p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Cooking Demonstration [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: "Ratatouille" (2007) D+ [T]</p>
<p>Dress Day: Florals or Pastels</p> <p>Mother's Day</p> <p>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: Mother's Day Picture Frame 12:30 Excursion: Royal Hawaiian Band at Kapiolani Park 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Chasing Coral" (2017) 2:00 Table Games: Hanafuda [A] 3:00 Mah Jong Game [A] 7:00 Movie Night: "Otherhood" (2019) [T]</p>	<p>National Apple Pie Day</p> <p>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: Kapalama 10:00 Music with Roy Hamada [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Errand Run 1:30 Afternoon Stretch [A] 2:00 Documentary: "Buried: The 1982 Alpine Meadows Avalanche" (2022) [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p>National Dance Like a Chicken Day</p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Felt Animals [A] 10:15 Resident Council Meeting 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Chicken Run: Dawn of the Nugget" (2023) [T] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</p>	<p>National Chocolate Chip Day</p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 New Hope Church Service [T] 1:00 Strength, Balance and Tone with Daniel 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Letters Against Isolation! [A] 2:00 Matinee Movie: "Lone Wolf and Cub: White Heaven in Hell" (1974) DVD [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p>Dress Day: Black and White</p> <p>National Classic Movie Day</p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Pet Therapy with Wes Koga [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 1:30 Documentary: "Empire of Dreams: The Story of the Star Wars Trilogy" (2004) D+ [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "Citizen Kane" (1941) AP [T]</p>	<p>National Pizza Party Day</p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Sing-a-long with Sandy and Gordon [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Pizza Party! [A] 3:00 Bingo [A]</p>	<p>National Nascar Day</p> <p>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 Kanikapila [T] 3:00 Bingo [A] 7:00 Movie Night: "Gran Turismo: Based on a True Story" (2023) [T]</p>
<p>National Devil's Food Cake Day</p> <p>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 Visit with Jim and Chico [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "My Beautiful Broken Brain" (2016) 3:00 Mah Jong Game [A] 7:00 Movie Night: "Frybread Face and Me" (2023) [T]</p>	<p>Dress Day: Plaza Shirts</p> <p>National Streaming Day</p> <p>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: Waianae Boat Harbor 10:00 Hank the Singing Dutchman [HT] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs 1:30 Afternoon Stretch [A] 2:00 Documentary: "The Social Dilemma" (2020) [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p>National Memo Day</p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Strawberry Pin [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "The Great Debaters" (2007) [T] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</p>	<p>Dress Day: Red and Black</p> <p>National Solitaire Day</p> <p>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 Excursion: Kawaihae Church New Hope Church Service [T] 10:00 Kau Kau Cafe: TBD 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Project Swimmy: Learn about succulent gardens with Kerry Komatsubara! [A] 2:00 Shopping: Don Quijote 3:00 Bingo [A] 3:00 Matinee Movie: "Puff: Wonders of the Reef" (2021) [T] 6:30 Music Variety Hour [T]</p>	<p>National Taffy Day</p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Zoo to You: Show and Tell Safari with Animal Educator from the Honolulu Zoo! [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "The Greatest Night in Pop" (2024) [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "Mother of the Bride" (2024) [T]</p>	<p>National Scavenger Hunt Day</p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Photo Scavenger Hunt! [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]</p>	<p>National Towel Day</p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Towel Origami [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 Swimmers" (2022) [T]</p>
<p>National Paper Airplane Day</p> <p>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: Paper Airplanes [A] 1:00 Sightseeing: Waikiki/Diamond Head/Kahala 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Acoustic Guitar Performance with Paul Yokota [A] 3:00 Documentary: "The New Air Force One: Flying Fortress" (2021) D+ 3:00 Mah Jong Game [A] 7:00 Movie Night: "The Bombardment" (2022) [T]</p>	<p>Dress Day: Patriotic Shirts</p> <p>Memorial Day</p> <p>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: Pearl Harbor 10:00 Craft: Magazine Mosaic Flags [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Errand Run 1:30 Afternoon Stretch [A] 2:00 Documentary: "The Last Days" (1998) [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p>National Hamburger Day</p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Televeda: Beyond Walls Bingo! [T] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Unfrosted: The Poptart Story" (2024) [T] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]</p>	<p>National Senior Health and Fitness Day</p> <p>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 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Kahala Mall 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "One Two Three" (1961) * [T] 2:00 Project Swimmy: Volunteer to make succulent gardens for Pauoa Elementary with Kerry Komatsubara! [A] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p>Dress Day: Plaza Shirts</p> <p>National Creativity Day</p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Televeda Tech Thursday! [T] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 2:00 Documentary: "Inventing David Geffen" (2012) [T] 3:00 Pokeno 7:00 Movie Night: "Yesterday" (2019) [T]</p>	<p>National Smile Day</p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Party Games: Charades, Pictionary, Heads Up! [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]</p>	<p> Health & Fitness  Movie  Shuttle  Special Event</p>