

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>National Cinnamon Day</p> <p>7:00 Breakfast 7AM - 9AM 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: Moli'i Fishpond 10:00 New Hope Church Service [T] 11:00 Lunch 11AM - 1PM 1:00 Strength, Balance and Tone with Daniel 1:15 Shopping: Longs 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 Matinee Movie: "Zatoichi Meets the One-Armed Swordsman" (1971) DVD [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 6:30 Music Listening Hour [T]</p>	<p>National Deviled Egg Day</p> <p>7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:30 Morning Exercise II [HT] 10:00 Cooking Demonstration: Deviled Eggs [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 Documentary: "Bombshell" (2017) [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Coco" (2017) D+ [T]</p>	<p>Dress Day: Sports Jersey</p> <p>National Jersey Friday</p> <p>7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Cooking Demonstration: Deviled Eggs [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 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Candy Day</p> <p>7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Cooking Craft: Candy Apples [A] 10:00 UH Football: at Nevada [T] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "The Three Musketeers" (1993) D+ [T]</p>
<p>National Donut Day</p> <p>7:00 Breakfast 7AM - 9AM 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: Mandala Coasters 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Table Games: Hanafuda 3:00 Documentary: "Live to 100: Secrets of the Blue Zones, Episode 1: The Journey Begins" (2023) 3:00 Mah Jong Game [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Your Place or Mine" (2023) [T]</p>	<p>National Nachos Day</p> <p>7:00 Breakfast 7AM - 9AM 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: Moli'i Fishpond 10:00 Hank the Singing Dutchman [HT] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Saver's Moli'i 1:30 Afternoon Stretch [A] 2:00 Documentary: "Fantastic Fungi" (2019) [T] 2:00 Music with Roy Hamada [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Bittersweet Chocolate with Almonds Day</p> <p>7:00 Breakfast 7AM - 9AM 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 Buddhist Service with Mollie Hongwanji [T] 10:00 Craft: Scarecrow Pots [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: "While You Were Sleeping" (1995) 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: Coffee Colors</p> <p>National Cappuccino Day</p> <p>7:00 Breakfast 7AM - 9AM 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] 9:30 Morning Exercise II [HT] 10:00 Sightseeing: Pu'u O Kaimuki Park 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 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 Matinee Movie: "Zatoichi at Large" (1972) DVD [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Louisiana Day</p> <p>7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 BingoPalooza! [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 Documentary: "Wings of Life" (2011) D+ [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Where the Crawdads Sing" (2022) [T]</p>	<p>Dress Day: Plaza Shirts</p> <p>National Forget-Me-Not Day</p> <p>7:00 Breakfast 7AM - 9AM 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 and Noah 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>
<p>National Pizza with the Works Except Anchovies Day</p> <p>7:00 Breakfast 7AM - 9AM 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 Learn to Draw: Still Life 11:00 Lunch 11AM - 1PM 1:00 Sightseeing: Ewa Beach 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Hula with Kumu Sallie 3:00 Documentary: "Live to 100: Secrets of the Blue Zones, Episode 2: An Unexpected Discovery" (2023) 3:00 Mah Jong Game [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "A Beautiful Life" (2023) [T]</p>	<p>World Kindness Day</p> <p>7:00 Breakfast 7AM - 9AM 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: Patsy Mink Regional Park 10:00 World Kindness Day: Pick up Litter around the Plaza! 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs 1:30 Afternoon Stretch [A] 2:00 Documentary: "Brene Brown: the Call to Courage" (2019) [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>Dress Day: PJ Day (No shorts)</p> <p>National Family PJ Day</p> <p>7:00 Breakfast 7AM - 9AM 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 Craft: Fall Greeting Card [A] 10:15 Resident Council Meeting 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: "The Boy who Harnessed the Wind" (2019) [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>America Recycles Day</p> <p>7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise: Drums Alive! [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II: Drums Alive! [HT] 10:00 New Hope Church Service [T] 11:00 Lunch 11AM - 1PM 1:00 Strength, Balance and Tone with Daniel 1:15 Shopping: Don Quijote 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 Matinee Movie: "Zatoichi in Desparation" (1972) DVD [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 6:30 Music Listening Hour [T]</p>	<p>National Button Day</p> <p>7:00 Breakfast 7AM - 9AM 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] 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 Documentary: "Call Me Kate" (2022) [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Dear John" (2010) [T]</p>	<p>National Baklava Day</p> <p>7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Cooking Demonstration: Baklava 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>
<p>National Carbonated Beverage Day</p> <p>7:00 Breakfast 7AM - 9AM 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 Artists in Action: Acrylic Painting 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Table Games: Yahtzee! 3:00 Documentary: "Live to 100: Secrets of the Blue Zones episode 3: The End of the Blue Zones?" (2023) 3:00 Mah Jong Game [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Heart of Stone" (2023) [T]</p>	<p>Dress Day: Plaza Shirts</p> <p>National Peanut Butter Fudge Day</p> <p>7:00 Breakfast 7AM - 9AM 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: Lanikai 10:00 Hank the Singing Dutchman [HT] 11:00 Kau Kau Cafe: (TBD) 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Library 1:30 Afternoon Stretch [A] 2:00 Documentary: "The Last Forest" (2021) [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>National Gingerbread Cookie Day</p> <p>7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Turkey Pin [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: "Homeward Bound: The Incredible Journey" (1993) 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: Favorite Band Shirts</p> <p>National Jukebox Day</p> <p>7:00 Breakfast 7AM - 9AM 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] 9:30 Morning Exercise II [HT] 9:45 Excursion: Kunawai Pond 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 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 Matinee Movie: "Zatoichi's Conspiracy" (1973) DVD final [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>Thanksgiving</p> <p>7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Gratitude Wreath [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 Documentary: "The Real Story of Thanksgiving" (2019) YT [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Holiday" (2020) [T]</p>	<p>Maize Day</p> <p>7:00 Breakfast 7AM - 9AM 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 Game: Telestrations 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>
<p>National Cake Day</p> <p>7:00 Breakfast 7AM - 9AM 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: Origami Ornaments 11:00 Lunch 11AM - 1PM 1:00 Sightseeing: Ka Makana Ali'i [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Hula with Kumu Sallie 3:00 Documentary: "Live to 100: Secrets of the Blue Zones episode 4: The Future of Longevity" (2023) 3:00 Mah Jong Game [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "A Knight's Tale" (2001) [T]</p>	<p>National Bavarian Cream Pie Day</p> <p>7:00 Breakfast 7AM - 9AM 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: Halona Blowhole 10:00 Sing-a-long with Sandy and Gordon [A] 11:00 Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs 1:30 Afternoon Stretch [A] 2:00 Documentary: "Growing Up Wild" (2016) D+ [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm</p>	<p>#GIVINGTUESDAY (National Day of Giving)</p> <p>Dress Day: Charity Shirts</p> <p>7:00 Breakfast 7AM - 9AM 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 Televeda: Beyond Walls Statewide Bingo [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: "Greyfriar's Bobby" (1961) 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 Electronic Greetings Day</p> <p>7:00 Breakfast 7AM - 9AM 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] 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: Queen's Heart Pillows or Bookmarkers [A] 2:00 Matinee Movie: "The Imitation Game" (2014) [T] 3:00 Bingo [A] 4:30 Dinner 4:30 pm - 6:30 pm 6:30 Music Listening Hour [T]</p>	<p>Dress Day: Plaza Shirts</p> <p>National Mason Jar Day</p> <p>7:00 Breakfast 7AM - 9AM 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Televeda: Beyond Walls Statewide Trivia [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 Documentary: "Apollo: Missions to the Moon" (2019) D+ [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Love at First Sight" (2023) [T]</p>	<p>Health & Fitness</p> <p>Movie</p> <p>Shuttle</p> <p>Special Event</p>

Location Keys

Activity Room	A
Hoku Terrace	HT
Theater	T
Wellness Floor (5th)	WF