



Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

<p><b>THE PLAZA</b> Assisted Living</p>	<p><b>ATTENTION:</b> We can only accommodate 4 residents in staff led activities and bus rides, and 5 residents in each movie at this time. Please see the exercise, bingo and pokeno schedule that is posted on the activity door for your scheduled times. Thank you for understanding.</p>	<p><b>National Chicken Boy's Day</b> <b>1</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:50 ♥ Morning Exercise II [HT] 10:10 Sewing Craft: Gregory "Peck" or "Cluck" Norris [A] 10:40 Sewing Craft: Gregory "Peck" or "Cluck" Norris [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 2:00 ♣ Matinee Movie: "Radioactive" (2020) AP</p>	<p><b>National Blueberry Popsicle Day</b> <b>2</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:50 ♥ Morning Exercise II [HT] 10:05 ♣ Concert: "Drive In Soul Classics- Legends in Concert" (YT) [T] 10:10 Art: Watercolor Blueberries (10:10 and 10:40 am) [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 1:45 ♣ Sightseeing: Maunalani Heights 2:15 Afternoon Snack: Otter Pops- Grab and Go [A] 2:15 ♣ Matinee Movie: "Music From Another Room" (1998) AP [T] 3:00 Bingo [A] 3:30 Bingo [A]</p>	<p><b>National US Bowling League Day</b> <b>3</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:50 ♥ Morning Exercise II [HT] 10:10 ♥ Wii Game: Bowling [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 2:00 Walking Club Around the Plaza Pathway 2:30 ♣ Crazy Bowling Trick shots of all time from the PBA Pros (YT) 2:30 Pokeno [B] 3:00 Pokeno 3:30 Pokeno [B] 7:00 ♣ Movie Night: "Remember Me" (2010)</p>	<p><b>National College Colors Day</b> <b>4</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:45 ♣ Sightseeing: Waiahole Valley 9:50 ♥ Morning Exercise II [HT] 10:15 Baking: Cloud Bread [A] 10:40 Baking: Cloud Bread [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 1:45 ♣ Sightseeing: Pearlridge 2:15 Let's Learn Korean! [A] 3:00 Bingo [A] 3:30 Bingo</p>	<p><b>National Cheese Pizza Day</b> <b>5</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:50 ♥ Morning Exercise II [HT] 10:15 Craft: Pizza Scrapbooking Card (10 and 10:30 am) [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 2:15 Walker and Cane Sanitation Wipe Down [A] 3:00 Bingo 3:30 Bingo [A] 7:00 ♣ Movie Night: "A Knight's Tale" (2001)</p>
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<p><b>National Coffee Ice Cream Day</b> <b>6</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:45 ♣ Sightseeing: Sandy Beach 9:50 ♥ Morning Exercise II [HT] 10:00 Morning Treat: Affogatos [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 3:15 ♣ Documentary: "Track: Search for Australia's Bigfoot" (2020) 7:00 ♣ Movie Night: "The Ottoman Lieutenant" (2017)</p>	<p><b>National Labor Day</b> <b>7</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:45 ♣ Sightseeing: Enchanted Lake 9:50 ♥ Morning Exercise II [HT] 10:00 ♣ Documentary: "Beyond the Boundary" (2020) 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 1:45 ♣ Sightseeing: Halawa Valley 2:15 Healing Touch [A] 3:00 Bingo [A] 3:30 Bingo [A]</p>	<p><b>National Ants on a Log Day</b> <b>8</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:50 ♥ Morning Exercise II [HT] 10:00 ★ Resident Council Meeting [T] 10:15 Nail Painting and Classical Music [A] 10:30 ★ Resident Council Meeting [T] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 2:00 Afternoon Snack: Ants on a Log [A] 2:00 ♣ Matinee Movie: "Shakutala Devi" (2020) AP</p>	<p><b>National Teddy Bear Day</b> <b>9</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:50 ♥ Morning Exercise II [HT] 10:00 ♣ Concert: "Elton John-London (2002) The Royal Opera House (YT) [T] 10:15 Craft: Teddy Bear Towel Bear (10:15 and 10:45 am) [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 1:45 ♣ Sightseeing: Hawaii Film Studio 2:15 Game: Teddy Bear Ring Toss [A] 2:15 ♣ Matinee Movie: "Aloha" (2015) DVD [T] 3:00 Bingo [A] 3:30 Bingo [A]</p>	<p><b>National Swap Ideas Day</b> <b>10</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:50 ♥ Morning Exercise II [HT] 10:10 Poetry in Motion [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 2:00 Walking Club Around the Plaza Pathway 2:30 Pokeno [B] 2:30 ♣ Virtual Performance: Hank the Singing Dutchman 3:00 Pokeno 3:30 Pokeno [B] 7:00 ♣ Movie Night: "Christine" (2016)</p>	<p><b>National Patriot and Day of Service and Remembrance Day</b> <b>11</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:50 ♥ Morning Exercise II [HT] 10:15 Craft: Poppy Name Tags [A] 10:40 Craft: Poppy Name Tags [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 2:00 Walking Club Around the Plaza Pathway 2:30 Pokeno [B] 2:30 ♣ Virtual Performance: Hank the Singing Dutchman 3:00 Pokeno 3:30 Pokeno [B] 7:00 ♣ Movie Night: "Christine" (2016)</p>	<p><b>National Chocolate Milkshake Day</b> <b>12</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:50 ♥ Morning Exercise II [HT] 10:15 Mid-Morning Snack: Chocolate Milk Shakes [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 1:45 ♣ Sightseeing: Punchbowl 2:15 Patriotic Sing-a-long [A] 3:00 Bingo [A] 3:30 Bingo [A] 7:00 ♣ Movie Night: "Fathers and Daughters" (2017) AP</p>
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<p><b>National Assisted Living Week</b> <b>13</b></p> <p><b>National Grandparent's Day</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:45 ♣ Sightseeing: Royal Kunia 9:50 ♥ Morning Exercise II [HT] 10:00 New Event Name 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 2:00 Plaza Book Club [T] 3:15 ♣ Documentary: "Rewind" (2019) AP 7:00 ♣ Movie Night: "The Story of Us" (1999)</p>	<p><b>Dress Day: Pajamas</b> <b>14</b></p> <p><b>National Assisted Living Week</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:45 ♣ Sightseeing: Lake Wilson, Wahiawa 9:50 ♥ Morning Exercise II [HT] 10:00 ♣ Documentary: "The Repair Shop" (2018) 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 1:45 ♣ Sightseeing: Eastside Beaches 2:00 Hawaii Trivia [A] 3:00 Bingo [A] 3:30 Bingo [A]</p>	<p><b>Dress Day: Sports</b> <b>15</b></p> <p><b>National Assisted Living Week</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:50 ♥ Morning Exercise II [HT] 10:00 ★ Resident Council Meeting [T] 10:15 Shuffleboard [A] 10:30 ★ Resident Council Meeting [T] 11:30 ★ Plaza Eats (Dine In) Chinese [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 1:45 ♣ Sightseeing: Eastside Beaches 2:00 Hawaii Trivia [A] 3:00 Bingo [A] 3:30 Bingo [A]</p>	<p><b>Dress Day: Western</b> <b>16</b></p> <p><b>National Assisted Living Week</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:50 ♥ Morning Exercise II [HT] 10:00 ♣ Concert: "Pure Heart at Hawaii Theater" [T] 10:00 Wild West Games [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 1:45 ♣ Sightseeing: Kakaako Art District 2:15 Afternoon Snack: Western Haystacks [A] 2:15 ♣ Matinee Movie: "Sweet Home Alabama" (2002) AP [T] 3:00 Bingo [A] 3:30 Bingo [A]</p>	<p><b>Dress Day: Decades Theme</b> <b>17</b></p> <p><b>National Assisted Living Week</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:50 ♥ Morning Exercise II [HT] 10:00 ♣ Concert: "Pure Heart at Hawaii Theater" [T] 10:00 Wild West Games [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 2:00 Walking Club Around the Plaza Pathway 2:30 Pokeno [B] 2:30 ♣ Virtual Performance: Hank the Singing Dutchman 3:00 Pokeno 3:30 Pokeno [B] 7:00 ♣ Movie Night: "Les Miserables" (2012)</p>	<p><b>Dress Day: Aloha Attire</b> <b>18</b></p> <p><b>National Assisted Living Week</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:45 ♣ Sightseeing: Sherwood Forest 9:50 ♥ Morning Exercise II [HT] 10:15 Drums Alive! [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 1:45 ♣ Sightseeing: Manoa Valley 2:15 Afternoon Snack: Butterscotch Pudding [A] 3:00 Bingo [A] 3:30 Bingo</p>	<p><b>National Dance Day</b> <b>19</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:50 ♥ Morning Exercise II [HT] 10:15 Seated or Standing Line Dancing [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 2:15 Walker and Cane Sanitation Wipe Down [A] 3:00 Bingo 3:30 Bingo [A] 7:00 ♣ Movie Night: "Make Us Dream" (2018) AP</p>
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<p><b>National Pepperoni Pizza Day</b> <b>20</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:45 ♣ Sightseeing: Halawa Valley 9:50 ♥ Morning Exercise II [HT] 10:00 Artists in Action (Painting Class) [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 2:00 Artists in Action (Painting Class) [A] 2:00 Plaza Book Club [T] 3:15 ♣ Documentary: "The Speed Cubers" (2020) 7:00 ♣ Movie Night: "Late Night" (2019) AP</p>	<p><b>National New York Day</b> <b>21</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:45 ♣ Sightseeing: Windward Mall 9:50 ♥ Morning Exercise II [HT] 10:00 ♣ Matinee Movie: "Meanwhile in New York" (2020) AP 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 1:45 ♣ Sightseeing: Historical Hawaiian Sites 2:15 Armchair Travel: New York [A] 3:00 Bingo [A] 3:30 Bingo [A]</p>	<p><b>Dress Day: Wear Strawberry, Chocolate or Vanilla Colors</b> <b>22</b></p> <p><b>National Ice Cream Cone Day</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:50 ♥ Morning Exercise II [HT] 10:00 ★ Resident Council Meeting [T] 10:15 Temaki Sushi To Go: California Roll and Go! [A] 10:30 ★ Resident Council Meeting [T] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 2:00 Afternoon Snack: Mini Ice Cream Cones- Grab and Go [A] 2:00 ♣ Matinee Movie: "How Do You Know" (2010)</p>	<p><b>National Snack Stick Day</b> <b>23</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:50 ♥ Morning Exercise II [HT] 10:10 ♣ Concert: Michael Buble Live Full Concert 2017 (YT) [T] 10:15 Cooking: Rice Krispie Treats on a Stick (10:15 &amp; 10:45 am) [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 1:45 ♣ Sightseeing: Kapalama 2:15 Game: Horseshoes [A] 2:15 ♣ Matinee Movie: "Kodachrome" (2018) [T] 3:00 Bingo [A] 3:30 Bingo [A]</p>	<p><b>National Cherries Jubilee Day</b> <b>24</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:50 ♥ Morning Exercise II [HT] 10:10 Cooking Demo: Cherries Jubilee with Chef Frank [A] 10:30 Cooking Demo: Cherries Jubilee with Chef Frank [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 2:00 Walking Club Around the Plaza Pathway 2:30 Pokeno [B] 2:30 ♣ Virtual Performance: Hank the Singing Dutchman 3:00 Pokeno 3:30 Pokeno [B] 7:00 ♣ Movie Night: "The Promise" (2016)</p>	<p><b>National Quesadilla Day</b> <b>25</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:45 ♣ Sightseeing: Kapapahu Point Park 9:50 ♥ Morning Exercise II [HT] 10:15 Cooking Demo: Cheese Quesadillas [A] 10:40 Cooking Demo: Cheese Quesadillas [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 2:15 Afternoon Sensory Experience: Honey Citron Tea [A] 3:00 Bingo [A] 3:30 Bingo</p>	<p><b>National Pancake Day</b> <b>26</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:50 ♥ Morning Exercise II [HT] 10:10 Craft: Pancake Felt Plushies [A] 10:40 Craft: Pancake Felt Plushies [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 2:15 Walker and Cane Sanitation Wipe Down [A] 3:00 Bingo 3:30 Bingo [A] 7:00 ♣ Movie Night: "Nights in Rodanthe" (2008)</p>
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<p><b>National Corned Beef Hash Day</b> <b>27</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:45 ♣ Sightseeing: Hoomaluhia Botanical Garden 9:50 ♥ Morning Exercise II [HT] 10:00 ♣ Documentary: "Islands of Faith" (2018) [T] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 1:45 ♣ Sightseeing: Kapiolani Community College 2:10 Afternoon Snack: Mini Strawberry Cream Cheese Pie- Grab and Go [A] 3:00 Bingo [A] 3:30 Bingo [A]</p>	<p><b>National Strawberry Cream Pie Day</b> <b>28</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:45 ♣ Sightseeing: Hoomaluhia Botanical Garden 9:50 ♥ Morning Exercise II [HT] 10:00 ♣ Documentary: "Islands of Faith" (2018) [T] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 1:45 ♣ Sightseeing: Kapiolani Community College 2:10 Afternoon Snack: Iced Coffee and Coffee Cake- Grab and Go [A] 3:00 Bingo [A] 3:30 Bingo [A]</p>	<p><b>National Coffee Day</b> <b>29</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:50 ♥ Morning Exercise II [HT] 10:00 ★ Resident Council Meeting [T] 10:15 Craft: Coffee Cup Treat Holders [A] 10:30 ★ Resident Council Meeting [T] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 2:00 Afternoon Snack: Iced Coffee and Coffee Cake- Grab and Go [A] 2:00 ♣ Matinee Movie: "God Bless the Broken Road" (2018)</p>	<p><b>National Love People Day</b> <b>30</b></p> <p>8:00 ♥ Virtual Exercise: "Rise and Shine" [T] 8:30 ♥ Morning Exercise I (15 minutes) [HT] 8:50 ♥ Morning Exercise (15 minutes) [HT] 9:10 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:50 ♥ Morning Exercise II [HT] 10:00 Craft: Beading Bracelets [A] 10:10 ♣ Concert: Dionne Warwick in Concert 1983 (YT) [T] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 ♥ Afternoon Stretch (15 minutes) [A] 1:40 ♥ Afternoon Stretch (15 minutes) [A] 1:45 ♣ Sightseeing: Hilton Hawaiian Beach Lagoon 2:15 ♣ Matinee Movie: "Letters to Juliet" (2010) AP [T] 2:15 Nail Painting and Watercolor [A] 3:00 Bingo [A] 3:30 Bingo [A]</p>	<p><b>Health &amp; Fitness</b> ♥ <b>Movie</b> 🎬 <b>Shuttle</b> 🚌 <b>Special Event</b> ★</p> <p><b>Location Keys</b></p> <p>Activity Room A Bistro B Hoku Terrace HT Theater T</p>
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