

7:00 Movie Night: "The One For Sarah" (2022) [T]

## Sunday Monday Tuesday Wednesday Thursday Friday Saturday Dress Day: University of Hawaii Shirts or National Tailgating Day **ATTENTION:** 7:00 Breakfast 7AM - 9AM National College Colors Day 8:30 Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" 7:00 Breakfast 7AM - 9AM Health & Fitness **Location Keys** 8:30 ♥ Morning Exercise [HT] Please sign up for sightseeing 9:30 Morning Exercise II [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] rides and shopping outings with Movie **Activity Room** 9:30 Morning Exercise II [HT] 10:00 Wii Game: Wii Sports 1:00 Lunch 11AM - 1PM 10:00 ★ Music with Dean Hirata [A] THE PLAZA concierge. Hoku Terrace HT 1:00 Lunch 11AM - 1PM 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] Shuttle - Assisted Living 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] Theater 1:30 Afternoon Stretch [A] 2:15 Table Games: Jenga [A] Community Service Moai: Queen's Heart Pillows 3:00 Bingo [A] ★ Special Event Wellness Floor (5th) 4:30 Dinner 4:30 pm - 6:30 pm or Bookmarkers [A] 7:00 Movie Night: "Gridiron Gang" (2006) [T] Bingo [A] Dinner 4:30 pm - 6:30 pm 5:00 \* UH Football vs Stanford [T] National Cinema Day Dress Dav: Denim (Jeans Okav) National Cheese Pizza Day Dress Day: Coffee Colors National Salami Day **National Star Trek Day** National Teddy Bear Day 7:00 Breakfast 7AM - 9AM National Labor Day National Coffee Ice Cream Day 7:00 Breakfast 7AM - 9AM 8:15 Church Runs Breakfast 7AM - 9AM Breakfast 7AM - 9AM 8:30 ♥ Morning Exercise [HT] 8:30 ♥ Morning Exercise [HT] 8:30 Morning Exercise [HT] 8:30 Morning Exercise [HT] 8:30 Morning Exercise: Tai Chi with Gordon 8:30 • Morning Exercise [HT] 8:30 W Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" 9:00 Virtual Exercise: "Rise and Shine" 9:00 Virtual Exercise: "Rise and Shine" 9:00 ♥ Virtual Exercise: "Rise and Shine" 8:30 Plaza Walking Moai Club @ Magic Island 8:30 🖨 Plaza Walking Moai Club @ Magic Island 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II: Drums Alive! [A] 9:30 Morning Exercise II [HT] 9:30 Morning Exercise II [HT] 9:30 Morning Exercise II [HT] 9:30 ♥ Morning Exercise II: Tai Chi with Gordon [HT] 9:30 Morning Exercise II [HT] 9:30 Morning Exercise II [HT] Cooking Demonstration: Tortilla Pizzas [A] 10:00 \* Buddhist Service with Moiliili Hongwanji [T] 10:00 10:00 Trivia [A] 10:00 Craft: Teddy Bears 10:00 Indoor Golf [A] New Hope Church Service [T] Lunch 11AM - 1PM 9:45 Sightseeing: Kapolei 10:00 Music with Hank the Singing Dutchman [A] Lunch 11AM - 1PM 11:00 Lunch 11AM - 1PM 10.00 Cooking Demo: Salami Bread [A] 1:00 1:00 Lunch 11AM - 1PM 11:00 Lunch 11AM - 1PM 12:00 Medical Transportation Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:00 Excursion: Okinawan Festival (\$5 entrance fee) Lunch 11AM - 1PM 1:00 Strength, Balance and Tone with Daniel 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] Medical Transportation 1:30 Afternoon Stretch [A] 1:30 Afternoon Stretch [A] 12:00 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🖨 Shopping: Don Quijote 1:30 • Afternoon Stretch [A] 1:30 • Afternoon Stretch [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] Community Service Moai: Queen's Heart Pillows 2:15 Table Games: Hanafuda [A] 2:00 Community Service Moai: Queen's Heart Pillows or 2:00 1:15 Shopping: Longs (1 hour) Bookmarkers [A] 2:00 Kanikapila [T] 2:00 Matinee Movie: "Eat Pray Love" (2010) [T] 1:30 Afternoon Stretch [A] or Bookmarkers [A] 1:30 MARTINION Afternoon Stretch [A] 3:00 Bingo [A] 3:00 Documentary: "The Movies that Made Us" (2021) Seaso 2:00 Matinee Movie: "Zatoichi's Pilgrimage" (1966) DVD [T] 2:00 Documentary: "9to5: The Story of a Movement" (2021) Dinner 4:30 pm - 6:30 pm 2:30 Afternoon Exercise (AL residents) [WF] 2:00 Documentary: "The Deepest Breath" (2023) [T] Bingo [A] 4:30 2, Episode: Pretty Woman [T] Bingo [A] Dinner 4:30 pm - 6:30 pm 5th Floor Bingo (AL residents only) [WF] 2:00 Walking Club Around the Plaza 4:30 6.00 UH vs Albany [T] 3.00 Mah Jong Game [A] Bingo [A] Dinner 4:30 pm - 6:30 pm Dinner 4:30 pm - 6:30 pm 3:00 Pokeno [A] Dinner 4:30 pm - 6:30 pm 4:30 Dinner 4:30 pm - 6:30 pm Music Listening Hour [T] 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "Stand by Me" (1986) [T] 7:00 Movie Night: "Arrival" (2016) [T] National Grandparent's Day Dress Day: Beach or Resort Wear Dress Day: Wear the Clothes from Your Decade Dress Day: Superhero Dress Day: Favorite Music Entertainers Dress Day: Sports Jerseys (no tank tops) 13 Dress Day: Plaza Pride 6 Breakfast 7AM - 9AM National Assisted Living Week National Assisted Living Week National Assisted Living Week National Assisted Living Week **National Assisted Living Week** National Assisted Living Week 8:15 🖨 Church Runs Breakfast 7AM - 9AM Breakfast 7AM - 9AM 7:00 Breakfast 7AM - 9AM Breakfast 7AM - 9AM 7:00 Breakfast 7AM - 9AM 7:00 Breakfast 7AM - 9AM 8:30 W Morning Exercise: Tai Chi with Gordon 8:30 Morning Exercise [HT] 8:30 ♥ Morning Exercise [HT] 8:30 Morning Exercise: Drums Alive! [A] 8:30 ♥ Morning Exercise [HT] 8:30 ♥ Morning Exercise [HT] 8:30 ♥ Morning Exercise [HT] 8:30 📮 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:30 Morning Exercise II: Drums Alive! [A] 9:30 Morning Exercise II [HT] 9:30 ♥ Morning Exercise II [HT] 9:30 Morning Exercise II [HT] 9:30 Morning Exercise II: Tai Chi with Gordon [HT] 9:30 Morning Exercise II [HT] 10:00 Learn to Draw Superheroes [A] 10:00 Pina Colada Party [A] 9:45 Proursion: Kunawai Pond 10:00 Cooking Demonstration: Ham and Cheese Slider 10:00 YouTube Karaoke 10:00 Craft: Picture Frame 9:45 Sightseeing: Downtown/Chinatown 10:15 ★ Resident Council Meeting New Hope Church Service [T] Lunch 11AM - 1PM Lunch 11AM - 1PM Lunch 11AM - 1PM 1:00 Lunch 11AM - 1PM 11:00 10:00 🖈 Music with Roy Hamada [A] Lunch 11AM - 1PM Lunch 11AM - 1PM 12:00 Medical Transportation 11.00 Kanikapila [T] Pharmacare Flu Shot Clinic [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:00 Lunch 11AM - 1PM Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:00 Virtual Exercise: Barre with Resistance Bands [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 • Afternoon Stretch [A] 1:15 🖨 Shopping: Errand Run 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 MARTER AFTERNOON Stretch [A] 1:30 Afternoon Stretch [A] 2:00 Pocumentary: "For The Love of Spock" (2016) [T] 1:15 🖨 Shopping: Walmart 1:30 MAfternoon Stretch [A] 1:30 MAfternoon Stretch [A] 2:00 UH Football at Oregon [T] 1:30 Afternoon Stretch [HT] 2:00 Hula with Kumu Sallie [A] Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "The Little Mermaid" (2023) D+ [T] 2:00 Walking Club Around the Plaza Community Service Moai: Oueen's Heart Pillows 2:00 Table Games: Blackiack [A] 2.15 3:00 Documentary: "Making the Wish: Disney's Newest Cruis 2:00 Documentary: "Wild Portugal" D+ [T] 2:30 Afternoon Exercise (All residents) [WF] 3:00 Pokeno [A] or Bookmarkers 3.00 Bingo [A] Ship" D+ [T] 2:00 Matinee Movie: "Zatoichi's Cane Sword" (1967) DVD [T] 5th Floor Bingo (AL residents only) [WF] Dinner 4:30 pm - 6:30 pm Bingo [A] 3:00 Dinner 4:30 pm - 6:30 pm Bingo 4.30 Mah Jong Game [A] 4:30 Dinner 4:30 pm - 6:30 pm Dinner 4:30 pm - 6:30 pm 3:00 Bingo [A] 7:00 Movie Night: "Guardians of the Galaxy: Vol. 3" (2023) D+ 4:30 Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "It's Complicated" (2009) [T] 4:30 Dinner 4:30 pm - 6:30 pm Dinner 4:30 pm - 6:30 pm 4:30 7:00 Movie Night: "The Parent Trap" (1961) D+ [T] Music Listening Hour [T] **National Apple Dumpling Day National Cheeseburger Day** National Talk Like a Parrot Day Dress Day: Plaza Shirt **National New York Day** Dress Day: Fall Colors (Red, Orange, Brown) National Family Health & Fitness Day 7:00 Breakfast 7AM - 9AM Breakfast 7AM - 9AM 7:00 Breakfast 7AM - 9AM **National Fried Rice Day** Breakfast 7AM - 9AM National Centenarian's Day 7:00 Breakfast 7AM - 9AM 7:00 8:15 Church Runs 8:30 Morning Exercise [HT] Breakfast 7AM - 9AM 8:30 ♥ Morning Exercise [HT] 8:30 ♥ Morning Exercise [HT] 8:30 ♥ Morning Exercise [HT] Breakfast 7AM - 9AM 8:30 Morning Exercise: Tai Chi with Gordon 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine 9:00 ♥ Virtual Exercise: "Rise and Shine" 8:30 Morning Exercise: Drums Alive! [A] 9:00 Virtual Exercise: "Rise and Shine" [T] 8:30 Plaza Walking Moai Club @ Magic Island [T] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:30 Morning Exercise II [HT] 9:30 Morning Exercise II [HT] 9:30 Morning Exercise II: Drums Alive! [A] 9:30 ♥ Morning Exercise II: Tai Chi with Gordon [HT] 9:45 🖨 Excursion: Kapiolani Park 9:30 Morning Exercise II [HT] Craft: Hanging Parrot [A] Pet Therapy with Wes Koga [A] 10:00 Wii Game: Wii Sport Resort 10:00 10:00 10:00 Pet Therapy with Kaia and Noah [A] 10:00 \* Music with Hank the Singing Dutchman [A] 10:00 Craft: Watercolor Leaf Art New Hope Church Service [T] Lunch 11AM - 1PM Lunch 11AM - 1PM Lunch 11AM - 1PM 1:00 Lunch 11AM - 1PM 11:00 11:00 1:00 1:00 🖨 Kau Kau Cafe: Mexico Lindo 11:00 Lunch 11AM - 1PM Lunch 11AM - 1PM Medical Transportation Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 12:00 1:00 Sightseeing: Ko'olina 1:00 Lunch 11AM - 1PM 12:00 Strength, Balance and Tone with Daniel 1:00 Virtual Exercise: Barre with Resistance Bands [T 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T 1:30 Afternoon Stretch [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 🖨 Shopping: Ross Dress For Less Afternoon Stretch [A] 1:30 MARTIN Afternoon Stretch [A] 1:30 Afternoon Stretch [A] 1:30 Afternoon Stretch [A] Table Games: Uno [A] 1:15 🖨 Shopping: Errand Run Community Service Moai: Queen's Heart Pillows or Community Service Moai: Queen's Heart Pillows 2.15 2:00 Kanikapila [T] Bookmarkers [A] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Rio 2" (2014) D+ [T] 2:00 Documentary: "Miracle Landing on the Hudson' Bingo [A] or Bookmarkers [A] 3:00 3:00 Documentary: "Wild Hawaii: Episode 2, Secrets of the 2:00 Documentary: "Wild Hawaii: Episode 1, Land of Fire 2:30 Afternoon Exercise (Al residents) [WF] 2:00 Matinee Movie: "Zatoichi The Outlaw" (1967) DVD [T] (2014) D+ [T] Dinner 4:30 pm - 6:30 pm 4:30 3:00 Bingo [A] Deep" (2014) D+ [T] (2014) D+ [T] 5th Floor Bingo (AL residents only) [WF] Ringo [A] 2:00 Walking Club Around the Plaza 6.00 UH vs New Mexico State [T] 3.00 4:30 Dinner 4:30 pm - 6:30 pm 3·00 Mah Jong Game [A] Dinner 4:30 pm - 6:30 pm Bingo [A] Pokeno [A] 4:30 Dinner 4:30 pm - 6:30 pm 3:00 Dinner 4:30 pm - 6:30 pm 4:30 Dinner 4:30 pm - 6:30 pm Music Listening Hour [T] Dinner 4:30 pm - 6:30 pm 7:00 Movie Night: "The Apple Dumpling Gang" (1975) D+ [T] 7:00 Movie Night: "Newsies" (1992) D+ [T] Dress Day: Plaza Shirt or Orange Shirt Dress Day: Favorite Comic Book Character National Pancake Day National Corned Beef Hash Day National Coffee Day National Innergize Day National Good Neighbor Day 7:00 Breakfast 7AM - 9AM National Comic Book Day Breakfast 7AM - 9AM 7:00 Breakfast 7AM - 9AM 7:00 Breakfast 7AM - 9AM 7:00 Breakfast 7AM - 9AM **National Orange Shirt Day** 8:15 🖨 Church Runs 8:30 Morning Exercise [HT] Breakfast 7AM - 9AM 8:30 ♥ Morning Exercise [HT] 8:30 ♥ Morning Exercise [HT] 8:30 ♥ Morning Exercise [HT] 7:00 Breakfast 7AM - 9AM 8:30 Worning Exercise: Tai Chi with Gordon 8:30 🖨 Plaza Walking Moai Club @ Magic Island 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine 9:00 ♥ Virtual Exercise: "Rise and Shine" 9:00 Virtual Exercise: "Rise and Shine" 8:30 ♥ Morning Exercise [HT] 8:30 🖨 Plaza Walking Moai Club @ Magic Island 9:00 Virtual Exercise: "Rise and Shine" [T] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:30 ♥ Morning Exercise II [HT] 9:30 ♥ Morning Exercise II [HT] 9:30 Morning Exercise II [HT] 9:30 Morning Exercise II: Tai Chi with Gordon [HT] 9:45 🖨 Excursion: Kawainui Marsh 9:30 Morning Exercise II [HT] 10:00 Project Televeda: Beyond Walls Statewide Bingo [T] Televeda: Beyond Walls Statewide Trivia [A] 10:00 Craft: Coffee Filter Crafting [A] 10:00 10:00 Cooking Demonstration: Orange Chicken [A] 10:00 Craft: Tropical Painting New Hope Church Service [T] 9:45 🖨 Sightseeing: Round Top 11:00 Lunch 11AM - 1PM Lunch 11AM - 1PM Lunch 11AM - 1PM Lunch 11AM - 1PM 10:00 \* UH at UNLV [T] 0:00 ★ Sing-a-long with Sandy and Gordon [A] Lunch 11AM - 1PM 1:00 Virtual Exercise: Barre with Resistance Bands [T] Medical Transportation 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T 11:00 Lunch 11AM - 1PM 1:00 Lunch 11AM - 1PM 1:30 MAfternoon Stretch [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T 1:30 • Afternoon Stretch [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 🖨 Shopping: Kahala Mall 1:00 Virtual Exercise: Barre with Resistance Bands [T] 2:00 Hula with Kumu Sallie [A] 1:30 Afternoon Stretch [A] 1:30 Afternoon Stretch [A] 1:30 Afternoon Stretch [A] Community Service Moai: Queen's Heart Pillows 1:15 🖨 Excursion: Liliha Bakery 1:30 Afternoon Stretch [A] 3:00 Documentary: "Saving Giraffes: The Long Journey Hon 2:00 Matinee Movie: "Uncle Buck" (1989) [T] 2:00 Community Service Moai: Queen's Heart Pillows or 1:30 Afternoon Stretch [A] 2:00 Documentary: "Won't You Be My Neighbor?" or Bookmarkers [A] 2:15 Table Games: Jenga [A] (2022) D+Bookmarkers [A] 2:00 Documentary: "Stan Lee" (2023) D+ [T] 2:30 Afternoon Exercise (AL residents) [WF] (2018) [T] Bingo [A] 3.00 Bingo [A] Mah Jong Game [A] 2:00 Matinee Movie: Zatoichi Challenged" (1967) DVD [T] 3:00 Bingo [A] 2:00 Walking Club Around the Plaza Dinner 4:30 pm - 6:30 pm 5th Floor Bingo (AL residents only) [WF] Dinner 4:30 pm - 6:30 pm

3:00

Dinner 4:30 pm - 6:30 pm

Bingo [A]

Dinner 4:30 pm - 6:30 pm

Music Listening Hour [T]

3:00 Pokeno [A]

Dinner 4:30 pm - 6:30 pm

7:00 Movie Night: "Cantain Phillins" (2013) [T]

Dinner 4:30 pm - 6:30 pm

Dinner 4:30 pm - 6:30 pm

7:00 Movie Night: "The Secret of My Success" (1987) [T]