

September 2023
The Plaza at Waikiki



SundayMondayTuesdayWednesdayThursdayFridaySaturday

<div><div></div><div><p>ATTENTION:</p><p>Please sign up for sightseeing rides and shopping outings with concierge.</p></div></div>		<div><div><div><div> Health & Fitness</div><div> Movie</div><div> Shuttle</div><div> Special Event</div></div><div><div>Location Keys</div><div>Activity Room</div><div>Hoku Terrace</div><div>Theater</div><div>Wellness Floor (5th)</div><div>A</div><div>HT</div><div>T</div><div>WF</div></div></div></div>		<div><div><div>Dress Day: University of Hawaii Shirts or Colors</div><div>National College Colors Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>10:00 Music with Dean Hirata [A]</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A]</div><div>3:00 Bingo [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div><div>5:00 UH Football vs Stanford [T]</div></div></div>	<div><div><div>National Tailgating Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>10:00 Wii Game: Wii Sports</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:15 Table Games: Jenga [A]</div><div>3:00 Bingo [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div><div>7:00 Movie Night: "Gridiron Gang" (2006) [T]</div></div></div>	
<div><div><div>National Cinema Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:15 Church Runs</div><div>8:30 Morning Exercise: Tai Chi with Gordon [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II: Tai Chi with Gordon [HT]</div><div>10:00 Indoor Golf [A]</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Excursion: Okinawan Festival (\$5 entrance fee)</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Kanikapila [T]</div><div>3:00 Documentary: "The Movies that Made Us" (2021) Season 2, Episode: Pretty Woman [T]</div><div>3:00 Mah Jong Game [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div><div>7:00 Movie Night: "Stand by Me" (1986) [T]</div></div></div>	<div><div><div>Dress Day: Denim (Jeans Okay)</div><div>National Labor Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>8:30 Plaza Walking Moai Club @ Magic Island</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>9:45 Sightseeing: Kapolei</div><div>10:00 Music with Hank the Singing Dutchman [A]</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:15 Shopping: Longs (1 hour)</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Documentary: "9to5: The Story of a Movement" (2021) [T]</div><div>3:00 Bingo [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div></div></div>	<div><div><div>National Cheese Pizza Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II: Drums Alive! [A]</div><div>10:00 Cooking Demonstration: Tortilla Pizzas [A]</div><div>11:00 Lunch 11AM - 1PM</div><div>12:00 Medical Transportation</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Matinee Movie: "Eat Pray Love" (2010) [T]</div><div>2:30 Afternoon Exercise (AL residents) [WF]</div><div>3:00 5th Floor Bingo (AL residents only) [WF]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div></div></div>	<div><div><div>Dress Day: Coffee Colors</div><div>National Coffee Ice Cream Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>8:30 Plaza Walking Moai Club @ Magic Island</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>10:00 New Hope Church Service [T]</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Strength, Balance and Tone with Daniel</div><div>1:15 Shopping: Don Quijote</div><div>2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A]</div><div>2:00 Matinee Movie: "Zatoichi's Pilgrimage" (1966) DVD [T]</div><div>3:00 Bingo [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div><div>6:30 Music Listening Hour [T]</div></div></div>	<div><div><div>National Salami Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>10:00 Buddhist Service with Moiliili Hongwanji [T]</div><div>10:00 Cooking Demo: Salami Bread [A]</div><div>11:00 Lunch 11AM - 1PM</div><div>12:00 Medical Transportation</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Documentary: "The Deepest Breath" (2023) [T]</div><div>2:00 Walking Club Around the Plaza</div><div>3:00 Pokeno [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div><div>7:00 Movie Night: "Arrival" (2016) [T]</div></div></div>	<div><div><div>National Star Trek Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>10:00 Trivia [A]</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A]</div><div>3:00 Bingo [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div></div></div>	<div><div><div>National Teddy Bear Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>10:00 Craft: Teddy Bears</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:15 Table Games: Hanafuda [A]</div><div>3:00 Bingo [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div><div>6:00 UH vs Albany [T]</div></div></div>
<div><div><div>National Grandparent's Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:15 Church Runs</div><div>8:30 Morning Exercise: Tai Chi with Gordon [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II: Tai Chi with Gordon [HT]</div><div>10:00 Craft: Picture Frame</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Kanikapila [T]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [A]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Hula with Kumu Sallie [A]</div><div>3:00 Documentary: "Making the Wish: Disney's Newest Cruise Ship" D+ [T]</div><div>3:00 Mah Jong Game [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div><div>7:00 Movie Night: "The Parent Trap" (1961) D+ [T]</div></div></div>	<div><div><div>Dress Day: Sports Jerseys (no tank tops)</div><div>National Assisted Living Week</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>8:30 Plaza Walking Moai Club @ Magic Island</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>9:45 Sightseeing: Downtown/Chinatown</div><div>10:00 Music with Roy Hamada [A]</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:15 Shopping: Walmart</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Documentary: "Wild Portugal" D+ [T]</div><div>3:00 Bingo [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div></div></div>	<div><div><div>Dress Day: Beach or Resort Wear</div><div>National Assisted Living Week</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>10:00 Pina Colada Party [A]</div><div>10:15 Resident Council Meeting</div><div>11:00 Lunch 11AM - 1PM</div><div>12:00 Medical Transportation</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Matinee Movie: "The Little Mermaid" (2023) D+ [T]</div><div>2:30 Afternoon Exercise (AL residents) [WF]</div><div>3:00 5th Floor Bingo (AL residents only) [WF]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div></div></div>	<div><div><div>Dress Day: Wear the Clothes from Your Decade</div><div>National Assisted Living Week</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise: Drums Alive! [A]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II: Drums Alive! [A]</div><div>9:45 Excursion: Kunawai Pond</div><div>10:00 New Hope Church Service [T]</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:15 Shopping: Errand Run</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A]</div><div>2:00 Matinee Movie: "Zatoichi's Cane Sword" (1967) DVD [T]</div><div>3:00 Bingo [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div><div>6:30 Music Listening Hour [T]</div></div></div>	<div><div><div>Dress Day: Superhero</div><div>National Assisted Living Week</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>10:00 Learn to Draw Superheroes [A]</div><div>11:00 Lunch 11AM - 1PM</div><div>12:00 Medical Transportation</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Documentary: "For The Love of Spock" (2016) [T]</div><div>2:00 Walking Club Around the Plaza</div><div>3:00 Pokeno [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div><div>7:00 Movie Night: "Guardians of the Galaxy: Vol. 3" (2023) D+ [T]</div></div></div>	<div><div><div>Dress Day: Plaza Pride</div><div>National Assisted Living Week</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>10:00 Cooking Demonstration: Ham and Cheese Sliders</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Pharmacare Flu Shot Clinic [A]</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [HT]</div><div>2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers</div><div>3:00 Bingo</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div></div></div>	<div><div><div>Dress Day: Favorite Music Entertainers</div><div>National Assisted Living Week</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>10:00 YouTube Karaoke</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 UH Football at Oregon [T]</div><div>2:15 Table Games: Blackjack [A]</div><div>3:00 Bingo [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div><div>7:00 Movie Night: "It's Complicated" (2009) [T]</div></div></div>
<div><div><div>National Apple Dumpling Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:15 Church Runs</div><div>8:30 Morning Exercise: Tai Chi with Gordon [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II: Tai Chi with Gordon [HT]</div><div>10:00 Pet Therapy with Kaia and Noah [A]</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Sightseeing: Koolina</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Kanikapila [T]</div><div>3:00 Documentary: "Wild Hawaii: Episode 2, Secrets of the Deep" (2014) D+ [T]</div><div>3:00 Mah Jong Game [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div><div>7:00 Movie Night: "The Apple Dumpling Gang" (1975) D+ [T]</div></div></div>	<div><div><div>National Cheeseburger Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>8:30 Plaza Walking Moai Club @ Magic Island</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>9:45 Excursion: Kapiolani Park</div><div>10:00 Music with Hank the Singing Dutchman [A]</div><div>11:00 Kau Kau Cafe: Mexico Lindo</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:15 Shopping: Errand Run</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Documentary: "Wild Hawaii: Episode 1, Land of Fire" (2014) D+ [T]</div><div>3:00 Bingo [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div></div></div>	<div><div><div>National Talk Like a Parrot Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>10:00 Craft: Hanging Parrot [A]</div><div>11:00 Lunch 11AM - 1PM</div><div>12:00 Medical Transportation</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Matinee Movie: "Rio 2" (2014) D+ [T]</div><div>2:30 Afternoon Exercise (AL residents) [WF]</div><div>3:00 5th Floor Bingo (AL residents only) [WF]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div></div></div>	<div><div><div>Dress Day: Plaza Shirt</div><div>National Fried Rice Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>8:30 Plaza Walking Moai Club @ Magic Island</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>10:00 New Hope Church Service [T]</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Strength, Balance and Tone with Daniel</div><div>1:15 Shopping: Ross Dress For Less</div><div>2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A]</div><div>2:00 Matinee Movie: "Zatoichi The Outlaw" (1967) DVD [T]</div><div>3:00 Bingo [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div><div>6:30 Music Listening Hour [T]</div></div></div>	<div><div><div>National New York Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>10:00 Pet Therapy with Wes Koga [A]</div><div>11:00 Lunch 11AM - 1PM</div><div>12:00 Medical Transportation</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Documentary: "Miracle Landing on the Hudson" (2014) D+ [T]</div><div>2:00 Walking Club Around the Plaza</div><div>3:00 Pokeno [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div><div>7:00 Movie Night: "Newsies" (1992) D+ [T]</div></div></div>	<div><div><div>Dress Day: Fall Colors (Red, Orange, Brown)</div><div>National Centenarian's Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise: Drums Alive! [A]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II: Drums Alive! [A]</div><div>10:00 Craft: Watercolor Leaf Art</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A]</div><div>3:00 Bingo [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div></div></div>	<div><div><div>National Family Health & Fitness Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>10:00 Wii Game: Wii Sport Resort</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:15 Table Games: Uno [A]</div><div>3:00 Bingo [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div><div>6:00 UH vs New Mexico State [T]</div></div></div>
<div><div><div>National Innergize Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:15 Church Runs</div><div>8:30 Morning Exercise: Tai Chi with Gordon [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II: Tai Chi with Gordon [HT]</div><div>10:00 Craft: Tropical Painting</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Hula with Kumu Sallie [A]</div><div>3:00 Documentary: "Saving Giraffes: The Long Journey Home" (2022) D+</div><div>3:00 Mah Jong Game [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div><div>7:00 Movie Night: "The Secret of My Success" (1987) [T]</div></div></div>	<div><div><div>Dress Day: Favorite Comic Book Character</div><div>National Comic Book Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>8:30 Plaza Walking Moai Club @ Magic Island</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>9:45 Sightseeing: Round Top</div><div>10:00 Sing-a-long with Sandy and Gordon [A]</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:15 Excursion: Liliha Bakery</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Documentary: "Stan Lee" (2023) D+ [T]</div><div>3:00 Bingo [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div></div></div>	<div><div><div>National Pancake Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>10:00 Televeda: Beyond Walls Statewide Bingo [T]</div><div>11:00 Lunch 11AM - 1PM</div><div>12:00 Medical Transportation</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Matinee Movie: "Uncle Buck" (1989) [T]</div><div>2:30 Afternoon Exercise (AL residents) [WF]</div><div>3:00 5th Floor Bingo (AL residents only) [WF]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div></div></div>	<div><div><div>National Corned Beef Hash Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>8:30 Plaza Walking Moai Club @ Magic Island</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>9:45 Excursion: Kawaiinui Marsh</div><div>10:00 New Hope Church Service [T]</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:15 Shopping: Kahala Mall</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A]</div><div>2:00 Matinee Movie: Zatoichi Challenged" (1967) DVD [T]</div><div>3:00 Bingo [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div><div>6:30 Music Listening Hour [T]</div></div></div>	<div><div><div>National Good Neighbor Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>10:00 Televeda: Beyond Walls Statewide Trivia [A]</div><div>11:00 Lunch 11AM - 1PM</div><div>12:00 Medical Transportation</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Documentary: "Won't You Be My Neighbor?" (2018) [T]</div><div>2:00 Walking Club Around the Plaza</div><div>3:00 Pokeno [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div><div>7:00 Movie Night: "Captain Phillips" (2013) [T]</div></div></div>	<div><div><div>National Coffee Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>10:00 Craft: Coffee Filter Crafting [A]</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A]</div><div>3:00 Bingo [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div></div></div>	<div><div><div>Dress Day: Plaza Shirt or Orange Shirt</div><div>National Orange Shirt Day</div><div>7:00 Breakfast 7AM - 9AM</div><div>8:30 Morning Exercise [HT]</div><div>9:00 Virtual Exercise: "Rise and Shine" [T]</div><div>9:30 Morning Exercise II [HT]</div><div>10:00 Cooking Demonstration: Orange Chicken [A]</div><div>10:00 UH at UNLV [T]</div><div>11:00 Lunch 11AM - 1PM</div><div>1:00 Virtual Exercise: Barre with Resistance Bands [T]</div><div>1:30 Afternoon Stretch [A]</div><div>2:15 Table Games: Jenga [A]</div><div>3:00 Bingo [A]</div><div>4:30 Dinner 4:30 pm - 6:30 pm</div><div>7:00 Movie Night: "The One For Sarah" (2022) [T]</div></div></div>