

September 2025
The Plaza at Waikiki



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div></div>		<div>Labor Day 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 [A] 9:45 🛒 Shopping: Errand Run (2 Mile Radius) 10:00 🎵 Hank the Singing Dutchman [A] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🛒 Shopping: Errand Run (2 Mile Radius) 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "The Crown" S3 Ep 1 [T] 2:00 ↔ Walking Club Around the Plaza 3:00 ♠️ Bingo [A] 6:30 🎵 Light Classical Music Hour [T]</div>		<div>Anniversary of V-J Day 8:30 ↔ Morning Exercise [HT] 9:00 🌟 Virtual Exercise: "Rise and Shine" [A] 9:30 ↔ Morning Exercise II [T] 10:00 🎲 Jeopardy! with Meagan [A] 12:00 Medical Transportation 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 🎲 Matinee Movie: "The Impossible" (2012) Peacock [T] 2:00 Table Games: Scrabble, 5 Second Questions Game, Checkers [A] 3:00 ♠️ Pokeno [A] 6:30 🎵 Hawaiian Music Hour [T]</div>		<div>National US Bowling League Day 8:30 ↔ Morning Exercise [HT] 8:30 🚌 Plaza Walking Moai Club @ Magic Island 9:00 🌟 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 🏛️ New Hope Church Service [T] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🛒 Shopping: Don Quijote 1:30 🎲 Plaza Life Circuit 1 Exercise [A] 1:30 🎲 Strength, Balance and Tone with Daniel 2:00 🎲 Matinee Movie: "Field of Lost Shoes" (2014) Peacock [T] 3:00 ♠️ Bingo [A] 6:30 🎵 Music Variety Hour [T]</div>		<div>Dress Day: Animal Shirts National Wildlife Day 8:30 ↔ Morning Exercise [HT] 9:00 🌟 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 🦒 Zoo-to-You Presentation with the Honolulu Zoo Educator's [A] 12:00 Medical Transportation 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "Sunday Best" (2025) N [T] 2:00 ↔ Walking Club Around the Plaza 3:00 ♠️ Pokeno [A] 7:00 🏀 UH VOLLEYBALL vs San Jose State [T]</div>		<div>Bring Your Manners to Work Day 8:30 ↔ Morning Exercise [HT] 9:00 🌟 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 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 & Crochet/ Paper Leis [A] 3:00 ♠️ Bingo [A] 6:30 ↔ Friday Night Fight Club (Tai Chi Practice) [A] 7:00 🏀 UH VOLLEYBALL vs Utah Valley [T]</div>		<div>National Bacon Day 8:30 ↔ Morning Exercise [HT] 9:00 🌟 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 🍳 Cooking Demo with Jeremy 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 🎵 Kanikapila [T] 3:00 ♠️ Bingo [A] 6:00 🏀 UH Football vs Sam Houston [T]</div>	
<div>Dress Day: Western Attire (Jeans Okay) National Assisted Living Week 8:15 🛒 Church Runs 8:30 ↔ Morning Exercise [HT] 9:00 ↔ Virtual Exercise: "Rise and Shine" [T] 9:30 ↔ Morning Exercise II [A] 10:00 🧠 Cranium Crunches (Test your Mind Puzzle Packs) [A] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🛒 Shopping: Longs (1hour) 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "The Crown" S3 Ep2 [T] 3:00 ♠️ Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 5:00 🏀 UH VOLLEYBALL vs St. Johns [T]</div>		<div>Dress Day: Hat day National Actors Day 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 [A] 9:45 🛒 Shopping: Manoa Market City 10:00 🗣️ Tom Talk: Experiences in Mexico [A] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🛒 Shopping: Manoa Market City (1 hour) 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "The Crown" S3 Ep 3 (N) [T] 2:00 ↔ Walking Club Around the Plaza 3:00 ♠️ Bingo [A] 6:30 🎵 Light Classical Music Hour [T]</div>		<div>Dress Day: Sportswear National Ants on a Log Day 8:30 ↔ Morning Exercise [HT] 9:00 🌟 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 🐜 Special Treat: Ants on a Log on the Terrace [HT] 10:15 🗣️ Resident Council Meeting [A] 12:00 Medical Transportation 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Matinee Movie: "Happy Gilmore 2" (2025) N [T] 2:00 Watercolors and Classical Music [A] 3:00 ♠️ Pokeno [A] 6:30 🎵 Hawaiian Music Hour [T]</div>		<div>Dress Day: Wacky Wednesday National Good News Day 8:30 ↔ Morning Exercise [HT] 8:30 🚌 Plaza Walking Moai Club @ Magic Island 9:00 🌟 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 🏛️ New Hope Church Service [T] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🍳 Shopping: Saver's/ Longs 1:30 🎲 Plaza Life Circuit 1 Exercise [A] 2:00 🎲 Matinee Movie: "Thank your Lucky Stars" (1943) HBO [T] 3:00 ♠️ Bingo [A] 6:30 🎵 Music Variety Hour [T]</div>		<div>Dress Day: PJs (No Shorts) National Libraries Remembered Day 8:30 ↔ Morning Exercise [HT] 9:00 🌟 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Tai Chi with Toshimi [T] 10:20 📖 Trivia [A] 12:00 Medical Transportation 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "Downfall" (2022) N [T] 2:00 ↔ Walking Club Around the Plaza 3:00 ♠️ Pokeno [A] 7:00 🏀 UH VOLLEYBALL vs Portland [T]</div>		<div>Dress Day: Disney Shirts National Chocolate Milkshake Day 8:30 ↔ Morning Exercise [HT] 9:00 🌟 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 🍳 Cooking Demo with Jeremy [A] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 🎲 Diamond Art & Crochet/ Paper Leis [A] 3:00 ♠️ Bingo [A] 6:30 ↔ Friday Night Fight Club (Tai Chi Practice) [T] 7:00 🏀 UH VOLLEYBALL vs Portland [T]</div>		<div>Dress Day: Decades (60s, 70s, 80s, 90s) National Positive Thinking Day 8:30 ↔ Morning Exercise [HT] 9:00 🌟 Plaza Life Circuit 2 Exercise to Disco Music [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 ♠️ Wii: Wheel of Fortune [A] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 🎵 Kanikapila [T] 3:00 ♠️ Bingo [A] 6:00 📺 UH HOMECOMING vs Portland State [T]</div>	
<div>Dress Day: Bright Colors National Coloring Day 8:15 🛒 Church Runs 8:30 ↔ Morning Exercise [HT] 9:00 ↔ Virtual Exercise: "Rise and Shine" [T] 9:30 ↔ Morning Exercise II [A] 10:00 🎨 Watercolor Painting with Classical Music [A] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "The Crown" S3 Ep 4 [T] 3:00 ♠️ Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 📺 Movie Night: "Inception" (2010) HBO [T]</div>		<div>National Dot Day 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 [A] 9:45 🛒 Shopping: Longs 10:00 🎨 Craft with May Kealoha [A] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🛒 Shopping: Longs (1 hour) 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "The Crown" S3 Ep 5 [T] 2:00 ↔ Walking Club Around the Plaza 3:00 ♠️ Bingo [A] 6:30 🎵 Light Classical Music Hour [T]</div>		<div>National Play Doh Day 8:30 ↔ Morning Exercise [HT] 9:00 🌟 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 🧶 Craft: Mini Beaded Leaf Planter [A] 12:00 Medical Transportation 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 ♠️ Jigsaw Puzzles [A] 2:00 📺 Matinee Movie: "Great Expectations" (1946) HBO [T] 3:00 ♠️ Pokeno [A] 6:30 🎵 Hawaiian Music Hour [T]</div>		<div>National Apple Dumpling Day 8:30 ↔ Morning Exercise [HT] 8:30 🚌 Plaza Walking Moai Club @ Magic Island 9:00 🌟 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 🏛️ New Hope Church Service [T] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🍳 Excursion: Liliha Bakery 1:30 🎲 Plaza Life Circuit 1 Exercise [A] 1:30 🎲 Strength, Balance and Tone with Daniel 2:00 📺 Matinee Movie: "Before You Go" (2002) Peacock [T] 3:00 ♠️ Bingo [A] 6:30 🎵 Music Variety Hour [T]</div>		<div>National Rice Krispy Day 8:30 ↔ Morning Exercise [HT] 9:00 🌟 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 🍳 Cooking Demo with Jeremy [A] 12:00 Medical Transportation 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "Mysteries of the Terracotta Warriors" (2024) N [T] 2:00 ↔ Walking Club Around the Plaza 3:00 ♠️ Pokeno [A] 7:00 📺 Movie Night: Sister Act (1992) D+ [T]</div>		<div>National Overthinkers Day 8:30 ↔ Morning Exercise [HT] 9:00 🌟 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 🎲 Jeopardy! 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 🎨 Diamond Art & Crochet/ Paper Leis [A] 3:00 ♠️ Bingo [A] 6:30 ↔ Friday Night Fight Club (Tai Chi Practice) [T]</div>		<div>Dress Day: Batman Shirts/Plaza Shirts National Batman Day 8:30 ↔ Morning Exercise [HT] 9:00 🌟 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 📺 Special Screening of "Batman & Bill" (a documentary) with Popcorn [T] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 🎵 Kanikapila [T] 3:00 ♠️ Bingo [A] 6:00 🏀 UH Football vs Fresno State [T]</div>	
<div>National Wife Appreciation Day 8:15 🛒 Church Runs 8:30 ↔ Morning Exercise [HT] 9:00 ↔ Virtual Exercise: "Rise and Shine" [T] 9:30 ↔ Morning Exercise II [A] 10:00 ♠️ Jigsaw Puzzles [A] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🛒 Shopping: Longs (1 hour) 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "The Crown" S3 Ep 6 [T] 3:00 ♠️ Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 📺 Movie Night: "Elysium" (2013) Peacock [T]</div>		<div>Dress Day: Fall colors (Red, Orange, Yellow, Brown) First Day of Fall 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 [A] 9:45 🛒 Shopping: Errand Run (2 Miles) 10:00 🎨 CRAFT: Fall Leaves to Decorate Activity Room [A] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🛒 Shopping: Errand Run (2 Mile Radius) 1:30 ↔ Afternoon Stretch [T] 2:00 📺 Documentary: "The Crown" S3 Ep 7 [T] 2:00 ↔ Walking Club Around the Plaza 3:15 ♠️ Bingo [A] 6:30 🎵 Light Classical Music Hour [T]</div>		<div>National Baker Day 8:30 ↔ Morning Exercise [HT] 9:00 🌟 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 🥞 Make your own Puff Pastry Apple Donut [A] 12:00 Medical Transportation 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Matinee Movie: "Good Morning" (1959) HBO [T] 2:00 Table Games: Scrabble, 5 Second Questions Game, Checkers [A] 3:00 ♠️ Pokeno [A] 6:30 🎵 Hawaiian Music Hour [T]</div>		<div>National Horchata Day 8:30 ↔ Morning Exercise [HT] 8:30 🚌 Plaza Walking Moai Club @ Magic Island 9:00 🌟 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 🏛️ New Hope Church Service [T] 10:45 🛒 Kau Kau Cafe: TBD 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 🛒 Excursion: Longs 1:30 🎲 Plaza Life Circuit 1 Exercise [A] 2:00 📺 Matinee Movie: "Early Summer" (1951) HBO [T] 3:00 ♠️ Bingo [A] 6:30 🎵 Music Variety Hour [T]</div>		<div>Dress Day: Music or Band Shirts National One Hit Wonder Day 8:30 ↔ Morning Exercise [HT] 9:00 🌟 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Tai Chi with Toshimi [A] 10:20 ♠️ Trivia [A] 12:00 Medical Transportation 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "the Return of the King" (2024) N [T] 2:00 ↔ Walking Club Around the Plaza 3:00 ♠️ Pokeno [A] 7:00 📺 Movie Night: Sister Act 2: back in the Habit" (1993) D+ [T]</div>		<div>National Doodle Day 8:30 ↔ Morning Exercise [HT] 9:00 🌟 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 🎲 Presentation with May Kealoha [T] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 🎨 Diamond Art & Crochet/ Paper Leis [A] 3:00 ♠️ Bingo [A] 6:30 ↔ Friday Night Fight Club (Tai Chi Practice) [A] 7:00 🏀 UH VOLLEYBALL vs UC Riverside [T]</div>		<div>World Tourism Day 8:30 ↔ Morning Exercise [HT] 9:00 🌟 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 🍳 Cooking Demo with Jeremy 11:00 UH VOLLEYBALL vs UC Davis [T] 1:00 🏀 UH Football vs Airforce *Time May Change* [T] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [A] 1:30 ↔ Afternoon Stretch [A] 2:00 🎵 Kanikapila [T] 3:00 ♠️ Bingo [A]</div>	
<div>National Good Neighbor Day 8:15 🛒 Church Runs 8:30 ↔ Morning Exercise [HT] 9:00 ↔ Virtual Exercise: "Rise and Shine" [T] 9:30 ↔ Morning Exercise II [A] 10:00 🎨 Watercolor and Classical Music [A] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "The Crown" S3 Ep 8 [T] 3:00 ♠️ Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 📺 Movie Night: "Big Eyes" (2014) HBO [T]</div>		<div>National Coffee Day 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 [A] 9:45 🛒 Shopping: Kahala Mall (1 hour) 10:00 🎨 Painting with Coffee [A] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:15 🛒 Shopping: Kahala Mall (1 hour) 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Documentary: "The Crown" S3 Ep 9 [T] 2:00 ↔ Walking Club Around the Plaza 3:00 ♠️ Bingo [A] 6:30 🎵 Light Classical Music Hour [T]</div>		<div>Dress Day: Plaza Shirts National Chewing Gum Day 8:30 ↔ Morning Exercise [HT] 9:00 🌟 Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 🦋 CRAFT: Scarecrow Door Decoration [A] 12:00 Medical Transportation 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 ↔ Afternoon Stretch [A] 2:00 📺 Matinee Movie: "Singing in the Rain" (1952) HBO [T] 2:00 Walker & Cane Sanitation [A] 3:00 ♠️ Pokeno [A] 6:30 🎵 Hawaiian Music Hour [T]</div>									
<div><div><div><div>🎨 Arts / Crafts</div><div>🏠 Club Visits</div><div>🍳 Cooking / Baking</div><div>📖 Educational Classes</div><div>↔ Exercise / Physical Activity</div><div>❤️ Family Event</div><div>🚌 Field Trip / Medical Appointments</div><div>♠️ Games</div><div>📺 Movies / Documentaries</div><div>🎵 Music / Special Entertainment</div><div>🌟 Plaza Life Fitness</div><div>🏡 Socials / Social Gathering</div><div>🕊️ Spiritual / Worship Services</div></div><div><div>Location Keys</div><div>Activity Room</div><div>Hoku Terrace</div><div>Theater</div><div>A</div><div>HT</div><div>T</div></div></div></div>													