Sunday Monday Tuesdav Wednesdav Thursday Friday Saturday Labor Day Anniversary of V-J Day National US Bowling League Day Dress Day: Animal Shirts Bring Your Manners to Work Day **National Bacon Day** 8:30 Morning Exercise [HT] National Wildlife Day 8:30 🗐 Plaza Walking Moai Club @ Magic 8:30 📮 Plaza Walking Moai Club @ Magic 9:00 W Virtual Exercise: "Rise and Shine" 9:00 🏶 Plaza Life Circuit 2 Exercise 9:00 Plaza Life Circuit 2 9:00 ♣ Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Morning Exercise II [T] 9:00 ♣ Plaza Life Circuit 2 Exercise [A] Exercise [A] 9:30 → Virtual Exercise: "Rise and Shine" [T] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 - Jeopardy! with Meagan [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 9:30 → Virtual Exercise: "Rise and Shine" [T] 10:00 🕿 Zoo-to-You Presentation with the Honolulu Zoo 0:00 Music with Dean Hirata [A] 9:45 🖨 Shopping: Errand Run (2 Mile Radius) 10:00 * New Hope Church Service [T] 12:00 Medical Transportation Educator's [A] 10:00 Cooking Demo with Jeremy 1:00 • Virtual Exercise: Barre with Resistance 10:00 🎜 Hank the Singing Dutchman [A] 1:00 • Virtual Exercise: Barre with Resistance Bands [T] 1:00 - Virtual Exercise: Barre with Resistance Bands IT 12:00 Medical Transportation HE PLAZA 1:00 - Virtual Exercise: Barre with Bands [T] 1:00 - Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 1:15 📮 Shopping: Don Quijote 1:00 → Virtual Exercise: Barre with Resistance Bands [T Resistance Bands [T] 1:30 → Afternoon Stretch [A] 2:00 Matinee Movie: "The Impossible" (2012) Peacock 1:15 Shopping: Errand Run (2 Mile Radius) 1:30 Plaza Life Circuit 1 Exercise [A] 1:30 Afternoon Stretch [A] 1:30 • Afternoon Stretch [A] 2:00 Diamond Art & Crochet/ Paper Leis [A] 1:30 Afternoon Stretch [A] 1:30 🎖 Strength, Balance and Tone with Daniel 2:00 Documentary: "Sunday Best" (2025) N [T] 2:00 Table Games: Scrabble, 5 Second Questions 2:00 Documentary: "The Crown" S3 Ep 1 [T] 2:00 Matinee Movie: "Field of Lost Shoes" (2014) 3:00 🏟 Bingo [A] 2:00 **A Kanikapila [T]** 2:00 •• Walking Club Around the Plaza Game, Checkers [A] 2:00 •• Walking Club Around the Plaza Peacock [T] 6:30 ← Friday Night Fight Club (Tai Chi Practice) 3:00 🏚 Pokeno [A] 3:00 **h** Bingo [A] 3:00 🎰 Pokeno [A] 3:00 📥 Bingo [A] 3:00 🏚 Bingo [A] 7:00 W UH VOLLEYBALL vs San Jose State [T] 6:00 W UH Football vs Sam Houston [T] 6:30 🖪 Hawaiian Music Hour [T] 6:30 A Music Variety Hour [T] 6:30 ☐ Light Classical Music Hour [T] 7:00 W UH VOLLEYBALL vs Utah Valley [T] O Dress Day: Sportsware Dress Day: Western Attire (Jeans Okay) Dress Day: Hat day Dress Day: Wacky Wednesday Dress Day: PJs (No Shorts) Dress Day: Disney Shirts Dress Day: Decades (60s, 70s, 80s, **National Actors Day** lational Assisted Living Week National Ants on a Log Day National Good News Day National Libraries Remembered Day National Chocolate Milkshake Day 8:30 ← Morning Exercise [HT] 8:15 🖨 Church Runs **National Positive Thinking Day** 8:30 ☐ Plaza Walking Moai Club @ Magic Island 9:00 ↔ Virtual Exercise: "Rise and Shine" [T] 8:30 📮 Plaza Walking Moai Club @ Magic 8:30 ↔ Morning Exercise [HT] 9:00 🏶 Plaza Life Circuit 2 Exercise [A] 9:00 Plaza Life Circuit 2 Exercise [A] 9:00 ♣ Plaza Life Circuit 2 Exercise [A] 9:00 → Virtual Exercise: "Rise and Shine" [T] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] Island 9:30 •• Morning Exercise II [A] 9:30 → Tai Chi with Toshimi [T] 9:30 → Virtual Exercise: "Rise and Shine" [T] 9:00 Plaza Life Circuit 2 Exercise to Disco 9:00 Plaza Life Circuit 2 Exercise [A] 10:00 Special Treat: Ants on a Log on the Terrace [HT] 9:45 🖨 Shopping: Manoa Market City 10:20 🗢 Trivia [A] 0:00 Cooking Demo with Jeremy [A] Music [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:00 Cranium Crunches (Test your Mind Puzzle 10:15 Resident Council Meeting [A] 9:30 → Virtual Exercise: "Rise and Shine" [T] 12:00 Medical Transportation 1:00 - Virtual Exercise: Barre with Resistance 10:00 * New Hone Church Service [T] Packs) [A] 12:00 Medical Transportation 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 10:00 🔥 Wii: Wheel of Fortune [A] 1:00 •• Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Manoa Market City (1 hour) 1:00 → Virtual Exercise: Barre with Resistance Bands [T] 1:00 - Virtual Exercise: Barre with Resistance Bands IT Bands [T] 1:30 Afternoon Stretch [A] 1:00 → Virtual Exercise: Barre with Resistance 1:15 🖨 Shopping: Longs (1hour) 1:30 Afternoon Stretch [A] 1:30 Afternoon Stretch [A] 1:15 🖨 Shopping: Saver's/ Longs 2:00 Documentary: "The Crown" S3 Ep 3 (N) [T] 2:00 Diamond Art & Crochet/ Paper Leis [A] Bands [T] 1:30 🁺 Plaza Life Circuit 1 Exercise [A] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Happy Gilmore 2" (2025) N [T] 2:00 Documentary: "Downfall" (2022) N [T] 3:00 🏟 Bingo [A] 1:30 → Afternoon Stretch [A] 2:00 | Documentary: "The Crown" S3 Ep2 [T] 2:00 Matinee Movie: "Thank your Lucky Stars" (1943) 2:00 Watercolors and Classical Music [A] 6:30 ← Friday Night Fight Club (Tai Chi Practice) [T] 2:00 • Walking Club Around the Plaza 3:00 🏚 Table Games: Scrabble, 5 Second Rule, Jenga, 3:00 🏚 Pokeno [A] 2:00 A Kanikapila [T] 6:30 🎜 Light Classical Music Hour [T] 3:00 in Bingo [A] Hana Fuda Uno Mah Jong Game [A] 6:30 🖪 Hawaiian Music Hour [T] 3:00 🏚 Pokeno [A] 7:00 W UH VOLLEYBALL vs Portland [T] 3:00 h Bingo [A] 5:00 W UH VOLLEYBALL vs St. Johns [T] 6:30 🎜 Music Variety Hour [T] 7:00 W UH VOLLEYBALL vs Portland [T] 6:00 W UH HOMECOMING vs Portland State [T] Dress Day: Bright Colors National Dot Day Dress Day: Batman Shirts/Plaza Shirts National Play Doh Day National Apple Dumpling Day National Rice Krispy Day **National Overthinkers Day National Coloring Day National Batman Day** 8:30 Plaza Walking Moai Club @ Magic 9:00 **≯** Plaza Life Circuit 2 Exercise [A] 9:00 ♣ Plaza Life Circuit 2 Exercise [A] 8:15 🖨 Church Runs 8:30 📮 Plaza Walking Moai Club @ Magic 9:00 Plaza Life Circuit 2 Exercise 9:30 ↔ Virtual Exercise: "Rise and Shine" 9:30 → Virtual Exercise: "Rise and Shine" 9:00 Plaza Life Circuit 2 Exercise [A] 9:00 Plaza Life Circuit 2 Exercise [A] 9:00 •• Virtual Exercise: "Rise and Shine" [T] 9:00 → Virtual Exercise: "Rise and Shine" [T] 9:30 → Virtual Exercise: "Rise and Shine" [T] 9:30 → Virtual Exercise: "Rise and Shine" [T] 9:30 •• Morning Exercise II [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] Cooking Demo with Jeremy [A] 9:30 → Morning Exercise II [A] 10:00 👺 Special Screening of "Batman & Bill" (a 10:00 **Solution** Jeopardy! 9:45 🖨 Shopping: Longs 12:00 Medical Transportation 10:00 The New Hope Church Service [T] 12:00 Medical Transportation 10:00 • Watercolor Painting with Classical Music [A] 10:00 • Craft with May Kealoha [A] documentary) with Popcorn [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 1:00 - Virtual Exercise: Barre with Resistance 1:00 → Virtual Exercise: Barre with Resistance Bands [T] 1:00 •• Virtual Exercise: Barre with Resistance 1:00 • Virtual Exercise: Barre with Resistance Bands [T] 1:30 •• Afternoon Stretch [A] 1:15 📮 Excursion: Liliha Bakery 1:30 - Afternoon Stretch [A] 1:30 → Afternoon Stretch [A] Bands [T] 1:15 🖨 Shopping: Longs (1 hour) 2:00 Documentary: "Mysteries of the Terracotta 2:00 🔥 Jigsaw Puzzles [A] 1:30 Plaza Life Circuit 1 Exercise [A] Bands [T] 2:00 | Documentary: "The Crown" S3 Ep 4 [T] 1:30 Afternoon Stretch [A] 3:00 🔥 Table Games: Scrabble, 5 Second Rule, Jenga, 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Great Expectations" (1946) HBO 1:30 👺 Strength, Balance and Tone with Daniel Warrioirs" (2024) N [T] 2:00 Diamond Art & Crochet/ Paper Leis [A] 2:00 •• Walking Club Around the Plaza Hana Fuda, Uno, Mah Jong Game [A] 2:00 Documentary: "The Crown" S3 Ep 5 [T] 2:00 Matinee Movie: "Before You Go" (2002) Peacock 2:00 5 Kanikapila [T] 3:00 📥 Bingo [A] 3:00 - Pokeno [A] 7:00 Movie Night: "Inception" (2010) HBO [T] 2:00 •• Walking Club Around the Plaza 3:00 in Pokeno [A] 3:00 🏚 Bingo [A] 6:30 → Friday Night Fight Club (Tai Chi Practice 6:30 A Hawaiian Music Hour [T] 3:00 h Bingo [A] 7:00 Movie Night: Sister Act (1992) D+ [T] 3:00 📥 Bingo [A] 6:00 W UH Football vs Fresno State [T] 6:30 J Light Classical Music Hour [T] 6:30 🎜 Music Variety Hour [T] **National Wife Appreciation Day** Dress Day: Fall colors (Red, Orange, Yellow, **National Baker Day National Horchata Day** Dress Day: Music or Band Shirts **National Doodle Day World Tourism Day** 8:15 🖨 Church Runs National One Hit Wonder Day First Day of Fall 8:30 → Morning Exercise [HT] 9:00 **№** Plaza Life Circuit 2 Exercise [A] 8:30 📮 Plaza Walking Moai Club @ Magic 9:00 🏶 Plaza Life Circuit 2 Exercise 9:00 🏶 Plaza Life Circuit 2 Exercise 8:30 ↔ Morning Exercise [HT] 9:00 ↔ Virtual Exercise: "Rise and Shine" 9:30 ↔ Virtual Exercise: "Rise and Shine" 9:00 Plaza Life Circuit 2 Exercise [A] 8:30 🖨 Plaza Walking Moai Club @ Magic Island 9:00 ♣ Plaza Life Circuit 2 Exercise [A] 9:30 ↔ Tai Chi with Toshimi [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 9:00 → Virtual Exercise: "Rise and Shine" [T] 9:30 • Morning Exercise II [A] 10:00 | Make your own Puff Pastry Apple Donut [A] 9:30 ↔ Virtual Exercise: "Rise and Shine" [T] 10:20 🏚 Trivia [A] 9:30 ↔ Morning Exercise II [A] 10:00 Presentation with May Kealoha [T] 10:00 Cooking Demo with Jeremy 10:00 ¶ New Hope Church Service [T] 10:00 🔥 Jigsaw Puzzles [A] 12:00 Medical Transportation 9:45 🖨 Shopping: Errand Run (2 Miles) 12:00 Medical Transportation 1:00 → Virtual Exercise: Barre with Resistance 1:00 UH VOLLEYBALL vs UC Davis [T] 1:00 → Virtual Exercise: Barre with Resistance Bands [T] 1:00 → Virtual Exercise: Barre with Resistance Bands [T] 10:45 👨 Kau Kau Cafe: TBD 0:00 CRAFT: Fall Leaves to Decorate Activity Room [A] 1:00 → Virtual Exercise: Barre with Resistance Bands [T Bands [T] 1:00 W UH Football vs Airforce *Time May 1:30 •• Afternoon Stretch [A] 1:00 → Virtual Exercise: Barre with Resistance Bands [T] 1:15 🖨 Shopping: Longs (1 hour) 1:00 ↔ Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 1:30 → Afternoon Stretch [A] Change* [T] 2:00 Matinee Movie: "Good Morning" (1959) HBO [T] 1:30 🖨 Excursion: Longs 1:30 → Afternoon Stretch [A] 1:15 A Shopping: Errand Run (2 Mile Radius) 2:00 Documentary: "the Return of the King" (2024) N 2:00 Tocumentary: "The Crown" S3 Ep 6 [T] Table Games: Scrabble, 5 Second Questions 1:30 Plaza Life Circuit 1 Exercise [A] 2:00 Diamond Art & Crochet/ Paper Leis [A] 1:00 •• Virtual Exercise: Barre with Resistance 1:30 Afternoon Stretch [T] 2:00 Documentary: "The Crown" S3 Ep 7 [T] 3:00 🔥 Table Games: Scrabble, 5 Second Rule, Jenga, Game, Checkers [A] 2:00 Matinee Movie: "Early Summer" (1951) HBO [T] Bands [A] 2:00 Walking Club Around the Plaza 3:00 🔥 Bingo [A] 3:00 🎰 Pokeno [A] Hana Fuda, Uno, Mah Jong Game [A] 2:00 •• Walking Club Around the Plaza 3:00 🌦 Bingo [A] 1:30 → Afternoon Stretch [A] 6:30 ← Friday Night Fight Club (Tai Chi Practice) 3:00 🏚 Pokeno [A] 7:00 Movie Night: "Elysium" (2013) Peacock [T] 3:15 📥 Bingo [A] 6:30 5 Hawaiian Music Hour [T] 6:30 5 Music Variety Hour [T] 7:00 Movie Night: Sister Act 2: back in the Habit" 2:00 A Kanikapila [T] 6:30 🞜 Light Classical Music Hour [T] (1993) D+ [T] 7:00 W UH VOLLEYBALL vs UC Riverside [T] 3:00 📥 Bingo [A] National Good Neighbor Day National Coffee Day Dress Day: Plaza Shirts Arts / Crafts 8:15 🖨 Church Runs **National Chewing Gum Day** Club Visits 8:30 → Morning Exercise [HT] 8:30 📮 Plaza Walking Moai Club @ Magic Cooking / Baking 9:00 → Virtual Exercise: "Rise and Shine" 9:00 ➤ Plaza Life Circuit 2 Exercise [A] **Location Keys**

- 10:00 Watercolor and Classical Music [A] 1:00 ↔ Virtual Exercise: Barre with Resistance Bands

- 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]

Created on Thursday, August 28, 2025 12:04 PM

- 7:00 Movie Night: "Big Eyes" (2014) HBO [T]

- 9:00 Wirtual 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 H Virtual Exercise: Barre with Resistance Bands [T]
- 1:15 🖨 Shopping: Kahala Mall (1 hour)
- 2:00 Documentary: "The Crown" S3 Ep 9 [T]
- 3:00 🏚 Bingo [A]
- 6:30 🞜 Light Classical Music Hour [T]

- 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
- 2:00 Walker & Cane Sanitation [A]
- 3:00 🏚 Pokeno [A] 6:30 ♬ Hawaiian Music Hour [T]

- **➣** Educational Classes
- Exercise / Physical Activity
- Family Event Field Trip / Medical Appointments
- ♣ Games Movies / Documentaries
- Music / Special Entertainment
- Plaza Life Fitness
- Socials / Social Gathering

Activity Room Hoku Terrace **Theater**