

January 2025 Independent and Assisted Living Monthly Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>THE PLAZA at Moanalua</p> <p>--Van Departures-- Please meet in the lobby 15 minutes prior to all van departures</p>	<p>[A] Activity Room [T] Theater Room [B] Bistro [S] Sunroom</p>	<p>HAPPY NEW YEAR! 1</p> <p>9:00 → Seated Strength Circuit [A]</p> <p>10:00 → Seated Strength Circuit [A]</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>11:00 → Walking Club</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → Introduction to Card Creations Collective [A]</p> <p>3:00 → NICKEL BINGO [A]</p>	<p>Cream Puff Day 2</p> <p>7:00 → MEDICAL RUN - East Side</p> <p>9:00 → Seated Strength Circuit [A]</p> <p>10:00 → Seated Strength Circuit [A]</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>11:00 → Walking Club</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → Unescorted Errand Ride - Wholesale Unlimited</p> <p>3:30 → Introduction to Sip & Stitch [A]</p>	<p>Drinking Straw Day 3</p> <p>9:00 → Seated Strength Circuit [A]</p> <p>9:30 → Friday Scenic Ride - Pali Lookout</p> <p>10:00 → Seated Strength Circuit [A]</p> <p>10:45 → <i>Kau Kau Club! - California Pizza Kitchen</i></p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>11:00 → Walking Club</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → Introduction to Paper Fold Society [A]</p> <p>2:30 → GAME - Uno! [A]</p> <p>3:00 → NICKEL BINGO [A]</p>	<p>Trivia Day 4</p> <p>9:00 → Seated Strength Circuit [A]</p> <p>10:00 → Seated Strength Circuit [A]</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>11:00 → Prompted & Guided Journaling [A]</p> <p>11:00 → Walking Club</p> <p>1:00 → Guided Meditation [T]</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → Plaza Buck BINGO! [A]</p> <p>2:30 → ARTS & CRAFTS -</p> <p>2:30 → Outdoor Stroll</p> <p>3:00 → Trivia Crack! [A]</p>	
<p>Whipped Cream Day 5</p> <p>8:00 → Church Services - Bus Drop-Offs</p> <p>9:00 → Seated Strength Circuit [A]</p> <p>9:30 → Seated Strength Circuit [A]</p> <p>10:00 → Seated Strength Circuit [A]</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>11:00 → Walking Club</p> <p>11:00 → Word of Life: Christian Online Service [T]</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → LIVE Sunday Sports Watch! [T]</p> <p>1:30 → <i>Unescorted Errand Ride - Longs or Safeway</i></p> <p>2:00 → GAME ON - Card/Board Games</p> <p>2:30 → Unescorted Errand Ride - Longs or Safeway</p> <p>3:00 → CHIT CHATTERS HOUR + Write Your Own Short Story [A]</p>	<p>Bean Day 6</p> <p>7:00 → MEDICAL RUNS - West Side</p> <p>9:00 → Resistance Training A [A]</p> <p>10:00 → COMMUNION [T]</p> <p>10:00 → Seated Strength Circuit [A]</p> <p>10:30 → Walking Club</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → LUCKY TILE MONDAYS [A]</p> <p>2:30 → CHIT CHATTERS HOUR + Word Puzzles [A]</p> <p>3:00 → NICKEL BINGO [A]</p>	<p>Tempura Day 7</p> <p>7:00 → MEDICAL RUNS - Central (Pali Momi to Straub Town)</p> <p>9:00 → Seated Strength A [A]</p> <p>10:00 → PERFORMANCE - Hank the Singing Dutchman! [A]</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>11:00 → Walking Club</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → CARD CREATIONS COLLECTIVE [A]</p> <p>1:30 → <i>Unescorted Errand Ride - Target</i></p> <p>2:30 → GUEST - Art & Fun with Rebecca D!</p> <p>3:30 → CHIT CHATTERS HOUR + Independent Projects [A]</p>	<p>Bubble Bath Day 8</p> <p>9:00 → Resistance Training B [A]</p> <p>9:30 → <i>Scenic Ride - Hawaii Kai</i></p> <p>10:00 → Seated Strength Circuit [A]</p> <p>10:30 → Walking Club</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → Unescorted Errand Ride - Marukai</p> <p>1:45 → PERFORMANCE - Roy Hamada! [A]</p> <p>2:45 → Unescorted Errand Ride - Marukai</p> <p>3:00 → NICKEL BINGO [A]</p>	<p>Law Enforcement Appreciation Day 9</p> <p>7:00 → MEDICAL RUN - East Side</p> <p>9:00 → Seated Strength B [A]</p> <p>10:00 → PERFORMANCE: Wally Brown! [A]</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>11:00 → Walking Club</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → SIP & STITCH [A]</p> <p>1:30 → Unescorted Errand Ride - Walmart</p> <p>2:30 → GUEST - Art & Fun with Rebecca D!</p> <p>3:30 → CHIT CHATTERS HOUR + Word Puzzles [A]</p>	<p>Houseplant Appreciation Day 10</p> <p>9:00 → Seated Strength Circuit [A]</p> <p>9:30 → Friday Scenic Ride - Kaneohe Cemetary</p> <p>9:30 → Seated Strength Circuit [A]</p> <p>10:00 → Morning Stretch [A]</p> <p>10:30 → Guided Meditation [A]</p> <p>10:45 → <i>Kau Kau Club! - Gen</i></p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → PAPER FOLDS SOCIETY [A]</p> <p>2:30 → CHIT CHATTERS HOUR + Independent Projects [A]</p> <p>3:00 → NICKEL BINGO [A]</p>	<p>Milk Day 11</p> <p>9:00 → GUEST - Zumba with Annette! [A]</p> <p>9:00 → Seated Strength Circuit [A]</p> <p>9:30 → Seated Strength Circuit [A]</p> <p>10:00 → Seated Strength Circuit [A]</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>11:00 → Walking Club</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → MOVIE DAY [T]</p> <p>2:30 → CHIT CHATTERS HOUR + Word Puzzles [A]</p> <p>3:30 → GAME ON - Card/Board Games</p>
<p>Pharmacist Day 12</p> <p>8:00 → Church Services - Bus Drop-Offs</p> <p>9:00 → Seated Strength Circuit [A]</p> <p>9:30 → Seated Strength Circuit [A]</p> <p>10:00 → Seated Strength Circuit [A]</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>11:00 → Walking Club</p> <p>11:00 → Word of Life: Christian Online Service [T]</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → LIVE Sunday Sports Watch! [T]</p> <p>1:30 → <i>Unescorted Errand Ride - Longs or Safeway</i></p> <p>2:00 → GAME ON - Card/Board Games</p> <p>2:30 → Unescorted Errand Ride - Longs or Safeway</p> <p>3:00 → CHIT CHATTERS HOUR + Write Your Own Short Story [A]</p>	<p>Sticker Day 13</p> <p>7:00 → MEDICAL RUNS - West Side</p> <p>9:00 → Resistance Training A [A]</p> <p>10:00 → CATHOLIC MASS [T]</p> <p>10:00 → Seated Strength Circuit [A]</p> <p>10:30 → Walking Club</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → LUCKY TILE MONDAYS [A]</p> <p>2:30 → CHIT CHATTERS HOUR + Word Puzzles [A]</p> <p>3:00 → NICKEL BINGO [A]</p>	<p>Pastrami Day 14</p> <p>7:00 → MEDICAL RUNS - Central (Pali Momi to Straub Town)</p> <p>9:00 → Seated Strength A [A]</p> <p>10:00 → Seated Strength A [A]</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>11:00 → Walking Club</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → CHIT CHATTERS HOUR + Independent Projects [A]</p> <p>1:30 → <i>Unescorted Errand Ride - Ross</i></p> <p>2:00 → RESIDENT COUNCIL [A]</p> <p>3:00 → CARD CREATIONS COLLECTIVE [A]</p>	<p>Bagel Day 15</p> <p>9:00 → Resistance Training B [A]</p> <p>9:30 → <i>Scenic Ride - Punchbowl Cemetary</i></p> <p>10:00 → Seated Strength Circuit [A]</p> <p>10:30 → Walking Club</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → Unescorted Errand Ride - Don Quijote/H-Mart</p> <p>1:30 → WORD CHALLENGES + COLORING [A]</p> <p>2:30 → Guided Meditation [A]</p> <p>3:00 → NICKEL BINGO [A]</p>	<p>Fig Newton Day 16</p> <p>7:00 → MEDICAL RUN - East Side</p> <p>9:00 → Seated Strength B [A]</p> <p>10:00 → Seated Strength B [A]</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>11:00 → Walking Club</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → SIP & STITCH [A]</p> <p>1:30 → Unescorted Errand Ride - Macy's</p> <p>2:30 → NAIL DAY! [A]</p> <p>3:30 → CHIT CHATTERS HOUR + Word Puzzles [A]</p>	<p>Classy Day 17</p> <p>9:00 → Seated Strength Circuit [A]</p> <p>9:30 → Friday Scenic Ride - Manoa Valley</p> <p>9:30 → Seated Strength Circuit [A]</p> <p>10:00 → Morning Stretch [A]</p> <p>10:30 → Guided Meditation [A]</p> <p>10:45 → <i>Kau Kau Club! - The Counter</i></p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → PAPER FOLDS SOCIETY [A]</p> <p>2:30 → CHIT CHATTERS HOUR + Independent Projects [A]</p> <p>3:00 → NICKEL BINGO [A]</p>	<p>Thesaurus Day 18</p> <p>9:00 → Seated Strength Circuit [A]</p> <p>9:30 → Seated Strength Circuit [A]</p> <p>10:00 → Seated Strength Circuit [A]</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>11:00 → Walking Club</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → MOVIE DAY [T]</p> <p>2:30 → CHIT CHATTERS HOUR + Word Puzzles [A]</p> <p>3:30 → GAME ON - Card/Board Games</p>
<p>Popcorn Day 19</p> <p>8:00 → Church Services - Bus Drop-Offs</p> <p>9:00 → Seated Strength Circuit [A]</p> <p>9:30 → Seated Strength Circuit [A]</p> <p>10:00 → Seated Strength Circuit [A]</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>11:00 → Walking Club</p> <p>11:00 → Word of Life: Christian Online Service [T]</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → LIVE Sunday Sports Watch! [T]</p> <p>1:30 → <i>Unescorted Errand Ride - Longs or Safeway</i></p> <p>2:00 → GAME ON - Card/Board Games</p> <p>2:30 → Unescorted Errand Ride - Longs or Safeway</p> <p>3:00 → CHIT CHATTERS HOUR + Write Your Own Short Story [A]</p>	<p>Martin Luther King Jr. Day 20</p> <p>7:00 → MEDICAL RUNS - West Side</p> <p>9:00 → Resistance Training A [A]</p> <p>10:00 → LION DANCE!</p> <p>10:30 → Walking Club</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → LUCKY TILE MONDAYS [A]</p> <p>2:30 → CHIT CHATTERS HOUR + Word Puzzles [A]</p> <p>3:00 → NICKEL BINGO [A]</p>	<p>Granola Bar Day 21</p> <p>7:00 → MEDICAL RUNS - Central (Pali Momi to Straub Town)</p> <p>9:00 → Seated Strength A [A]</p> <p>10:00 → PERFORMANCE - Hank The Singing Dutchman [A]</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>11:00 → Walking Club</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → CARD CREATIONS COLLECTIVE [A]</p> <p>1:30 → <i>Unescorted Errand Ride - TJ Max</i></p> <p>2:30 → GUEST - Art & Fun with Rebecca D!</p> <p>3:30 → CHIT CHATTERS HOUR + Independent Projects [A]</p>	<p>Polka Dot Day 22</p> <p>9:00 → Resistance Training B [A]</p> <p>9:30 → <i>Scenic Ride - Mililani</i></p> <p>10:00 → Seated Strength Circuit [A]</p> <p>10:30 → Walking Club</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → Unescorted Errand Ride - Daiso or Longs</p> <p>1:30 → WORD CHALLENGES + COLORING [A]</p> <p>2:30 → Guided Meditation [A]</p> <p>3:00 → NICKEL BINGO [A]</p>	<p>Handwriting Day 23</p> <p>7:00 → MEDICAL RUN - East Side</p> <p>9:00 → Seated Strength B [A]</p> <p>10:00 → Seated Strength B [A]</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>11:00 → Walking Club</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → CHIT CHATTERS HOUR + Word Puzzles [A]</p> <p>1:30 → Unescorted Errand - Barnes & Nobles</p> <p>2:00 → BIRTHDAY BASH with Dean Hirata! [A]</p> <p>3:00 → SIP & STITCH [A]</p>	<p>Peanut Butter Day 24</p> <p>9:00 → Seated Strength Circuit [A]</p> <p>9:30 → Friday Scenic Ride - Ala Moana Beach Park</p> <p>9:30 → Seated Strength Circuit [A]</p> <p>10:00 → Morning Stretch [A]</p> <p>10:30 → Guided Meditation [A]</p> <p>10:45 → <i>Kau Kau Club! - Chili's</i></p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → PAPER FOLDS SOCIETY [A]</p> <p>2:30 → CHIT CHATTERS HOUR + Independent Projects [A]</p> <p>3:00 → NICKEL BINGO [A]</p>	<p>Irish Coffee Day 25</p> <p>9:00 → Seated Strength Circuit [A]</p> <p>9:30 → Seated Strength Circuit [A]</p> <p>10:00 → Seated Strength Circuit [A]</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>11:00 → Walking Club</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → MOVIE DAY [T]</p> <p>2:30 → CHIT CHATTERS HOUR + Word Puzzles [A]</p> <p>3:30 → GAME ON - Card/Board Games</p>
<p>Spouses Day 26</p> <p>8:00 → Church Services - Bus Drop-Offs</p> <p>9:00 → Seated Strength Circuit [A]</p> <p>9:30 → Seated Strength Circuit [A]</p> <p>10:00 → Seated Strength Circuit [A]</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>11:00 → Walking Club</p> <p>11:00 → Word of Life: Christian Online Service [T]</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → LIVE Sunday Sports Watch! [T]</p> <p>1:30 → <i>Unescorted Errand Ride - Longs or Safeway</i></p> <p>2:00 → GAME ON - Card/Board Games</p> <p>2:30 → Unescorted Errand Ride - Longs or Safeway</p> <p>3:00 → CHIT CHATTERS HOUR + Write Your Own Short Story [A]</p>	<p>Chocolate Cake Day 27</p> <p>7:00 → MEDICAL RUNS - West Side</p> <p>9:00 → Resistance Training A [A]</p> <p>10:00 → Seated Strength Circuit [A]</p> <p>10:30 → Walking Club</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → LUCKY TILE MONDAYS [A]</p> <p>2:30 → CHIT CHATTERS HOUR + Word Puzzles [A]</p> <p>3:00 → NICKEL BINGO [A]</p>	<p>Kazoo Day 28</p> <p>7:00 → MEDICAL RUNS - Central (Pali Momi to Straub Town)</p> <p>9:00 → Seated Strength A [A]</p> <p>10:00 → Seated Strength A [A]</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>11:00 → Walking Club</p> <p>1:00 → CARD CREATIONS COLLECTIVE [A]</p> <p>1:30 → <i>Unescorted Errand Ride - Target</i></p> <p>2:00 → CHIT CHATTERS HOUR + Independent Projects [A]</p> <p>3:00 → PERFORMACNE - Evie Sweet! [A]</p>	<p>Puzzle Day 29</p> <p>9:00 → Resistance Training B [A]</p> <p>9:30 → <i>Scenic Ride - Pearl Harbor</i></p> <p>10:00 → Seated Strength Circuit [A]</p> <p>10:30 → Walking Club</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → Unescorted Errand Ride - Palama Market</p> <p>1:30 → WORD CHALLENGES + COLORING [A]</p> <p>2:30 → Guided Meditation [A]</p> <p>3:00 → NICKEL BINGO [A]</p>	<p>Croissant Day 30</p> <p>7:00 → MEDICAL RUN - East Side</p> <p>9:00 → Seated Strength B [A]</p> <p>10:00 → Seated Strength B [A]</p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>11:00 → Walking Club</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → SIP & STITCH [A]</p> <p>1:30 → Unescorted Errand Ride - Walmart</p> <p>3:30 → CHIT CHATTERS HOUR + Word Puzzles [A]</p>	<p>Inspire Your Heart With Art Day 31</p> <p>9:00 → Seated Strength Circuit [A]</p> <p>9:30 → Friday Scenic Ride - Waikiki</p> <p>9:30 → Seated Strength Circuit [A]</p> <p>10:00 → Morning Stretch [A]</p> <p>10:30 → Guided Meditation [A]</p> <p>10:45 → <i>Kau Kau Club! - Ichiriki</i></p> <p>11:00 → INDEPENDENT ACTIVITIES + RESIDENT CLUBS</p> <p>1:00 → Trivia Crack! [A]</p> <p>1:30 → PAPER FOLDS SOCIETY [A]</p> <p>2:30 → CHIT CHATTERS HOUR + Independent Projects [A]</p> <p>3:00 → NICKEL BINGO [A]</p>	<p>Art</p> <p>Excursions</p> <p>Games</p> <p>Group Activity</p> <p>Medical</p> <p>Mindfulness</p> <p>Physical</p> <p>Religious</p> <p>Resident Clubs</p> <p>Special Events</p>