


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p></p> <p>Health & Fitness Movie Plaza Life Shuttle Special Event</p>	<p>April Fools Day 1</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Craft: Spring Card [T] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "The Truman Show" (1998) N [T] 2:00 Table Games: Scrabble, 5 Second Questions Game, Checkers [A] 3:00 Pokeno [A] 6:30 Hawaiian Music Hour [T]</p>	<p>National DIY Day 2</p> <p>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, Target, Walmart 1:30 Afternoon Stretch [A] 1:30 Strength, Balance and Tone with Daniel 2:00 Matinee Movie: "The Murder of Air McNair" (2024) N [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p>National Film Score Day 3</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [A] 10:00 Music from Movies Trivia [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: Music by John Williams (2024) D+ [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "The Menu" (2022) N [T]</p>	<p>Dress Day: Orange 4</p> <p>National Vitamin C Day</p> <p>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 Club [A] 3:00 Bingo [A]</p>	<p>National Handmade Day 5</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Craft: Handmade Trinket holder [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Kanikapila [T] 3:00 Bingo [A] 7:00 Movie Night: "Mystic Pizza" (1988) Max [T]</p>	
<p>Dress Day: Pajama's 6</p> <p>National Pajama Day</p> <p>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 Craft: Flying Butterflies [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Planet Earth" S1 Ep1 Max [T] 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 Movie Night: "Downton Abbey: The Movie" (2019) N [T]</p>	<p>National Motherhood and Beauty Day 7</p> <p>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 Sightseeing: Koko Marina 10:00 Hank the Singing Dutchman [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "Planet Earth" S1 Ep2 Max [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p>Dress Day: Bird Shirts 8</p> <p>National Draw A Bird Day</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Craft: Spring Door Decoration [L] 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: "Migration" (2023) N [T] 2:00 Table Games: Scrabble, 5 second rule, Jenga, Hana fuda, Uno, Mah Jong Game [A] 3:00 Pokeno [A] 6:30 Hawaiian Music Hour [T]</p>	<p>National Unicorn Day 9</p> <p>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] 9:45 Sightseeing: Kaneohe 10:00 New Hope Church Service [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Errand Run (2 Miles) 1:30 Afternoon Stretch [A] 1:30 Plaza Life Circuit 1 Exercise [A] 2:00 Matinee Movie: "Time Bandits" (1981) Max [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p>Dress Day: Plaza Shirts 10</p> <p>National Cinnamon Crescent Day</p> <p>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 Stand Up Comedy: "Gabriel Iglesias: Legend of Fluffy" (2025) [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: Lion (2016) N [T]</p>	<p>National Pet Day 11</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Craft: PomPom Bunnies 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Diamond Art Club [A] 3:00 Bingo [A]</p>	<p>National Slow Art Day 12</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Craft: Crochet Lei's with Florence [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Kanikapila [T] 3:00 Bingo [A] 7:00 Movie Night: "The Descentdants" (2011) Max [T]</p>
<p>National Scrabble Day 13</p> <p>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 Pet Visit: Jim and Chico [A] 1:00 Sightseeing: Kahalu'u 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Planet Earth S1 Ep 3" [T] 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 Movie Night: "Awakenings" (1990) N [T]</p>	<p>Dress Day: Blue and/or White 14</p> <p>National Look Up At The Sky Day</p> <p>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 Sightseeing: South Shore Beaches 10:00 Craft: Paint Easter Ornaments [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "Planet Earth" S1 Ep 8 Max [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p>National World Art Day 15</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Craft: Egg Decorating [T] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Flow" (2024) Max [T] 2:00 Paper, Crochet, Ribbon Lei Making [A] 3:00 Pokeno [A] 6:30 Hawaiian Music Hour [T]</p>	<p>National Orchid Day 16</p> <p>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 Afternoon Stretch [A] 1:30 Strength, Balance and Tone with Daniel 2:00 Matinee Movie: Everest (2015) N [T] 2:00 Shopping: Kahala Mall 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p>National High Five Day 17</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Pet Therapy with Wes Koga [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Stand-Up Comedy: "Jo Koy Comin' In Hot" (2019) N [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: Heart of Champions (2021) N [T]</p>	<p>Good Friday 18</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Craft: Button Bunnies 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Diamond Art Club [A] 3:00 Bingo [A]</p>	<p>National Garlic Day 19</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 American Legion Family Bingo [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Kanikapila [T] 3:00 Bingo [A] 7:00 Movie Night: "Dinner with Friends" (2001) Max [T]</p>
<p>Dress Day: Plaza Shirts or Pastels 20</p> <p>Happy Easter</p> <p>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 Easter Egg Hunt [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: The Twister: Caught in the Storm (2025) N [T] 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 Movie Night: "Come Sunday" (2018) N [T]</p>	<p>National Bulldogs Day 21</p> <p>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 Excursion: Kunawai Pond 10:00 Pet Visit: Jim and Chico [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "Dogs" S1 Ep 4 N [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p>Dress Day: Green or Blue 22</p> <p>National Earth Day</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Craft: Earth Day Seed Bombs [T] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Dungeons & Dragons (2023) N [T] 2:00 Paper or Ribbon Lei's [L] 3:00 Pokeno [L] 6:30 Hawaiian Music Hour [T]</p>	<p>National World Book Day 23</p> <p>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] 9:45 Sightseeing: Halona Blowhole 10:00 New Hope Church Service [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Target, Don Quijote, Walmart 1:30 Plaza Life Circuit 1 Exercise [A] 2:00 Matinee Movie: "Back in Action" (2025) N [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p>National Pigs in a Blanket Day 24</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Craft: April Showers [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Stand up Show: "Ali Wong Baby Cobra [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 6:00 Merrie Monarch: Miss Aloha Hula Night [T] 7:00 Movie Night: "White Bird in a Blizzard" (2023) Max [A]</p>	<p>National Mani-Pedi Day 25</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Performance by Hui Malama [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Diamond Art Club [A] 3:00 Bingo [A] 6:00 Merrie Monarch: Kahiko Night [T]</p>	<p>National Pretzal Day 26</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Lei Making With Taylon 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Kanikapila [T] 3:00 Bingo [A] 6:00 Merrie Monarch: 'Auana Night [T] 7:00 Movie Night: "The Upside of Anger" (2005) Max [A]</p>
<p>National Tell a Story Day 27</p> <p>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 Writing Letters to Friends [A] 1:00 Sightseeing: Manoa 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Our Father" (2022) N [T] 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 Movie Night: "Let Them All Talk" (2020) Max [T]</p>	<p>Dress Day: Superhero Shirts 28</p> <p>National Superhero Day</p> <p>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 Sightseeing: Waikiki 10:00 Sing-a-long with Sandy and Gordon [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Manoa Shopping Center (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "Apollo 13 Survival" (2024) N [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p>National Day of Trees 29</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 2 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Craft: Ti Leaf Lei [T] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Trap" (2024) N [T] 2:00 Table Games: Scrabble, 5 Second Questions Game, Checkers [A] 3:00 Pokeno [A] 6:30 Hawaiian Music Hour [T]</p>	<p>Dress Day: Plaza Shirts 30</p> <p>National Jazz Day</p> <p>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 Lei Making [A] 2:00 Matinee Movie: On The Line" (2022) N [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p>Location Keys</p> <p>Activity Room A Hoku Terrace HT Living Room L Theater T</p>		