



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**ATTENTION:**

Please sign up for sightseeing rides and shopping outings with concierge.

All Activities are subject to change

- ♥ Health & Fitness
- 🎬 Movie
- 🚌 Shuttle
- ★ Special Event

**Location Keys**

- Activity Room A
- Bistro B
- Hoku Terrace HT
- Theater T

<p><b>National Groundhog Day</b> 2</p> <p>8:15 🚌 Church Runs</p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 ♥ Morning Exercise II [A]</p> <p>10:00 🎨 <b>Crafts: Lovebugs</b></p> <p>1:00 🚌 Sightseeing: Manoa</p> <p>1:30 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>3:00 🎬 Documentary: "What We Leave Behind" (2022) N [T]</p> <p>3:00 🎮 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A]</p> <p>7:00 🎬 Movie Night: "Steel Magnolia" (1989) MAX [T]</p>	<p><b>National Carrot Cake Day</b> 3</p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>8:30 🚌 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>9:45 🗺️ Sightseeing: Loko Pa'iaiu Fishponds</p> <p>10:00 🎨 <b>Hank the Singing Dutchman [A]</b></p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:15 🚌 Shopping: Errand Run (2 Miles)</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎬 Documentary: "The Sixties" S1 Ep 3 MAX [T]</p> <p>2:00 🚶 Walking Club Around the Plaza</p> <p>3:00 Bingo [A]</p> <p>6:30 Classical Music Listening Hour [T]</p>	<p><b>National Homemade Soup Day</b> 4</p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 ♥ Morning Exercise II [A]</p> <p>10:00 🎨 <b>CRAFT: Felt Heart Pins [A]</b></p> <p>12:00 🚶 Medical Transportation</p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎮 Crafts and Games with UH Japanese Students [A]</p> <p>2:00 🎬 Matinee Movie: "Rebel Without a Cause" (1955) Max [T]</p> <p>6:30 🎵 Hawaiian Music Hour [T]</p>	<p><b>National Read Aloud Day</b> 5</p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>8:30 🚌 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 ♥ Morning Exercise II [A]</p> <p>10:00 🗺️ New Hope Church Service [T]</p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:15 🚶 Shopping: Don Quijote</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>1:30 ♥ <b>Strength, Balance and Tone with Daniel</b></p> <p>2:00 🎬 Matinee Movie: "Once Upon A Time In China" (1991) MAX [T]</p> <p>3:00 Bingo [A]</p> <p>6:30 Music Variety Hour [T]</p> <p>7:00 UH VOLLEYBALL: STANFORD [A]</p>	<p><b>National Chopstick Day</b> 6</p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 ♥ Morning Exercise II [A]</p> <p>10:00 🎨 Cooking Demo with Jeremy [A]</p> <p>12:00 🚶 Medical Transportation</p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎬 Documentary: "The Sixties" S1 Ep 6 MAX [T]</p> <p>2:00 🚶 Walking Club Around the Plaza</p> <p>3:00 Pokeno [A]</p> <p>7:00 🎬 Movie Night: "The Karate Kid" (1984) N [T]</p>	<p><b>Dress Day: Red</b> 7</p> <p><b>National Wear Red Day</b></p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 ♥ Morning Exercise II [A]</p> <p>10:00 🎨 <b>Music with Dean Hirata [A]</b></p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎨 Diamond Art Club [A]</p> <p>3:00 Bingo [A]</p> <p>7:00 UH VOLLEYBALL: STANFORD [T]</p>	<p><b>National Dark Chocolate Day</b> 1</p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 ♥ Morning Exercise II [A]</p> <p>10:00 🎨 Cooking Demo Chocolate Scones [A]</p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎨 <b>Kanikapila [T]</b></p> <p>3:00 Bingo [A]</p> <p>4:00 UH VOLLEYBALL: BYU [T]</p> <p>7:00 🎬 Movie Night: "Willy Wonka &amp; The Chocolate Factory" (1971) MAX [T]</p>
<p><b>Dress Day: Football Jersey or Shirts</b> 9</p> <p><b>National Superbowl Day</b></p> <p>8:15 🚌 Church Runs</p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 ♥ Morning Exercise II [A]</p> <p>10:00 🎨 <b>Craft: Pom Poms</b></p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [A]</p> <p>1:15 🎨 Super Bowl LIX Tailgate Party [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>3:00 🎮 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A]</p> <p>7:00 🎬 Movie Night: "Erin Brockovich" (2000) N [T]</p>	<p><b>Dress Day: Plaza Shirts or Flannel</b> 10</p> <p><b>National Flannel Day</b></p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>8:30 🚌 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 ♥ Morning Exercise II [A]</p> <p>9:45 🗺️ Sightseeing: White Plains Beach</p> <p>10:00 🎨 <b>Craft: Love Monsters [A]</b></p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:15 🚶 Shopping: (1 hour)</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎬 Documentary: "[T]"</p> <p>2:00 🚶 Walking Club Around the Plaza</p> <p>3:00 Bingo [A]</p> <p>6:30 Classical Music Listening Hour [T]</p>	<p><b>National Make A Friend Day</b> 11</p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 🚶 Plaza Life Circuit 1 Exercise [A]</p> <p>9:30 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>10:00 🎨 <b>CRAFT: Luggage/ Walker/ Name Tags [T]</b></p> <p>10:15 🗺️ <b>Resident Council Meeting [A]</b></p> <p>12:00 🚶 Medical Transportation</p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎬 Matinee Movie: "Casablanca" (1942) Max [T]</p> <p>2:00 🎮 Table Games: Scrabble, 5 Second Questions Game, Checkers [A]</p> <p>3:00 Pokeno [A]</p> <p>6:30 🎵 Hawaiian Music Hour [T]</p>	<p><b>National Hug Day</b> 12</p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>8:30 🚌 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 🚶 Plaza Life Circuit 1 Exercise [A]</p> <p>9:30 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>9:45 🚶 Excursion: Kunawai Pond</p> <p>10:00 🗺️ New Hope Church Service [T]</p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:15 🚶 Shopping: Don Quijote</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎬 Matinee Movie: "13 going on 30" (2004) N [T]</p> <p>3:00 Bingo [A]</p> <p>6:30 Music Variety Hour [T]</p>	<p><b>National Giving Hearts Day</b> 13</p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 🚶 Plaza Life Circuit 1 Exercise [A]</p> <p>9:30 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>10:00 🎨 Craft: Heart Garland [A]</p> <p>12:00 🚶 Medical Transportation</p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎬 Documentary: "Natalie Wood What Remains Behind" (2020) Max [T]</p> <p>2:00 🚶 Walking Club Around the Plaza</p> <p>3:00 Pokeno [A]</p> <p>7:00 🎬 Movie Night: "To All the Boys I've Loved Before" (2018) N [T]</p>	<p><b>Dress Day: Red or Pink</b> 14</p> <p><b>Valentines Day</b></p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 🚶 Plaza Life Circuit 1 Exercise [A]</p> <p>9:30 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>10:00 🎨 <b>Craft: Heart Glasses [A]</b></p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎨 Diamond Art Club [A]</p> <p>3:00 Bingo [A]</p>	<p><b>National Butterscotch Day</b> 15</p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 🚶 Plaza Life Circuit 1 Exercise [A]</p> <p>9:30 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>10:00 🎨 Cooking Demo with Jeremy [A]</p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎨 <b>Kanikapila [T]</b></p> <p>3:00 Bingo [A]</p> <p>7:00 🎬 Movie Night: "Notting Hill" (1999) N [T]</p>
<p><b>National Do a Grouch A Favor Day</b> 16</p> <p>8:15 🚌 Church Runs</p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 ♥ Morning Exercise II [A]</p> <p>10:00 🎨 <b>Craft: Toilet Paper Roll Birds [A]</b></p> <p>1:00 🚶 Sightseeing: Alewa Heights</p> <p>1:30 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>3:00 🎬 Documentary: "The Sixties" S1 Ep 8 [T]</p> <p>3:00 🎮 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A]</p> <p>7:00 🎬 Movie Night: "The Whale" (2022) N [T]</p>	<p><b>President's Day</b> 17</p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>8:30 🚌 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 ♥ Morning Exercise II [HT]</p> <p>9:30 ♥ Morning Exercise II [A]</p> <p>9:45 🗺️ Sightseeing: Valley of the Temples</p> <p>10:00 🎨 <b>Craft: Sand Art [A]</b></p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:15 🚶 Shopping: Manoa Shopping Center (1 hour)</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎬 Documentary: "The Best and Worst Presidents" D+ [T]</p> <p>2:00 🚶 Walking Club Around the Plaza</p> <p>3:00 Bingo [A]</p> <p>6:30 Classical Music Listening Hour [T]</p>	<p><b>National Thumb Appreciation Day</b> 18</p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 🚶 Plaza Life Circuit 1 Exercise [A]</p> <p>9:30 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>10:00 🎨 <b>CRAFT: Thumb Pinch Pots [A]</b></p> <p>12:00 🚶 Medical Transportation</p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎬 Matinee Movie: "Meet the Parents" (2000) N [T]</p> <p>2:00 🎮 Table Games: Scrabble, 5 Second Questions Game, Checkers [A]</p> <p>3:00 Pokeno [A]</p> <p>6:30 🎵 Hawaiian Music Hour [T]</p>	<p><b>National Chocolate Mint Day</b> 19</p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>8:30 🚌 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 🚶 Plaza Life Circuit 1 Exercise [A]</p> <p>9:30 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>10:00 🗺️ New Hope Church Service [T]</p> <p>10:45 🍽️ Kau Kau Cafe: TBD</p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>1:30 ♥ <b>Strength, Balance and Tone with Daniel</b></p> <p>2:00 🎬 Matinee Movie: "Love in the Villa" (2022) N [T]</p> <p>2:00 🚶 Shopping: Longs</p> <p>3:00 Bingo [A]</p> <p>6:30 Music Variety Hour [T]</p>	<p><b>Dress Day: Plaza Shirts</b> 20</p> <p><b>National Muffin Day</b></p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 🚶 Plaza Life Circuit 1 Exercise [A]</p> <p>9:30 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>10:00 🎨 <b>Pet Therapy with Wes Koga [A]</b></p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 UH VOLLEYBALL: BELMONT ABBEY [T]</p> <p>2:00 🚶 Walking Club Around the Plaza</p> <p>3:00 Pokeno [A]</p> <p>7:00 🎬 Movie Night: "Interstellar" (2014) N [T]</p>	<p><b>Dress Day: Blue and/or White</b> 21</p> <p><b>National Caregiver's Day</b></p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 🚶 Plaza Life Circuit 1 Exercise [A]</p> <p>9:30 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>10:00 🎨 <b>Craft: Thank you Candy Boxes [A]</b></p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎨 Diamond Art Club [B]</p> <p>3:15 Bingo [A]</p>	<p><b>Dress Day: Sportswear</b> 22</p> <p><b>National Recreational Sports &amp; Fitness Day</b></p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 🚶 Plaza Life Circuit 1 Exercise [A]</p> <p>9:30 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>10:00 🎨 Cooking Demo: Layer Dip [A]</p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎨 <b>Kanikapila [T]</b></p> <p>3:00 Bingo [A]</p> <p>7:00 🎬 Movie Night: "In the Heart of the Sea" (2015) N [T]</p>
<p><b>National Tootsie Roll Day</b> 23</p> <p>8:15 🚌 Church Runs</p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 ♥ Morning Exercise II [A]</p> <p>10:00 🎨 <b>Beaded Bracelets or Necklace [A]</b></p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>3:00 🎬 Documentary: "Sugarcane" (2024) D+ [T]</p> <p>3:00 🎮 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A]</p> <p>7:00 🎬 Movie Night: "Shirley" (2024) N [T]</p>	<p><b>National Tortilla Chip Day</b> 24</p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>8:30 🚌 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 ♥ Morning Exercise II [A]</p> <p>9:45 🚶 Excursion: Pali Lookout</p> <p>10:00 🎨 <b>Sing-a-long with Sandy and Gordon [A]</b></p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:15 🚶 Shopping: Longs (1 hour)</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎬 Documentary: "Ingrid Bergman: In Her Own Words" (2015) MAX [T]</p> <p>2:00 🚶 Walking Club Around the Plaza</p> <p>3:00 Bingo [A]</p> <p>6:30 Classical Music Listening Hour [T]</p>	<p><b>National Chocolate Covered Nut Day</b> 25</p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 🚶 Plaza Life Circuit 1 Exercise [A]</p> <p>9:30 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>10:00 🎨 <b>Televeda: Beyond Walls Bingo! [T]</b></p> <p>12:00 🚶 Medical Transportation</p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎬 Matinee Movie: "The Pink Panther" (1964) MAX [T]</p> <p>2:00 🎮 Table Games: Scrabble, 5 Second Questions Game, Checkers [A]</p> <p>3:00 Pokeno [A]</p> <p>6:30 🎵 Hawaiian Music Hour [T]</p>	<p><b>National Pistachio Day</b> 26</p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>8:30 🚌 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 🚶 Plaza Life Circuit 1 Exercise [A]</p> <p>9:30 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>9:45 🚶 Excursion: John Yong Art Museum</p> <p>10:00 🗺️ New Hope Church Service [T]</p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:15 🚶 Shopping: Don Quijote</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎬 Matinee Movie: "Hidden Strike" (2023) N [T]</p> <p>3:00 Bingo [A]</p> <p>6:30 Music Variety Hour [T]</p>	<p><b>National Strawberry Day</b> 27</p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 🚶 Plaza Life Circuit 1 Exercise [A]</p> <p>9:30 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>10:00 🎨 Cooking Demo with Jeremy [A]</p> <p>12:00 🚶 Medical Transportation</p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎬 Documentary: "Food that Built America S4 Ep1" D+ [T]</p> <p>2:00 🚶 Walking Club Around the Plaza</p> <p>3:00 Pokeno [A]</p> <p>7:00 🎬 Movie Night: "The Man from U.N.C.L.E." (2015) N [T]</p>	<p><b>Dress Day: Floral Shirts</b> 28</p> <p><b>National Floral Design Day</b></p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 🚶 Plaza Life Circuit 1 Exercise [A]</p> <p>9:30 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>10:00 🎨 <b>Craft: Paper Flower Arrangements</b></p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎨 Diamond Art Club [A]</p> <p>3:00 Bingo [A]</p> <p>7:00 UH VOLLEYBALL: UC IRVINE [T]</p>	
<p>8:15 🚌 Church Runs</p> <p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 ♥ Morning Exercise II [A]</p> <p>10:00 🎨 <b>Beaded Bracelets or Necklace [A]</b></p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>3:00 🎬 Documentary: "Sugarcane" (2024) D+ [T]</p> <p>3:00 🎮 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A]</p> <p>7:00 🎬 Movie Night: "Shirley" (2024) N [T]</p>	<p>8:30 ♥ Morning Exercise [HT]</p> <p>8:30 🚌 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>9:30 ♥ Morning Exercise II [A]</p> <p>9:45 🚶 Excursion: Pali Lookout</p> <p>10:00 🎨 <b>Sing-a-long with Sandy and Gordon [A]</b></p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:15 🚶 Shopping: Longs (1 hour)</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎬 Documentary: "Ingrid Bergman: In Her Own Words" (2015) MAX [T]</p> <p>2:00 🚶 Walking Club Around the Plaza</p> <p>3:00 Bingo [A]</p> <p>6:30 Classical Music Listening Hour [T]</p>	<p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 🚶 Plaza Life Circuit 1 Exercise [A]</p> <p>9:30 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>10:00 🎨 <b>Televeda: Beyond Walls Bingo! [T]</b></p> <p>12:00 🚶 Medical Transportation</p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎬 Matinee Movie: "The Pink Panther" (1964) MAX [T]</p> <p>2:00 🎮 Table Games: Scrabble, 5 Second Questions Game, Checkers [A]</p> <p>3:00 Pokeno [A]</p> <p>6:30 🎵 Hawaiian Music Hour [T]</p>	<p>8:30 ♥ Morning Exercise [HT]</p> <p>8:30 🚌 Plaza Walking Moai Club @ Magic Island</p> <p>9:00 🚶 Plaza Life Circuit 1 Exercise [A]</p> <p>9:30 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>9:45 🚶 Excursion: John Yong Art Museum</p> <p>10:00 🗺️ New Hope Church Service [T]</p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:15 🚶 Shopping: Don Quijote</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎬 Matinee Movie: "Hidden Strike" (2023) N [T]</p> <p>3:00 Bingo [A]</p> <p>6:30 Music Variety Hour [T]</p>	<p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 🚶 Plaza Life Circuit 1 Exercise [A]</p> <p>9:30 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>10:00 🎨 Cooking Demo with Jeremy [A]</p> <p>12:00 🚶 Medical Transportation</p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎬 Documentary: "Food that Built America S4 Ep1" D+ [T]</p> <p>2:00 🚶 Walking Club Around the Plaza</p> <p>3:00 Pokeno [A]</p> <p>7:00 🎬 Movie Night: "The Man from U.N.C.L.E." (2015) N [T]</p>	<p>8:30 ♥ Morning Exercise [HT]</p> <p>9:00 🚶 Plaza Life Circuit 1 Exercise [A]</p> <p>9:30 ♥ Virtual Exercise: "Rise and Shine" [T]</p> <p>10:00 🎨 <b>Craft: Paper Flower Arrangements</b></p> <p>1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T]</p> <p>1:30 ♥ Afternoon Stretch [A]</p> <p>2:00 🎨 Diamond Art Club [A]</p> <p>3:00 Bingo [A]</p> <p>7:00 UH VOLLEYBALL: UC IRVINE [T]</p>	