






Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><b>Attention:</b></p> <p>Please sign up for sightseeing rides and shopping outings with concierge.</p> 	<p><b>ATTENTION:</b></p> <p>Please sign up for sightseeing rides and shopping outings with concierge.</p>	<p>All Activities are subject to change</p>	<p><b>Dress Day: Sparkles or Gold or Silver</b></p> <p><b>New Years Day</b></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 [HT] 9:45 Sightseeing: Hawaii Kai 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] 2:00 Matinee Movie: "Serendipity" (2001) Max [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p><b>National Cream Puff Day</b></p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Table Games [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Buy Now! The shopping Conspiracy" (2024) N [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "Carry On" (2024) N [T]</p>	<p><b>National Drinking Straw Day</b></p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Music with Dean Hirata [A]</b> 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><b>National Trivia Day</b></p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Trivia 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 <b>Kanikapila [A]</b> 3:00 Bingo [A] 7:00 Movie Night: "The Big Wedding" (2013) H [T]</p>
<p><b>Dress Day: Bird Shirts</b></p> <p><b>National Bird Day</b></p> <p>8:15 Church Runs 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Watercolor Painting with Classical Music [A]</b> 1:00 Sightseeing: Kaimuki 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 3:00 Documentary: "Dancing with the Birds" (2019) N [T] 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 Movie Night: "In Her Shoes" (2005) Hulu [T]</p>	<p><b>National Technology Day</b></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 [HT] 9:45 Sightseeing: Round Top 10:00 <b>Table Games: Scrabble, 5 second rule, Jenga, Hana fuda, Uno, Mah Jong Game [A]</b> 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "Inside Bill's Brain: Decoding Bill Gates" S1 Ep 1 (2019)N [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p><b>National Bobblehead Day</b></p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Craft: Winter Card [A]</b> 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Society of the Snow" (2024) N [T] 2:00 Table Games: Scrabble, 5 Second Questions Game, Checkers [A] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF] 6:30 Hawaiian Music Hour [T]</p>	<p><b>National Bubble Bath Day</b></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 [HT] 10:00 New Hope Church Service [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Don Quijote 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Silverado" (1985) N [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p><b>Dress Day: Blue or Black</b></p> <p><b>National Law Enforcement Day</b></p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 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: "Service and Sacrifice" (2024) Youtube [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "Patriots Day" (2016) N [T]</p>	<p><b>Dress Day: Plaza Shirts</b></p> <p><b>National Houseplant Appreciation Day</b></p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Craft: Paper House Plant [A]</b> 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><b>National Arkansas Day</b></p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Cooking Demo: Chocolate Gravy [A]</b> 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 <b>Kanikapila [T]</b> 3:00 Bingo [A] 7:00 Movie Night: "Book Club" (2018) N [T]</p>
<p><b>National Marzipan Day</b></p> <p>8:15 Church Runs 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Watercolor and Classical Music [A]</b> 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 3:00 Documentary/Series: "True Detective" S1 Ep 1 (2014) Max [T] 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 Movie Night: "Book Club the Next Chapter" (2023) Peacock [T]</p>	<p><b>National Sticker Day</b></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 [HT] 9:45 Sightseeing: Sandys 10:00 <b>Music with Roy Hamada [A]</b> 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Kahala Mall (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary/Series: "True Detective" S1 Ep 2 (2014) Max [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p><b>National Dress Up Your Pet Day</b></p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Craft: Year of the Snake [T]</b> 10:15 <b>Resident Council Meeting [A]</b> 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Summertime" (1955) Max [T] 2:00 Table Games: Scrabble, 5 Second Questions Game, Checkers [A] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF] 6:30 Hawaiian Music Hour [T]</p>	<p><b>National Strawberry Ice Cream Day</b></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 [HT] 9:45 Sightseeing: Waikale 10:00 New Hope Church Service [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: H Mart 1:30 <b>Strength, Balance and Tone with Daniel</b> 2:00 Matinee Movie: "Miracles" (1989) Max [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p><b>National Religious Freedom Day</b></p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Performance: Legacy Music [A]</b> 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Mysteries of the Faith" S1 Ep 1 (2023) N [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "The Iron Claw" (2023) Max [T]</p>	<p><b>Dress Day: Maritime (Sailor or Ocean Theme)</b></p> <p><b>National Popeye the Sailor Man Day</b></p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Special Presentation with May Kealoha on Nepal [T]</b> 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><b>Dress Day: Winnie the Pooh shirts or Red or Yellow</b></p> <p><b>National Winnie The Pooh Day</b></p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Cooking Demo with Jeremy [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 <b>Kanikapila [T]</b> 3:00 Bingo [A] 7:00 Movie Night: "Hello, Dolly" (1969) D+ [T]</p>
<p><b>Dress Day: Yellow Shirts</b></p> <p><b>National Popcorn Day</b></p> <p>8:15 Church Runs 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Watercolor and Classical Music [A]</b> 1:00 Sightseeing: Sherwood Forest 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 3:00 Documentary: "George Stevens: A Filmmaker's Journey" (1984) [T] 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 Movie Night: "Hidalgo" (2004) Hulu [T]</p>	<p><b>Dress Day: Plaza Shirts</b></p> <p><b>National Martin Luther King, Jr. Day</b></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 [HT] 9:45 Sightseeing: Patsy Mink Regional Park 10:00 Hank the Singing Dutchman [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Walmart (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "The Rosa Parks Story" (2002) Peacock [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p><b>National Hugging Day</b></p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Craft: Chinese New Year Door Decoration [A]</b> 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Samurai Trilogy: Musashi Miyamoto" (1954) [T] 2:00 Table Games: Scrabble, 5 Second Questions Game, Checkers [A] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF] 6:30 Hawaiian Music Hour [T]</p>	<p><b>Dress Day: Bright Colors</b></p> <p><b>National Celebration of Life Day</b></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 [HT] 9:30 Morning Exercise II [HT] 10:00 New Hope Church Service [T] 10:45 <b>Kau Kau Cafe: TBD</b> 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 <b>Strength, Balance and Tone with Daniel [T]</b> 2:00 Matinee Movie: Samurai Trilogy 2: Duel at Ichijoji Temple" (1955) [T] 2:00 Shopping: Don Quijote 3:15 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p><b>National Pie Day</b></p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Let's Talk Story with Pie! [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "All You Can Eat" S1 Ep 13 (2013) D+ [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "Waitress" (2007) Hulu [T]</p>	<p><b>National Big Wig Day</b></p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Craft: Beaded Bracelets [A]</b> 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><b>National Irish Coffee Day</b></p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Cooking Demo with Jeremy [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 <b>Kanikapila [T]</b> 3:00 Bingo [A] 7:00 Movie Night: "Irish Wish" (2024) N [T]</p>
<p><b>National Peanut Brittle Day</b></p> <p>8:15 Church Runs 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Watercolor and Classical Music [A]</b> 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 3:00 Documentary: "Brats" (2024) Hulu [T] 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 Movie Night: "The Farewell" (2019) Max [T]</p>	<p><b>National Viet Nam Peace Day</b></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 [HT] 9:45 Sightseeing: Ho'omaluhia Botanical Garden 10:00 Table Games [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Happy Mart in Market City (1 hour) 1:30 Afternoon Stretch [A] 2:00 Documentary: "True Detective: S1 Ep 3" Max [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p><b>National Kazoo Day</b></p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Televeda: Beyond Walls Bingo! [T]</b> 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Samurai Trilogy 3: Duel at Ganryu Island" (1956) [T] 2:00 Table Games: Scrabble, 5 Second Questions Game, Checkers [A] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF] 6:30 Hawaiian Music Hour [T]</p>	<p><b>National Puzzle Day</b></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 [HT] 9:45 Sightseeing: Wahiawa 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] 2:00 Matinee Movie: "Dynasty Warrior" (2021) N [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p><b>Dress Day: Plaza Shirts</b></p> <p><b>National Croissant Day</b></p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Karaoke! [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "True Detective" S1 Ep 4 Max [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "The Irishman" (2019) N [T]</p>	<p><b>National Inspire your Heart with Art Day</b></p> <p>8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Craft: Toilet Paper Roll Flower Wreath [A]</b> 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> <b>Health &amp; Fitness</b>  <b>Movie</b>  <b>Shuttle</b>  <b>Special Event</b></p>