The Plaza at Waikiki Sunday Monday Wednesday Tuesdav Friday Saturday Dress Day: Sparkles or Gold or Silver National Cream Puff Day **National Drinking Straw Day ATTENTION: National Trivia Day** New Years Day 8:30 ♥ Morning Exercise [HT] 8:30 ♥ Morning Exercise [HT] 8:30 ♥ Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine' 8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and 9:00 ♥ Virtual Exercise: "Rise 8:30 Plaza Walking Moai Club @ Magic 9:30 Morning Exercise II [HT] Shine" [T] and Shine" [T] Please sign up for sightseeing 9:30 ♥ Morning Exercise II [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 10:00 Table Games [A] 9:30 ♥ Morning Exercise II [HT] rides and shopping outings with 9:30 Morning Exercise II [HT] 12:00 Medical Transportation 10:00 Trivia All Activities are subject 10:00 Music with Dean Hirata [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T 9:45 🖨 Sightseeing: Hawai'i Kai THE PLAZA concierge. 1:00 Virtual Exercise: Barre with New Hope Church Service [T] 1:30 Afternoon Stretch [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] to change - Assisted Living 1:00 Virtual Exercise: Barre with Resistance Bands [T] 2:00 Documentary: "Buy Now! The shopping Resistance Bands [T] 1:30 Afternoon Stretch [A] 1:15 A Shopping: Errand Run (2 Miles) Conspiracy" (2024) N [T] 1:30 Afternoon Stretch [A] 2:00 Walking Club Around the Plaza 2:00 Kanikapila [A] 1:30 • Afternoon Stretch [A] 3:00 Pokeno [A] 2:00 Diamond Art Club [A] 2:00 Matinee Movie: "Serendipity" (2001) Max [T] 3.00 Bingo [A] 7:00 Movie Night: "Carry On" (2024) N [T] 3:00 Bingo [A] 3:00 Bingo [A] 7:00 Movie Night: "The Big Wedding" 6:30 Music Variety Hour [T] (2013) H [T] National Technology Day Dress Day: Bird Shirts National Bobblehead Day National Bubble Bath Day Dress Day: Blue or Black Dress Day: Plaza Shirts **National Arkansas Day** 8:30 Morning Exercise [HT] 8:30 ♥ Morning Exercise [HT] National Law Enforcement Day **National Bird Day** 8:30 ♥ Morning Exercise [HT] **National Houseplant Appreciation** 8:30 Morning Exercise [HT] 8:30 💂 Plaza Walking Moai Club @ Magic Island 9:00 ♥ Virtual Exercise: "Rise and Shine" 8:15 G Church Runs 8:30 🖨 Plaza Walking Moai Club @ 8:30 ♥ Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] Dav 9:00 ♥ Virtual Exercise: "Rise and 8:30 ♥ Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine' Magic Island 9:30 Morning Exercise II [HT] Shine" [T] 9:30 ♥ Morning Exercise II [HT] 8:30 ♥ Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:45 🖨 Sightseeing: Round Top 9:30 ♥ Morning Exercise II [HT] Craft: Winter Card [A] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:30 ♥ Morning Exercise II [HT] Table Games: Scrabble, 5 second rule, Jenga, Hana 9:30 ♥ Morning Exercise II [HT] fuda, Uno, Mah Jong Game [A]
1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] 12:00 Medical Transportation 10:00 COOKING DEMO With Jeremy [A] 10:00 Watercolor Painting with Classical Music [A] 0:00 Cooking Demo: Chocolate Gravy [A] 9:30 Morning Exercise II [HT] 10:00 New Hope Church Service [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] Medical Transportation 1:00 🖨 Sightseeing: Kaimuki 12:00 1:00 Virtual Exercise: Barre with 10:00 Craft: Paper House Plant [A] 1:00 Virtual Exercise: Barre with Resistance 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 Resistance Bands [T] 1:30 V Afternoon Stretch [A] 2:00 Matinee Movie: "Society of the Snow" (2024) N Bands [T] 1:00 ♥ Virtual Exercise: Barre with 1:30 • Afternoon Stretch [A] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Inside Bill's Brain: Decoding Bill Gates" (Ep 1 (2019)N [T] 1:15 🚊 Shopping: Don Quijote 1:30 Afternoon Stretch [A] Resistance Bands [T] 3:00 Documentary: "Dancing with the Birds" (2019) N 2:00 Documentary: "Service and Sacrifice" (2024) Table Games: Scrabble, 5 Second Questions 1:30 Afternoon Stretch [A] Youtube [T] 2:00 Kanikapila [T] 1:30 Afternoon Stretch [A] 2:00 Walking Club Around the Plaza Game, Checkers [A] 2:00 • Walking Club Around the Plaza 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, 2:00 Matinee Movie: "Silverado" (1985) N [T] 2:00 Diamond Art Club [A] 3:00 Binao [A] 2:30 Afternoon Exercise (AL residents) [WF] Hana Fuda Uno Mah Jong Game [A] 3:00 Pokeno [A] 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T] 7:00 Movie Night: "Book Club" (2018) N [T] 3:00 Bingo [A] 5th Floor Bingo (AL residents only) [WF] 7:00 Movie Night: "Patriots Day" (2016) N [T] 7:00 Movie Night: "In Her Shoes" (2005) Hulu [T] Music Variety Hour [T] 6:30 Hawaiian Music Hour [T] 6:30 National Dress Up Your Pet Day National Religious Freedom Day National Sticker Day National Marzipan Day National Strawberry Ice Cream Day Dress Day: Maritime (Sailor or Dress Day: Winnie the Pooh shirts or 8 8:15 🖨 Church Runs 8:30 ♥ Morning Exercise [HT] 8:30 Morning Exercise [HT] 8:30 ♥ Morning Exercise [HT] 8:30 ♥ Morning Exercise [HT] Red or Yellow Ocean Theme) 8:30 ♥ Morning Exercise [HT] 8:30 🖨 Plaza Walking Moai Club @ Magic 9:00 Virtual Exercise: "Rise and Shine" 8:30 Plaza Walking Moai Club @ Magic 9:00 Virtual Exercise: "Rise and Shine' National Winnie The Pooh Day National Popeye the Sailor Man Day 9:00 ♥ Virtual Exercise: "Rise and Shine" Island Island 8:30 ♥ Morning Exercise [HT] 8:30 Morning Exercise [HT] 9:30 Morning Exercise II [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:00 Virtual Exercise: "Rise and Shine" [T 9:30 Morning Exercise II [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:30 ♥ Morning Exercise II [HT] 10:00 Craft: Year of the Snake [T] 9:30 Morning Exercise II [HT] 10:00 Performance: Legacy Music [A] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 10:00 Watercolor and Classical Music [A] 9:45 🖨 Sightseeing: Sandys 10:15 * Resident Council Meeting [A] 9:45 🖨 Sightseeing: Waikele 12:00 Medical Transportation 9:30 ♥ Morning Exercise II [HT] Music with Roy Hamada [A] 0:00 Cooking Demo with Jeremy [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 10:00 12:00 Medical Transportation 10:00 New Hope Church Service [T] 1:00 Virtual Exercise: Barre with Resistance Bands [7] 10:00 Special Presentation with May 1:00 Virtual Exercise: Barre with Resistance 1:30 Afternoon Stretch [A] 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] 1:30 Afternoon Stretch [A] Kealoha on Nepal [T] 3:00 Documentary/Series: "True Detective" S1 Ep1 1:15 🖨 Shopping: H Mart 1:15 🖨 Shopping: Kahala Mall (1 hour) 1:30 MAfternoon Stretch [A] 2:00 Documentary: "Mysteries of the Faith" S1 Ep 1 Bands [T] 1:00 Virtual Exercise: Barre with (2014) Max [T] 2:00 Matinee Movie: "Summertime" (1955) Max [T] 1:30 Afternoon Stretch [A] 1:30 V Strength, Balance and Tone with Daniel (2023) N [T] 1:30 Marternoon Stretch [A] Table Games: Scrabble, 5 Second Rule, Jenga, 2:00 Walking Club Around the Plaza 2:00 Documentary/Series: "True Detective" S1 Ep 2 2:00 Table Games: Scrabble, 5 Second Questions 2:00 Matinee Movie: "Miracles" (1989) Max [T] Resistance Bands [T] 2:00 Kanikapila [T] Hana Fuda, Uno, Mah Jong Game [A] (2014) Max [T] Game, Checkers [A] 3:00 Bingo [A] 3:00 Pokeno [A] 1:30 Afternoon Stretch [A] Bingo [A] 7:00 Movie Night: "Book Club the Next Chapter" (2023) 7:00 Movie Night: "The Iron Claw" (2023) Max [T] 2:00 Walking Club Around the Plaza 2:30 • Afternoon Exercise (AL residents) [WF] 6:30 Music Variety Hour [T] 7:00 Movie Night: "Hello, Dolly" (1969) D+ [T] Diamond Art Club [A] 2:00 Peacock [T] Bingo [A] 3:00 5th Floor Bingo (AL residents only) [WF] 3.00 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T] 6:30 Hawaiian Music Hour [T] **Dress Day: Yellow Shirts** Dress Day: Plaza Shirts **National Hugging Day Dress Day: Bright Colors National Pie Day National Big Wig Day National Irish Coffee Day** National Martin Luther King, Jr. Day National Celebration of Life Day 8:30 Morning Exercise [HT] National Popcorn Day 8:30 Morning Exercise [HT] 8:30 ♥ Morning Exercise [HT] 8:30 ♥ Morning Exercise [HT] 8:30 Morning Exercise [HT] 9:00 ♥ Virtual Exercise: "Rise and Shine" 9:00 Virtual Exercise: "Rise and Shine" 8:15 🖨 Church Runs 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and 9:00 ♥ Virtual Exercise: "Rise 8:30 🖨 Plaza Walking Moai Club @ Magic Island 8:30 ♥ Morning Exercise [HT] 8:30 📮 Plaza Walking Moai Club @ Magic Shine" [T] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] 9:30 ♥ Morning Exercise II [HT] and Shine" [T] 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] Island 9:30 Morning Exercise II [HT] Craft: Chinese New Year Door Decoration [A] 9:00 Virtual Exercise: "Rise and Shine" [T] Let's Talk Story with Pie! [A] 9:30 ♥ Morning Exercise II [HT] 10:00 10:00 9:30 ♥ Morning Exercise II [HT] 9:30 ♥ Morning Exercise II [HT] 9:45 🚍 Sightseeing: Patsy Mink Regional Park 12:00 Medical Transportation 12:00 Medical Transportation 10:00 Watercolor and Classical Music [A] 9:30 ♥ Morning Exercise II [HT] 10:00 Cooking Demo with Jeremy [A] 0:00 🖈 Hank the Singing Dutchman [A] 10:00 Craft: Beaded Bracelets [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:00 🖨 Sightseeing: Sherwood Forest 10:00 New Hope Church Service [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:00 Virtual Exercise: Barre with 1:30 Afternoon Stretch [A] 1:30 Afternoon Stretch [A] 1:00 ♥ Virtual Exercise: Barre with 10.45 A Kau Kau Cafe: TBD 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 🖨 Shopping: Walmart (1 hour) Resistance Bands [T] 2:00 Matinee Movie: "Samurai Trilogy: Musashi 2:00 Documentary: "All You Can Eat" S1 Ep 13 (2013) 1:30 • Afternoon Stretch [A] 1:30 V Afternoon Stretch [A] 1:00 ♥ Virtual Exercise: Barre with Resistance Bands [T] Resistance Bands [T] Miyamoto" (1954) [T] D+[T] 1:30 Afternoon Stretch [A] 2:00 Peacock [2:00 Documentary: "The Rosa Parks Story" (2002)Peacock [3:00 Documentary: "George Stevens: A Filmmaker's 1:30 Strength, Balance and Tone with Daniel [T] 1:30 Afternoon Stretch [A] 2:00 Walking Club Around the Plaza 2:00 Walking Club Around the Plaza Table Games: Scrabble, 5 Second Questions Kanikapila [T] Journey" (1984) [T] 2:00 Matinee Movie: Samurai Trilogy 2: Duel at Ichijoji 2:00 Bingo [A] Game, Checkers [A] Pokeno [A] 2:00 Diamond Art Club [A] Table Games: Scrabble, 5 Second Rule, Jenga, Temple" (1955) [T] Bingo [A] 3:00 Classical Music Listening Hour [T] 2:30 Afternoon Exercise (AL residents) [WF] 7:00 Movie Night: "Waitress" (2007) Hulu [T] 2:00 🖨 Shopping: Don Quijote Hana Fuda, Uno, Mah Jong Game [A] Bingo [A] 3:00 7:00 Movie Night: "Irish Wish" (2024) N [T] 5th Floor Bingo (AL residents only) [WF] 7:00 Movie Night: "Hidalgo" (2004) Hulu [T] 3:15 Bingo [A] Hawaiian Music Hour [T] 6:30 Music Variety Hour [T] National Viet Nam Peace Day National Puzzle Day Dress Day: Plaza Shirts National Peanut Brittle Day National Kazoo Day National Inspire your Heart with Art 8:15 🖨 Church Runs 8:30 ♥ Morning Exercise [HT] 8:30 Morning Exercise [HT] 8:30 Morning Exercise [HT] **National Croissant Day** Day ΖŌ 9:00 ♥ Virtual Exercise: "Rise and Shine" 8:30 📮 Plaza Walking Moai Club @ Magic 8:30 📮 Plaza Walking Moai Club @ Magic 8:30 ♥ Morning Exercise [HT] 8:30 ♥ Morning Exercise [HT] 8:30 ♥ Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" 9:00 Virtual Exercise: "Rise and Shine" Health & Fitness 9:00 ♥ Virtual Exercise: "Rise and Shine" [T] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 ♥ Morning Exercise II [HT] Televeda: Beyond Walls Bingo! [T] 9:30 ♥ Morning Exercise II [HT] 9:30 ♥ Morning Exercise II [HT] 9:30 ♥ Morning Exercise II [HT] 9:30 Morning Exercise II [HT] 9:45 🖨 Sightseeing: Ho'omaluhia Botanical Garden Medical Transportation 9:45 🖨 Sightseeing: Wahiawa 10:00 Watercolor and Classical Music [A] 10:00 Karaoke! [A] **Craft: Toilet Paper Roll Flower** Movie Table Games [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 10:00 New Hope Church Service [T] Medical Transportation 12:00 1:00 Virtual Exercise: Barre with Resistance Bands Wreath [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:00 ♥ Virtual Exercise: Barre with Shuttle 1:15 🖨 Shopping: Happy Mart in Market City (1 hour) 2:00 Matinee Movie: "Samurai Trilogy 3: Duel at 1:15 🖨 Shopping: Errand Run (2 miles) 1:30 • Afternoon Stretch [A] 1:30 • Afternoon Stretch [A] Resistance Bands [T] 1:30 Afternoon Stretch [A] Ganryu Island" (1956) [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "True Detective" S1 Ep4 Max [T] 3:00 Documentary: "Brats" (2024) Hulu [T] Table Games: Scrabble, 5 Second Questions 2:00 Documentary: "True Detective: S1 Ep 3" Max [T] 2:00 Matinee Movie: "Dynasty Warrior" (2021) N [T] 1:30 Afternoon Stretch [A] 2:00 Walking Club Around the Plaza Table Games: Scrabble, 5 Second Rule, Jenga ★ Special Event Game, Checkers [A] 2:00 Diamond Art Club [A] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 3:00 Pokeno [A] Hana Fuda, Uno, Mah Jong Game [A] 2:30 Afternoon Exercise (AL residents) [WF] 6:30 Music Variety Hour [T] Bingo [A] 7:00 Movie Night: "The Irishman" (2019) N [T] 7:00 Movie Night: "The Farewell" (2019) Max [T] 3:00 Bingo [A] 5th Floor Bingo (AL residents only) [WF] Classical Music Listening Hour [T] Hawaiian Music Hour [T]