


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>March cont'd 30</p> <p>Dress Day: Plaza Shirts</p> <p>National Pencil 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: Pencil Topper Buddies [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 3:00 Documentary: "Girl In The Picture" (2022) N [T] 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 Movie Night: "Miss Congeniality" (2000) N [T]</p>	<p>Dress Day: Bright Colors 31</p> <p>National Crayon 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: Makapu'u Beach 10:00 Craft: Leaf Printing [A] 10:00 New Event Name 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Walmart (1 hour) 2:00 Documentary: "What Jennifer Did" (2024) N [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p>31</p> <p></p>	<p>ATTENTION:</p> <p>Please sign up for sightseeing rides and shopping outings with concierge.</p>	<p>All Activities are subject to change</p>	<p>Health & Fitness</p> <p>Movie</p> <p>Shuttle</p> <p>Special Event</p>	<p>National Peanut Butter Lovers Day 1</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 1 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Cooking Demo: PB& J Cake [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: "Brooklyn" (2015) MAX [T]</p>
<p>National Old Stuff Day 2</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: Sand Art [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 3:00 Documentary: "Down to Earth With Zac Efron" (2022) S1 Ep 1 [T] 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 5:00 UH VOLLEYBALL: UC IRVINE [A] 7:00 Movie Night: "Mark Twain and Me" (1991) D+ [T]</p>	<p>Dress Day: Red or Pink 3</p> <p>Happy Girls 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 Excursion: Kawaikui Beach Park 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: "Girl Rising Real Stories" (2024) Youtube [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p>Fat Tuesday 4</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 1 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Special Presentation with May Kealoha on Bangladesh [T] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Rush Hour" (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>Ash Wednesday 5</p> <p>8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Plaza Life Circuit 1 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 Strength, Balance and Tone with Daniel 2:00 Matinee Movie: "Spy Kids" (2001) [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T] 7:00 UH VOLLEYBALL: Lindenwood [A]</p>	<p>National Oreo Cookie Day 6</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 1 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Cooking Demo: Oreo Stuffed Brownies [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 2:00 Documentary: "Street Food" S1 Ep 4-5 (2022) N [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "Rush Hour 2" (2001) N [T]</p>	<p>National Cereal Day 7</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 1 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] 2:00 Diamond Art Club [A] 3:00 Bingo [A]</p>	<p>National Peanut Cluster Day 8</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 1 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Cooking Demo: Peanut Clusters [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 2:00 Kanikapila [T] 3:00 Bingo [A] 7:00 Movie Night: "An Affair to Remember" (1957) N [T]</p>
<p>Dress Day: Pink 9</p> <p>National Barbie 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: Cherry Blossom Painting 1:00 Sightseeing: Aloha Tower 1:00 Virtual Exercise: Barre with Resistance Bands [T] 3:00 Documentary: "The Toys that Made Us" (2017) S1 Ep 2- N [T] 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 Movie Night: "Barbie" (2023) N [T]</p>	<p>Dress Day: Plaza Shirts 10</p> <p>National Mario 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: Sherwood Forest 10:00 Hanafuda, Jenga, and Scrabble [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Walmart (1 hour) 2:00 Documentary: "The Story of Nintendo" (2023) Tubi [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p>National Worship Tools Day 11</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 1 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Craft: Girls Day Fans [T] 10:15 Resident Council Meeting [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 2:00 Matinee Movie: "Rush Hour 3" (2007) 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 Girl Scout Day 12</p> <p>8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Plaza Life Circuit 1 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 9:45 Sightseeing: Makapu'u 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 Plaza Life Circuit 1 Exercise [A] 2:00 Matinee Movie: "The Other Guys" (2010) N [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p>National Popcorn Lover's Day 13</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 1 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Craft: Popcorn Craft [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 2:00 Documentary: [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "Maid in Manhattan" (2002) N [T] 7:00 UH VOLLEYBALL: Ball State [A]</p>	<p>National Potato Chip Day 14</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 1 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 COOKING DEMO: Mac & Cheese [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 2:00 Diamond Art Club [A] 3:00 Bingo [A] 7:00 UH VOLLEYBALL: Penn State [T]</p>	<p>National Quilting Day 15</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 1 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Craft: Community Quilt [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 2:00 Kanikapila [T] 3:00 Bingo [A] 7:00 Movie Night: "Definitely, Maybe" (2008) N [T] 7:00 UH VOLLEYBALL: USC [A]</p>
<p>National Panda Day 16</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 Hanafuda [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 3:00 Documentary: "Born in China" (2016) D+ [T] 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 Movie Night: "Unhinged" (2020) N [T]</p>	<p>Dress Day: Green 17</p> <p>St. Patty's 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: Downtown/Chinatown 10:00 Craft: Shamrock Suncatchers [A] 10:00 New Event Name 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Don Quijote (1 hour) 2:00 Documentary: "The Irish Pub" (2013) Tubi [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p>National Awkward Moment Day 18</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 1 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Craft: Mini Felt Koinobori Decoration [T] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 2:00 Matinee Movie: "Sherlock Holmes" (2009) Max [T] 2:00 Table Games: Scrabble, 5 Second Questions Game, Checkers [A] 3:00 Pokeno [A] 6:30 Hawaiian Music Hour [T]</p>	<p>Prince Kuhio Day 19</p> <p>8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Plaza Life Circuit 1 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 New Hope Church Service [T] 10:45 Kau Kau Cafe: GyuTaku 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Savers 1:30 Strength, Balance and Tone with Daniel 2:00 Matinee Movie: "The Wind & the Reckoning" (2022) Tubi [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p>1st Day of Spring 20</p> <p>Dress Day: Plaza Shirts</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 1 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] 2:00 Documentary: "The Green Planet: S1 Ep 3" Max [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "We Live In Time" (2024) Max [T]</p>	<p>Dress Day: Purple 21</p> <p>National Memory Day</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 1 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Memory Game [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 2:00 Diamond Art Club [A] 3:15 Bingo [A]</p>	<p>National Goof Off Day 22</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 1 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 BINGO With the HNL Alumnae Chapter of Alpha Iota [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 2:00 Kanikapila [T] 3:00 Bingo [A] 7:00 Movie Night: "The Accountant" (2016) Max [T]</p>
<p>National Puppy Day 23</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 Therapy with Jim and Chico [A] 1:00 Sightseeing: Manoa 1:00 Virtual Exercise: Barre with Resistance Bands [T] 3:00 Documentary: "How Dogs Got Their Shape" (2015) D+ [T] 3:00 Table Games: Scrabble, 5 Second Rule, Jenga, Hana Fuda, Uno, Mah Jong Game [A] 7:00 Movie Night: "Enola Holmes 2" (2022) N [T]</p>	<p>National Cocktail Day 24</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: Aloha Tower 10:00 New Event Name 10:00 Sing-a-long with Sandy and Gordon [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Target (1 hour) 2:00 Documentary: "The Kingdom of Dreams and Madness" (2013) Max [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]</p>	<p>National Tolkien Day 25</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 1 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Televeda: Beyond Walls Bingo! [T] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 2:00 Matinee Movie: "The Lord of the Ring: The Fellowship of the Ring" (2001) MAX [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 Spinach Day 26</p> <p>8:30 Morning Exercise [HT] 8:30 Plaza Walking Moai Club @ Magic Island 9:00 Plaza Life Circuit 1 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 9:45 Sightseeing: Lani Kai 10:00 New Hope Church Service [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Kahala Mall 1:30 Plaza Life Circuit 1 Exercise [A] 2:00 Matinee Movie: Tyler Perry's A Madea Homecoming (2022) N [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]</p>	<p>National Scribble Day 27</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 1 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Hanafuda, Jenga, and Scrabble [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 2:00 Documentary: "Waking Sleeping Beauty" (2010) D+ [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "Saving Mr. Banks" (2013) D+ [T]</p>	<p>National Something on a Stick Day 28</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 1 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Cooking Demo: PB& J on a stick [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 2:00 Diamond Art Club [A] 3:00 Bingo [A] 7:00 UH VOLLEYBALL: UCSD [T]</p>	<p>Dress Day: Ocean Theme 29</p> <p>National Mermaid Day</p> <p>8:30 Morning Exercise [HT] 9:00 Plaza Life Circuit 1 Exercise [A] 9:30 Virtual Exercise: "Rise and Shine" [T] 10:00 Craft: Seashell's [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 2:00 Kanikapila [T] 3:00 Bingo [A] 7:00 Movie Night: "The Little Mermaid" (2023) D+ [T] 7:00 UH VOLLEYBALL: UCSD [A]</p>