


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>National Forgiveness Day</b> <b>1</b> 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>Cybersafe Seniors Workshop! [A]</b> 1:00 Sightseeing: Hawaii Kai 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Table Games: [A] 3:00 Documentary: "Simone Biles Rising: Episode 2" [T] 3:00 Mah Jong Game [A] 7:00 Movie Night: "Mudbound" (2017) [T]	<b>Dress Day: Denim (Jeans OK)</b> <b>2</b> <b>Labor Day</b> 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: Ewa Beach 10:00 Craft: Fall Leaf Suncatchers [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs 1:30 Afternoon Stretch [A] 2:00 Documentary: "Inside the Mind of a Dog" (2024) [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]	<b>National Cinema Day</b> <b>3</b> 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Scarecrow Decoration [A] 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Wonder" (2017) [T] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]	<b>National Macadamia Nut Day</b> <b>4</b> 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 <b>Strength, Balance and Tone with Daniel</b> 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Errand Run 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Letters Against Isolation! [A] 2:00 Matinee Movie: "Made in Italy" (2020) [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]	<b>National Cheese Pizza Day</b> <b>5</b> 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Buddhist Service with Moilili Hongwanji [T]</b> 10:00 Cooking Demonstration: Pizza [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "E-Team" (2014) [T] 2:00 <b>Guitar Performance with Andy Morine! [A]</b> 3:00 Pokeno [A] 7:00 Movie Night: "The Wiz" (1978) [T]	<b>National Read a Book Day</b> <b>6</b> 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]	<b>National Beer Lover's Day</b> <b>7</b> 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Cooking Demonstration: Beer Cheese Soup [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: "Monty Python and the Holy Grail" (1975) [T]	
<b>National Grandparents' Day</b> <b>8</b> 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 Craft: Paper Potted Flowers [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Table Games: [A] 3:00 Documentary: "Unknown: Cosmic Time Machine" [T] 3:00 Mah Jong Game [A] 7:00 Movie Night: "A Man Called Otto" (2022) [T]	<b>Dress Day: Fun Accessories</b> <b>9</b> <b>National Teddy Bear Day</b> 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Music with Roy Hamada [A]</b> 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]	<b>Dress Day: Plaza Shirts</b> <b>10</b> <b>National TV Dinner Day</b> 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Fall Door Decoration [A] 10:15 <b>Resident Council Meeting</b> 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "The River Wild" (1994) [T] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]	<b>Dress Day: Red, White and Blue</b> <b>11</b> <b>Patriot Day and National Day of Service and Remembrance</b> 8:30 Morning Exercise [HT] 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] 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Queen's Heart Pillows or Bookmarkers [A] 2:00 Documentary: "The Anthrax Attacks in the Shadow of 9/11" (2022) [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]	<b>Dress Day: Superhero Shirts</b> <b>12</b> <b>National Hug and High Five Day</b> 8:30 Morning Exercise: Drums Alive! [A] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II: Drums Alive! [HT] 10:00 Craft: Pocket Hugs [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Bombshell: The Heddy Lamar Story" (2017) [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "Aloha" (2015) [T]	<b>Dress Day: Flattering Shirts</b> <b>13</b> <b>Positive Thinking Day</b> 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Pet Visit with Jim and Chico [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]	<b>National Live Creative Day</b> <b>14</b> 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Sing Along [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: "Wicked Little Letters" (2023) [T]	
<b>National Double Cheeseburger Day</b> <b>15</b> 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 Craft: Wooden Bookmarks [A] 1:00 Sightseeing: Chinatown/Kaka'ako Arts District 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Table Games: [A] 3:00 Documentary: "Duran Duran: There's Something You Should Know" [T] 3:00 Mah Jong Game [A] 7:00 Movie Night: "Shirley" (2024) [T]	<b>Dress Day: Primary Colors</b> <b>16</b> <b>National Play-Doh Day</b> 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Hank the Singing Dutchman [A]</b> 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Shohei Ohtani: Behind the Dream" (2023) D+ [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]	<b>National Professional House Cleaner's Day</b> <b>17</b> 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Autumn Felt Pin [A] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Matinee Movie: "Tyson's Run" (2022) [T] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]	<b>Air Force Birthday</b> <b>18</b> 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 <b>Strength, Balance and Tone with Daniel</b> 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Errand Run 1:30 Afternoon Stretch [A] 2:00 <b>Activity Stations with Visiting Japanese Students! [A]</b> 3:00 Bingo [A] 6:30 Music Variety Hour [T]	<b>Talk Like a Pirate Day</b> <b>19</b> 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 <b>Pet Therapy with Wes Koga [A]</b> 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Pirates Behind the Legends" 2024 D+ [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "Pirates of the Caribbean: The Curse of the Black Pearl" (2003) D+ [T]	<b>Dress Day: Plaza Shirts</b> <b>20</b> <b>National Pepperoni Pizza Day</b> 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Beaded Bracelets [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]	<b>National Cleanup Day</b> <b>21</b> 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Pipe-Cleaner Pals! [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] 6:00 UH Football: Northern Iowa [T]	
<b>Dress Day: Aloha Prints</b> <b>22</b> <b>National States and Capitals Day</b> 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>Pet Visit with Kaia and Noah [A]</b> 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Table Games: [A] 3:00 Documentary: "Black Travel Across America" (2023) D+ [T] 3:00 Mah Jong Game [A] 7:00 Movie Night: "A Family Affair" (2024) [T]	<b>National Great American Pot Pie Day</b> <b>23</b> 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: Lanikai 10:00 <b>Sing-a-long with Sandy and Gordon [A]</b> 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "Lakota Nation v. United States" (2023) D+ [T] 2:00 Walking Club Around the Plaza 2:15 Shopping: Don Quijote 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]	<b>National Punctuation Day</b> <b>24</b> 8:30 Morning Exercise: Drums Alive! [A] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II: Drums Alive! [A] 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: "The Peanut Butter Falcon" (2019) [T] 2:30 Afternoon Exercise (AL residents) [WF] 3:00 5th Floor Bingo (AL residents only) [WF]	<b>National Daughter's Day</b> <b>25</b> 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 New Hope Church Service [T] 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Errand Run 1:30 Afternoon Stretch [A] 2:00 Community Service Moai: Beanbags for Education [A] 2:00 Matinee Movie: "The Last Letter from Your Lover" (2021) [T] 3:00 Bingo [A] 6:30 Music Variety Hour [T]	<b>National Pancake Day</b> <b>26</b> 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 Statewide Trivia [T]</b> 12:00 Medical Transportation 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Documentary: "America's Greatest Animals" (2012) D+ [T] 2:00 Walking Club Around the Plaza 3:00 Pokeno [A] 7:00 Movie Night: "Woman in Gold" (2015) [T]	<b>Dress Day: Sparkles</b> <b>27</b> <b>National Crush a Can Day</b> 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Craft: Soda Can Tab Bracelets [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]	<b>National Good Neighbor Day</b> <b>28</b> 8:30 Morning Exercise [HT] 9:00 Virtual Exercise: "Rise and Shine" [T] 9:30 Morning Exercise II [HT] 10:00 Get To Know Your Neighbors! [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: "Muriel's Wedding" (1994) [T]	
<b>National VFW Day</b> <b>29</b> 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 Artists in Action: Painting [A] 1:00 Sightseeing: Tantalus 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:30 Afternoon Stretch [A] 2:00 Table Games: [A] 3:00 Documentary: "Who Shot the Sheriff? A Bob Marley Story" (2018) [T] 3:00 Mah Jong Game [A] 7:00 Movie Night: "1917" (2019) [T]	<b>Dress Day: Plaza Shirts</b> <b>30</b> <b>National Love People Day</b> 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: Halona Blowhole 10:00 <b>Pet Visit: Jim and Chico [A]</b> 1:00 Virtual Exercise: Barre with Resistance Bands [T] 1:15 Shopping: Longs 1:30 Afternoon Stretch [A] 2:00 Documentary: "Remembering Gene Wilder" (2023) [T] 2:00 Walking Club Around the Plaza 3:00 Bingo [A] 6:30 Classical Music Listening Hour [T]	<b>ATTENTION:</b> Please sign up for sightseeing rides and shopping outings with concierge. 					<b>Location Keys</b> Activity Room A Hoku Terrace HT Theater T Wellness Floor (5th) WF

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

All Activities are subject to change