

January 2025

The Plaza at Moanalua - Halia Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<ul style="list-style-type: none"> Art Excursions Games Group Activity Learning Hour Medical Memory Game Physical Religious Special Events 		HAPPY NEW YEAR! 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:00 Outdoor Stroll 10:25 COGNIFIT - Words, StoryBoard, & Writing 11:30 LUNCH 12:30 Sing Along! 1:30 ARTS & CRAFTS - Party Hats! 2:25 HALIA EXERCISE - Zumba & Afternoon Stretch 3:00 FRESH AIR FRIENZY (Outdoor Stroll) 3:25 DAILY REFLECTION BOARD & BUSY BRAIN 4:30 DINNER	1 7:00 MEDICAL RUN - East Side 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:00 Outdoor Stroll 10:25 COGNIFIT - Alphabet Soup, Rhythm, & Pictionary 11:30 LUNCH 12:30 Sing Along! 1:30 ARTS & CRAFTS - Decorate a Paper Cake! 2:25 HALIA GAMES - Basketball & Ring Toss 3:00 FRESH AIR FRIENZY (Outdoor Stroll) 3:25 DAILY REFLECTION BOARD & BUSY BRAIN 4:30 DINNER	2 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:00 Outdoor Stroll 10:25 COGNIFIT - Words, Rhyming, & Trivia 11:30 LUNCH 12:30 Sing Along! 1:30 ARTS & CRAFTS - Build a Bridge with Straws 2:25 HALIA EXERCISE - Zumba & Afternoon Stretch 3:00 FRESH AIR FRIENZY (Outdoor Stroll) 3:25 DAILY REFLECTION BOARD & BUSY BRAIN 4:30 DINNER	3 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:00 Outdoor Stroll 10:25 COGNIFIT - Words, StoryBoard, & Writing 11:30 LUNCH 12:30 Sing Along! 1:30 ARTS & CRAFTS - Make a Flower Arrangement 2:25 HALIA EXERCISE - Tai Chi & Afternoon Stretch 3:00 FRESH AIR FRIENZY (Outdoor Stroll) 3:25 DAILY REFLECTION BOARD & BUSY BRAIN 4:30 DINNER	4 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:00 Outdoor Stroll 10:25 COGNIFIT - Words, StoryBoard, & Writing 11:30 LUNCH 12:30 Sing Along! 1:30 ARTS & CRAFTS - Make a Flower Arrangement 2:25 HALIA EXERCISE - Tai Chi & Afternoon Stretch 3:00 FRESH AIR FRIENZY (Outdoor Stroll) 3:25 DAILY REFLECTION BOARD & BUSY BRAIN 4:30 DINNER
5 Whipped Cream Day 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Words, Rhythm & Trivia 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 ARTS & CRAFTS 2:45 HALIA GAMES - Basketball & Ring Toss 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	6 Bean Day 7:00 MEDICAL RUNS - West Side 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:00 COMMUNION [T] 10:15 Outdoor Stroll 10:25 COGNIFIT - Alphabet Soup, Rhyming, & Pictionary 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:00 Holoholo Ride - 2nd Floor 1:30 Journey of Discovery - Float or Sink? 1:45 Holoholo Ride - 3rd Floor 2:45 HALIA GAMES - Round Robin Catch! 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	7 Tempura Day 7:00 MEDICAL RUNS - Central (Pali Momi to Straub Town) 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:00 COGNIFIT - Words, StoryBoard, & Writing 10:25 PERFORMANCE - Hank the Singing Dutchman! [A] 10:15 Outdoor Stroll 10:25 COGNIFIT - Trivia, StoryBoard, & Writing 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 ARTS & CRAFTS 2:25 HALIA GAMES - Balloon Volleyball 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	8 Bubble Bath Day 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Words, StoryBoard, & Writing 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 Journey of Discovery - Float or Sink? 1:45 PERFORMANCE - Roy Hamada! [A] 2:00 3rd Floor - Holoholo Ride 2:45 HALIA GAMES - Simon Says! 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	9 Law Enforcement Appreciation Day 7:00 MEDICAL RUN - East Side 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Alphabet Soup, Rhythm, & Pictionary 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 ARTS & CRAFTS 2:25 HALIA GAMES - Basketball & Ring Toss 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	10 Houseplant Appreciation Day 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Words, Rhyming, & Trivia 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 Journey of Discovery - Float or Sink? 2:45 HALIA GAMES - I Spy with My Little Eye... 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	11 Milk Day 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Words, StoryBoard, & Writing 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 ARTS & CRAFTS 2:25 HALIA GAME - Dance with Me! 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	
12 Pharmacist Day 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Words, Rhythm & Trivia 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 ARTS & CRAFTS 2:45 HALIA GAMES - Basketball & Ring Toss 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	13 Sticker Day 7:00 MEDICAL RUNS - West Side 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:00 CATHOLIC MASS [T] 10:15 Outdoor Stroll 10:25 COGNIFIT - Alphabet Soup, Rhyming, & Pictionary 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:00 Holoholo Ride - 2nd Floor 1:30 Journey of Discovery - Slime Making 1:45 Holoholo Ride - 3rd Floor 2:45 HALIA GAMES - Round Robin Catch! 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	14 Pastrami Day 7:00 MEDICAL RUNS - Central (Pali Momi to Straub Town) 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Trivia, StoryBoard, & Writing 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 ARTS & CRAFTS 2:25 HALIA GAMES - Balloon Volleyball 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	15 Bagel Day 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Words, StoryBoard, & Writing 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 Journey of Discovery - Slime Coloring 2:00 3rd Floor - Holoholo Ride 2:45 HALIA GAMES - Simon Says! 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	16 Fig Newton Day 7:00 MEDICAL RUN - East Side 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Alphabet Soup, Rhythm, & Pictionary 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 ARTS & CRAFTS 2:25 HALIA GAMES - Basketball & Ring Toss 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	17 Classy Day 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Words, Rhyming, & Trivia 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 Journey of Discovery - Slime or Water? 2:45 HALIA GAMES - I Spy with My Little Eye... 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	18 Thesaurus Day 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Words, StoryBoard, & Writing 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 ARTS & CRAFTS 2:25 HALIA GAME - Dance with Me! 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	
19 Popcorn Day 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Words, Rhythm & Trivia 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 ARTS & CRAFTS 2:45 HALIA GAMES - Basketball & Ring Toss 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	20 Martin Luther King Jr. Day 7:00 MEDICAL RUNS - West Side 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Alphabet Soup, Rhyming, & Pictionary 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:00 Holoholo Ride - 2nd Floor 1:30 Journey of Discovery - Rainbow in a Jar 1:45 Holoholo Ride - 3rd Floor 2:45 HALIA GAMES - Round Robin Catch! 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	21 Granola Bar Day 7:00 MEDICAL RUNS - Central (Pali Momi to Straub Town) 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Trivia, StoryBoard, & Writing 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 ARTS & CRAFTS 2:25 HALIA GAMES - Balloon Volleyball 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	22 Polka Dot Day 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Words, StoryBoard, & Writing 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 Journey of Discovery - Rainbow in a Jar 2:00 3rd Floor - Holoholo Ride 2:45 HALIA GAMES - Simon Says! 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	23 Handwriting Day 7:00 MEDICAL RUN - East Side 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Alphabet Soup, Rhythm, & Pictionary 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 ARTS & CRAFTS 2:25 HALIA GAMES - Basketball & Ring Toss 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	24 Peanut Butter Day 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Words, Rhyming, & Trivia 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 Journey of Discovery - Rainbow in a Jar 2:45 HALIA GAMES - I Spy with My Little Eye... 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	25 Irish Coffee Day 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Words, StoryBoard, & Writing 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 ARTS & CRAFTS 2:25 HALIA GAME - Dance with Me! 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	
26 Spouses Day 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Words, Rhythm & Trivia 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 ARTS & CRAFTS 2:45 HALIA GAMES - Basketball & Ring Toss 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	27 Chocolate Cake Day 7:00 MEDICAL RUNS - West Side 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Alphabet Soup, Rhyming, & Pictionary 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:00 Holoholo Ride - 2nd Floor 1:30 Journey of Discovery - Photosynthesis Fun 1:45 Holoholo Ride - 3rd Floor 2:45 HALIA GAMES - Round Robin Catch! 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	28 Kazoo Day 7:00 MEDICAL RUNS - Central (Pali Momi to Straub Town) 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Trivia, StoryBoard, & Writing 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 ARTS & CRAFTS 2:25 HALIA GAMES - Balloon Volleyball 3:00 PERFORMACNE - Evie Sweet! [A] 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	29 Puzzle Day 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Words, StoryBoard, & Writing 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 Journey of Discovery - Did Our Plants Grow? 2:00 3rd Floor - Holoholo Ride 2:45 HALIA GAMES - Simon Says! 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	30 Croissant Day 7:00 MEDICAL RUN - East Side 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Alphabet Soup, Rhythm, & Pictionary 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 ARTS & CRAFTS 2:25 HALIA GAMES - Basketball & Ring Toss 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER	31 Inspire Your Heart With Art Day 9:00 Morning Exercise & Hydration 9:30 Current Events at The Plaza Moanalua 10:15 Outdoor Stroll 10:25 COGNIFIT - Words, Rhyming, & Trivia 11:30 LUNCH 12:30 SING ALONG! 1:00 Afternoon Exercise & Hydration 1:30 Journey of Discovery - Did Our Plants Grow? 2:45 HALIA GAMES - I Spy with My Little Eye... 3:15 FRESH AIR FRIENZY (Outdoor Stroll) 3:30 BUSY BRAIN & CREATIVE ESCAPES 4:30 DINNER		