

February 2025

The Plaza at Punchbowl Hali'a Activity Calendar

created with 

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

		<p>"When it rains, look for rainbows. When it's dark, look for stars." — Unknown</p>				<p>National Dark Chocolate Day 1</p> <p>9:00 ♥ Chair Yoga 9:30 Hydration 10:00 ⇄ Plaza Life Exercise Circuit 11:30 🍴 Lunch 1:00 🌿 Afternoon walking Courtyard & Picnic 2:30 🎨 Color by Number 3:00 🎲 Bingo 4:00 Dinner</p>
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<p>National Heavenly Hash Day 2</p> <p>9:00 ♥ Chair Yoga 9:30 Hydration 10:00 ⇄ Plaza Life Exercise Circuit 10:30 🎭 Expressions Game 11:30 🍴 Lunch 1:00 🌿 Church Service with Pastor Carl & Pastor Steve 2:00 🍴 Snacks & Relax 2:30 ♥ Afternoon Walking in Courtyard 3:00 🎲 Word Bingo 4:00 Dinner</p>	<p>National Carrot Cake Day 3</p> <p>9:00 ⇄ Morning Stretches 9:30 Hydration 10:00 ⇄ Plaza Life Exercise Circuit 11:30 🍴 Lunch 1:00 ♥ Afternoon Exercise 1:00 🧠 Brain Exercise Crossword Clues 1:30 🎸 Ukulele Mele Social Club [LR] 2:00 🧠 Brain Exercise : Matching the Numbers with Cups 3:00 🎨 Paper Craft: Color Origami 4:00 Dinner</p>	<p>National Home made soup Day 4</p> <p>9:00 ⇄ Morning Stretches 9:30 Hydration 10:30 🧠 Memory Game: Lyrics 11:30 🍴 Lunch 1:00 🦋 Afternoon Exercise & Walking Courtyard 1:30 🎭 Tuesday Matinee 2:00 🚌 Scenic Bus Ride: Manoa [L] 3:30 🎵 Chair Dance 4:00 Dinner</p>	<p>National Weatherperson's Day 5</p> <p>9:00 ⇄ Morning Stretches 9:30 Hydration 10:00 ⇄ Plaza Life Exercise Circuit 10:30 🧠 Matching Memory Game: Idioms 11:30 🍴 Lunch 1:00 ♥ Afternoon exercise: Move it, Shake it 1:30 🎬 Movie Matinee & Snacks 2:00 🚌 Scenic Bus Ride: Kahala [L] 3:30 🦋 Hydration & Aroma Hand Massage Therapy 4:00 Dinner</p>	<p>National Chopsticks Day 6</p> <p>9:00 ⇄ Morning Stretches 9:30 Hydration 10:00 🎵 Line Dace with Glee 10:30 ♥ Kickball 11:30 🍴 Lunch 1:00 ⇄ Line Dance with Glee 2:00 🌿 Afternoon Courtyard Walking & Relaxation 3:00 🎵 Sing with Glee 4:00 Dinner</p>	<p>National Wear Red Day 7</p> <p>9:00 ⇄ Morning Stretches 9:30 Hydration 10:00 ♥ Kickball 11:30 🍴 Lunch 1:00 ♥ Seated Zumba with Glee 2:00 🎭 Friday Movie & Snacks 4:00 Dinner</p>	<p>National Kite Flying Day 8</p> <p>9:00 ♥ Chair Yoga 9:30 Hydration 10:00 🎸 Music with Kam Ching Group [R] 10:10 ⇄ Plaza Life Exercise Circuit 11:30 🍴 Lunch 1:00 🌿 Afternoon walking Courtyard & Picnic 2:30 🎨 Color by Number 3:00 🎲 Bingo 4:00 Dinner</p>
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<p>National Bagel and Lox Day 9</p> <p>9:00 ♥ Chair Yoga 9:30 Hydration 10:00 ⇄ Plaza Life Exercise Circuit 10:30 🎭 Expressions Game 11:30 🍴 Lunch 1:00 🌿 Church Service with Pastor Carl & Pastor Steve 2:00 🍴 Snacks & Relax 2:30 ♥ Afternoon Walking in Courtyard 3:00 🎲 Word Bingo 4:00 Dinner</p>	<p>National Cream Cheese Brownie Day 10</p> <p>9:00 ⇄ Morning Stretches 9:30 Hydration 10:00 ⇄ Plaza Life Exercise Circuit 11:30 🍴 Lunch 1:00 ♥ Afternoon Exercise 1:30 🧠 Brain Exercise Crossword Clues 2:00 🧠 Brain Exercise : Matching the Numbers with Cups 3:00 🎨 Paper Craft: Color Origami 4:00 Dinner</p>	<p>National Make a Friend Day 11</p> <p>9:00 ⇄ Morning Stretches 9:30 Hydration 10:00 🧠 Memory Game: Lyrics 11:30 🍴 Lunch 1:00 🦋 Afternoon Exercise & Walking Courtyard 1:30 🎭 Tuesday Matinee 2:00 🚌 Scenic Bus Ride: H3 [L] 3:30 🎵 Chair Dance 4:00 Dinner</p>	<p>National Plum Pudding Day 12</p> <p>9:00 ⇄ Morning Stretches 9:30 Hydration 10:00 ⇄ Plaza Life Exercise Circuit 10:30 🧠 Matching Memory Game: Idioms 11:30 🍴 Lunch 1:00 ♥ Afternoon exercise: Move it, Shake it 1:30 🎬 Movie Matinee & Snacks 2:00 🚌 Scenic Bus Ride: Magic Island [L] 3:30 🦋 Hydration & Aroma Hand Massage Therapy 4:00 Dinner</p>	<p>National Pancake Day 13</p> <p>9:00 ⇄ Morning Stretches 9:30 Hydration 10:00 🌿 Moiliili Hongwangji Mission 10:00 🎵 Seated Line Dace 10:30 ♥ Kickball 11:30 🍴 Lunch 1:00 ♥ Seated Yoga 2:00 🌿 Afternoon Courtyard Walking & Relaxation 3:00 🎨 Craft : Valentine's Day Card 4:00 Dinner</p>	<p>Valentine's Day 14</p> <p>9:00 ⇄ Morning Stretches 9:30 Hydration 10:00 ♥ Kickball 10:00 ★ Valentine's Day Event with Kama'aina Kids [LR] 11:30 🍴 Lunch 1:00 ♥ Seated Zumba with Glee 2:00 🎭 Friday Movie & Snacks 4:00 Dinner</p>	<p>National Gumdrops Day 15</p> <p>9:00 ♥ Chair Yoga 9:30 Hydration 10:00 ⇄ Plaza Life Exercise Circuit 11:30 🍴 Lunch 1:00 🌿 Afternoon walking Courtyard & Picnic 2:30 🎨 Color by Number 3:00 🎲 Bingo 4:00 Dinner</p>
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<p>National Almond Day 16</p> <p>9:00 ♥ Chair Yoga 9:30 Hydration 10:00 ⇄ Plaza Life Exercise Circuit 10:30 🎭 Expressions Game 11:30 🍴 Lunch 1:00 🌿 Church Service with Pastor Carl & Pastor Steve 2:00 🍴 Snacks & Relax 2:30 ♥ Afternoon Walking in Courtyard 3:00 🎲 Word Bingo 4:00 Dinner</p>	<p>National Cabbage Day 17</p> <p>9:00 ⇄ Morning Stretches 9:30 Hydration 10:00 ⇄ Plaza Life Exercise Circuit 11:30 🍴 Lunch 1:00 ♥ Afternoon Exercise 1:30 🧠 Brain Exercise Crossword Clues 2:00 🧠 Brain Exercise : Matching the Numbers with Cups 3:00 🎨 Paper Craft: Color Origami 4:00 Dinner</p>	<p>National Crab Day 18</p> <p>9:00 ⇄ Morning Stretches 9:30 Hydration 10:00 🧠 Memory Game: Lyrics 11:30 🍴 Lunch 1:00 🦋 Afternoon Exercise & Walking Courtyard 1:30 🎭 Tuesday Matinee 2:00 🚌 Scenic Bus Ride: Waikiki [L] 3:30 🎵 Chair Dance 4:00 Dinner</p>	<p>National Chocolate Mint Day 19</p> <p>9:00 ⇄ Morning Stretches 9:30 Hydration 10:00 ⇄ Plaza Life Exercise Circuit 10:30 🧠 Matching Memory Game: Idioms 11:30 🍴 Lunch 1:00 ♥ Afternoon exercise: Move it, Shake it 1:30 🎬 Movie Matinee & Snacks 2:00 🚌 Scenic Bus Ride: Salt Lake [L] 3:30 🦋 Hydration & Aroma Hand Massage Therapy 4:00 Dinner</p>	<p>National Leadership Day 20</p> <p>9:00 ⇄ Morning Stretches 9:30 Hydration 10:00 🎵 Seated Line Dace 10:30 ♥ Kickball 11:30 🍴 Lunch 1:00 ♥ Seated Yoga 1:30 🌿 Afternoon Courtyard Walking & Relaxation 2:30 🧠 Words Clues 3:30 🎵 Sing Along 4:00 Dinner</p>	<p>National Caregivers Day 21</p> <p>9:00 ⇄ Morning Stretches 9:30 Hydration 10:00 ♥ Kickball 11:30 🍴 Lunch 1:00 ♥ Seated Zumba 2:00 🎭 Friday Movie & Snacks 4:00 Dinner</p>	<p>National Margarita Day 22</p> <p>9:00 ♥ Chair Yoga 9:30 Hydration 10:00 ⇄ Plaza Life Exercise Circuit 11:30 🍴 Lunch 1:00 🌿 Afternoon walking Courtyard & Picnic 2:30 🎨 Color by Number 3:00 🎲 Bingo 4:00 Dinner</p>
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<p>National Banana Bread Day 23</p> <p>9:00 ♥ Chair Yoga 9:30 Hydration 10:00 ⇄ Plaza Life Exercise Circuit 10:30 🎭 Expressions Game 11:30 🍴 Lunch 1:00 🌿 Church Service with Pastor Carl & Pastor Steve 2:00 🍴 Snacks & Relax 2:30 ♥ Afternoon Walking in Courtyard 3:00 🎲 Word Bingo 4:00 Dinner</p>	<p>National Tortilla Chip Day 24</p> <p>9:00 ⇄ Morning Stretches 9:30 Hydration 10:00 ⇄ Plaza Life Exercise Circuit 11:30 🍴 Lunch 1:00 ♥ Afternoon Exercise 1:30 🧠 Brain Exercise Crossword Clues 2:00 🧠 Brain Exercise : Matching the Numbers with Cups 3:00 🎨 Paper Craft: Color Origami 4:00 Dinner</p>	<p>National National Clam Chowder Day 25</p> <p>9:00 ⇄ Morning Stretches 9:30 Hydration 10:00 🧠 Memory Game: Lyrics 11:30 🍴 Lunch 1:00 🦋 Afternoon Exercise & Walking Courtyard 1:30 🎭 Tuesday Matinee 2:00 🚌 Scenic Bus Ride: Pali Lookout [L] 3:30 🎵 Chair Dance 4:00 Dinner</p>	<p>National Pistachio Day 26</p> <p>9:00 ⇄ Morning Stretches 9:30 Hydration 10:00 ⇄ Plaza Life Exercise Circuit 10:30 🧠 Matching Memory Game: Idioms 11:30 🍴 Lunch 1:00 ♥ Afternoon exercise: Move it, Shake it 1:30 🎬 Movie Matinee & Snacks 2:00 🚌 Scenic Bus Ride: Lagoon Drive [L] 3:30 🦋 Hydration & Aroma Hand Massage Therapy 4:00 Dinner</p>	<p>National Chili Day 27</p> <p>9:00 ⇄ Morning Stretches 9:30 Hydration 10:00 🎵 Seated Line Dace 10:30 ♥ Kickball 11:30 🍴 Lunch 1:00 ♥ Seated Yoga 1:30 🌿 Afternoon Courtyard Walking & Relaxation 2:30 🧠 Words Clues 3:30 🎵 Sing Along 4:00 Dinner</p>	<p>National Floral Design Day 28</p> <p>9:00 ⇄ Morning Stretches 9:30 Hydration 10:00 ♥ Kickball 11:30 🍴 Lunch 1:00 ♥ Seated Zumba 2:00 🎭 Birthday Bash with Dean [R] 2:00 🎭 Friday Movie & Snacks 4:00 Dinner</p>	<p>All activities are subject to change.</p>
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