



# July 2024 The Plaza at Punchbowl Activity Calendar

created with 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>NATIONAL CREATIVE ICE CREAM FLAVORS DAY 1</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ↔ Exercise [R] 10:45 Hydration [R] 1:30 🎨 The Art Studio: Creative Canvas [R] 1:45 🚌 Scenic Bus Ride: Ala Moana Park 3:00 🎮 BINGO Club [R] 4:00 🧩 Fun Puzzle [LB]	<b>NATIONAL WILDLAND FIREFIGHTER DAY 2</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ↔ Exercise [R] 10:45 Hydration [R] 1:30 🍿 Popcorn Tuesday [R] 1:45 🎬 Tuesday Movie: Top Gun Maverick 2022 Action/Adventure-Tom Cruise, Val Kilmer [R] 3:00 🎮 Mahjong Club [LB] 4:00 🧩 Fun Puzzle [LB]	<b>NATIONAL CHOCOLATE WAFER DAY 3</b> 8:30 🛒 Shopping Trip: Don Quijote (Kaheka St) 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ❤️ Line Dace with Glee [R] 10:00 🛒 Shopping Trip: Don Quijote (Kaheka St) 10:45 Hydration [R] 1:30 🎵 Hymn Sing Along with Ruth Club [R] 3:00 🎮 BINGO Club [R] 4:00 🧩 Fun Puzzle [LB]	<b>INDEPENDENCE DAY 4</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ★ Zumba Party for Celebration of the Independence Day [LR] 1:30 ★ Independence Day Event [LR] 2:00 🎮 Hanafuda Club with Alice [LB] 3:00 🎮 Mahjong Club with Betty Young [LB] 4:00 🧩 Fun Puzzle [LB]	<b>NATIONAL HAWAII DAY 5</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ↔ Exercise [R] 1:30 🎵 Pastor Carl & Pastor Steve [LR] 2:00 🎮 Hanafuda Club with Alice [LB] 3:00 🎮 BINGO Club [R] 4:00 🧩 Puzzle [LB] 7:00 🎬 Friday Movie Night : Independence Day 1996- Will Smith, Bill Pullman [R]	<b>NATIONAL PLAY OUTSIDE DAY 6</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 🎵 Harmony Sounds & Uke Tunes Fun Class with Debbie [R] 1:30 🎧 Mindfulness Beginnings Kupuna with Min 2:00 🍵 Mindfulness Tea time with Min 3:00 🎮 Poker Club with Lonnie [M] 4:00 🧩 Fun Puzzle [LB]	
	<b>NATIONAL MACARONI DAY 7</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ↔ Exercise [R] 10:00 🚌 Scenic Bus Ride: Diamond Head Beach Park 10:45 Hydration [R] 1:30 🎵 Harmony Sounds & Uke Tunes Fun Class with Debbie [R] 1:45 🚌 Shopping Trip: Pali Longs 2:30 🎮 Hanafuda Club with Alice [LB] 3:00 🎮 Poker Club [R] 4:00 🧩 Fun Puzzle [LB]	<b>NATIONAL CHOCOLATE WITH ALMONDS DAY 8</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 🎵 Sing Along with Gordon & Sandy Young [LR] 1:30 🎵 Sing Along with Dean Hirata [LR] 1:45 🚌 Scenic Bus Ride: Hawaii Kai 3:00 🎮 BINGO Club [R] 4:00 🧩 Fun Puzzle [LB]	<b>NATIONAL SUGAR COOKIE DAY 9</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 🎵 Sing Along & Ukulele with Jolene [LR] 1:30 🍿 Popcorn Tuesday [R] 2:00 🏠 Residents Council 3:00 🎮 Mahjong Club [LB] 4:00 🧩 Fun Puzzle [LB]	<b>NATIONAL KITTEN DAY 10</b> 8:30 🛒 Shopping Trip: Walmart (Ke'eaumoku) [L] 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ❤️ Line Dace with Glee [R] 10:00 🛒 Shopping Trip: Walmart (Ke'eaumoku) [L] 10:45 Hydration [R] 1:30 🎵 Hymn Sing Along with Ruth Club & Waikiki Residents [R] 3:00 🎮 BINGO Club [R] 4:00 🧩 Fun Puzzle [LB]	<b>NATIONAL BLUEBERRY MUFFIN DAY 11</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ↔ Exercise [R] 1:15 ❤️ Tai Chi with Ken [R] 2:00 🎮 Hanafuda Club with Alice [LB] 3:00 🎮 Mahjong Club with Betty Young [LB] 4:00 🧩 Fun Puzzle [LB]	<b>EAT YOUR JELLO DAY 12</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 Exercise [R] 1:30 🎵 Harmony Sounds & Uke Tunes Fun Class with Debbie [R] 2:00 🎮 Hanafuda Club with Alice [LB] 3:00 🎮 BINGO Club [R] 7:00 🎬 Friday Movie Night : Before Sunset 2023- Japanese Drama with English subtitles -Shugo Nagashima, Hiocki Tanika [R]	<b>NATIONAL DELAWARE DAY 13</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 🎵 Seated Hula Dance/ Sing Along with Raelyn & Ryan [R] 1:30 🎧 Mindfulness Beginnings Kupuna with Min 2:00 🍵 Mindfulness Tea time with Min 3:00 🎮 Poker Club with Lonnie [M] 4:00 🧩 Fun Puzzle [LB]
	<b>NATIONAL MAC AND CHEESE DAY 14</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ↔ Exercise [R] 10:00 🚌 Scenic Bus Ride: Magic Island 10:45 Hydration [R] 1:30 🎵 Harmony Sounds & Uke Tunes Fun Class with Debbie [R] 1:45 🚌 Shopping Trip: Pali Longs 2:30 🎮 Hanafuda Club with Alice [LB] 3:00 🎮 Poker Club with Lonnie [LB] 4:00 🧩 Fun Puzzle [LB]	<b>NATIONAL GUMMI WORM DAY 15</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ↔ Exercise [R] 1:30 🍪 Baking Blueberry Muffins [R] 1:45 🚌 Scenic Bus Ride: Manoa 2:00 ☕ Tea / Coffee Time & Snacks [R] 3:00 🎮 BINGO Club [R] 4:00 🧩 Fun Puzzle [LB]	<b>CORN FRITTERS DAY 16</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ↔ Exercise [R] 1:30 🍿 Popcorn Tuesday [R] 1:45 🎬 Tuesday Movie: Working Girl 1988-Comedy/Romance- Melanie Griffith, Harrison Ford [R] 3:00 🎮 Mahjong Club [LB] 4:00 🧩 Fun Puzzle [LB]	<b>NATIONAL HOT DOG DAY 17</b> 8:30 🛒 Shopping Trip: Don Quijote (Kaheka St) [L] 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ↔ Exercise [R] 11:30 🍖 Kau Kau Club: Yakiniku Seoul, Korean BBQ [L] 1:30 🎵 Hymn Sing Along with Ruth Club [R] 3:00 🎮 BINGO Club [R] 4:00 🧩 Fun Puzzle [LB]	<b>NATIONAL SOUR CANDY DAY 18</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ★ Dermacare Specialists Dr. Tagai Musaev [R] 1:15 ❤️ Tai Chi with Ken [R] 2:00 🎮 Hanafuda Club with Alice [LB] 2:15 💰 Bank Run 3:00 🎮 Mahjong Club with Betty Young [LB] 4:00 🧩 Fun Puzzle [LB]	<b>NATIONAL WORDS WITH FRIENDS DAY 19</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ↔ Exercise [R] 1:30 🎵 Pastor Carl & Pastor Steve [LR] 2:00 🎮 Hanafuda Club with Alice [LB] 3:00 🎮 BINGO Club [R] 7:00 🎬 Friday Movie Night : The Princess Bride 1987 -Family/Comedy- Cary Elwes, Robin Wright [R]	<b>NATIONAL FORTUNE COOKIE DAY 20</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 🎵 Harmony Sounds & Uke Tunes Fun Class with Debbie [R] 1:30 🎵 Seated Hula Dance/ Sing Along with Raelyn & Ryan [R] 2:00 🍵 Mindfulness Tea time with Min 3:00 🎮 Poker Club with Lonnie [M] 4:00 🧩 Fun Puzzle [LB]
	<b>NATIONAL JUNK FOOD DAY 21</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ↔ Exercise [R] 10:00 🚌 Scenic Bus Ride: Kahala Mall 10:45 Hydration [R] 1:30 🎵 Harmony Sounds & Uke Tunes Fun Class with Debbie [R] 1:45 🚌 Shopping Trip: Pali Longs 2:30 🎮 Hanafuda Club with Alice [LB] 3:00 🎮 Poker Club with Lonnie [LB] 4:00 🧩 Fun Puzzle [LB]	<b>NATIONAL MANGO DAY 22</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 🎵 Hank The Singing Dutchman [LR] 1:30 🧩 Let's play Chess [LB] 3:00 🎮 Hanafuda Club [LB] 4:00 🧩 Fun Puzzle [LB]	<b>NATIONAL VANILLA ICE CREAM DAY 23</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 🎵 Sing Along & Ukulele with Jolene [LB] 1:30 🍿 Popcorn Tuesday [R] 1:45 🎬 Tuesday Movie: Butch Cassidy and the Sundance Kid-Western/Crime-Robert Redford, Paul Newman [R] 3:00 🎮 Mahjong Club [LB] 4:00 🧩 Fun Puzzle [LB]	<b>NATIONAL AMELIA EARHART DAY 24</b> 8:30 🛒 Shopping Trip: Walmart (Ke'eaumoku) [L] 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ↔ Exercise [R] 10:00 🛒 Shopping Trip: Walmart (Ke'eaumoku) [L] 1:30 🎵 Hymn Sing Along with Ruth Club [R] 3:00 🎮 BINGO Club [R] 4:00 🧩 Fun Puzzle [LB]	<b>NATIONAL WINE AND CHEESE DAY 25</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ↔ Exercise [R] 10:45 Hydration [R] 1:30 🛒 Holo Holo Club: Wholesale Unlimited Kahala 1:30 🧩 Trivia Brain Exercise : About Wine / Cheese [R] 2:00 🎮 Hanafuda Club with Alice [LB] 3:00 🎮 Mahjong Club with Betty Young [LB] 4:00 🧩 Fun Puzzle [LB]	<b>NATIONAL COFFEE MILKSHAKE DAY 26</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ↔ Exercise [R] 10:45 Hydration [R] 1:30 🎵 Ukulele Class with Jolene Kim 2:00 🎮 Hanafuda Club with Alice [LB] 3:00 🎮 BINGO Club [R] 7:00 🎬 Friday Movie Night :Oklahoma 1955-Music/western- Gordon MacRae, Shirley Jones [R]	<b>NATIONAL LOVE IS KIND DAY 27</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 🎵 Harmony Sounds & Uke Tunes Fun Class with Debbie [R] 10:45 Hydration [R] 1:30 🎧 Mindfulness Beginnings Kupuna with Min 2:00 🍵 Mindfulness Tea time with Min 3:00 🎮 Poker Club with Lonnie [M] 4:00 🧩 Fun Puzzle [LB]
	<b>NATIONAL MILK CHOCOLATE DAY 28</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ↔ Exercise [R] 10:00 🚌 Scenic Bus Ride: City Square 10:45 Hydration [R] 1:30 🎵 Harmony Sounds & Uke Tunes Fun Class with Debbie [R] 1:45 🚌 Shopping Trip: Pali Longs 2:30 🎮 Hanafuda Club with Alice [LB] 3:00 🎮 Poker Club with Lonnie [LB] 4:00 🧩 Fun Puzzle [LB]	<b>NATIONAL LIPSTICK DAY 29</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ↔ Exercise [R] 10:45 Hydration [R] 1:30 🍪 Baking Pizza [R] 1:45 🚌 Scenic Bus Ride: Pearl City 3:00 🎮 BINGO Club [R] 4:00 🧩 Fun Puzzle [LB]	<b>NATIONAL CHEESECAKE DAY 30</b> 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ↔ Exercise [R] 10:30 ★ Residents Birthday Bash Event [LR] 1:30 🍿 Popcorn Tuesday [R] 1:45 🎬 Tuesday Movie: Six Days, Seven Nights 1998 -Comedy/Romance- Harrison Ford, Anne Heche [R] 3:00 🎮 Mahjong Club [LB]	<b>NATIONAL AVOCADO DAY 31</b> 8:30 🛒 Shopping Trip: Walmart (Ke'eaumoku) [L] 9:00 ↔ Exercise [R] 9:45 Hydration [R] 10:00 ❤️ Line Dace with Glee [R] 10:00 🛒 Shopping Trip: Walmart (Ke'eaumoku) [L] 1:30 🎵 Hymn Sing Along with Ruth Club & Pastor Steve [R] 3:00 🎮 BINGO Club [R]	<b>Location Keys</b> Library LB Living Room LR Lobby L Multi-Purpose Room M Recreation Room R		 <p>All activities are subject to change.</p>