




March 2025

The Plaza at Punchbowl's Hali'a Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March cont'd 30 National Doctors Day 9:00 ♥ Chair Yoga & Mindfulness 9:30 Hydration 10:00 🌟 Plaza Life Exercise Circuit 10:30 🧠 Brain Exercise: Extreme Dot- to - Dot 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	National Tater Day 31 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 🧠 Bakery Trivia 3:30 🎵 Sing Along with Leah 4:00 🍽️ Dinner	 	<p>“What good is the warmth of summer, without the cold of winter to give it sweetness.” – John Steinbeck</p>		National Peanut butter lover's Day 1 9:00 ♥ Chair Yoga & Mindfulness 9:30 Hydration 10:00 ↔ Plaza Life Exercise Circuit 11:30 🍴 Lunch 1:00 🌿 Afternoon Walking Courtyard & Picnic 2:00 🎨 Craft: Origami: Cute Paper Heart with Bow 3:00 🧠 Brain Exercise: Words Clues 3:30 🎵 Soul Music Karaoke 4:00 🍽️ Dinner 5:00 🎬 Saturday Movie night	
National Banana Cream Pie Day 2 9:00 ♥ Chair Yoga & Mindfulness 9:30 Hydration 10:00 🌟 Plaza Life Exercise Circuit 10:30 🧠 Brain Exercise: Extreme Dot- to - Dot 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	Girls Day 3 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 2:30 🧠 Animal Trivia 3:30 🌟 Girls Day Sing Along with Leah 4:00 🍽️ Dinner	Paczkki Day 4 9:00 ↔ Morning Stretches 9:30 Hydration 10:00 🌟 Plaza Life Exercise Circuit 10:30 🧠 Memory Game: Lyrics 11:30 🍴 Lunch 1:00 🌿 Afternoon Exercise & Walking Courtyard 1:30 🎬 Tuesday Matinee 2:00 🚌 Scenic Bus Ride: Magic Island [L] 3:30 🎵 Chair Dance 4:00 🍽️ Dinner	National Multiple personality Day 5 9:00 ↔ Morning Stretches 9:30 Hydration 10:00 🌿 Aroma Relaxation & Music Therapy 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: Nu'uauu Valley [L] 3:30 🌿 Hydration & Aroma Hand Massage Therapy 4:00 🍽️ Dinner	National Dress Day 6 9:00 ↔ Morning Stretches 9:30 Hydration 10:00 🎵 Sing Along with Golden & Sandy 11:30 🍴 Lunch 1:00 ♥ Kickball 1:30 🌿 Afternoon Courtyard Walking & Relaxation 2:30 🧠 Paint by number 3:30 🎵 Music Therapy 4:00 🍽️ Dinner	National Flapjack Day 7 9:00 ↔ Morning Stretches 9:30 ♥ Kickball 10:00 🌟 Special Event Sing Along with Matt Barber from California [LR] 11:30 🍴 Lunch 1:00 ♥ Seated Zumba 2:00 🎬 Friday Movie & Snacks 3:30 ♥ Afternoon stretches 4:00 🍽️ Dinner	National Peanut cluster Day 8 9:00 ♥ Chair Yoga & Mindfulness 9:30 Hydration 10:00 🌟 Plaza Life Exercise Circuit 11:30 🍴 Lunch 1:00 🌿 Afternoon Walking Courtyard & Picnic 2:00 🎨 Craft: Origami: Spring Flower Tulip 2:30 🎨 Color by Number 3:00 🧠 Brain Exercise: Words Clues 4:00 🍽️ Dinner 5:00 🎬 Saturday Movie night
National Meatball Day 9 9:00 ♥ Chair Yoga & Mindfulness 9:30 Hydration 10:00 🌟 Plaza Life Exercise Circuit 10:30 🧠 Brain Exercise: Extreme Dot- to - Dot 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	National Blueberry Popover Day 10 9:00 ↔ Morning Stretches 9:30 Hydration 10:00 🌟 Plaza Life Exercise Circuit 11:30 🍴 Lunch 1:00 ♥ Afternoon Exercise 1:30 🎵 Seated Zumba 2:00 🧠 Brain Exercise : Matching the Numbers with Cups 3:00 🎲 Fruits Trivia 3:30 🎵 Sing Along with Leah 4:00 🍽️ Dinner	National Oatmeal Nut Waffles Day 11 9:00 ↔ Morning Stretches 9:30 Hydration 10:00 🌟 Plaza Life Exercise Circuit 10:30 🧠 Memory Game: Lyrics 11:30 🍴 Lunch 1:00 🌿 Afternoon Exercise & Walking Courtyard 1:30 🎬 Tuesday Matinee 2:00 🚌 Scenic Bus Ride: Kaka'ako Waterfront Park [L] 3:30 🎵 Chair Dance 4:00 🍽️ Dinner	National Working Moms Day 12 9:00 ↔ Morning Stretches 9:30 Hydration 10:00 🌿 Aroma Relaxation & Music Therapy 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: Manoa Valley [L] 3:30 🌿 Hydration & Aroma Hand Massage Therapy 4:00 🍽️ Dinner	National Coconut Torte Day 13 9:00 ↔ Morning Stretches 9:30 Hydration 10:00 🎵 Instrumix with Iaisha 10:00 🎵 Seated Line Dance 10:30 ♥ Kickball 11:30 🍴 Lunch 1:00 ♥ Afternoon Seated Yoga 1:30 🌿 Afternoon Courtyard Walking & Relaxation 2:30 🧠 Paint by number 3:30 🎵 Music Therapy 4:00 🍽️ Dinner	National Write down your story Day 14 9:00 ↔ Morning Stretches 9:30 Hydration 10:00 ♥ Kickball 11:30 🍴 Lunch 1:00 ♥ Seated Zumba 2:00 🎬 Friday Movie & Snacks 3:30 ♥ Afternoon stretches 4:00 🍽️ Dinner	National Quilting Day 15 9:00 ♥ Chair Yoga & Mindfulness 9:30 Hydration 10:00 🌟 Plaza Life Exercise Circuit 11:30 🍴 Lunch 1:00 🌿 Afternoon Walking Courtyard & Picnic 2:00 🎨 Craft: Origami: St. Patrick's Day 4 Leaf Clover 2:30 🎨 Color by Number 3:00 🧠 Brain Exercise: Words Clues 4:00 🍽️ Dinner 5:00 🎬 Saturday Movie night
National Panda Day 16 9:00 ♥ Chair Yoga & Mindfulness 9:30 Hydration 10:00 🌟 Plaza Life Exercise Circuit 10:30 🧠 Brain Exercise: Extreme Dot- to - Dot 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	ST. Patrick's Day 17 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 🧠 St. Patrick's Day Trivia 3:30 🎵 Sing Along with Leah 4:00 🍽️ Dinner	National Sloppy Joe Day 18 9:00 ↔ Morning Stretches 9:30 Hydration 10:00 🌟 Plaza Life Exercise Circuit 10:30 🧠 Memory Game: Lyrics 11:30 🍴 Lunch 1:00 🌿 Afternoon Exercise & Walking Courtyard 1:30 🎬 Tuesday Matinee 2:00 🚌 Scenic Bus Ride: Diamond Head [L] 3:30 🎵 Chair Dance 4:00 🍽️ Dinner	National Chocolate Caramel Day 19 9:00 ↔ Morning Stretches 9:30 Hydration 10:00 🌿 Aroma Relaxation & Music Therapy 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: Ala Moana [L] 3:30 🌿 Hydration & Aroma Hand Massage Therapy 4:00 🍽️ Dinner	National Ravioli Day 20 9:00 ↔ Morning Stretches 9:30 Hydration 10:00 🎵 Seated Line Dance 10:30 ♥ Kickball 11:30 🍴 Lunch 1:00 ♥ Afternoon Seated Yoga 1:30 🌿 Afternoon Courtyard Walking & Relaxation 2:30 🧠 Paint by number 3:30 🎵 Music Therapy 4:00 🍽️ Dinner	National Memory Day 21 9:00 ↔ Morning Stretches 9:30 Hydration 10:00 ♥ Kickball 11:30 🍴 Lunch 1:00 ♥ Seated Zumba 2:00 🎬 Friday Movie & Snacks 3:30 ♥ Afternoon stretches 4:00 🍽️ Dinner	National Bavarian Crepes Day 22 9:00 ♥ Chair Yoga & Mindfulness 9:30 Hydration 10:00 🌟 Plaza Life Exercise Circuit 11:30 🍴 Lunch 1:00 🌿 Afternoon Walking Courtyard & Picnic 2:00 🎨 Craft: Origami: Beautiful Butterfly 2:30 🎨 Color by Number 3:00 🧠 Brain Exercise: Words Clues 4:00 🍽️ Dinner 5:00 🎬 Saturday Movie night
National Chia Day 23 9:00 ♥ Chair Yoga & Mindfulness 9:30 Hydration 10:00 🌟 Plaza Life Exercise Circuit 10:30 🧠 Brain Exercise: Extreme Dot- to - Dot 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	National Cheesesteak Day 24 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 🌸 Flowers Trivia 3:30 🎵 Sing Along with Leah 4:00 🍽️ Dinner	National Medal of Honor Day 25 9:00 ↔ Morning Stretches 9:30 Hydration 10:00 🌟 Plaza Life Exercise Circuit 10:30 🧠 Memory Game: Lyrics 11:30 🍴 Lunch 1:00 🌿 Afternoon Exercise & Walking Courtyard 1:30 🎬 Tuesday Matinee 2:00 🚌 Scenic Bus Ride: H-3 [L] 3:30 🎵 Chair Dance 4:00 🍽️ Dinner	National Spinach Day 26 9:00 ↔ Morning Stretches 9:30 Hydration 10:00 🌿 Aroma Relaxation & Music Therapy 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: Kapiolani Regional Park [L] 3:30 🌿 Hydration & Aroma Hand Massage Therapy 4:00 🍽️ Dinner	National Scribble Day 27 9:00 ↔ Morning Stretches 9:30 Hydration 10:00 🎵 Seated Line Dance 10:30 ♥ Kickball 11:30 🍴 Lunch 1:00 ♥ Afternoon Seated Yoga 1:30 🌿 Afternoon Courtyard Walking & Relaxation 2:30 🧠 Paint by number 3:30 🎵 Music Therapy 4:00 🍽️ Dinner	National Black forest cake Day 28 9:00 ↔ Morning Stretches 9:30 Hydration 10:00 ♥ Kickball 11:30 🍴 Lunch 1:00 ♥ Seated Zumba 2:00 🎬 Friday Movie & Snacks 3:30 ♥ Afternoon Stretches 4:00 🍽️ Dinner	National Pita Day 29 9:00 ♥ Chair Yoga & Mindfulness 9:30 Hydration 10:00 🌟 Plaza Life Exercise Circuit 11:30 🍴 Lunch 1:00 🌿 Afternoon Walking Courtyard & Picnic 1:30 ♥ Zumba Dance with Annette 2:00 🎨 Craft: Origami: Lei 2:30 🎨 Color by Number 3:00 🧠 Brain Exercise: Words Clues 4:00 🍽️ Dinner 5:00 🎬 Saturday Movie night

Continued at top