



October 2024

The Plaza at Punchbowl's Hali'a Activity Calendar



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

 <p>THE PLAZA at Punchbowl</p>	 <p>HALI'A Memory Care</p>	<p>Homemade Cookies Day 1</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 Sing Along 11:00 Break Time 11:30 🍴 Lunch Break 1:00 Afternoon Exercise & Walking indoor 1:30 🎒 Tuesday Matinee 2:00 🚌 Scenic Bus Ride: H-3 3:05 Bingo 4:00 Dinner</p>	<p>Name Your Car Day 2</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 🎨 Water Color Painting 11:00 Break Time 11:30 🍴 Lunch Break 1:00 📖 Read & Color 2:00 🚌 Scenic Bus Ride: Salt Lake [L] 3:05 Bingo 4:00 Dinner</p>	<p>Tech Day 3</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 🎤 Sing Along with Gordon & Sandy Young 11:00 Break Time 11:30 🍴 Lunch Break 1:30 🎨 Art: Making Colorful Paper Flowers 2:30 Word Search Puzzle 3:30 ♥ Afternoon Indoor Walking 4:00 Dinner</p>	<p>Cinnamon Day 4</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 ♥ Kickball 11:00 Break Time 11:30 🍴 Lunch Break 1:00 🎮 Matching Games 2:00 🎬 Friday Movie & Snacks 3:30 🧠 Brain Games 4:00 Dinner</p>	<p>Rhode Island Day 5</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 🎮 Matching Game 11:00 Break Time 11:30 🍴 Lunch Break 1:00 ♥ Afternoon Warm-Ups 2:30 🎨 Color by Number 3:00 🧠 Bingo 4:00 Dinner</p>
<p>Noodle Day 6</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 Sing Along and Snacks 11:00 Break Time 11:30 🍴 Lunch Break 1:00 🎤 Church Service with Pastor Carl & Pastor Steve 2:00 🎨 Craft: Halloween Garland 3:00 Bingo 4:00 Dinner</p>	<p>Frappe Day 7</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 🧩 Crossword Puzzle Clue 11:00 Break Time 11:30 🍴 Lunch Break 1:30 🎨 Craft: Halloween Ceramic Painting 2:00 🎨 Craft: Halloween Ceramic Painting 3:00 🧠 Bingo 4:00 Dinner</p>	<p>Hero Day 8</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 🧠 Trivia: State Flags 11:00 Break Time 11:30 🍴 Lunch Break 1:00 Afternoon Exercise & Walking indoor 1:30 🎒 Tuesday Matinee 2:00 🚌 Scenic Bus Ride: Tantalus 3:30 🎶 Chair Dance 4:00 Dinner</p>	<p>Teddy Bear Day 9</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 🎨 Water Color Painting 11:00 Break Time 11:30 🍴 Lunch Break 1:00 📖 Read & Color 2:00 🚌 Scenic Bus Ride: Waikiki [L] 3:30 🦋 Afternoon Aromatherapy 4:00 Dinner</p>	<p>Handbag Day 10</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hongwanji Mission 10:10 ♥ Kickball 11:00 Break Time 11:30 🍴 Lunch Break 1:30 🎮 Table Games 3:30 ♥ Afternoon Indoor Walking 4:00 Dinner</p>	<p>Sausage Pizza Day 11</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 ♥ Kickball 11:00 Break Time 11:30 🍴 Lunch Break 1:30 🎤 Sing Along with Dean Hirata 3:30 🧠 Find the Words 4:00 Dinner</p>	<p>Farmer's Day 12</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 🎮 Matching Game 11:00 Break Time 11:30 🍴 Lunch Break 1:00 ♥ Afternoon Warm-Ups 1:30 🎤 Zumba with Annette 2:30 🎨 Color by Number 3:00 🧠 Bingo 4:00 Dinner</p>
<p>U.S. Navy's Birthday 13</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 🧩 Fun Simple Sudoku 11:00 Break Time 11:30 🍴 Lunch Break 1:00 🎤 Church Service with Pastor Carl & Pastor Steve 2:10 ♥ Afternoon Walking in Courtyard 2:20 🎨 Craft: Halloween Ceramic Painting 3:00 Bingo 4:00 Dinner</p>	<p>Columbus Day 14</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 🧩 Crossword Puzzle Clue 11:00 Break Time 11:30 🍴 Lunch Break 1:00 🎨 Art : Amazing Water Color 1:30 🎤 Sing Along with Roy Hamada 2:00 🦋 Afternoon Relaxation & Aroma Hand massage 3:00 🧠 Bingo 4:00 Dinner</p>	<p>I Love Lucy Day 15</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 🧠 Trivia: State Flags 11:00 Break Time 11:30 🍴 Lunch Break 1:00 Afternoon Exercise & Walking indoor 1:30 🎒 Tuesday Matinee 2:00 🚌 Scenic Bus Ride: Nu'uauu Pali Lookout 3:30 🎶 Chair Dance 4:00 Dinner</p>	<p>Sports Day 16</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 🎨 Water Color Painting 11:00 Break Time 11:30 🍴 Lunch Break 1:00 📖 Read & Color 1:30 Afternoon Matinee & Snacks 3:15 Bingo 4:00 Dinner</p>	<p>Pasta Day 17</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 ♥ Kickball 11:00 Break Time 11:30 🍴 Lunch Break 1:30 🎨 Art: Making Colorful Paper Flowers 3:30 ♥ Afternoon Indoor Walking 4:00 Dinner</p>	<p>Chocolate Cupcake Day 18</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 ♥ Kickball 11:00 Break Time 11:30 🍴 Lunch Break 1:00 🎤 Seated Line Dance with Glee 2:00 🎬 Friday Movie & Snacks 3:30 🧠 Find the Words 4:00 Dinner</p>	<p>Kentucky Day 19</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 🎮 Matching Game 11:00 Break Time 11:30 🍴 Lunch Break 1:30 ♥ Zumba with Annette 2:30 🎨 Color by Number 3:00 🧠 Bingo 4:00 Dinner</p>
<p>Chicken & Waffle Day 20</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 🧩 Fun Simple Sudoku 11:00 Break Time 11:30 🍴 Lunch Break 1:00 🎤 Church Service with Pastor Carl & Pastor Steve 2:10 🎨 Craft: Halloween Garland 3:00 Bingo 4:00 Dinner</p>	<p>Pumpkin Day 21</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 🧩 Crossword Puzzle Clue 11:00 Break Time 11:30 🍴 Lunch Break 1:30 🎨 Craft: Halloween Ceramic Pumpkin Painting 2:00 🦋 Afternoon Relaxation & Aroma Hand massage 3:00 🧠 Bingo 4:00 Dinner</p>	<p>Horror Movie Day 22</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 🧠 Trivia: State Flags 11:00 Break Time 11:30 🍴 Lunch Break 1:00 Afternoon Exercise & Walking indoor 1:30 🎒 Tuesday Matinee 3:30 🎶 Chair Dance 4:00 Dinner</p>	<p>Orange Day 23</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 🎨 Water Color Painting 11:00 Break Time 11:30 🍴 Lunch Break 1:00 📖 Read & Color 2:00 🚌 Scenic Bus Ride: Hawaii Kai [L] 3:30 🦋 Afternoon Aromatherapy 4:00 Dinner</p>	<p>Halloween Headwear 24</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 ♥ Kickball 11:00 Break Time 11:30 🍴 Lunch Break 1:30 🎨 Art: Making Colorful Paper Flowers 3:30 ♥ Afternoon Indoor Walking 4:00 Dinner</p>	<p>Wacky Hair 25</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 ♥ Kickball 11:00 Break Time 11:30 🍴 Lunch Break 1:30 🎤 Sing Along with Dennis Band 2:30 🎬 Friday Movie & Snacks 3:30 🧠 Find the Words 4:00 Dinner</p>	<p>Department Costume 26</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 🎮 Matching Game 11:00 Break Time 11:30 🍴 Lunch Break 1:30 ♥ Zumba with Annette 2:45 🎨 Craft: Moon Silhouette Painting 3:15 🧠 Bingo 4:00 Dinner</p>
<p>Men in Black : Black Suit with White shirt 27</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 🧩 Fun Simple Sudoku 11:00 Break Time 11:30 🍴 Lunch Break 1:00 🎤 Church Service with Pastor Carl & Pastor Steve 2:00 🎨 Craft : Fun Cereal Crafts 2:10 ♥ Afternoon Walking in Courtyard 3:00 Bingo 4:00 Dinner</p>	<p>Freaky Monday Face Mask 28</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 🧩 Crossword Puzzle Clue 11:00 Break Time 11:30 🍴 Lunch Break 2:00 🦋 Afternoon Relaxation & Aroma Hand massage 3:00 🧠 Bingo 4:00 Dinner</p>	<p>Starbucks Family Costume 29</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 🧠 Trivia: State Flags 11:00 Break Time 11:30 🍴 Lunch Break 1:00 Afternoon Exercise & Walking indoor 1:30 🎒 Tuesday Matinee 2:00 🚌 Scenic Bus Ride: Kahala 3:30 🎶 Chair Dance 4:00 Dinner</p>	<p>Hip Hop Costume 30</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 🎨 Water Color Painting 11:00 Break Time 11:30 🍴 Lunch Break 1:30 🎬 Afternoon Movie 2:00 🚌 Scenic Bus Ride: Manoa Valley [L] 3:30 🦋 Afternoon Aromatherapy 4:00 Dinner</p>	<p>Halloween Costume 31</p> <p>9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 ♥ Kickball 11:00 Break Time 11:30 🍴 Lunch Break 1:30 🎨 Art: Making Colorful Paper Flowers 3:30 ♥ Afternoon Indoor Walking 4:00 Dinner</p>	<p>"You may have a fresh start any moment you choose, for this thing that we call "failure" is not the falling down, but the staying down." — Mary Pickford</p> 