

# January 2026 Hali'a Activity Calendar

created with 



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

All activities will be located on the 3rd floor unless otherwise noted. Please meet in the lobby 15 minutes prior to all van departures.

- Arts / Crafts
- Educational Classes
- Exercise / Physical Activity
- Field Trip / Medical Appointments
- Games
- Gardening / Outdoor Visit
- Hydration Program
- Meditation / Mindfulness
- Movies / Documentaries
- Music / Special Entertainment
- Plaza Life Fitness
- Religious / Spiritual Programs



<b>Spaghetti Day</b>
8:30 ♫ Greeting Songs of Aloha
8:45 ♡ Hali'a Resistance Training Circuit & Hydration
9:15 ☀ News & Views: History of Spaghetti
9:30 Morning Surprise: Paper Collage Making
10:15 In the Home: Match, Fold, & Deliver
10:45 ↪ Get Up & Move Club: Walking to The Beat
12:30 ♡ Games & Singing in The Lanai
1:30 ↪ Ageless Fitness & Hydration
2:00 ☀ Recreating the Classroom Experience: Documentary of Italy
3:00 ♡ Games & Things to Do Together: BINGO

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<b>Bird Day</b>
8:30 ♫ Greeting Songs of Aloha
8:45 ♡ Hali'a Resistance Training Circuit & Hydration
9:15 ☀ News & Views: 10 Fun Facts about Birds
9:30 ♡ Watercolors & Oldie Tunes
10:00 ♫ Hali'a Mele Club in The Lanai
12:30 ☀ 3rd Flr. Van Ride: Old Waipahu / Kuniu
1:00 ♡ Tissue Paper Art
2:00 ☀ Recreating the Classroom Experience: Learning about Birds in Hawaii
2:30 ♡ Just Craftin: Paper Fish Bowl Making
2:45 ♡ Games & Things to Do Together: BINGO
3:15 ↪ Ageless Fitness & Hydration
5:00 ☀ In The Evening: Kanikapila Time!
5:30 ♡ Unwind The Mind Time: Soothing Sound of The Islands

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<b>Technology Day</b>
8:30 ♫ Greeting Songs of Aloha
8:45 ♡ Hali'a Resistance Training Circuit & Hydration
9:15 ☀ News & Views: History of Modern Technology
9:30 ♡ Sit, Sip, & Name 5 at The Bistro
10:15 ☀ Morning Surprise: Japanese Sing Along
10:45 ↪ Get Up & Move Club: Walking to The Beat
12:30 ♡ Hangman on The Lanai
1:30 ♡ Just Craftin: Paper Fish Bowl Making
2:45 ♡ Games & Things to Do Together: BINGO
3:15 ↪ Ageless Fitness & Hydration
5:00 ☀ In The Evening: Guess That Tune!
5:30 ♡ Unwind The Mind: Yoga

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<b>Tempura Day</b>
8:30 ♫ Greeting Songs of Aloha
8:45 ♡ Hali'a Resistance Training Circuit & Hydration
9:15 ☀ News & Views: Best Tempura Restaurants in Hawaii
9:30 ♡ Hydration & Bathroom Break
10:00 ☀ Musical Performance by Roy Hamada & Friends: 2nd Floor
12:30 ♡ Sing Along w/ Karina on The Lanai
1:30 ☀ Fun Film: Residents Choice
2:45 ♡ Games & Things to Do Together: BINGO
3:15 ↪ Ageless Fitness & Hydration
5:00 ☀ In The Evening: Guess That Tune!
5:30 ♡ Unwind The Mind Time: Soothing Sound of The Islands

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<b>Argyle Day</b>
8:30 ♫ Greeting Songs of Aloha
8:45 ♡ Hali'a Resistance Training Circuit & Hydration
9:15 ☀ News & Views: 10 Facts about Argyles
9:30 ♡ Hydration & Bathroom Break
10:00 ☀ Morning Surprise: Musical Performance by The Mellow Friends - 2nd Floor
12:30 ♡ Sing Along w/ Karina on The Lanai
1:30 ☀ Watercolors & Word Search Puzzles
2:45 ♡ Games & Things to Do Together: BINGO
3:15 ↪ Ageless Fitness & Hydration
5:00 ☀ In The Evening: Guess That Tune!
5:30 ♡ Unwind The Mind: Yoga

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<b>Law Enforcement Appreciation Day</b>
8:30 ♫ Greeting Songs of Aloha
8:45 ♡ Hali'a Resistance Training Circuit & Hydration
9:15 ☀ News & Views: History of The Honolulu P.D.
9:30 ♡ Sit, Sip, & Brain Games at The Bistro
10:30 ☀ Guess That Scent!
12:30 ☀ Lanai Time
1:45 ♡ Q-Tip Art & Puzzle Packs
2:00 ☀ Recreating the Classroom Experience: Police Trivia & Facts
2:45 ♡ Journaling: Writing and/or Drawing Your Day
3:15 ↪ Ageless Fitness & Hydration
5:00 ☀ Games & Things to Do Together: BINGO
5:30 ♡ Unwind The Mind Time: Soothing Sound of The Islands

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<b>Eagle Day</b>
8:30 ♫ Greeting Songs of Aloha
8:45 ♡ Hali'a Resistance Training Circuit & Hydration
9:15 ☀ News & Views: Fun Facts about Eagles
9:30 ♡ Hydration & Bathroom Break
10:00 ☀ Local Jamz w/ Dean Hirata: 2nd Floor
12:30 ☀ Lanai Time
1:30 ☀ Just Craftin: Popsicle Stick Cactus Making
2:45 ☀ Recreating the Classroom Experience: Masters of Math
3:00 ↪ Ageless Fitness & Hydration
3:00 ♡ Games & Things to Do Together: BINGO

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<b>Milk Day</b>
8:30 ♫ Greeting Songs of Aloha
8:45 ♡ Hali'a Resistance Training Circuit & Hydration
9:15 ☀ News & Views: 10 Fun Facts about Milk
9:30 Morning Surprise: Paper Collage Making
10:15 In the Home: Match, Fold, & Deliver
10:45 ↪ Get Up & Move Club: Walking to The Beat
12:30 ♡ Games & Singing in The Lanai
1:30 ↪ Ageless Fitness & Hydration
2:00 ☀ Recreating the Classroom Experience: Documentary of Hawaii
3:00 ♡ Games & Things to Do Together: BINGO

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<b>Curry Day</b>
8:30 ♫ Greeting Songs of Aloha
8:45 ♡ Hali'a Resistance Training Circuit & Hydration
9:15 ☀ News & Views: Best Curry Spots in Hawaii
9:30 ♡ Hydration & Bathroom Break
10:00 ☀ Hawaiian Music w/ Kupuna Mele: 2nd Floor
12:30 ☀ 3rd Flr. Van Ride: Moanalua / Salt Lake
1:00 ♡ Tissue Paper Art
2:00 ☀ Recreating the Classroom Experience: U.S. President Trivia
2:30 ♡ Games & Things to Do Together: BINGO
3:15 ↪ Ageless Fitness & Hydration
5:00 ☀ In The Evening: Kanikapila Time!
5:30 ♡ Unwind The Mind Time: Soothing Sound of The Islands

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<b>Korean American Day</b>
8:30 ♫ Greeting Songs of Aloha
8:45 ♡ Hali'a Resistance Training Circuit & Hydration
9:15 ☀ News & Views: History of Koreans in Hawaii
9:30 ♡ Sit, Sip, & Name 5 at The Bistro
10:15 ☀ Morning Surprise: Japanese Sing Along
10:45 ↪ Get Up & Move Club: Walking to The Beat
12:30 ♡ Hangman on The Lanai
1:30 ☀ Just Craftin: Curled Paper Flower Art
2:45 ♡ Games & Things to Do Together: BINGO
3:15 ↪ Ageless Fitness & Hydration
5:00 ☀ In The Evening: Kanikapila Time!
5:30 ♡ Unwind The Mind: Yoga

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<b>Dress Up Your Pet Day</b>
8:30 ♫ Greeting Songs of Aloha
8:45 ♡ Hali'a Resistance Training Circuit & Hydration
9:15 ☀ News & Views: Funny Pictures of Pets
9:30 ♡ Hydration & Bathroom Break
10:00 ☀ Morning Surprise: Mele with Our Friends - 2nd Floor
12:30 ☀ Trivia and Charades on The Lanai
1:30 ☀ Fun Film: Back to The Outback
2:45 ♡ Games & Things to Do Together: BINGO
3:15 ↪ Ageless Fitness & Hydration
5:00 ☀ In The Evening: Guess That Tune!
5:30 ♡ Unwind The Mind Time: Soothing Sound of The Islands

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<b>Hat Day</b>
8:30 ♫ Greeting Songs of Aloha
8:45 ♡ Hali'a Resistance Training Circuit & Hydration
9:15 ☀ News & Views: History of Hats
9:30 ♡ Sit, Sip, & Name 5 at The Bistro
10:15 ☀ Morning Surprise: Mega Toss Games
12:30 ☀ Sing Along w/ Karina on The Lanai
1:15 ☀ Watercolors & Word Search Puzzles
2:00 ☀ Recreating the Classroom Experience: Learning about Hats
2:30 ☀ Games & Things To Do Together: BINGO
3:15 ↪ Ageless Fitness & Hydration
5:00 ☀ In The Evening: Guess That Tune!
5:30 ♡ Unwind The Mind: Yoga

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<b>Fig Newton Day</b>
8:30 ♫ Greeting Songs of Aloha
8:45 ♡ Hali'a Resistance Training Circuit & Hydration
9:15 ☀ News & Views: What is a Fig Newton?</