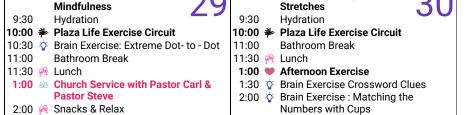
June 2025

The Plaza at Punchbowls Hali'a Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 ♥ Moring Stretches & Mindfulness 9:30 Hydration 10:00 ♥ Plaza Life Exercise Circuit 10:30 ❖ Brain Exercise: Words Clues 11:00 Bathroom Break 11:30 ❖ Lunch 1:00 ❖ Church Service with Pastor Carl & Pastor Steve 2:00 ❖ Snacks & Relax 2:30 ❖ Afternoon Walking in Courtyard 3:00 ❖ Water panting 4:00 Dinner	9:00 → Walking up Body Stretches 9:30 Hydration 10:00 ≯ Plaza Life Exercise Circuit 11:00 Bathroom Break 11:30 ≯ Lunch 1:00 ✔ Afternoon Exercise 1:30 Ŷ Brain Exercise Crossword Clues 2:00 Ŷ Brain Exercise : Matching the Numbers with Cups 3:00 ❤ Paper Craft: Color Origami 3:30 爲 Sing and Dance Dinner	9:00 Walking up Body Stretches 9:30 Hydration 10:00 Plaza Life Exercise Circuit 10:30 Memory Game: Lyrics 11:00 Bathroom Break 11:30 Lunch 1:00 Afternoon Exercise & Walking Courtyard 1:30 Tuesday Matinee 2:00 Scenic Bus Ride: Manoa Valley [L] 3:30 Chair Dance 4:00 Dinner	9:00 → Walking up Body Stretches 9:30 Hydration 10:00 ≯ Plaza Life Exercise Circuit 10:30 ❖ Matching Memory Game: Idioms 11:00 Bathroom Break 11:30 ❖ Lunch 1:00 ◆ Afternoon exercise: Move it, Shake it 1:30 Movie Matinee & Snacks 2:00 ⇌ Scenic Bus Ride: H-3 [L] 3:30 ★ Hydration & Aroma Hand Massage Therapy 4:00 Dinner	9:00 Walking up Body Stretches 9:30 Hydration 10:00 ► Plaza Life Exercise Circuit 10:30 ► Kickball 11:00 Bathroom Break 11:30 ► Lunch 1:30 ► Afternoon Stretching & Relaxation 2:30 ► Afternoon Relaxing & Snacks 3:00 ► Paint by number 3:30 ► Music Therapy 4:00 Dinner	9:00 Walking up Body Stretches 9:30 Hydration 11:00 Bathroom Break 11:30 Lunch 1:00 Afternoon stretches 1:00 Seated Zumba 2:00 Afternoon Snacks and Sing World puzzle 3:00 Walk to Courtyard 3:30 Afternoon stretches 4:00 Dinner	9:30 Hydration 7 10:00 Chair Yoga & Mindfulness 11:00 Bathroom Break 11:30 Lunch 1:00 Afternoon walking Courtyard & Picnic along 2:00 Craft: Origami; Cute Paper Heart with Bow 2:30 Color by Number 4:00 Dinner 5:00 Saturday Movie night
9:00 Moring Stretches & Mindfulness 9:30 Hydration 10:00 Plaza Life Exercise Circuit 10:30 Brain Exercise: Extreme Dot- to - Dot 11:00 Bathroom Break 11:30 Church Service with Pastor Carl & Pastor Steve 2:00 Snacks & Relax 2:30 Afternoon Walking in Courtyard 3:00 Word Bingo 4:00 Dinner	9:00 Walking up Body Stretches 9:30 Hydration 10:00 Plaza Life Exercise Circuit 11:00 Bathroom Break 11:30 Lunch 1:00 Mafternoon Exercise 1:30 Brain Exercise Crossword Clues 2:00 Brain Exercise: Matching the Numbers with Cups 3:00 Paper Craft: Color Origami 3:30 Sing and Dance Dinner	9:00 Walking up Body Stretches 9:30 Hydration 10:00 ► Plaza Life Exercise Circuit 10:30 ↑ Memory Game: Lyrics 11:00 Bathroom Break 11:30 ► Lunch 1:00 ► Afternoon Exercise & Walking Courtyard 1:30 ► Tuesday Matinee 2:00 ► Scenic Bus Ride: Hawaii Kai [L] 3:30 ► Chair Dance 4:00 Dinner	9:00 Walking up Body Stretches 9:30 Hydration 10:00 Plaza Life Exercise Circuit 10:30 Matching Memory Game: Idioms 11:00 Bathroom Break 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	9:00 Walking up Body Stretches 9:30 Hydration 10:00 Mollili Hongwanji Mission 10:00 Flaza Life Exercise Circuit 10:30 Kickball 11:00 Bathroom Break 11:30 Lunch 1:30 Afternoon Stretching & Relaxation 2:30 Afternoon Relaxing & Snacks 3:00 Paint by number 3:30 Music Therapy 4:00 Dinner	9:00 Walking up Body Stretches 9:30 Hydration 11:00 Bathroom Break 11:30 Lunch 1:00 Afternoon stretches 1:00 Seated Zumba 2:00 Afternoon Snacks and Sing 2:30 World puzzle 3:00 Walk to Courtyard 3:30 Afternoon stretches 4:00 Dinner	9:30 Hydration 10:00 Chair Yoga & Mindfulness 11:00 Bathroom Break 11:30 Lunch 1:00 Afternoon walking Courtyard & Picnic 2:00 Craft: Origami; Cute Paper Heart with Bow 2:30 Color by Number 4:00 Dinner 5:00 Saturday Movie night
9:00 Moring Stretches & Mindfulness 9:30 Hydration 10:00 Plaza Life Exercise Circuit 10:30 Brain Exercise: Extreme Dot- to - Dot Bathroom Break 11:30 Lunch 1:00 Church Service with Pastor Carl & Pastor Steve 2:00 Snacks & Relax 2:30 Afternoon Walking in Courtyard 3:00 Dinner	9:00 ↔ Walking up Body Stretches 9:30 Hydration 10:00 ≯ Plaza Life Exercise Circuit 11:00 Bathroom Break 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 3:30 ♣ Sing and Dance 4:00 Dinner	9:00 Walking up Body Stretches 9:30 Hydration 10:00 ≯ Plaza Life Exercise Circuit 10:30 ❖ Memory Game: Lyrics 11:00 Bathroom Break 11:30 ❖ Lunch 1:00 ✔ Afternoon Exercise & Walking Courtyard 1:30 ❖ Tuesday Matinee 2:00 ← Scenic Bus Ride: China Town [L] 3:30 ♬ Chair Dance 4:00 Dinner	9:00 Walking up Body Stretches 9:30 Hydration 10:00 Plaza Life Exercise Circuit 10:30 Matching Memory Game: Idioms 11:00 Bathroom Break 11:30 Lunch 1:00 Afternoon exercise: Move it, Shake it Movie Matinee & Snacks 2:00 Scenic Bus Ride: Sand island [L] 3:30 Hydration & Aroma Hand Massage Therapy 4:00 Dinner	9:00 Walking up Body Stretches 9:30 Hydration 10:00 Plaza Life Exercise Circuit 10:30 Kickball 11:00 Bathroom Break 11:30 Lunch 1:30 Afternoon Stretching & Relaxation 2:30 Afternoon Relaxing & Snacks 3:00 Paint by number 3:30 Music Therapy 4:00 Dinner		9:30 Hydration 10:00 Chair Yoga & Mindfulness 11:00 Bathroom Break 11:30 Lunch 1:00 Afternoon walking Courtyard & Picnic along Craft: Origami; Cute Paper Heart with Bow 2:30 Color by Number 4:00 Dinner 5:00 Saturday Movie night
9:00 ♥ Moring Stretches & Mindfulness 9:30 Hydration 10:00 ♥ Plaza Life Exercise Circuit 10:30 ❖ Brain Exercise: Extreme Dot- to - Dot 11:00 Bathroom Break 11:30 Ւ Lunch 1:00 ⅄ Church Service with Pastor Carl & Pastor Steve 2:00 Ւ Snacks & Relax 2:30 ♥ Afternoon Walking in Courtyard 3:00 ❖ Word Bingo 4:00 Dinner		9:00 Walking up Body Stretches 9:30 Hydration 10:00 Plaza Life Exercise Circuit 10:30 Memory Game: Lyrics 11:00 Bathroom Break 11:30 Lunch 1:00 Afternoon Exercise & Walking Courtyard 1:30 Tuesday Matinee 2:00 Scenic Bus Ride: Queen Emma Summer Palace [L] 3:30 Chair Dance 4:00 Dinner	9:00 → Walking up Body Stretches 9:30 Hydration 10:00 ≯ Plaza Life Exercise Circuit 10:30 ♡ Matching Memory Game: Idioms 11:00 Bathroom Break 11:30 ৵ Afternoon exercise: Move it, Shake it 1:30 ✓ Afternoon exercise: Move it, Shake it Movie Matinee & Snacks 2:00 ☒ Scenic Bus Ride: Kawaikui Beach Park [L] 3:30 ★ Hydration & Aroma Hand Massage Therapy 4:00 Dinner	9:00 Walking up Body Stretches 9:30 Hydration 10:00 Plaza Life Exercise Circuit 10:30 Kickball 11:00 Bathroom Break 11:30 Lunch 1:30 Afternoon Stretching & Relaxation 2:30 Afternoon Relaxing & Snacks 3:00 Paint by number 3:30 Music Therapy 4:00 Dinner		9:30 Hydration 10:00 Chair Yoga & Mindfulness 11:00 Bathroom Break 11:30 Lunch 1:00 Afternoon walking Courtyard & Picnic along 2:00 Craft: Origami; Cute Paper Heart with Bow 2:30 Color by Number 4:00 Dinner 5:00 Saturday Movie night
9:00 Moring Stretches & Mindfulness 9:30 Hydration 10:00 Plaza Life Evercise Circuit	9:00 Walking up Body Stretches 9:30 Hydration	80				Happy Earth Do



3:00 Paper Craft: Color Origami





"Go forward in life with a twinkle in your eye and a smile on your face, but with a great and strong purpose in your heart."

- Gordon B. Hinckley





2:30 Afternoon Walking in Courtyard

3:00 🌣 Word Bingo

4:00 Dinner