

# Halia Activity Calendar

## September 2025 - The Plaza at Moanalua



### SUNDAY

#### THIS MONTH

On Sunday, September 28th at 1:30pm, we invite all families to The Plaza at Moanalua's Alzheimer's Association BINGO Fundraiser!

#### Things to look forward to:

- Special BINGO Game
- Halia Shirt + Donation Collection
- Special Family Craft
- Guest Speaker from Alzheimer's Association

### MONDAY

#### Labor Day 1

8:00 Hawaii News Now  
9:00 Morning Greeting  
9:15 Current Events  
9:30 Morning Exercise  
9:55 Happy Hydration  
10:00 Cram Jam Activities!  
**10:45 Daily Catholic Mass [T]**  
11:00 Walking Club  
12:30 Afternoon Stretching  
12:45 Cut & Paste Craft  
2:00 Happy Hydration  
2:15 Halia BINGO Hour  
3:00 Walking Club  
3:15 Time Travel Talk  
3:30 Busy Brain Activities  
5:00 Independent Activities  
5:30 Evening Cinema

### TUESDAY

#### Telephone Tuesday 2

8:00 Hawaii News Now  
9:00 Morning Greeting  
9:15 Current Events  
9:30 Morning Exercise  
9:55 Happy Hydration  
10:00 Cram Jam Activities!  
**10:45 Daily Catholic Mass [T]**  
11:00 Walking Club  
12:30 ZUMBA!  
1:00 Happy Hydration  
1:05 Van Ride Line Up  
2:30 Time Travel Talk  
3:00 Walking Club  
3:30 Busy Brain Activities  
5:00 Independent Activities  
5:30 Evening Cinema

### WEDNESDAY

#### Skyscraper Day 3

8:00 Hawaii News Now  
9:00 Morning Greeting  
9:15 Current Events  
9:30 Morning Exercise  
9:55 Happy Hydration  
10:00 Cram Jam Activities!  
**10:45 Daily Catholic Mass [T]**  
11:00 Walking Club  
12:30 Afternoon Stretching  
12:45 Build a Skyscraper Craft  
2:00 Happy Hydration  
2:15 Halia BINGO Hour  
3:00 Walking Club  
3:15 Time Travel Talk  
3:30 Busy Brain Activities  
5:00 Independent Activities  
5:30 Evening Cinema

### THURSDAY

#### Wildlife Day 4

8:00 Hawaii News Now  
9:00 Morning Greeting  
9:15 Current Events  
9:30 Morning Exercise  
9:55 Happy Hydration  
10:00 Cram Jam Activities!  
**10:45 Daily Catholic Mass [T]**  
11:00 Walking Club  
12:30 ZUMBA!  
1:00 Happy Hydration  
1:05 Van Ride Line Up  
**1:30 HOLOHOLO RIDE**  
2:30 Time Travel Talk  
3:00 Walking Club  
3:15 Time Travel Talk  
3:30 Busy Brain Activities  
5:00 Independent Activities  
5:30 Evening Cinema



### FRIDAY

#### Cheese Pizza Day 5

8:00 Hawaii News Now  
9:00 Morning Greeting  
9:15 Current Events  
9:30 Morning Exercise  
9:55 Happy Hydration  
10:00 Cram Jam Activities!  
**10:45 Daily Catholic Mass [T]**  
11:00 Walking Club  
12:30 Afternoon Stretching  
12:45 Guided Painting/Coloring  
2:00 Happy Hydration  
2:15 Halia BINGO Hour  
3:00 Walking Club  
3:15 Time Travel Talk  
3:30 Busy Brain Activities  
5:00 Independent Activities  
5:30 Evening Cinema

### SATURDAY

#### Read a Book Day 6

8:00 Hawaii News Now  
9:00 Morning Greeting  
9:15 Current Events  
9:30 Morning Exercise  
9:55 Happy Hydration  
10:00 Cram Jam Activities!  
**10:45 Daily Catholic Mass [T]**  
11:00 Walking Club  
12:30 Afternoon Stretching  
12:45 Table & Group Sports!  
2:00 Happy Hydration  
2:15 Read & Refresh  
3:00 Walking Club  
3:15 Time Travel Talk  
3:30 Busy Brain Activities  
5:00 Independent Activities  
5:30 Evening Cinema

#### Salami Day 7

8:00 Hawaii News Now  
9:00 Morning Greeting  
9:15 Current Events  
9:30 Morning Exercise  
9:55 Happy Hydration  
10:00 Cram Jam Activities!  
**10:45 Daily Catholic Mass [T]**  
11:00 Walking Club  
12:30 Afternoon Stretching  
12:45 Sunday Glam Hour!  
2:00 Happy Hydration  
2:15 Read & Refresh  
3:00 Walking Club  
3:15 Time Travel Talk  
3:30 Busy Brain Activities  
5:00 Independent Activities  
5:30 Evening Cinema

#### Literacy Day 8



8:00 Hawaii News Now  
9:00 Morning Greeting  
9:15 Current Events  
9:30 Morning Exercise  
9:55 Happy Hydration  
10:00 Cram Jam Activities!  
**10:00 Communion [T]**  
**10:45 Daily Catholic Mass [T]**  
11:00 Walking Club  
12:30 Afternoon Stretching  
12:45 Sunday Glam Hour!  
2:00 Happy Hydration  
2:15 Read & Refresh  
3:00 Walking Club  
3:15 Time Travel Talk  
3:30 Busy Brain Activities  
5:00 Independent Activities  
5:30 Evening Cinema

#### Teddy Bear Day 9

8:00 Hawaii News Now  
9:00 Morning Greeting  
9:15 Current Events  
9:30 Morning Exercise  
9:55 Happy Hydration  
10:00 Cram Jam Activities!  
**10:45 Daily Catholic Mass [T]**  
11:00 Walking Club  
12:30 ZUMBA!  
1:00 Happy Hydration  
1:05 Van Ride Line Up  
2:30 Time Travel Talk  
3:00 Walking Club  
3:30 Busy Brain Activities  
5:00 Independent Activities  
5:30 Evening Cinema

#### TV Dinner Day 10



8:00 Hawaii News Now  
9:00 Morning Greeting  
9:15 Current Events  
9:30 Morning Exercise  
9:55 Happy Hydration  
10:00 Cram Jam Activities!  
**10:00 SPECIAL: Brandon Onishi [A]**  
**10:45 Daily Catholic Mass [T]**  
11:00 Walking Club  
12:30 Afternoon Stretching  
12:45 Sunday Glam Hour!  
2:00 Happy Hydration  
2:15 Read & Refresh  
3:00 Walking Club  
3:15 Time Travel Talk  
3:30 Busy Brain Activities  
5:00 Independent Activities  
5:30 Evening Cinema

#### Service & Remembrance Day 11

8:00 Hawaii News Now  
9:00 Morning Greeting  
9:15 Current Events  
9:30 Morning Exercise  
9:55 Happy Hydration  
10:00 Cram Jam Activities!  
**10:45 Daily Catholic Mass [T]**  
11:00 Walking Club  
12:30 ZUMBA!  
1:00 Happy Hydration  
1:05 Van Ride Line Up  
**1:30 HOLOHOLO RIDE**  
2:30 Time Travel Talk  
3:00 Walking Club  
3:15 Time Travel Talk  
3:30 Busy Brain Activities  
5:00 Independent Activities  
5:30 Evening Cinema



#### Video Games Day 12

8:00 Hawaii News Now  
9:00 Morning Greeting  
9:15 Current Events  
9:30 Morning Exercise  
9:55 Happy Hydration  
10:00 Cram Jam Activities!  
**10:45 Daily Catholic Mass [T]**  
11:00 Walking Club  
12:30 Afternoon Stretching  
12:45 Guided Painting/Coloring  
2:00 Happy Hydration  
2:15 Halia BINGO Hour  
3:00 Walking Club  
3:15 Time Travel Talk  
3:30 Busy Brain Activities  
5:00 Independent Activities  
5:30 Evening Cinema

#### Peanut Day 13

8:00 Hawaii News Now  
9:00 Morning Greeting  
9:15 Current Events  
9:30 Morning Exercise  
9:55 Happy Hydration  
10:00 Cram Jam Activities!  
**10:45 Daily Catholic Mass [T]**  
11:00 Walking Club  
12:30 Afternoon Stretching  
12:45 Table & Group Sports!  
2:00 Happy Hydration  
2:15 Read & Refresh  
3:00 Walking Club  
3:15 Time Travel Talk  
3:30 Busy Brain Activities  
5:00 Independent Activities  
5:30 Evening Cinema



## SUNDAY

### Coloring Day 14

7:00 **CHURCH DROP OFFS**  
 8:00 Hawaii News Now  
 9:00 **ZUMBA with Annette - 2nd**  
 9:15 Current Events  
 9:30 **ZUMBA with Annette - 3rd**  
 9:55 Happy Hydration  
 10:00 Cram Jam Activities!  
 10:45 **Daily Catholic Mass [T]**  
 11:00 Walking Club  
 12:30 Afternoon Stretching  
 12:45 Sunday Glam Hour!  
 2:00 Happy Hydration  
 2:15 Read & Refresh  
 3:00 Walking Club  
 3:15 Time Travel Talk  
 3:30 Busy Brain Activities  
 5:00 Independent Activities  
 5:30 Evening Cinema



## MONDAY

### International Dot Day 15

8:00 Hawaii News Now  
 9:00 Morning Greeting  
 9:15 Current Events  
 9:30 Morning Exercise  
 9:55 Happy Hydration  
 10:00 Cram Jam Activities!  
 10:45 **Daily Catholic Mass [T]**  
 11:00 Walking Club  
 12:30 Afternoon Stretching  
 12:45 Cut & Paste Craft  
 2:00 Happy Hydration  
 2:15 Halia BINGO Hour!  
 3:00 Walking Club  
 3:15 Time Travel Talk  
 3:30 Busy Brain Activities  
 5:00 Independent Activities  
 5:30 Evening Cinema

## TUESDAY

### Voter Registration Day 16

8:00 Hawaii News Now  
 9:00 Morning Greeting  
 9:15 Current Events  
 9:30 Morning Exercise  
 9:55 Happy Hydration  
 10:00 Cram Jam Activities!  
 10:45 **Daily Catholic Mass [T]**  
 11:00 Walking Club  
 12:30 ZUMBA!  
 1:00 Happy Hydration  
 1:05 Van Ride Line Up  
 1:30 **HOLOHOLO RIDE**  
 2:30 Walking Club  
 3:00 Time Travel Talk  
 3:30 Busy Brain Activities  
 5:00 Independent Activities  
 5:30 Evening Cinema



## WEDNESDAY

### Citizenship Day 17

8:00 Hawaii News Now  
 9:00 Morning Greeting  
 9:15 Current Events  
 9:30 Morning Exercise  
 9:55 Happy Hydration  
 10:00 Cram Jam Activities!  
 10:45 **Daily Catholic Mass [T]**  
 11:00 Walking Club  
 12:30 Afternoon Stretching  
 12:45 Build a House Craft  
 2:00 Happy Hydration  
 2:15 Halia BINGO Hour!  
 3:00 Walking Club  
 3:15 Time Travel Talk  
 3:30 Busy Brain Activities  
 5:00 Independent Activities  
 5:30 Evening Cinema

## THURSDAY

### Cheeseburger Day 18

8:00 Hawaii News Now  
 9:00 Morning Greeting  
 9:15 Current Events  
 9:30 Morning Exercise  
 9:55 Happy Hydration  
 10:00 Cram Jam Activities!  
 10:45 **Daily Catholic Mass [T]**  
 11:00 Walking Club  
 12:30 ZUMBA!  
 1:00 Happy Hydration  
 1:05 Van Ride Line Up  
 1:30 **HOLOHOLO RIDE**  
 2:30 Walking Club  
 3:00 Time Travel Talk  
 3:30 Busy Brain Activities  
 5:00 Independent Activities  
 5:30 Evening Cinema



## FRIDAY

### Talk like a Pirate Day 19

8:00 Hawaii News Now  
 9:00 Morning Greeting  
 9:15 Current Events  
 9:30 Morning Exercise  
 9:55 Happy Hydration  
 10:00 Cram Jam Activities!  
 10:45 **Daily Catholic Mass [T]**  
 11:00 Walking Club  
 12:30 Afternoon Stretching  
 12:45 Guided Painting/Coloring  
 2:00 Happy Hydration  
 2:15 Halia BINGO Hour!  
 3:00 Walking Club  
 3:15 Time Travel Talk  
 3:30 Busy Brain Activities  
 5:00 Independent Activities  
 5:30 Evening Cinema

## SATURDAY

### String Cheese Day 20

8:00 Hawaii News Now  
 9:00 Morning Greeting  
 9:15 Current Events  
 9:30 Morning Exercise  
 9:55 Happy Hydration  
 10:00 Cram Jam Activities!  
 10:45 **Daily Catholic Mass [T]**  
 11:00 Walking Club  
 12:30 Afternoon Stretching  
 12:45 Table & Group Sports!  
 2:00 **BIRTHDAY BASH!**  
 2:15 Read & Refresh  
 3:00 Walking Club  
 3:15 Time Travel Talk  
 3:30 Busy Brain Activities  
 5:00 Independent Activities  
 5:30 Evening Cinema

### Chai Day 21

7:00 **CHURCH DROP OFFS**  
 8:00 Hawaii News Now  
 9:00 Morning Greeting  
 9:15 Current Events  
 9:30 Morning Exercise  
 9:55 Happy Hydration  
 10:00 Cram Jam Activities!  
 10:45 **Daily Catholic Mass [T]**  
 11:00 Walking Club  
 12:30 Afternoon Stretching  
 12:45 Sunday Glam Hour!  
 2:00 Happy Hydration  
 2:15 Read & Refresh  
 3:00 Walking Club  
 3:15 Time Travel Talk  
 3:30 Busy Brain Activities  
 5:00 Independent Activities  
 5:30 Evening Cinema



### Elephant Appreciation Day 22

8:00 Hawaii News Now  
 9:00 Morning Greeting  
 9:15 Current Events  
 9:30 Morning Exercise  
 9:55 Happy Hydration  
 10:00 Cram Jam Activities!  
 10:00 **Communion/Catholic Mass [T]**  
 10:45 **Daily Catholic Mass [T]**  
 11:00 Walking Club  
 12:30 Afternoon Stretching  
 12:45 Cut & Paste Craft  
 2:00 Happy Hydration  
 2:15 Halia BINGO Hour!  
 3:00 Walking Club  
 3:15 Time Travel Talk  
 3:30 Busy Brain Activities  
 5:00 Independent Activities  
 5:30 Evening Cinema

### Snack Stick Day 23

8:00 Hawaii News Now  
 9:00 Morning Greeting  
 9:15 Current Events  
 9:30 Morning Exercise  
 9:55 Happy Hydration  
 10:00 Cram Jam Activities!  
 10:00 **HANK THE SINGING DUTCHMAN**  
 10:45 **Daily Catholic Mass [T]**  
 11:00 Walking Club  
 12:30 ZUMBA!  
 1:00 Happy Hydration  
 1:05 Van Ride Line Up  
 1:30 **HOLOHOLO RIDE**  
 2:30 Walking Club  
 3:00 Time Travel Talk  
 3:30 Busy Brain Activities  
 5:00 Independent Activities  
 5:30 Evening Cinema



### Punctuation Day 24

8:00 Hawaii News Now  
 9:00 Morning Greeting  
 9:15 Current Events  
 9:30 Morning Exercise  
 9:55 Happy Hydration  
 10:00 Cram Jam Activities!  
 10:45 **Daily Catholic Mass [T]**  
 11:00 Walking Club  
 12:30 Afternoon Stretching  
 12:45 Build Something!  
 2:00 **SPECIAL: L. MOTOGAWA**  
 2:15 Halia BINGO Hour!  
 3:00 Walking Club  
 3:15 Time Travel Talk  
 3:30 Busy Brain Activities  
 5:00 Independent Activities  
 5:30 Evening Cinema

### Comic Book Day 25

8:00 Hawaii News Now  
 9:00 Morning Greeting  
 9:15 Current Events  
 9:30 Morning Exercise  
 9:55 Happy Hydration  
 10:00 Cram Jam Activities!  
 10:45 **Daily Catholic Mass [T]**  
 11:00 Walking Club  
 12:30 ZUMBA!  
 1:00 Happy Hydration  
 1:05 Van Ride Line Up  
 1:30 **HOLOHOLO RIDE**  
 2:30 Walking Club  
 3:00 Time Travel Talk  
 3:30 Busy Brain Activities  
 5:00 Independent Activities  
 5:30 Evening Cinema



### Pancake Day 26

8:00 Hawaii News Now  
 9:00 Morning Greeting  
 9:15 Current Events  
 9:30 Morning Exercise  
 9:55 Happy Hydration  
 10:00 Cram Jam Activities!  
 10:45 **Daily Catholic Mass [T]**  
 11:00 Walking Club  
 12:30 Afternoon Stretching  
 12:45 Guided Painting/Coloring  
 2:00 Happy Hydration  
 2:15 Halia BINGO Hour!  
 3:00 Walking Club  
 3:15 Time Travel Talk  
 3:30 Busy Brain Activities  
 5:00 Independent Activities  
 5:30 Evening Cinema

### Tourism Day 27

8:00 Hawaii News Now  
 9:00 Morning Greeting  
 9:15 Current Events  
 9:30 Morning Exercise  
 9:55 Happy Hydration  
 10:00 Cram Jam Activities!  
 10:45 **Daily Catholic Mass [T]**  
 11:00 Walking Club  
 12:30 Afternoon Stretching  
 12:45 Table & Group Sports!  
 2:00 Happy Hydration  
 2:15 Read & Refresh  
 3:00 Walking Club  
 3:15 Time Travel Talk  
 3:30 Busy Brain Activities  
 5:00 Independent Activities  
 5:30 Evening Cinema

### Good Neighbor Day 28

7:00 **CHURCH DROP OFFS**  
 8:00 Hawaii News Now  
 9:00 Morning Greeting  
 9:15 Current Events  
 9:30 Morning Exercise  
 9:55 Happy Hydration  
 10:00 Cram Jam Activities!  
 10:45 **Daily Catholic Mass [T]**  
 11:00 Walking Club  
 12:30 Afternoon Stretching  
 12:45 Sunday Glam Hour!  
 1:30 **FAMILY ALZ BINGO EVENT**  
 3:00 Walking Club  
 3:15 Time Travel Talk  
 3:30 Busy Brain Activities  
 5:00 Independent Activities  
 5:30 Evening Cinema



### Coffee Day 29

8:00 Hawaii News Now  
 9:00 Morning Greeting  
 9:15 Current Events  
 9:30 Morning Exercise  
 9:55 Happy Hydration  
 10:00 Cram Jam Activities!  
 10:45 **Daily Catholic Mass [T]**  
 11:00 Walking Club  
 12:30 Afternoon Stretching  
 12:45 Cut & Paste Craft  
 2:00 Happy Hydration  
 2:15 Halia BINGO Hour!  
 3:00 Walking Club  
 3:15 Time Travel Talk  
 3:30 Busy Brain Activities  
 5:00 Independent Activities  
 5:30 Evening Cinema

### Chewing Gum Day 30

8:00 Hawaii News Now  
 9:00 Morning Greeting  
 9:15 Current Events  
 9:30 Morning Exercise  
 9:55 Happy Hydration  
 10:00 Cram Jam Activities!  
 10:45 **Daily Catholic Mass [T]**  
 11:00 Walking Club  
 12:30 ZUMBA!  
 1:00 Happy Hydration  
 1:05 Van Ride Line Up  
 1:30 **HOLOHOLO RIDE**  
 2:30 Walking Club  
 3:00 Time Travel Talk  
 3:30 Busy Brain Activities  
 5:00 Independent Activities  
 5:30 Evening Cinema



## SPECIAL EVENTS

9/8 Communion @10:00a  
 9/10 Musician - Brandon Onishi @10:00a  
 9/14 ZUMBA with Annette @9:00a & 9:30a  
 9/20 Birthday Bash with Dean Hirata @ 2:00p  
 9/21 Family Alzheimer's Association BINGO Event @1:30p  
 9/22 Communion/Catholic Mass @ 10:00a  
 9/23 Hank the Singing Dutchman @10:00a  
 9/24 Musician - Lance Motogawa @ 2:00p

## Notes

**Cram Jam Activities** - Educational Trivia, Word Puzzles, Simple Scrabble, and more!

**Guided Painting/Coloring** - Activity staff lead residents through relaxing "Color by Numbers" and other art styles.

**Happy Hydration** - This time is built into the activity schedule to help promote hydration.