



Sunday Monday Tuesday Wednesday Thursday Friday Saturday



THE PLAZA
at Punchbowl





HALI'A
Memory Care

<p>Reading is Funny Day 1</p> <p>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: Kahala [L] 3:30 🎵 Chair Dance 4:00 Dinner</p>	<p>National Ferret Day 2</p> <p>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: Tantalus [L] 3:30 🦋 Hydration & Aroma Hand Massage Therapy 4:00 Dinner</p>	<p>National Burrito Day 3</p> <p>9:00 ↔ Morning Stretches 9:30 Hydration 10:00 🎵 Spring Special Event Sing along with Edward S [R] 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</p>	<p>Walk to Work Day 4</p> <p>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</p>	<p>National Caramel Day 5</p> <p>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 🎵 Seated Hula Dance/ Sing Along with Raelyn & Ryan [R] 2:00 🎨 Craft: Origami ; Cute Paper Heart with Bow 2:30 🎨 Color by Number 3:00 🗣️ Brain Exercise: Words Clues 4:00 Dinner 5:00 🎭 Saturday Movie night</p>
--	---	---	---	--

<p>National Pajama Day 6</p> <p>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</p>	<p>National No Housework Day 7</p> <p>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 🎨 Paper Craft: Color Origami 3:30 🎵 Sing Along with Leah 4:00 Dinner</p>	<p>National Zoo Lovers Day 8</p> <p>9:00 🌟 Plaza Life Exercise Circuit 9:30 Hydration 10:00 🎵 Sing Along with Jolene and Jenei [R] 10:30 🗣️ Memory Game: Lyrics 11:30 🍽️ Lunch 1:00 🦋 Afternoon Exercise & Walking Courtyard 1:30 🎭 Tuesday Matinee 3:30 🎵 Chair Dance 4:00 Dinner</p>	<p>National Unicorn Day 9</p> <p>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 3:30 🦋 Hydration & Aroma Hand Massage Therapy 4:00 Dinner</p>	<p>National Hug Your Dog Day 10</p> <p>9:00 ↔ Morning Stretches 9:30 Hydration 10:00 🎵 Instrumix with Iaisha 10:30 🎵 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</p>	<p>National Pet Day 11</p> <p>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</p>	<p>National Grilled Chess Sandwich Day 12</p> <p>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 🎵 Seated Zumba with Annette 2:00 🎨 Craft: Origami ; Cute Paper Heart with Bow 2:30 🎨 Color by Number 3:00 🗣️ Brain Exercise: Words Clues 4:00 Dinner 5:00 🎭 Saturday Movie night</p>
---	--	---	--	--	--	---

<p>National Scrabble Day 13</p> <p>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</p>	<p>National Gardening Day 14</p> <p>9:00 🌟 Plaza Life Exercise Circuit 9:30 Hydration 10:00 🌟 Easter Harmony: 10 Ukulele Players in Concert [LR] 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 Along with Leah 4:00 Dinner</p>	<p>World Art Day 15</p> <p>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 3:30 🎵 Chair Dance 4:00 Dinner</p>	<p>National Banana Day 16</p> <p>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 3:30 🦋 Hydration & Aroma Hand Massage Therapy 4:00 Dinner</p>	<p>National High Five Day 17</p> <p>9:00 ↔ Morning Stretches 9:30 Hydration 10:00 🌟 Easter Event with Kama'ania Kids [R] 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</p>	<p>National Animal Crackers Day 18</p> <p>9:00 ↔ Morning Stretches 9:30 Hydration 10:00 ❤️ Kickball 11:30 🍽️ Lunch 1:30 ❤️ Seated Zumba with Annette 2:00 🎭 Friday Movie & Snacks 3:30 ❤️ Afternoon stretches 4:00 Dinner</p>	<p>Bicycle Day 19</p> <p>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 2:30 🎨 Color by Number 3:00 🗣️ Brain Exercise: Words Clues 4:00 Dinner 5:00 🎭 Saturday Movie night</p>
--	--	--	--	---	--	---

<p>National Look-Alike Day 20</p> <p>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 🎨 Art: Paint Easter Eggs [R] 3:00 🗣️ Word Bingo 4:00 Dinner</p>	<p>National Tea Day 21</p> <p>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 🎨 Paper Craft: Color Origami 3:30 🎵 Sing Along with Leah 4:00 Dinner</p>	<p>National Jelly Bean Day 22</p> <p>9:00 🌟 Plaza Life Exercise Circuit 9:30 Hydration 10:00 🎵 Sing Along with Jolene and Jenei [R] 10:30 🗣️ Memory Game: Lyrics 11:30 🍽️ Lunch 1:00 🦋 Afternoon Exercise & Walking Courtyard 1:30 🎭 Tuesday Matinee 2:00 🚌 Scenic Bus Ride: Manoa [L] 3:30 🎵 Chair Dance 4:00 Dinner</p>	<p>National Take a Chance Day 23</p> <p>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: H3 [L] 3:30 🦋 Hydration & Aroma Hand Massage Therapy 4:00 Dinner</p>	<p>National Skipping Day 24</p> <p>9:00 ↔ Morning Stretches 9:30 Hydration 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</p>	<p>National Penguin Day 25</p> <p>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</p>	<p>Independent Bookstore Day 26</p> <p>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 2:30 🎨 Color by Number 3:00 🗣️ Brain Exercise: Words Clues 4:00 Dinner 5:00 🎭 Saturday Movie night</p>
---	--	---	---	--	--	---

<p>National Gummi Bear Day 27</p> <p>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</p>	<p>National Superhero Day 28</p> <p>9:00 🌟 Plaza Life Exercise Circuit 9:30 Hydration 10:00 🎭 Birthday Bash with Hank The Singing Dutchman [R] 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 Along with Leah 4:00 Dinner</p>	<p>International Dance Day 29</p> <p>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: Lagoon Drive [L] 3:30 🎵 Chair Dance 4:00 Dinner</p>	<p>National Mr. Potato head Day 30</p> <p>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 Beach/ Waikiki [L] 3:30 🦋 Hydration & Aroma Hand Massage Therapy 4:00 Dinner</p>	<p>"Make the best use of what is in your power, and take the rest as it happens." — Epictetus</p>	 
--	--	---	---	---	---