



August 2023
The Plaza at Punchbowl's Hali'a Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		International Mahjong Day 1 9:00 ⇄ Morning Greetings & Exercise 9:45 🧠 Words Games 1:15 🍷 Snacks with Leave It to Beaver 2:15 🚌 Scenic Bus Ride: Kailua 3:30 🎵 Sing Along	National Ice Cream Sandwich Day 2 9:00 ⇄ Morning Greetings & Exercise 9:45 Sing Along 1:15 ⇄ Midday Stretches 1:45 🎨 Coloring for Relaxation 2:15 🚌 Scenic Bus Ride: Waikiki 3:15 🧘 Chair Yoga Dance	National Watermelon Day 3 9:00 ⇄ Morning Greetings & Exercise 9:45 🧺 Bean Bag Toss 1:15 ⇄ Midday Stretches 2:00 🎨 Ceramic Painting 3:00 🧘 Chair Yoga Dance 3:30 🎵 Sing Along	International Beer Day 4 9:00 ⇄ Morning Greetings & Exercise 9:45 🧺 Basketball 1:15 ⇄ Midday Stretches 2:00 🎵 Scarf Dancing 3:00 🧠 BINGO	Happy Birthday, Beverly Ching and Doris Kiyuna! 5 National Oyster Day 9:00 ⇄ Morning Greetings & Exercise 9:45 Would You Rather..? 10:30 Sing Along 1:15 🍿 Weekend Movie: Ghost (starring Patrick Swayze & Whoopi Goldberg) 3:30 🧠 Brain Games
National Root Beer Float Day 6 9:00 ⇄ Morning Greetings & Exercise 9:45 🧺 Balloon Volleyball 1:15 ⇄ Midday Stretches 1:30 🗳️ Church Service with Pastor Carl & Pastor Steve 2:30 🍷 Reminiscing & Snacks 3:00 Bingo	National Purple Heart Day 7 9:00 ⇄ Morning Greetings & Exercise 9:45 🧺 Kickball 1:15 ⇄ Midday Stretches 2:00 🎨 Paint Fun: Bundled Q-Tip Painting 3:00 Bingo	Happy Birthday, Leatrice Tam! 8 National Dollar Day 9:00 ⇄ Morning Greetings & Exercise 9:45 🧠 Words Games 1:15 🍷 Snacks with Cheers 2:15 🚌 Scenic Bus Ride: Lagoon Drive 3:30 🎵 Sing Along	National Book Lovers Day 9 9:00 ⇄ Morning Greetings & Exercise 9:45 🧺 Kickball 1:15 ⇄ Midday Stretches 1:45 🎨 Coloring for Relaxation 2:15 🚌 Scenic Bus Ride: Windward Side 3:15 🧘 Chair Yoga Dance	National S'mores Day 10 9:00 ⇄ Morning Greetings & Exercise 9:45 🧺 Bean Bag Toss 1:15 ⇄ Midday Stretches 2:00 🎨 Ceramic Painting 3:00 🧘 Chair Yoga Dance 3:30 🎵 Sing Along	Global Kinetic Sand Day 11 Happy Birthday, Azucena Briones! 9:00 ⇄ Morning Greetings & Exercise 9:45 🧺 Basketball 1:15 ⇄ Midday Stretches 2:00 🎵 Scarf Dancing 3:00 🧠 BINGO	National Bowling Day- Second Saturday in August 12 9:00 ⇄ Morning Greetings & Exercise 9:45 Would You Rather..? 10:30 Sing Along 1:15 🍿 Weekend Movie: Sleepless in Seattle (starring Tom Hanks & Meg Ryan) 2:30 🧘 Zumba with Annette 3:30 🧠 Brain Games
International Left Handers Day 13 9:00 ⇄ Morning Greetings & Exercise 9:45 🧺 Balloon Volleyball 1:15 ⇄ Midday Stretches 1:30 🗳️ Church Service with Pastor Carl & Pastor Steve 2:30 🍷 Reminiscing & Snacks 3:00 Bingo	Happy Birthday, Elaine Abe! 14 National Creamsicle Day 9:00 ⇄ Morning Greetings & Exercise 10:00 🧺 Silent Disco with Miranda 1:15 ⇄ Midday Stretches 2:00 🎨 Paint Fun: Fork Flower Painting 3:00 Bingo	Happy Birthday, Harry Dantsuka and Elsa Tang! 15 National Relaxation Day 9:00 ⇄ Morning Greetings & Exercise 9:45 🧠 Words Games 1:15 🍷 Snacks with Three's Company 2:15 🚌 Scenic Bus Ride: Ala Moana Beach 3:30 🎵 Sing Along	Happy Birthday, Grace Kashiwa! 16 National Tell a Joke Day 9:00 ⇄ Morning Greetings & Exercise 9:45 🧺 Show & Tell 1:15 ⇄ Midday Stretches 1:45 🎨 Coloring for Relaxation 2:15 🚌 Scenic Bus Ride: Kahala 3:15 🧘 Chair Yoga Dance	Black Cat Appreciation Day 17 9:00 ⇄ Morning Greetings & Exercise 9:45 🧺 Bean Bag Toss 1:15 ⇄ Midday Stretches 2:00 🎨 Ceramic Painting 3:00 🧘 Chair Yoga Dance 3:30 🎵 Sing Along	National Fajita Day 18 9:00 ⇄ Morning Greetings & Exercise 9:45 🧺 Basketball 1:15 ⇄ Midday Stretches 2:00 🎵 Scarf Dancing 3:00 🧠 BINGO	World Honey Bee Day- Third Saturday in August 19 9:00 ⇄ Morning Greetings & Exercise 9:45 Would You Rather..? 10:30 Sing Along 1:15 🍿 Weekend Movie: Bringing Up Baby (starring Kathryn Hepburn & Cary Grant) 3:30 🧠 Brain Games
National Radio Day 20 9:00 ⇄ Morning Greetings & Exercise 9:45 🧺 Balloon Volleyball 1:15 ⇄ Midday Stretches 1:30 🗳️ Church Service with Pastor Carl & Pastor Steve 2:30 🍷 Reminiscing & Snacks 3:00 🧘 Bingo	Happy Birthday, Amy Umeda! 21 National Senior Citizens Day 9:00 ⇄ Morning Greetings & Exercise 9:45 🧺 Kickball 1:15 ⇄ Midday Stretches 2:00 🎨 Color And Paint Fun 3:00 🧠 Bingo	National Be An Angel Day 22 9:00 ⇄ Morning Greetings & Exercise 9:45 🧠 Words Games 1:15 🍷 Snacks with Bewitched 2:15 🚌 Scenic Bus Ride: Tantalus 3:30 🎵 Sing Along	National Sponge Cake Day 23 9:00 ⇄ Morning Greetings & Exercise 9:45 🧺 Show & Tell 1:15 ⇄ Midday Stretches 1:45 🎨 Coloring for Relaxation 2:15 🚌 Scenic Bus Ride: Hawaii Kai 3:15 🧘 Chair Yoga Dance	National Waffle Day 24 9:00 ⇄ Morning Greetings & Exercise 9:45 🧺 Bean Bag Toss 1:15 ⇄ Midday Stretches 2:00 🎨 Ceramic Painting 3:00 🧘 Chair Yoga Dance 3:30 🎵 Sing Along	National Banana Split Day 25 9:00 ⇄ Morning Greetings & Exercise 9:45 🧺 Basketball 1:15 ⇄ Midday Stretches 2:00 🎵 Scarf Dancing 3:00 🧠 BINGO	Happy Birthday, Satoshi Yamamoto and Christopher Chun! 26 National Dog Day 9:00 ⇄ Morning Greetings & Exercise 9:45 Would You Rather..? 10:30 Sing Along 1:15 🍿 Weekend Movie: The Graduate (starring Dustin Hoffman & Katherine Ross) 3:30 🧠 Brain Games
National Just Because Day 27 9:00 ⇄ Morning Greetings & Exercise 9:45 🧺 Balloon Volleyball 1:15 ⇄ Midday Stretches 1:30 🗳️ Church Service with Pastor Carl & Pastor Steve 2:30 🍷 Reminiscing & Snacks 3:00 Bingo	National Thoughtful Day 28 9:00 ⇄ Morning Greetings & Exercise 9:45 🧺 Kickball 1:15 ⇄ Midday Stretches 2:00 🎨 Color And Paint Fun 3:00 🧠 BINGO	National According to Hoyle Day 29 9:00 ⇄ Morning Greetings & Exercise 9:45 🧠 Words Games 1:15 🍷 Snacks with Little House on the Prairie 2:15 🚌 Scenic Bus Ride: Ho'omaluhia Gardens 3:30 🎵 Sing Along	Happy Birthday, Eloise Marugame! 30 National Beach Day 9:00 ⇄ Morning Greetings & Exercise 9:45 🧺 Show & Tell 1:15 ⇄ Midday Stretches 1:45 🎨 Coloring for Relaxation 2:15 🚌 Scenic Bus Ride: Kahala 3:15 🧘 Chair Yoga Dance	Happy Birthday, Philip Ho and Edward Lee! 31 National Eat Outside Day 9:00 ⇄ Morning Greetings & Exercise 9:45 🧺 Bean Bag Toss 1:15 ⇄ Midday Stretches 2:00 🎨 Ceramic Painting 3:00 🧘 Chair Yoga Dance 3:30 🎵 Sing Along	<p>"Be sure you put your feet in the right place, then stand firm." — Abraham Lincoln</p> 