




August 2024

The Plaza at Punchbowl's Hali'a Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div></div>		<p>“Fairest of the months! Ripe summer's queen The hey-day of the year With robes that gleam with sunny sheen Sweet August doth appear.” — R. Combe Miller</p>		<div>NATIONAL RASPBERRY CREAM PIE DAY1</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 ♥ Kickball 11:00 Break Time 11:30 Lunch Break 1:00 ♥ Seated Line Dance with Glee 1:30 Craft : Making Fiesta Paper 2:30 Trivia : Animals &amp; Matching Name 3:00 Coloring Animals</div>	<div>NATIONAL COLORING BOOK DAY2</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 ♥ Kickball 11:00 Break Time 11:30 Lunch Break 1:00 Seated Line Dance with Glee 1:30 Fun Simple Sudoku 2:00 Friday Movie &amp; Snacks 3:30 ♥ Afternoon indoor Walking</div>	<div>NATIONAL SUNFLOWER DAY3</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 Trivia : Crosswords Clue 11:00 Break Time 11:30 Lunch Break 1:00 Sun &amp; outdoor Courtyard 1:30 Fork Painting Art 1:30 Seated Hula Dance/ Sing Along with Raelyn &amp; Ryan [R] 2:30 Matching Game 3:00 Brain Exercise Number Game 3:30 Fun Puzzle</div>
<div>NATIONAL FRIENDSHIP DAY4</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 Fun Simple Sudoku 11:00 Break Time 11:30 Lunch Break 1:00 Church Service with Pastor Carl &amp; Pastor Steve 2:10 ♥ Afternoon walking Courtyard 2:30 Craft : Froot Loops Cereal 3:00 Book Club</div>	<div>NATIONAL OYSTER DAY5</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 Craft : Simple Paper Butterfly 11:00 Break Time 11:30 Lunch Break 1:00 Art : Amazing Water Color 1:30 Brain Exercise Crossword Clues 2:00 Afternoon Relaxation &amp; Aroma Hand massage 2:30 BINGO 3:00 Art &amp; Create : Beautiful Personalize Memory Photo Book</div>	<div>NATIONAL ROOT BEER FLOAT DAY6</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 Trivia: State Flags 11:00 Break Time 11:30 Lunch Break 1:00 Tuesday Movie 2:00 Scenic Bus Ride: Diamond Head 3:30 Chair Dance</div>	<div>NATIONAL RASPBERRIES N' CREAM DAY7</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 Craft: Colorful Airplane 11:00 Break Time 11:30 Lunch Break 1:00 ♥ Afternoon indoor Walking 1:30 Read &amp; Color 2:00 Scenic Bus Ride: Kaimuki [L] 3:30 Afternoon Aromatherapy</div>	<div>NATIONAL DOLLAR DAY8</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 9:55 Break Time &amp; Hydration 10:00 Hongwanji Mission 11:00 Break Time 11:30 Lunch Break 1:00 ♥ Seated Line Dance with Glee 1:30 Trivia : Flowers &amp; Name 2:30 Brain Exercise : Matching Flowers Name 3:00 Art: Making Colorful Paper Flowers</div>	<div>NATIONAL BOOK LOVERS DAY9</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 ♥ Kickball 11:00 Break Time 11:30 Lunch Break 1:00 Line Dance with Glee 1:30 Fun Simple Sudoku 2:00 Friday Movie &amp; Snacks 3:30 Find the Words</div>	<div>NATIONAL BOWLING DAY10</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 Matching Game 11:00 Break Time 11:30 Lunch Break 1:00 Afternoon warm-up 1:30 Zumba with Annette 2:30 Color by Number 3:35 Brain Exercise Number Game</div>
<div>PLAY IN THE SAND DAY11</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 Fun Simple Sudoku 11:00 Break Time 11:30 Lunch Break 1:00 Church Service with Pastor Carl &amp; Pastor Steve 2:10 ♥ Afternoon walking Courtyard 2:30 Craft : Fun Cereal Crafts 3:00 Book Club</div>	<div>NATIONAL VINYL RECORD DAY12</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 Crosswords Puzzle Clue 11:00 Break Time 11:30 Lunch Break 1:00 Art : Amazing Water Color 1:30 Brain Exercise Crossword Clues 2:00 Afternoon Relaxation &amp; Aroma Hand massage 2:30 BINGO 3:00 Art &amp; Create : Beautiful Personalize Memory Photo Book</div>	<div>INTERNATIONAL LEFTHANDERS DAY13</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 Trivia: Find the US States Quiz 11:00 Break Time 11:30 Lunch Break 1:00 Classic Music &amp; Stretches 1:30 Tuesday Movie 2:00 Scenic Bus Ride: Salt Lake 3:30 Chair Dance</div>	<div>NATIONAL CREAMSICLE DAY14</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 Water Color Painting 11:00 Break Time 11:30 Lunch Break 1:00 Read &amp; Color 2:00 Scenic Bus Ride: Tantalus [L] 3:30 Afternoon Aromatherapy</div>	<div>NATIONAL RELAXATION DAY15</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 9:50 Break Time &amp; Hydration 10:00 InstruMix with Iaisha 11:00 Break Time 11:30 Lunch Break 1:00 ♥ Seated Line Dance with Glee 1:30 Trivia : National Park 2:00 Brain Exercise / National Park Matching Name 3:00 Art: Paint Park</div>	<div>NATIONAL TELL A JOKE DAY16</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 ♥ Kickball 11:00 Break Time 11:30 Lunch Break 1:00 Sudoku 1:30 Zumba with Annette 2:30 Friday Movie &amp; Snacks 3:30 Find the Words</div>	<div>WORLD HONEYBEE DAY17</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 Matching Game 11:00 Break Time 11:30 Lunch Break 1:00 Afternoon warm-up 1:30 Artwork Breckenridge 2:30 Color by Number 3:30 Brain Exercise Number Game</div>
<div>NATIONAL FAJITA DAY18</div> <div>Open House Event 9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Zumba with Annette 11:00 Break Time &amp; Hydration 11:30 Lunch Break 1:00 Church Service with Pastor Carl &amp; Pastor Steve 2:00 Art : DIY Scratch Art 2:45 Book Club 3:30 Fun Dance with Music</div>	<div>NATIONAL POTATO DAY19</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 Crosswords Puzzle Clue 11:00 Break Time 11:30 Lunch Break 1:00 ♥ Afternoon walking Courtyard 1:30 Craft : 4E's Novelty Foam Flowers Pot 2:30 Sudoku 3:00 Art &amp; Create : Beautiful Personalize Memory Photo Book</div>	<div>NATIONAL BACON LOVERS DAY20</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 Trivia: State Flags 11:00 Break Time 11:30 Lunch Break 1:00 Afternoon Exercise &amp; Walking indoor 1:30 Tuesday Movie 2:00 Scenic Bus Ride: Ala Moana Beach/ Waikiki 3:30 Chair Dance</div>	<div>NATIONAL SENIOR CITIZENS DAY21</div> <div>Open House Event 9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 Word Search Reusable Puzzle 11:00 Break Time 11:00 Open House Event [T] 11:30 Lunch Break 1:00 Art : Amazing Water Color 1:30 Craft : Making Bracelet 2:30 Brain Exercise Crossword Clues 3:30 Afternoon Aromatherapy</div>	<div>NATIONAL BAO DAY22</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 ♥ Kickball 11:00 Break Time 11:30 Lunch Break 1:00 ♥ Seated Line Dance with Glee 1:30 Fun Puzzle 2:00 Trivia : Vegetables &amp; Match Names 2:30 Art: Making Colorful Paper Flowers 3:30 ♥ Afternoon indoor Walking</div>	<div>NATIONAL CUBAN SANDWICH DAY23</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 ♥ Kickball 11:00 Break Time 11:30 Lunch Break 1:00 Seated Line Dance with Glee 1:30 Fun Simple Sudoku 2:00 Friday Movie &amp; Snacks 3:30 Find the Words</div>	<div>NATIONAL WAFFLE DAY24</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 Matching Game 11:00 Break Time 11:30 Lunch Break 1:00 ♥ Afternoon warm-up 1:30 Artwork Breckenridge 2:30 Color by Number 3:30 Brain Exercise Number Game</div>
<div>NATIONAL BANANA SPLIT DAY25</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 Fun Simple Sudoku 11:00 Break Time 11:30 Lunch Break 1:00 Church Service with Pastor Carl &amp; Pastor Steve 2:00 Art : DIY Scratch Art 2:30 ♥ Afternoon walking Courtyard 3:00 Book Club 3:30 Fun Dance with Music</div>	<div>NATIONAL DOG DAY26</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 Crosswords Puzzle Clue 11:00 Break Time 11:30 Lunch Break 1:00 Art : Amazing Water Color 1:30 Brain Exercise Crossword Clues 2:00 Afternoon Relaxation &amp; Aroma Hand massage 2:30 BINGO 3:00 Art &amp; Create : Beautiful Personalize Memory Photo Book</div>	<div>NATIONAL JUST BECAUSE DAY27</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 Trivia: Hawaii 11:00 Break Time 11:30 Lunch Break 1:00 Afternoon Exercise &amp; Walking indoor 1:30 Tuesday Movie 2:00 Scenic Bus Ride: H3 3:30 Chair Dance</div>	<div>NATIONAL THOUGHTFUL DAY28</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 Water painting 11:00 Break Time 11:30 Lunch Break 1:00 Read &amp; Color 2:00 Scenic Bus Ride: Hawaii Kai [L] 3:30 Afternoon Aromatherapy</div>	<div>NATIONAL CHOP SUEY DAY29</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 ♥ Kickball 11:00 Break Time 11:30 Lunch Break 1:00 ♥ Seated Line Dance with Glee 1:30 Art: Making Colorful Paper Flowers 2:30 Sudoku 3:00 Trivia : Music &amp; Matching Names 3:30 ♥ Afternoon indoor Walking</div>	<div>NATIONAL DRESS UP DAY30</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 ♥ Kickball 11:00 Break Time 11:30 Lunch Break 1:00 Seated Line Dance with Glee 1:30 Birthday Bash with Scotty KoKo Band 2:00 Friday Movie &amp; Snacks 3:30 Find the Words</div>	<div>NATIONAL TRAIL MIX DAY31</div> <div>9:00 ⇄ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time &amp; Hydration 10:10 Matching Game 11:00 Break Time 11:30 Lunch Break 1:00 ♥ Afternoon warm-up 1:30 Artwork Breckenridge 2:30 Color by Number 3:30 Brain Exercise Number Game</div>