

January 2023

The Plaza at Waikiki- Hali`a



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>Happy New Year!</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:30 New Year's Traditions Around the World/Culture [A]</div><div>10:00 Craft: Cupcake Liner Fireworks Art [A]</div><div>11:00 LUNCH</div><div>1:00 Catholic Service with St. Augustine Church by the Sea [T]</div><div>1:00  Chair Yoga with Sherry Zak Morris [A]</div><div>2:00 Ring Toss to Showtunes [A]</div><div>2:45 Plaza Sing A Long [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>1</div>	<div><div>National Science Fiction Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:30 Hangman: New Year Things [A]</div><div>10:00  Music with Hank the Singing Dutchman [A]</div><div>11:00 LUNCH</div><div>12:45  Dancersize (Low Impact) [A]</div><div>1:15 Horseshoes</div><div>2:00 Sensory Time: Popcorn and Movies [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>2</div>	<div><div>Dress Day: Wear Stripes</div><div>National Drinking Straw Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:30 SONG OF THE DAY: Auld Lang Syne by Mariah Carey [A]</div><div>10:00 Hali'a Best Friend of the Month: Pointillism Art [A]</div><div>11:00 LUNCH</div><div>12:00 Medical Transportation</div><div>12:30 Mini Pulelehua Stations/ Wall Decorations [A]</div><div>2:00  Sensory Stroll Outdoors [HT]</div><div>2:30  Hydration Time with Infused Water [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div><div>Dress Day: Wear Stripes</div></div> <div>3</div>	<div><div>National Trivia Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:15 New Year Trivia Questions [A]</div><div>9:45  Sightseeing: Maunaloa Bay</div><div>10:00 New Hope Church Service [T]</div><div>10:00 Paper Puzzles [A]</div><div>11:00 LUNCH</div><div>12:45  Dancersize (Low Impact) [A]</div><div>1:00 Bingo [A]</div><div>2:00  Ring Toss to Oldies But Goodies Tunes [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>4</div>	<div><div>Dress Day: Denim Day (Jeans Okay)</div><div>National Whipped Cream Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:30  Morning Exercise [A]</div><div>9:15 Hangman-Common New Year's Resolutions [A]</div><div>10:00 Baking Demo: Cookies [A]</div><div>10:00  Buddhist Service with Moiliili Hongwanji [T]</div><div>11:00 LUNCH</div><div>12:00 Medical Transportation</div><div>12:30  Chair Tai Chi [A]</div><div>1:00 Mini Pulelehua Stations [A]</div><div>2:15  Bowling [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>5</div>	<div><div>National Shortbread Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:15 Brain Quest 2 [A]</div><div>10:00  Music with Dean Hirata [A]</div><div>11:00 LUNCH</div><div>12:45  Dancersize (Low Impact) [A]</div><div>1:00 Baking Demo: Shortbread Cookies [A]</div><div>2:00 Ukulele Sing A-long with Jeremy [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>6</div>	<div><div>National Tempura Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:30  Morning Exercise [A]</div><div>9:15 Would You Rather...? And Why? [A]</div><div>10:00 Craft: Beaded Bracelets [A]</div><div>11:00 LUNCH</div><div>12:30 Tea Time [A]</div><div>12:45  Sightseeing: Aiea Loop Trail</div><div>1:00 Lacing Cards and Sorting Cards [A]</div><div>2:00  Sensory Stroll Outdoors [HT]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>7</div>
<div><div>National Argyle Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:30 Things That Start With "A " [A]</div><div>10:00 Pet Therapy with Kai'a the Goldendoodle [A]</div><div>10:00 Science 101 Experiments [A]</div><div>11:00 LUNCH</div><div>12:45  Sightseeing: South Shore Beaches</div><div>1:00  Chair Yoga with Sherry Zak Morris [A]</div><div>2:00 Hula with Kumu Sallie [A]</div><div>2:00 Ring Toss to Classical Music [A]</div><div>2:45 Ukulele Sing A Long with Jeremy [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>8</div>	<div><div>National Law Enforcement Appreciation Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:30 Simple Mathematics and Spelling Bee [A]</div><div>10:00  Music with Roy Hamada [A]</div><div>11:00 LUNCH</div><div>12:45  Dancersize (Low Impact) [A]</div><div>1:15 Horseshoes</div><div>2:00 Sensory Time: Guess The Sound Game (YT) [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>9</div>	<div><div>Dress Day: Plaza Shirt</div><div>National Houseplant Appreciation Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:30 SONG OF THE DAY: "Magic Penny" [A]</div><div>10:00 Hali'a Best Friend of the Month: Baking: Chinese Mango Pudding [A]</div><div>11:00 LUNCH</div><div>12:00 Medical Transportation</div><div>12:30 Mini Pulelehua Stations [A]</div><div>2:00  Sensory Stroll Outdoors [HT]</div><div>2:30  Hydration Time with Infused Water [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>10</div>	<div><div>National Milk Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:15 Magic Ink (Group Creative Writing) [A]</div><div>10:00 New Hope Church Service [T]</div><div>10:00 Pet Visit with Wilma and Milo [A]</div><div>11:00 LUNCH</div><div>12:45  Dancersize (Low Impact) [A]</div><div>1:00 Bingo [A]</div><div>2:00  Bean Bag Toss [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>11</div>	<div><div>National Curried Chicken Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:30  Morning Exercise [A]</div><div>9:15 General Knowledge Trivia [A]</div><div>10:00 Beautiful You, Including Nail Painting [A]</div><div>11:00 LUNCH</div><div>12:00 Medical Transportation</div><div>12:30  Chair Tai Chi [A]</div><div>1:00 Mini Pulelehua Stations [A]</div><div>2:15  Bowling [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>12</div>	<div><div>Dress Day: Cartoon Characters</div><div>National Sticker Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:15 Brain Quest 2 [A]</div><div>10:00  Plaza Library Visit and Hoku Terrace Stroll [HT]</div><div>11:00 LUNCH</div><div>12:45  Dancersize (Low Impact) [A]</div><div>1:00  Parachute [A]</div><div>2:00 Plaza Sing A-long [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>13</div>	<div><div>National Vision Board Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:30  Morning Exercise [A]</div><div>9:15 Would You Rather...? And Why? [A]</div><div>10:00 Create Your Own Vision Board and Sharing [A]</div><div>11:00 LUNCH</div><div>12:30 Tea Time [A]</div><div>12:45  Sightseeing: Diamond Head/ Kahala</div><div>1:00 Lacing Cards and Sorting Cards [A]</div><div>2:00  Sensory Stroll Outdoors [HT]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>14</div>
<div><div>Dress Day: Funny Hats</div><div>National Hat Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:30 Things That Start With "F " [A]</div><div>10:00 Craft: Yarn Hat Ornaments [A]</div><div>11:00 LUNCH</div><div>1:00  Chair Yoga with Sherry Zak Morris [A]</div><div>2:00 Ring Toss to Classical Music [A]</div><div>2:45 Plaza Sing A Long [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>15</div>	<div><div>National Martin Luther King Jr. Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:30 Martin Luther King Jr. Trivia/ Discussion [A]</div><div>10:00  Music with Hank the Singing Dutchman [A]</div><div>11:00 LUNCH</div><div>12:45  Dancersize (Low Impact) [A]</div><div>1:15 Horseshoes</div><div>2:00 Sensory Time: Baking Cookies [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>16</div>	<div><div>National Classy Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:30 SONG OF THE DAY: "Wind Beneath My Wings" [A]</div><div>10:30  Silent Disco [A]</div><div>11:00 LUNCH</div><div>12:00 Medical Transportation</div><div>12:30  Chair Salsa (DVD) [A]</div><div>1:00 Hali'a Best Friend of the Month: Sewing Craft: Rabbit soft plushie [A]</div><div>2:00  Sensory Stroll Outdoors [HT]</div><div>2:30  Hydration Time with Infused Water [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>17</div>	<div><div>National Winnie the Pooh Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:15 Finish That Line! [A]</div><div>9:45  Sightseeing: Chinatown and Kakaako Art District</div><div>10:00  Documentary: "Kangaroo Valley" (2022): [A]</div><div>10:00 New Hope Church Service [T]</div><div>11:00 LUNCH</div><div>12:45  Dancersize (Low Impact) [A]</div><div>1:00 Bingo</div><div>2:00 Hanapa'a! Let's Go Fishing [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>18</div>	<div><div>National Popcorn Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:30  Morning Exercise [A]</div><div>9:15 General Knowledge Trivia [A]</div><div>10:00 Science 101: Popcorn Fun (5 experiments that will make you think why? how?) [A]</div><div>11:00 LUNCH</div><div>12:00 Medical Transportation</div><div>12:30  Chair Tai Chi [A]</div><div>1:00 Mini Pulelehua Stations [A]</div><div>2:15  Bowling [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>19</div>	<div><div>Dress Day: Plaza Shirt</div><div>National Cheese Lover's Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:15 Brain Quest 2 [A]</div><div>10:00  Music with Mele Magic (Bill Melemai) [A]</div><div>11:00 LUNCH</div><div>12:45  Dancersize (Low Impact) [A]</div><div>1:00  Twister Toss [A]</div><div>2:00 Ukulele Sing A-long with Jeremy [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>20</div>	<div><div>National Granola Bar Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:30  Morning Exercise [A]</div><div>9:15 Would You Rather...? And Why? [A]</div><div>10:00 Craft: Chinese New Year Red Packet RABBIT (YT) [A]</div><div>11:00 LUNCH</div><div>12:30 Tea Time [A]</div><div>12:45  Sightseeing: Moanalua</div><div>1:00 Afternoon Snack: Yogurt with Granola topping [A]</div><div>2:00  Sensory Stroll Outdoors [HT]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>21</div>
<div><div>Dress Day: Wear Red</div><div>Kung Hee Fat Choy (Happy Chinese New Year)</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:30 Kung Hee Fat Choy Facts and Traditions [A]</div><div>10:00 Craft: Year of the Rabbit Desktop Calendars [A]</div><div>11:00 LUNCH</div><div>12:45  Sightseeing: Lagoon Drive Airport</div><div>1:00  Chair Yoga with Sherry Zak Morris [A]</div><div>2:00 Chinese Lion Dance Association [A]</div><div>2:30 Ring Toss to Classical Music [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>22</div>	<div><div>National Pie Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:30 Hangman: Flavors of Pies [A]</div><div>10:00 Mini Pulelehua Stations</div><div>11:00 LUNCH</div><div>12:45  Dancersize (Low Impact) [A]</div><div>1:15 Horseshoes</div><div>2:00 Sensory Time: Pie Tasting [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>23</div>	<div><div>National Compliment Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:30 SONG OF THE DAY: "He's So Fine" by the Chiffons and "Pretty Woman" by Roy Orbison [A]</div><div>10:00 Hali'a Best Friend of the Month: Cooking Demo: Chicken Chow Mein [A]</div><div>11:00 LUNCH</div><div>12:00 Medical Transportation</div><div>12:30 Mini Pulelehua Stations [A]</div><div>2:00  Sensory Stroll Outdoors [HT]</div><div>2:30  Hydration Time with Infused Water [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>24</div>	<div><div>National Opposite Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:15 Opposites Attract [A]</div><div>10:00 New Hope Church Service [T]</div><div>10:00 Pet Therapy with Wilma and Milo [A]</div><div>11:00 LUNCH</div><div>12:45  Dancersize (Low Impact) [A]</div><div>1:00 Bingo [A]</div><div>2:00  Balloon Volleyball with Elvis Presley Tunes [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>25</div>	<div><div>Dress Day: Wear Green</div><div>National Green Juice Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:30  Morning Exercise [A]</div><div>9:15 Simple Mathematics and Spelling Bee [A]</div><div>10:00 Mini Pulelehua Stations/ Wall Decorations [A]</div><div>11:00 LUNCH</div><div>12:00 Medical Transportation</div><div>12:30  Chair Tai Chi [A]</div><div>1:00 Cooking Demo: Green Juices for Health [A]</div><div>2:15  Bowling [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>26</div>	<div><div>National Chocolate Cake Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:15 Brain Quest 2 [A]</div><div>10:00  Music with Kupuna Mele [A]</div><div>11:00 LUNCH</div><div>12:45  Dancersize (Low Impact) [A]</div><div>1:00  Ladder Ball [A]</div><div>2:00 Ukulele Sing A-long with Jeremy [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>27</div>	<div><div>National Blueberry Pancake Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:30  Morning Exercise [A]</div><div>9:15 Would You Rather...? And Why? [A]</div><div>10:00 Craft: Flapping Butterfly [A]</div><div>11:00 LUNCH</div><div>12:30 Tea Time [A]</div><div>12:45  Sightseeing: Manoa Valley</div><div>2:00  Sensory Stroll Outdoors [HT]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>28</div>
<div><div>National Corn Chip Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:30 Things That Start With "C " [A]</div><div>10:00 Magic Ink (Group Creative Writing) [A]</div><div>11:00 LUNCH</div><div>1:00  Chair Yoga with Sherry Zak Morris [A]</div><div>2:00 Hula with Kumu Sallie [A]</div><div>2:00 Ring Toss to Jazz Music [A]</div><div>2:45 Plaza Sing A Long [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>29</div>	<div><div>Dress Day: Plaza Shirt</div><div>National Bubble Wrap Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:30 General Knowledge Trivia [A]</div><div>10:00 Sing A Long with Sandy and Gordon [A]</div><div>11:00 LUNCH</div><div>12:45  Dancersize (Low Impact) [A]</div><div>1:15 Horseshoes</div><div>2:00 Sensory Time: Scented Hand Lotion Massages and Aromatherapy [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>30</div>	<div><div>National Inspire Your Heart with Art Day</div><div>7:00 BREAKFAST</div><div>8:15 Newspaper Current Events Discussion [A]</div><div>8:45  Morning Exercise [A]</div><div>9:30 SONG OF THE DAY: "Mona Lisa" by Nat King Cole [A]</div><div>10:00 Hali'a Best Friend of the Month: Seated Ballroom Dancing and Almond Cookie Snackand [A]</div><div>11:00 LUNCH</div><div>12:00 Medical Transportation</div><div>12:30 Mini Pulelehua Stations [A]</div><div>2:00  Sensory Stroll Outdoors [HT]</div><div>2:30  Hydration Time with Infused Water [A]</div><div>3:00  Afternoon Stretch [A]</div><div>3:45 Household Chores, Water &amp; Bathroom Break</div><div>4:00 DINNER</div></div> <div>31</div>	<div><div> Health &amp; Fitness</div><div> Movie</div><div> Shuttle</div><div> Special Event</div></div> <div><div></div><div>Assisted Living</div></div>			

Health & Fitness

Movie

Shuttle

Special Event

Assisted Living

Location Keys

Activity Room A

Hoku Terrace HT

Theater T

Location Keys

Activity Room A

Hoku Terrace HT

Theater T