



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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	May Day in Hawaii 1 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Kickball 1:15 ➡ Exercise 2:00 🎵 Sing Along 2:30 ✨ Glitter Mosaic Fish 3:00 ⚡ BINGO	National Truffle Day 2 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Words Games 1:15 ➡ Exercise 1:45 🍿 Movie & Snacks 2:15 🚌 Scenic Bus Ride: East Honolulu 3:00 🎵 Chair Yoga Dance 3:30 🎵 Sing Along	National Garden Meditation Day 3 9:00 ➡ Morning Greetings & Exercise 9:45 🧠 Brain Games 1:15 ➡ Exercise 1:45 🎨 Coloring for Relaxation 2:15 🚌 Scenic Bus Ride: Ala Moana Beach 3:15 🎵 Zumba and Chair Yoga Dance	National Star Wars Day 4 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Bean Bag Toss 1:15 ➡ Exercise 2:00 🎨 Crafts 3:00 🎵 Chair Yoga Dance 3:30 🎵 Sing Along	Boys Day 5 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Basketball 1:15 ➡ Exercise 2:00 🎵 Scarf Dancing 3:00 ⚡ BINGO	National Nurses Day 6 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Basketball 1:15 ➡ Exercise 2:00 ⚡ Trivia & Word Games 2:30 🦋 Sensory & Life Skills 3:00 🧠 Brain Games
National Lemonade Day 7 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Ball Toss 1:15 ➡ Exercise 1:30 🌿 Church Service with Pastor Carl & Pastor Steve 2:30 🦋 Reminiscing & Snacks 3:00 ⚡ Parachute	National Have a Coke Day 8 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Kickball 1:15 ➡ Exercise 2:00 🎨 Watercolor Painting 2:30 🦋 Sensory & Life Skills 3:00 ⚡ BINGO	National Moscato Day 9 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Words Games 1:15 ➡ Exercise 1:45 🍿 Movie & Snacks 2:15 🚌 Scenic Bus Ride: East Honolulu 3:00 🎵 Chair Yoga Dance 3:30 🎵 Sing Along	National Shrimp Day 10 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Show & Tell 1:15 ➡ Exercise 1:45 🎨 Coloring for Relaxation 2:15 🚌 Scenic Bus Ride: Windward Side 3:15 🎵 Zumba and Chair Yoga Dance	National Eat What You Want Day 11 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Bean Bag Toss 1:15 ➡ Exercise 2:00 🎨 Crafts 3:00 🎵 Chair Yoga Dance 3:30 🎵 Sing Along	National Nutty Fudge Day 12 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Basketball 1:15 ➡ Exercise 2:00 🎵 Scarf Dancing 3:00 ⚡ BINGO	National Miniature Golf Day 13 9:00 ➡ Morning Greetings & Exercise 9:45 🧐 Do You See What I See? 1:15 ➡ Exercise 2:00 ⚡ Trivia & Word Games 2:30 ZUMBA with ANNETTE 3:00 🧠 Brain Games
Mother's Day 14 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Ball Toss 1:15 ➡ Exercise 1:30 🌿 Church Service with Pastor Carl & Pastor Steve 2:30 🦋 Reminiscing & Snacks 3:00 ⚡ Parachute	National Chocolate Chip Day 15 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Kickball 1:15 ➡ Exercise 2:00 🎨 Watercolor Painting 2:30 🦋 Sensory & Life Skills 3:00 ⚡ BINGO	National Do Something Good for your Neighbor Day 16 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Words Games 1:15 ➡ Exercise 1:45 🍿 Movie & Snacks 2:15 🚌 Scenic Bus Ride: East Honolulu 3:00 🎵 Chair Yoga Dance 3:30 🎵 Sing Along	Happy Birthday, Janice Nakata! National Cherry Cobbler Day 17 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Show & Tell 1:15 ➡ Exercise 1:45 🎨 Coloring for Relaxation 2:15 🚌 Scenic Bus Ride: Windward Side 3:15 🎵 Zumba and Chair Yoga Dance	National Cheese Souffle Day 18 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Bean Bag Toss 1:15 ➡ Exercise 2:00 🎨 Crafts 3:00 🎵 Chair Yoga Dance 3:30 🎵 Sing Along	National Cheese Souffle Day 19 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Basketball 1:15 ➡ Exercise 2:00 🎵 Scarf Dancing 3:00 ⚡ BINGO	National Red Sneakers Day 20 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Basketball 1:15 ➡ Exercise 2:00 ⚡ Trivia & Word Games 2:30 🦋 Sensory & Life Skills 3:00 🧠 Brain Games
National Strawberries and Cream Day 21 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Ball Toss 1:15 ➡ Exercise 1:30 🌿 Church Service with Pastor Carl & Pastor Steve 2:30 🦋 Reminiscing & Snacks 3:00 ⚡ Parachute	National Vanilla Pudding Day 22 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Kickball 1:15 ➡ Exercise 2:00 🎨 Watercolor Painting 2:30 🦋 Sensory & Life Skills 3:00 ⚡ BINGO	Lucky Penny 23 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Words Games 1:15 ➡ Exercise 1:45 🍿 Movie & Snacks 2:15 🚌 Scenic Bus Ride: East Honolulu 3:00 🎵 Chair Yoga Dance 3:30 🎵 Sing Along	National Scavenger Hunt Day 24 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Show & Tell 1:15 ➡ Exercise 1:45 🎨 Coloring for Relaxation 2:15 🚌 Scenic Bus Ride: Windward Side 3:15 🎵 Zumba and Chair Yoga Dance	National Towel Day 25 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Bean Bag Toss 1:15 ➡ Exercise 2:00 🎨 Crafts 3:00 🎵 Chair Yoga Dance 3:30 🎵 Sing Along	National Paper Airplane Day 26 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Basketball 1:15 ➡ Exercise 2:00 🎵 Scarf Dancing 3:00 ⚡ BINGO	National Grape Popsicle Day 27 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Basketball 1:15 ➡ Exercise 2:00 ⚡ Trivia & Word Games 2:30 🦋 Sensory & Life Skills 3:00 🧠 Brain Games
National Hamburger Day 28 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Ball Toss 1:15 ➡ Exercise 1:30 🌿 Church Service with Pastor Carl & Pastor Steve 2:30 🦋 Reminiscing & Snacks 3:00 ⚡ Parachute	National Memorial Day 29 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Kickball 1:15 ➡ Exercise 2:00 🎨 Watercolor Painting 2:30 🦋 Sensory & Life Skills 3:00 ⚡ BINGO	National Creativity Day 30 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Words Games 1:15 ➡ Exercise 1:45 🍿 Movie & Snacks 2:15 🚌 Scenic Bus Ride: East Honolulu 3:00 🎵 Chair Yoga Dance 3:30 🎵 Sing Along	National Senior Health & Fitness Day 31 9:00 ➡ Morning Greetings & Exercise 9:45 ⚡ Show & Tell 1:15 ➡ Exercise 1:45 🎨 Coloring for Relaxation 2:15 🚌 Scenic Bus Ride: Windward Side 3:15 🎵 Zumba and Chair Yoga Dance	 <p>“Look deep into nature and you will understand everything better” — Albert Einstein</p>		