

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Header section for each day of the week, including logos for 'THE PLAZA at Punchbowl' and 'HALI'A Memory Care', a quote by Louisa May Alcott, and a sunflower image.

JOIN HANDS DAY 4
9:00 Chair Yoga & Mindfulness
9:30 Hydration
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 Canceled for rain
3:00 Word Bingo
4:00 Dinner

CINCO DE MAYO 5
9:00 Walking up Body 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 Matching the Numbers with Cups
3:00 Paper Craft: Color Origami
3:30 Sing and Dance
4:00 Dinner

NATIONAL NURSES DAY 6
9:00 Walking up Body 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: Diamond Head [L]
3:30 Chair Dance
4:00 Dinner

NATIONAL BARRIER AWARENESS DAY 7
9:00 Walking up Body Stretches
9:30 Hydration
10:00 Plaza Life Exercise Circuit
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: Magic Island [L]
3:30 Hydration & Aroma Hand Massage Therapy
4:00 Dinner

MAY DAY 1
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

NATIONAL TRUFFLE DAY 2
9:00 Morning Stretches
9:30 Brain exercise
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

NATIONAL MONTANA DAY 3
9:00 Chair Yoga & Mindfulness
9:30 Hydration
10:00 Mayday Event A with Taiko Nolan Group [LR]
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 Mayday Event 2 with Dean [LR]
4:00 Dinner
5:00 Saturday Movie night

MOTHER'S DAY 11
9:00 Chair Yoga & Mindfulness
9:30 Hydration
10:00 Plaza Life Exercise Circuit
10:30 Brain Exercise: Extreme Dot- to - Dot
11:00 Bathroom Break
11:30 Lunch
1:30 Afternoon Relaxation & Walking Courtyard
2:00 Snacks & Relax
2:30 Puzzle Table
3:00 Mother's Day Event with Joy's Dance group
4:00 Dinner

NATIONAL NUTTY FUDGE DAY 12
9:00 Walking up Body Stretches
9:30 Hydration
10:00 Plaza Life Exercise Circuit
11:00 Bathroom Break
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 and Dance
4:00 Dinner

NATIONAL APPLE PIE DAY 13
9:00 Morning Stretches & Brin exercise
9:00 Walking up Body Stretches
9:30 Hydration
10:00 Plaza Life Exercise Circuit
10:30 Memory Game: Trivia
11:00 Bathroom Break
11:30 Lunch
1:30 Tuesday Matinee
2:00 Scenic Bus Ride: Tantalus [L]
3:30 Afternoon Exercise & Walking Courtyard
4:00 Dinner

NATIONAL DANCE LIKE A CHICKEN DAY 14
9:00 Walking up Body Stretches
9:30 Hydration
10:00 Plaza Life Exercise Circuit
10:30 Matching Memory Game: Idioms
11:00 Bathroom Break
11:30 Lunch
1:00 Afternoon exercise: Move it, Shake it
1:30 Movie Matinee & Snacks
2:00 Scenic Bus Ride: Kailua [L]
3:30 Hydration & Aroma Hand Massage Therapy
4:00 Dinner

BRING FLOWERS TO SOMEONE DAY 15
9:00 Walking up Body Stretches
9:30 Hydration
10:00 Plaza Life Exercise Circuit
10:30 Kickball
11:00 Bathroom Break
11:30 Lunch
1:00 Light & Lively
1:30 Afternoon Stretching & Relaxation
3:00 Paint by number
3:30 Music Therapy
4:00 Dinner

NATIONAL DO SOMETHING GOOD FOR YOUR NEIGHBOR DAY 16
9:00 Walking up Body Stretches
9:30 Hydration
11:00 Bathroom Break
11:30 Lunch
1:00 Afternoon stretches
1:30 Kickball
2:00 Afternoon Snacks and Sing along
2:30 World puzzle
3:00 Walk to Courtyard
3:30 Afternoon stretches
4:00 Dinner

NATIONAL IDAHO DAY 17
9:30 Hydration
10:00 Chair Yoga & Mindfulness
11:00 Bathroom Break
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
4:00 Dinner
5:00 Saturday Movie night

NATIONAL CHEESE SOUFFLE DAY 18
9:00 Chair Yoga & Mindfulness
9:30 Hydration
10:00 Plaza Life Exercise Circuit
10:30 Brain Exercise: Extreme Dot- to - Dot
11:00 Bathroom Break
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

NATIONAL DEVIL'S FOOD CAKE DAY 19
9:00 Walking up Body Stretches
9:30 Hydration
10:00 Plaza Life Exercise Circuit
11:00 Bathroom Break
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 and Dance
4:00 Dinner

NATIONAL PICK STRAWBERRIES DAY 20
9:00 Walking up Body Stretches
9:30 Hydration
10:00 Plaza Life Exercise Circuit
10:30 Memory Game: Lyrics
11:00 Bathroom Break
11:30 Lunch
1:00 Afternoon Exercise & Walking Courtyard
1:30 Tuesday Matinee
2:00 Scenic Bus Ride: H-3 [L]
3:30 Chair Dance
4:00 Dinner

NATIONAL MEMO DAY 21
9:00 Walking up Body Stretches
9:30 Hydration
10:00 Plaza Life Exercise Circuit
10:30 Matching Memory Game: Idioms
11:00 Bathroom Break
11:30 Lunch
1:00 Afternoon exercise: Move it, Shake it
1:30 Movie Matinee & Snacks
2:00 Scenic Bus Ride: Manoa [L]
3:30 Hydration & Aroma Hand Massage Therapy
4:00 Dinner

NATIONAL VANILLA PUDDING DAY 22
9:00 Walking up Body Stretches
9:30 Hydration
10:00 Plaza Life Exercise Circuit
10:30 Kickball
11:00 Bathroom Break
11:30 Lunch
1:00 Afternoon Stretching & Relaxation
1:30 Afternoon Snacks and Sing along
2:30 Afternoon Relaxing & Snacks
3:00 Paint by number
3:30 Music Therapy
4:00 Dinner

NATIONAL TAFFY DAY 23
9:00 Walking up Body Stretches
9:30 Hydration
11:00 Bathroom Break
11:30 Lunch
1:00 Afternoon stretches
1:30 Light & Lively
2:00 Afternoon Snacks and Sing along
2:30 World puzzle
3:00 Walk to Courtyard
3:30 Afternoon stretches
4:00 Dinner

NATIONAL WYOMING DAY 24
9:00 Walking up Body Stretches
9:30 Hydration
10:00 Chair Yoga & Mindfulness
11:00 Bathroom Break
11:30 Lunch
1:00 Afternoon walking Courtyard & Picnic
2:00 Craft: Origami ; Cute Paper Heart with Bow
2:30 Color by Number
4:00 Dinner
5:00 Saturday Movie night

NATIONAL TAP DANCE DAY 25
9:00 Chair Yoga & Mindfulness
9:30 Hydration
10:00 Plaza Life Exercise Circuit
10:30 Brain Exercise: Extreme Dot- to - Dot
11:00 Bathroom Break
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

NATIONAL PAPER AIRPLANE DAY 26
9:00 Walking up Body Stretches
9:30 Hydration
10:00 Hank The Singing Dutchman [R]
11:00 Bathroom Break
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 and Dance
4:00 Dinner

MEMORIAL DAY 27
9:00 Walking up Body Stretches
9:30 Hydration
10:00 Plaza Life Exercise Circuit
10:30 Memory Game: Lyrics
11:00 Bathroom Break
11:30 Lunch
1:00 Afternoon Exercise & Walking Courtyard
1:30 Tuesday Matinee
2:00 Scenic Bus Ride: Sandy Beach [L]
3:30 Chair Dance
4:00 Dinner

NATIONAL SENIOR HEALTH & FITNESS DAY 28
9:00 Walking up Body Stretches
9:30 Hydration
10:00 Plaza Life Exercise Circuit
10:30 Matching Memory Game: Idioms
11:00 Bathroom Break
11:30 Lunch
1:00 Afternoon exercise: Move it, Shake it
1:30 Movie Matinee & Snacks
2:00 Scenic Bus Ride: Aloha Tower [L]
3:30 Hydration & Aroma Hand Massage Therapy
4:00 Dinner

NATIONAL PAPERCLIP DAY 29
9:00 Walking up Body Stretches
9:30 Hydration
10:00 Plaza Life Exercise Circuit
10:30 Kickball
11:00 Bathroom Break
11:30 Lunch
1:00 Afternoon Stretching & Relaxation
1:30 Afternoon Snacks and Sing along
2:30 Afternoon Relaxing & Snacks
3:00 Paint by number
3:30 Music Therapy
4:00 Dinner

NATIONAL CREATIVITY DAY 30
9:00 Walking up Body Stretches
9:30 Hydration
11:30 Lunch
1:00 Afternoon stretches
2:00 Afternoon Snacks and Sing along
2:30 World puzzle
3:00 Walk to Courtyard
3:30 Afternoon stretches
4:00 Dinner

NATIONAL UTAH DAY 31
9:30 Hydration
10:00 Chair Yoga & Mindfulness
11:00 Bathroom Break
11:30 Lunch
1:00 Afternoon walking Courtyard & Picnic
2:00 Craft: Origami ; Cute Paper Heart with Bow
2:30 Color by Number
4:00 Dinner
5:00 Saturday Movie night