




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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>National Homemade Cookies Day</div><div>1</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 ⚡ Kickball 1:15 ↔ Midday Stretches 1:30 🌿 Church Service with Pastor Carl &amp; Pastor Steve 2:30 🧩 Reminiscing &amp; Snacks 3:00 Bingo</div></div>	<div><div>National Smarties Day</div><div>2</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 ⚡ Kickball 1:15 ↔ Midday Stretches 2:00 🧩 Paper Plate Fall Moon Silhouette Craft 3:00 Bingo</div></div>	<div><div>Happy Birthday, Audrey Okada! National Eat Fruit At Work Day- First Tuesday in October</div><div>3</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 ⚡ Words Games 1:15 ↔ Midday Stretches 2:15 🚌 Scenic Bus Ride: Ala Moana &amp; Waikiki 3:30 🎵 Sing Along</div></div>	<div><div>National Golf Lover's Day</div><div>4</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 ⚡ Show &amp; Tell 1:15 ↔ Midday Stretches 1:45 🧩 Coloring for Relaxation 2:15 🚌 Scenic Bus Ride: Manoa 3:15 ⚡ Chair Yoga Dance</div></div>	<div><div>National Do Something Nice Day</div><div>5</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 Indoor Relaxation 1:15 ↔ Midday Stretches 2:00 🧩 Arts &amp; Crafts 3:00 ⚡ Chair Yoga Dance 3:30 🎵 Sing Along</div></div>	<div><div>World Smile Day-First Friday in October</div><div>6</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 Indoor Relaxation 1:15 ↔ Midday Stretches 2:00 🎵 Seated Zumba 3:00 ⚡ BINGO</div></div>	<div><div>Happy Birthday, Betsy Nakamura! National Chocolate Covered Pretzel Day</div><div>7</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 ⚡ Basketball 1:15 ↔ Midday Stretches 2:00 ⚡ Trivia &amp; Word Games 2:30 🧩 Sensory &amp; Life Skills 3:00 ⚡ Brain Games</div></div>
<div><div>Happy Birthday, Alan Kakuda! National Fluffernutter Day</div><div>8</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 Sing Along 1:15 ↔ Midday Stretches 1:30 🌿 Church Service with Pastor Carl &amp; Pastor Steve 2:30 🧩 Reminiscing &amp; Snacks 3:00 Bingo</div></div>	<div><div>Columbus Day- Second Monday in October</div><div>9</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 ⚡ Kickball 10:00 🎵 Silent Disco with Alexis 1:15 ↔ Midday Stretches 2:00 🧩 3D Paper Fall Tulip Flower Craft 3:00 ⚡ Bingo</div></div>	<div><div>National Handbag Day</div><div>10</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 ⚡ Words Games 1:15 ↔ Midday Stretches 2:15 🚌 Scenic Bus Ride: Diamond Head 3:30 🎵 Sing Along</div></div>	<div><div>National Sausage Pizza Day</div><div>11</div><div>9:00 ↔ Morning Greetings &amp; Exercise 10:00 ⚡ Instrumix with Jostlyn 1:15 ↔ Midday Stretches 1:45 🧩 Coloring for Relaxation 2:15 🚌 Scenic Bus Ride: Ho'omaluhia Gardens 3:15 ⚡ Chair Yoga Dance</div></div>	<div><div>Happy Birthday, William Wong! National Farmer's Day</div><div>12</div><div>9:00 ↔ Morning Greetings &amp; Exercise 10:00 🌿 Rev. Bert Sumikawa (Moiliili Hongwanji Mission) 1:15 ↔ Midday Stretches 2:00 🧩 Arts &amp; Crafts 3:00 ⚡ Chair Yoga Dance 3:30 🎵 Sing Along</div></div>	<div><div>National Train Your Brain Day</div><div>13</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 Indoor Relaxation 1:15 ↔ Midday Stretches 2:00 🎵 Seated Zumba 3:00 ⚡ BINGO</div></div>	<div><div>National Desert Day</div><div>14</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 ⚡ Kickball 10:00 InstruMix with Jostlyn 10:00 InstruMix with Jostlyn 1:15 ↔ Midday Stretches 2:00 ⚡ Trivia &amp; Word Games 2:30 ⚡ Zumba with Annette 3:00 ⚡ Brain Games</div></div>
<div><div>Happy Birthday, Diane Mosley! National I love Lucy Day</div><div>15</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 Sing Along 1:15 ↔ Midday Stretches 1:30 🌿 Church Service with Pastor Carl &amp; Pastor Steve 2:30 🧩 Reminiscing &amp; Snacks 3:00 Bingo</div></div>	<div><div>National Sports Day</div><div>16</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 ⚡ Kickball 1:15 ↔ Midday Stretches 2:00 🧩 Bubble Wrap Painting Craft 3:00 ⚡ BINGO</div></div>	<div><div>Pasta Day</div><div>17</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 ⚡ Words Games 1:15 ↔ Midday Stretches 2:15 🚌 Scenic Bus Ride: Kahala 3:30 🎵 Sing Along</div></div>	<div><div>Happy Birthday, Hisako Shigematsu! National Chocolate Cupcake Day</div><div>18</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 ⚡ Show &amp; Tell 1:15 ↔ Midday Stretches 1:45 🧩 Coloring for Relaxation 2:15 Scenic Bus Ride: Manoa 3:15 ⚡ Chair Yoga Dance</div></div>	<div><div>Happy Birthday, Jean Nagae! National Seafood Bisque Day</div><div>19</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 Indoor Relaxation 1:15 ↔ Midday Stretches 2:00 🧩 Arts &amp; Crafts 3:00 ⚡ Chair Yoga Dance 3:30 🎵 Sing Along</div></div>	<div><div>National Chicken &amp; Waffles Day</div><div>20</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 Indoor Relaxation 1:15 ↔ Midday Stretches 2:00 🎵 Seated Zumba 3:00 ⚡ BINGO</div></div>	<div><div>National Pumpkin Cheesecake Day</div><div>21</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 Kickball 1:15 ↔ Midday Stretches 2:00 ⚡ Trivia &amp; Word Games 2:30 🧩 Sensory &amp; Life Skills 3:00 ⚡ Brain Games</div></div>
<div><div>National Color Day</div><div>22</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 Sing Along 1:15 ↔ Midday Stretches 1:30 🌿 Church Service with Pastor Carl &amp; Pastor Steve 2:30 🧩 Reminiscing &amp; Snacks 3:00 Bingo</div></div>	<div><div>Marvel Monday Dress Up</div><div>23</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 ⚡ Kickball 1:15 ↔ Midday Stretches 2:00 🧩 Color And Paint Fun 3:00 ⚡ BINGO</div></div>	<div><div>TWINNING TUESDAY DRESS UP</div><div>24</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 ⚡ Words Games 1:15 ↔ Midday Stretches 2:15 🚌 Scenic Bus Ride: Kailua 3:30 🎵 Sing Along</div></div>	<div><div>WACKY HAIR WEDNESDAY</div><div>25</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 ⚡ Show &amp; Tell 1:15 ↔ Midday Stretches 1:45 🧩 Coloring for Relaxation 2:15 Bingo 3:15 Chair Yoga</div></div>	<div><div>DEPARTMENT COSTUME DRESS UP</div><div>26</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 Indoor Relaxation 1:15 ↔ Midday Stretches 2:00 🧩 Arts &amp; Crafts 3:00 Chair Yoga Dance 3:30 🎵 Sing Along</div></div>	<div><div>Happy Birthday, May Hamaguchi &amp; Harry Goto! ORANGE AND BLACK DRESS UP DAY</div><div>27</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 Indoor Relaxation 1:15 ↔ Midday Stretches 2:00 🎵 Seated Zumba 3:00 ⚡ BINGO</div></div>	<div><div>DISNEY DRESS UP DAY Happy Birthday, Ethel Kitagawa &amp; Brian Chun!</div><div>28</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 ⚡ Kickball 1:15 ↔ Midday Stretches 2:00 ⚡ Trivia &amp; Word Games 2:30 🧩 Sensory &amp; Life Skills 3:00 ⚡ Bingo</div></div>
<div><div>HALLOWEEN MOVIE CHARACTERS DRESS UP DAY Happy Birthday, Doreen Shimabuku &amp; Vivienne Sandilands!</div><div>29</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 ⚡ Kickball 1:15 ↔ Midday Stretches 1:30 🌿 Church Service with Pastor Carl &amp; Pastor Steve 2:30 🧩 Reminiscing &amp; Snacks 3:00 Bingo</div></div>	<div><div>HALLOWEEN ACCESSORIES DRESS UP DAY Happy Birthday, Miyoko Yamamoto!</div><div>30</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 ⚡ Kickball 1:15 ↔ Midday Stretches 2:00 🧩 Color And Paint Fun 3:00 ⚡ BINGO</div></div>	<div><div>HALLOWEEN COSTUME DRESS UP DAY</div><div>31</div><div>9:00 ↔ Morning Greetings &amp; Exercise 9:45 ⚡ Words Games 1:15 🌟 Halloween Celebration! 3:30 🎵 Sing Along</div></div>	<div><div><p>“As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness behind, I'd still be in prison.” — Nelson Mandela</p></div></div>			<div></div>