

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		"When life is sweet, say thank you and celebrate. And when life is bitter, say thank you and grow." — Shauna Niequist			Happy Birthday, Joy Ching & Curtis Cho! National College Colors Day 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Basketball 1:15 ➡ Midday Stretches 2:00 🎵 Scarf Dancing 3:00 🎮 BINGO	National Tailgating Day- First Saturday in September 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Kickball 1:15 🎬 Weekend Movie: McLintock! (John Wayne & Maureen O'hara) 2:30 ⭐ Bingo [T] 3:30 🎵 Sing Along
National Cinema Day 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Kickball 1:15 ➡ Midday Stretches 1:30 🎨 Fork Flower Painting 2:30 ⭐ Bingo 3:30 🎵 Sing Along	Labor Day 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Kickball 1:15 ➡ Midday Stretches 2:00 🎨 Labor Day Craft: Star Wreath 2:30 🎮 BINGO	National Cheese Pizza Day 9:00 ➡ Morning Greetings & Exercise 9:45 🎮 Words Games 1:15 ➡ Midday Stretches 2:15 🎬 Snacks & Movie: Knight And Day (Tom Cruise & Cameron Diaz) 3:30 🎵 Sing Along	National Coffee Ice Cream Day 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Show & Tell 1:15 ➡ Midday Stretches 1:45 🎨 Coloring for Relaxation 3:15 🏀 Zumba and Chair Yoga Dance	National Salami Day 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Bean Bag Toss 1:15 ➡ Midday Stretches 2:00 🎨 Ceramic Painting 3:00 🏀 Chair Yoga Dance 3:30 🎵 Sing Along	Star Trek Day 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Basketball 1:15 ➡ Midday Stretches 2:00 🎵 Scarf Dancing 3:00 🎮 BINGO	National Teddy Bear Day 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Basketball 1:15 🎬 Weekend Movie: Donovan's Reef (John Wayne & Lee Marvin) 2:30 🏀 Zumba with Annette 3:30 🎮 Brain Games
National Grandparent's Day- Sunday After Labor Day 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Balloon Volleyball 1:15 ➡ Midday Stretches 1:30 ⭐ Grandparents Day Celebration	Happy Birthday, Shirley Kelly! Sports Day 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Kickball 10:00 ⭐ Silent Disco with Alexis 1:15 ➡ Midday Stretches 2:00 🎨 Color And Paint Fun 3:00 🎮 BINGO	Beach Day 9:00 ➡ Morning Greetings & Exercise 9:45 🎮 Words Games 1:15 ➡ Midday Stretches 2:15 🎬 Snacks & T.V. Show: Hawaii Five-0 3:00 🎨 Bubble Wrap Craft	Decades Day 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Show & Tell 1:15 ➡ Midday Stretches 1:45 🎨 Coloring for Relaxation 3:15 🏀 Zumba and Chair Yoga Dance	Happy Birthday, Stella Nakama! Superhero Day: Comic Events or trivia 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Bean Bag Toss 10:00 🏛️ Hongwanji Church Service with Rev. Sumikawa 1:15 ➡ Midday Stretches 2:00 🎨 Ceramic Painting 3:00 🏀 Chair Yoga Dance 3:30 🎵 Sing Along	Plaza Pride Day: Company Logo or Color Wear 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Basketball 1:15 ➡ Midday Stretches 2:00 🎵 Scarf Dancing 3:00 🎮 BINGO	Music Dress Up: Wear your favorite band or artist t-shirt 9:00 ➡ Morning Greetings & Exercise 9:45 🎮 Sensory & Life Skills 1:15 🎬 Weekend Movie: The American President (Michael Douglas & Annette Bening) 3:00 🏀 Chair Yoga Dance
Happy Birthday, Shut Moi Chee & Gail Hirozawa! National Apple Dumpling Day 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Balloon Volleyball 1:15 ➡ Midday Stretches 1:30 🏛️ Church Service with Pastor Carl & Pastor Steve 2:30 🍷 Reminiscing & Snacks 3:00 Bingo	Happy Birthday, Michael Shipley! National Cheeseburger Day 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Kickball 1:15 ➡ Midday Stretches 2:00 🎨 Water Coloring Fun 3:00 Bingo	National Talk Like A Pirate Day 9:00 ➡ Morning Greetings & Exercise 9:45 🎮 Words Games 1:15 ➡ Midday Stretches 2:15 🚌 Scenic Bus Ride: China Town 2:15 🎬 Snacks & Movie: Father Of The Bride 1950 (Elizabeth Taylor & Spencer Tracy) 3:30 🎵 Sing Along	Happy Birthday, Cora Miyagawa & Egan Nishimoto! National Fried Rice Day 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Show & Tell 1:15 ➡ Midday Stretches 1:45 🎨 Coloring for Relaxation 2:15 🚌 Scenic Bus Ride: Windward Side 3:15 🏀 Zumba and Chair Yoga Dance	National New York Day 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Bean Bag Toss 1:15 ➡ Midday Stretches 2:00 🎨 Ceramic Painting 3:00 🏀 Chair Yoga Dance 3:30 🎵 Sing Along	National Centenarian's Day 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Basketball 1:15 ➡ Midday Stretches 2:00 🎵 Scarf Dancing 3:00 🎮 BINGO	National Family Health & Fitness Day 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Basketball 1:15 🎬 Weekend Movie: Kindergarten Cop (Arnold Schwarzenegger) 2:00 🎮 Trivia & Word Games 2:30 🎨 Sensory & Life Skills 3:00 🎮 Brain Games
Happy Birthday, William Hojnacki! Innergize Day- Day After the Autumnal Equinox 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Balloon Volleyball 1:15 ➡ Midday Stretches 1:30 🏛️ Church Service with Pastor Carl & Pastor Steve 2:30 🍷 Reminiscing & Snacks 3:00 Bingo	National Comic Book Day 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Kickball 1:15 ➡ Midday Stretches 2:00 🎨 Color And Paint Fun : 3D Paper Tulip Flower 3:00 🎮 Bingo	National Pancake Day 9:00 ➡ Morning Greetings & Exercise 9:45 🎮 Words Games 1:15 ➡ Midday Stretches 2:15 🚌 Scenic Bus Ride: China Town 2:15 🎬 Snacks & Movie: Father Of The Bride 1991 (Steve Martin & Diane Keaton) 3:30 🎵 Sing Along	National Corned Beef Hash Day 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Show & Tell 1:15 ➡ Midday Stretches 1:45 🎨 Coloring for Relaxation 2:15 🚌 Scenic Bus Ride: Windward Side 3:15 🏀 Zumba and Chair Yoga Dance	National Good Neighbor Day 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Bean Bag Toss 1:15 ➡ Midday Stretches 2:00 🎨 Ceramic Painting 3:00 🏀 Chair Yoga Dance 3:30 🎵 Sing Along	Happy Birthday, Betty Higashiro! National Coffee Day 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Basketball 1:15 ➡ Midday Stretches 2:00 🎵 Scarf Dancing 3:00 🎮 BINGO	Orange Shirt Day 9:00 ➡ Morning Greetings & Exercise 9:45 🏀 Basketball 1:15 🎬 Weekend Movie: Pillow Talk (Rock Hudson & Doris Day) 2:00 🎮 Trivia & Word Games 2:30 🎨 Sensory & Life Skills 3:00 🎮 Brain Games