




September 2024  
The Plaza at Punchbowl Hali'a Activity Calendar

created with 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 Sing Along</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 🌿 Church Service with Pastor Carl &amp; Pastor Steve</div> <div>2:10 ♥ Afternoon Walking in Courtyard</div> <div>2:15 Water Color Painting</div> <div>3:00 🎲 Bingo</div> <div>1</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 🧠 Crossword Puzzle Clue</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 🎨 Art : Amazing Water Color</div> <div>2:30 🦋 Afternoon Relaxation &amp; Aroma Hand massage</div> <div>3:00 Bingo</div> <div>2</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 Sing Along</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 Afternoon Exercise &amp; Walking indoor</div> <div>1:30 🎬 Tuesday Movie</div> <div>2:00 🚌 Scenic Bus Ride: Magic Island</div> <div>3:00 Bingo</div> <div>3</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 🎨 Water Color Painting</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 Afternoon Matinee</div> <div>2:00 🚌 Scenic Bus Ride: Salt Lake/ Keehi Lagoon [L]</div> <div>3:30 🦋 Afternoon Aromatherapy</div> <div>4</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 ♥ Kickball</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 ♥ Seated Line Dance with Glee</div> <div>1:30 🧠 Art: Making Colorful Paper Flowers</div> <div>2:30 Word Search Puzzle</div> <div>3:30 ♥ Afternoon Indoor Walking</div> <div>5</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 ♥ Kickball</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 🎵 Seated Line Dance with Glee</div> <div>1:30 🎵 Sing Along with Dean Hirata</div> <div>2:00 🍿 Friday Movie &amp; Snacks</div> <div>3:30 🧠 Find the Words</div> <div>6</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 🧠 Matching Game</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 ♥ Afternoon Warm Up</div> <div>1:30 Fun Puzzles</div> <div>2:30 🎨 Color by Number</div> <div>3:00 🧠 Bingo</div> <div>7</div>
<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 🧠 Fun Simple Sudoku</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 🌿 Church Service with Pastor Carl &amp; Pastor Steve</div> <div>2:00 🎨 Craft : Fun Cereal Crafts</div> <div>2:10 ♥ Afternoon Walking in Courtyard</div> <div>3:00 Bingo</div> <div>8</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 🧠 Crossword Puzzle Clue</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 🎨 Art : Amazing Water Color</div> <div>1:30 🧠 Brain Exercise Crossword Clues</div> <div>2:00 🦋 Afternoon Relaxation &amp; Aroma Hand massage</div> <div>3:00 Bingo</div> <div>9</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:00 🧠 Sing Along and Ukulele with Jolene [R]</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 Afternoon Exercise &amp; Walking indoor</div> <div>1:30 🎬 Tuesday Movie</div> <div>2:00 🚌 Scenic Bus Ride: Kahala/Diamond Head</div> <div>3:30 🎵 Chair Dance</div> <div>10</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 🎨 Water Color Painting</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 🎨 Read &amp; Color</div> <div>2:00 🚌 Afternoon Matinee [L]</div> <div>2:00 Scenic Bus Ride: Chinatown</div> <div>3:30 🦋 Afternoon Aromatherapy</div> <div>11</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time</div> <div>10:00 🎵 Instrumix with Iaisha</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 ♥ Seated Line Dance with Glee</div> <div>1:30 🧠 Art: Making Colorful Paper Flowers</div> <div>2:30 Word Search Puzzle</div> <div>3:30 ♥ Afternoon Indoor Walking</div> <div>12</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 ♥ Kickball</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 🎵 Seated Line Dance with Glee</div> <div>2:00 🍿 Friday Movie &amp; Snacks</div> <div>3:30 🧠 Find the Words</div> <div>13</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 🧠 Matching Game</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 ♥ Afternoon Warm-Ups</div> <div>1:30 🎵 Zumba with Annette</div> <div>2:30 🎨 Color by Number</div> <div>3:30 🧠 Bingo</div> <div>14</div>
<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 🧠 Fun Simple Sudoku</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 🌿 Church Service with Pastor Carl &amp; Pastor Steve</div> <div>2:00 🎨 Craft : Fun Cereal Crafts</div> <div>2:10 ♥ Afternoon Walking in Courtyard</div> <div>3:00 Bingo</div> <div>15</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 🧠 Crossword Puzzle Clue</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 🎨 Art : Amazing Water Color</div> <div>1:30 🧠 Brain Exercise Crossword Clues</div> <div>2:00 🦋 Afternoon Relaxation &amp; Aroma Hand massage</div> <div>3:00 🧠 Bingo</div> <div>16</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 Sing Along</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 Afternoon Exercise &amp; Walking indoor</div> <div>1:30 🎬 Tuesday Movie</div> <div>2:00 🚌 Scenic Bus Ride: Manoa</div> <div>3:30 🎵 Chair Dance</div> <div>17</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 🎨 Water Color Painting</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 🎨 Read &amp; Color</div> <div>2:00 Afternoon Matinee</div> <div>3:30 🦋 Afternoon Aromatherapy</div> <div>18</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 ♥ Kickball</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 ♥ Seated Line Dance with Glee</div> <div>1:30 🧠 Art: Making Colorful Paper Flowers</div> <div>2:30 Word Search Puzzle</div> <div>3:30 ♥ Afternoon Indoor Walking</div> <div>19</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 ♥ Kickball</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 🎵 Seated Line Dance with Glee</div> <div>2:00 🍿 Friday Movie &amp; Snacks</div> <div>3:30 🧠 Find the Words</div> <div>20</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 🧠 Matching Game</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:30 ♥ Zumba with Annette</div> <div>2:30 🎨 Color by Number</div> <div>3:00 🧠 Bingo</div> <div>21</div>
<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 🧠 Fun Simple Sudoku</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 🌿 Church Service with Pastor Carl &amp; Pastor Steve</div> <div>2:00 🎨 Craft : Fun Cereal Crafts</div> <div>2:10 ♥ Afternoon Walking in Courtyard</div> <div>3:00 Bingo</div> <div>22</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 🧠 Crossword Puzzle Clue</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 🎨 Art : Amazing Water Color</div> <div>1:30 🧠 Brain Exercise Crossword Clues</div> <div>2:00 🦋 Afternoon Relaxation &amp; Aroma Hand massage</div> <div>3:00 🧠 Bingo</div> <div>23</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 Sing Along</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 Afternoon Exercise &amp; Walking indoor</div> <div>1:30 🎬 Tuesday Matinee</div> <div>2:00 🚌 Scenic Bus Ride: China Town/ Aloha Tower</div> <div>3:30 🎵 Chair Dance</div> <div>24</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 🎨 Water Color Painting</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 🎨 Read &amp; Color</div> <div>2:00 🚌 Scenic Bus Ride: Tantalus [L]</div> <div>3:30 🦋 Afternoon Aromatherapy</div> <div>25</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time</div> <div>10:00 🎵 Instrumix with Iaisha</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 ♥ Seated Line Dance with Glee</div> <div>1:30 🧠 Art: Making Colorful Paper Flowers</div> <div>2:30 Word Search Puzzle</div> <div>3:30 ♥ Afternoon Indoor Walking</div> <div>26</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 ♥ Kickball</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 🎵 Seated Line Dance with Glee</div> <div>2:00 🍿 Friday Movie &amp; Snacks</div> <div>3:30 🧠 Find the Words</div> <div>27</div>	<div>9:00 ↔ Morning Stretches</div> <div>9:30 ♥ Chair Yoga</div> <div>10:00 Break Time &amp; Hydration</div> <div>10:10 🧠 Matching Game</div> <div>11:00 Break Time</div> <div>11:30 🍷 Lunch Break</div> <div>1:00 ♥ Afternoon Warm-Ups</div> <div>2:30 🎨 Color by Number</div> <div>3:00 🧠 Bingo</div> <div>28</div>
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