| September 2024<br>The Plaza at Punchbe<br>Sunday  |   | alendar<br>Tuesday   | Wednesday  | Thursday   | Friday  | created society<br>with society<br>Saturday  |
|---|---|--|--|--|---|--|
| 9:30 ◆ Chair Yoga   10:00 Break Time &   10:10 Sing Along   11:00 Break Time   11:30  Lunch Break   1:00  Church Service with Pastor Carl &   & Pastor Steve 2:10   Afternoon Walking in Courtyard  | 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 2   10:00 Break Time & Hydration 10:10 ♥ Crossword Puzzle Clue 2   11:00 Break Time 11:30 ₱ Lunch Break 11:30 ₱ Lunch Break   1:00 ♥ Art : Amazing Water Color 2:30 ♥ Afternoon Relaxation & Aroma Hand massage   3:00 Bingo   | 9:00 ↔ Morning Stretches<br>9:30 ♥ Chair Yoga<br>10:00 Break Time &<br>Hydration<br>10:10 Sing Along<br>11:00 Break Time<br>11:30 ⅔ Lunch Break<br>1:00 Afternoon Exercise & Walking<br>indoor<br>1:30 孕 Tuesday Movie<br>2:00 ➡ Scenic Bus Ride: Magic Island<br>3:00 Bingo   | 9:00 ↔ Morning Stretches<br>9:30 ♥ Chair Yoga<br>10:00 Break Time &<br>Hydration<br>10:10 ♥ Water Color Painting<br>11:00 Break Time<br>11:30 ⅔ Lunch Break<br>1:00 Afternoon Matinee<br>2:00 ➡ Scenic Bus Ride: Salt Lake/<br>Keehi Lagoon [L]<br>3:30 ♥ Afternoon Aromatherapy | 9:00 ↔ Morning Stretches 5   9:30 ♥ Chair Yoga 5   10:00 Break Time & Hydration 6   10:10 ♥ Kickball 6   11:00 Break Time 6   11:30  6   Lunch Break 6   1:30  9   Seated Line Dance with Glee 6   1:30  9   Art: Making Colorful Paper Flowers   2:30 Word Search Puzzle   3:30  Afternoon Indoor Walking | 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 6   9:30 ♥ Chair Yoga 6   10:00 Break Time & Hydration 10:10 ♥ Kickball   11:00 Break Time 11:30 ऄ Lunch Break   11:30 ऄ Seated Line Dance with Glee 1:30 ♪ Sing Along with Dean Hirata   2:00 ♥ Friday Movie & Snacks 3:30 ◊ Find the Words | 9:00 ⊷ Morning Stretches 7   9:30 ◆ Chair Yoga 7   10:00 Break Time &<br>Hydration 7   10:10 ◇ Matching Game   11:00 Break Time   11:30  Lunch Break   1:00 Afternoon Warm Up   1:30 Fun Puzzles   2:30 ©   Color by Number   3:00 ◇   Bingo             |
| 9:30 ● Chair Yoga Image: Chair Yoga   10:00 Break Time & Hydration   10:10 Image: Chair Yoga Image: Chair Yoga   10:10 Image: Chair Yoga Image: Chair Yoga   11:00 Image: Chair Yoga Image: Chair Yoga   11:30 Image: Chair Yoga Image: Chair Yoga   2:00 Image: Chair Yoga Image: Chair Yoga   2:10 Image: Chair Yoga Image: Chair Yoga   11:10:10:10:10:10:10:10:10:10:10:10:10:1 | 9:00 ↔ Morning Stretches 9   9:30 ♥ Chair Yoga 9   10:00 Break Time &<br>Hydration 9   10:10 ♥ Crossword Puzzle Clue   11:00 Break Time   11:30 ♥ Lunch Break   1:00 ♥ Art : Amazing Water Color   1:30 ♥   2:00 ♥ Afternoon Relaxation & Aroma<br>Hand massage   3:00 Bingo  | 9:00 ↔ Morning Stretches 10   9:30 ♥ Chair Yoga 10   10:00 Break Time & Hydration 10:00   10:00 ◊ Sing Along and Ukulele with Jolene [R]   11:00 Break Time 11:30 % Lunch Break   11:00 Afternoon Exercise & Walking indoor 1:30 % Tuesday Movie   2:00 Scenic Bus Ride: Kahala/Diamond Head   3:30 Chair Dance 10                       | 9:00 ↔ Morning Stretches<br>9:30 ♥ Chair Yoga110:00Break Time &<br>Hydration10:10♥ Water Color Painting11:00Break Time11:30№ Lunch Break1:00♥ Read & Color2:00➡ Afternoon Matinee [L]2:00Scenic Bus Ride: Chinatown3:30₩ Afternoon Aromatherapy                                  | 9:00 ↔ Morning Stretches 12   9:30 ♥ Chair Yoga 12   10:00 J Instrumix with laisha 11:00   11:00 Break Time 11:30 ⅔ Lunch Break   11:00 ♥ Seated Line Dance with Glee 1:30 ♀ Art: Making Colorful Paper Flowers   2:30 Word Search Puzzle 3:30 ♥ Afternoon Indoor Walking                                  | 9:00 ↔ Morning Stretches 13   9:30 ♥ Chair Yoga 13   10:00 Break Time & Hydration 10:10 ♥ Kickball   11:00 Break Time 11:30 ऄ Lunch Break   11:30 ऄ Seated Line Dance with Glee 2:00 ₱ Friday Movie & Snacks   3:30 ◊ Find the Words 11:00  | 9:00 ↔ Morning Stretches<br>9:30 ♥ Chair Yoga<br>10:00 Break Time &<br>Hydration<br>10:10 ♥ Matching Game<br>11:00 Break Time<br>11:30 ♣ Lunch Break<br>1:00 ♥ Afternoon Warm-Ups<br>1:30 ♣ Zumba with Annette<br>2:30 ♥ Color by Number<br>3:30 ♥ Bingo |
| 9:30 ♥ Chair Yoga Image: Chair Yoga   10:00 Break Time & Hydration Image: Chair Yoga   10:10 ♥ Fun Simple Sudoku Image: Chair Yoga   11:00 Break Time Image: Chair Yoga   11:30 ♥ Lunch Break Image: Chair Yoga   11:30 ♥ Lunch Break Image: Chair Yoga   11:30 ♥ Lunch Break Image: Chair Yoga   2:00 ♥ Craft : Fun Cereal Crafts Image: Chair Yoga   2:10 ♥ Afternoon Walking in Courtyard Image: Chair Yoga  | 9:00 ↔ Morning Stretches<br>9:30 ♥ Chair Yoga<br>10:00 Break Time &<br>Hydration<br>10:10 ◊ Crossword Puzzle Clue<br>11:00 Break Time<br>11:30 % Lunch Break<br>1:00 ♥ Art : Amazing Water Color<br>1:30 ◊ Brain Exercise Crossword Clues<br>2:00 ♥ Afternoon Relaxation & Aroma<br>Hand massage<br>3:00 ◊ Bingo          | 9:00 ↔ Morning Stretches 17   9:30 ♥ Chair Yoga 17   10:00 Break Time & Hydration   10:10 Sing Along 11:00   11:00 Break Time 11:30   11:30 ※ Lunch Break 1:00   3:30 ※ Tuesday Movie 2:00   2:00 — Scenic Bus Ride: Manoa 3:30   3:30 # Chair Dance 17 | 9:00 ↔ Morning Stretches<br>9:30 ♥ Chair Yoga1810:00 Break Time &<br>Hydration10:10 ♥ Water Color Painting10:10 ♥ Water Color Painting11:00 Break Time11:30 № Lunch Break1:00 ♥ Read & Color2:00 Afternoon Matinee3:30 ♥ Afternoon Aromatherapy                                  | 9:00 ↔ Morning Stretches 19   9:30 ♥ Chair Yoga 10   10:00 Break Time & Hydration   10:10 ♥ Kickball 11:00 Break Time   11:30 ऄ Lunch Break 100 ♥ Seated Line Dance with Glee   1:30 ◊ Art: Making Colorful Paper Flowers 2:30 Word Search Puzzle   3:30 ♥ Afternoon Indoor Walking                        | 9:00 ↔ Morning Stretches 20   9:30 ♥ Chair Yoga 20   10:00 Break Time & Hydration   10:10 ♥ Kickball Break Time   11:00 Break Time Break Time   11:30  Lunch Break   2:00  Friday Movie & Snacks   3:30  Find the Words   | 9:00 ↔ Morning Stretches<br>9:30 ♥ Chair Yoga 21<br>10:00 Break Time &<br>Hydration<br>10:10 ◊ Matching Game<br>11:00 Break Time<br>11:30 ᠙ Lunch Break<br>1:30 ♥ Zumba with Annette<br>2:30 ♥ Color by Number<br>3:00 ◊ Bingo                           |
| 9:30 ♥ Chair Yoga ∠∠   10:00 Break Time &<br>Hydration 10:10 ♀   10:10 ♀ Fun Simple Sudoku   11:00 Break Time 1   11:30 ♀ Lunch Break   10:0 ⊗ Church Service with Pastor Carl<br>& Pastor Steve   2:00 ♥ Craft : Fun Cereal Crafts   2:10 ♥ Afternoon Walking in Courtyard   | 9:00⊷Morning Stretches<br>9:30239:30◆Chair Yoga<br>Break Time &<br>Hydration2310:00Break Time &<br>Hydration10:1010:10◆Crossword Puzzle Clue<br>Break Time11:00Break Time<br>Break Time11:30◆11:30◆Art : Amazing Water Color<br>Brain Exercise Crossword Clues2:00◆Afternoon Relaxation & Aroma<br>Hand massage3:00◆Bingo | 9:00 ↔ Morning Stretches<br>9:30 ♥ Chair Yoga 24<br>10:00 Break Time & Hydration<br>10:10 Sing Along<br>11:00 Break Time<br>11:30 ∯ Lunch Break<br>1:00 Afternoon Exercise & Walking<br>indoor<br>1:30 ∰ Tuesday Matinee<br>2:00 🖨 Scenic Bus Ride: China Town/<br>Aloha Tower<br>3:30 € Chair Dance                                     | 9:00 ↔ Morning Stretches 25   9:30 ◆ Chair Yoga 25   10:00 Break Time & Hydration 21   10:10 ♥ Water Color Painting 21:00   11:00 Break Time 11:30 ※ Lunch Break   1:00 ♥ Read & Color 2:00 ※ Scenic Bus Ride: Tantalus [L]   3:30 ¥ Afternoon Aromatherapy                      | 9:00 ↔ Morning Stretches<br>9:30 ♥ Chair Yoga 26<br>10:00 ♫ Instrumix with laisha<br>11:00 Break Time<br>11:30 ֎ Lunch Break<br>1:00 ♥ Seated Line Dance with Glee<br>1:30 ♥ Art: Making Colorful Paper<br>Flowers<br>2:30 Word Search Puzzle<br>3:30 ♥ Afternoon Indoor Walking                           | 9:00 ↔ Morning Stretches 27   9:30 ♥ Chair Yoga 27   10:00 Break Time & Hydration 10:10 ♥ Kickball   11:00 Break Time 11:30    11:30  Lunch Break   1:00  Seated Line Dance with Glee   2:00  Friday Movie & Snacks   3:30  Find the Words  | 9:00 ↔ Morning Stretches<br>9:30 ♥ Chair Yoga<br>10:00 Break Time &<br>Hydration<br>10:10 ◊ Matching Game<br>11:00 Break Time<br>11:30 ◊ Lunch Break<br>1:00 ♥ Afternoon Warm-Ups<br>2:30 ♥ Color by Number<br>3:00 ◊ Bingo                              |
| 9:30Chair Yoga∠ Y10:00Break Time & Hydration10:10Fun Simple Sudoku11:00Break Time11:30Lunch Break1:00Church Service with Pastor Carl &<br>Pastor Steve1:30Birthday Bash with Scotty [R]2:00Craft : Fun Cereal Crafts2:10Afternoon Walking in Courtyard3:00Bingo   | 9:00 ↔ Morning Stretches<br>9:30 ♥ Chair Yoga<br>10:00 Break Time &<br>Hydration<br>10:10 ◊ Crossword Puzzle Clue<br>11:00 Break Time<br>11:30 ֎ Lunch Break<br>1:00 ♥ Art : Amazing Water Color<br>1:30 ◊ Brain Exercise Crossword Clues<br>2:00 ¥ Afternoon Relaxation & Aroma<br>Hand massage<br>3:00 ◊ Bingo          | THE PLAZA<br>at Punchbowi-   | HALI'A<br>Memory Care  | "There is nothing in the world so<br>irresistibly contagious as laughter<br>and good humor."<br>— Charles Dickens, A Christmas<br>Carol  |   | Happy Earth Day<br>Happy Earth Day<br>APRIL 22   |

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