September 2024 The Plaza at Punchbe Sunday		alendar Tuesday	Wednesday	Thursday	Friday	created society with society 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 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 Sing Along 11:00 Break Time 11:30 ⅔ Lunch Break 1:00 Afternoon Exercise & Walking indoor 1:30 孕 Tuesday Movie 2:00 ➡ Scenic Bus Ride: Magic Island 3:00 Bingo	9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 ♥ Water Color Painting 11:00 Break Time 11:30 ⅔ Lunch Break 1:00 Afternoon Matinee 2:00 ➡ Scenic Bus Ride: Salt Lake/ Keehi Lagoon [L] 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 & 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 & 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 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 9:30 ♥ Chair Yoga110:00Break Time & 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 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 ♥ Matching Game 11:00 Break Time 11:30 ♣ Lunch Break 1:00 ♥ Afternoon Warm-Ups 1:30 ♣ Zumba with Annette 2:30 ♥ Color by Number 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 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 ◊ Crossword Puzzle Clue 11:00 Break Time 11:30 % Lunch Break 1:00 ♥ Art : Amazing Water Color 1:30 ◊ Brain Exercise Crossword Clues 2:00 ♥ Afternoon Relaxation & Aroma Hand massage 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 9:30 ♥ Chair Yoga1810:00 Break Time & 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 9:30 ♥ Chair Yoga 21 10:00 Break Time & Hydration 10:10 ◊ Matching Game 11:00 Break Time 11:30 ᠙ Lunch Break 1:30 ♥ Zumba with Annette 2:30 ♥ Color by Number 3:00 ◊ Bingo
9:30 ♥ Chair Yoga ∠∠ 10:00 Break Time & Hydration 10:10 ♀ 10:10 ♀ Fun Simple Sudoku 11:00 Break Time 1 11:30 ♀ Lunch Break 10:0 ⊗ Church Service with Pastor Carl & Pastor Steve 2:00 ♥ Craft : Fun Cereal Crafts 2:10 ♥ Afternoon Walking in Courtyard	9:00⊷Morning Stretches 9:30239:30◆Chair Yoga Break Time & Hydration2310:00Break Time & Hydration10:1010:10◆Crossword Puzzle Clue Break Time11:00Break Time Break Time11:30◆11:30◆Art : Amazing Water Color Brain Exercise Crossword Clues2:00◆Afternoon Relaxation & Aroma Hand massage3:00◆Bingo	9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 24 10:00 Break Time & Hydration 10:10 Sing Along 11:00 Break Time 11:30 ∯ Lunch Break 1:00 Afternoon Exercise & Walking indoor 1:30 ∰ Tuesday Matinee 2:00 🖨 Scenic Bus Ride: China Town/ Aloha Tower 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 9:30 ♥ Chair Yoga 26 10:00 ♫ Instrumix with laisha 11:00 Break Time 11:30 ֎ Lunch Break 1:00 ♥ 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 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 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 ◊ Matching Game 11:00 Break Time 11:30 ◊ Lunch Break 1:00 ♥ Afternoon Warm-Ups 2:30 ♥ Color by Number 3:00 ◊ Bingo
9:30Chair Yoga∠ Y10:00Break Time & Hydration10:10Fun Simple Sudoku11:00Break Time11:30Lunch Break1:00Church Service with Pastor Carl & Pastor Steve1:30Birthday Bash with Scotty [R]2:00Craft : Fun Cereal Crafts2:10Afternoon Walking in Courtyard3:00Bingo	9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Break Time & Hydration 10:10 ◊ Crossword Puzzle Clue 11:00 Break Time 11:30 ֎ Lunch Break 1:00 ♥ Art : Amazing Water Color 1:30 ◊ Brain Exercise Crossword Clues 2:00 ¥ Afternoon Relaxation & Aroma Hand massage 3:00 ◊ Bingo	THE PLAZA at Punchbowi-	HALI'A Memory Care	"There is nothing in the world so irresistibly contagious as laughter and good humor." — Charles Dickens, A Christmas Carol		Happy Earth Day Happy Earth Day APRIL 22

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