





September 2025

The Plaza at Punchbowls Hali'a Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<div></div>	<div>Labor Day & World Letter Writing Day</div> <div>1</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Labor Day 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/Snack 10:00 ↔ Morning Surprise: Large Grp Act; Nature Stamping 10:30 📰 Celebrating the Moment: Classical Music & names 11:30 Lunch 1:00 🌟 Plaza Life Fitness: Stretch & Smile 1:30 ➦ Games and Things To Do Together: Crossword Clues 2:30 ↔ In the Home: Photo Recall 3:00 🎮 Recreating the Classroom Experience: Target Toss Trivia 4:00 Dinner</div>	<div>V-J Day: U.S., stands for Victory over Japan Day, commemorating a shift in the Second World War in favor of the Allies.</div> <div>2</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Assisted Living Week Begins 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/Snack 10:00 🎮 Morning Surprise: Large Grp Act; Sticker Storyboards 10:30 📰 Celebrating the Moment: :V-J Day: U.S., stands for Victory over Japan Day, commemorating a shift in the Second World War in favor of the Allies 11:30 Lunch 1:00 🌟 In the Home: Peaceful Motion 1:30 ➦ Hydration & Snack 2:00 🚗 Recreating the Classroom Experience: Magic island 3:15 ↔ Plaza Life Fitness: Stretch & Sing 4:00 Dinner</div>	<div>Skyscraper Day</div> <div>3</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Skyscraper; The tallest building in the world is over 2,700 feet tall! 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/Snack 10:00 🏠 "Grandparents Day & Assisted Living Week Celebration: Sing and Dance with the Joy Club Dance Group" [LR] 10:00 ➦ Morning Surprise: Matching Pairs 10:30 📰 Celebrating the Moment: Celebrate architecture and city skylines. 11:30 Lunch 1:00 ↔ Plaza Life Exercise: Afternoon Soft Movement 1:30 📺 Afternoon Cinema & Movie Theater Snacks: Finding Nemo (2003) 2:00 🚗 Recreating the Classroom Experience: Pear Harbor 3:30 🌟 In the Home: Soothing Sips & Gentle Touch 4:00 Dinner</div>	<div>Wildlife Day</div> <div>4</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Wildlife ;Conservation efforts are helping endangered species. 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/ Snack 10:00 🎵 Grandparents Day Event with Gordon & Sandy 11:00 Hydration 11:30 Lunch 1:00 🌟 Plaza Life Fitness: Serene Steps 1:45 🌟 In the Home: Courtyard Stroll with Friends 2:30 🎮 Recreating the Classroom Experience: Paint by Number ;Exploring Nature's Creatures 3:15 🎵 Game and Things to Do Together: Music Therapy 4:00 Dinner</div>	<div>Cheese Pizza Day</div> <div>5</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Cheese Pizza ; Pizza is one of the most popular foods worldwide. 9:30 🌟 Hali'a Resistance Training Circuit & Hydration & Snack 10:00 📰 Morning Surprise: Large Grp Act; Flashback Bingo 10:30 Celebrating the Moment: 11:30 Lunch 1:00 🌟 Community Spirit / Doing for Others: "Thank You from Us" Create Card 1:45 ➦ Games and Things to Do Together: Golden Tunes & Goodies 2:30 📰 Recreating the Classroom Experience: "Hidden Treasures" – Perfect for word searches. 3:15 🌟 In the Home: Friendly Steps to the Bamboo Garden 4:00 Dinner</div>	<div>Hummingbird Day</div> <div>6</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Hummingbird ; The beauty, agility, and ecological role of hummingbirds. 9:30 ↔ Plaza Life Fitness: Peaceful Poses & Hydration/Snack 10:00 🎮 Morning Surprise: Invite residents to share birdwatching memories. 10:30 Celebrating the Moment: 11:30 Lunch 1:00 🌟 In the Home: Courtyard Picnic 1:30 📰 Afternoon hydration & Snack 2:30 🎮 Recreating the Classroom Experience: Color by Number 3:15 Games and Things to Do Together: Melody Moments 4:00 Dinner 5:00 📺 Movie Night: Bambi (1942)</div>		
<div>Grandparents Day & "Assisted Living Week" : Western Wednesday</div> <div>7</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Grandparents Day ;The holiday was officially recognized in 1978. 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/Snack 10:00 🎮 Games and Things To Do Together: Doodle Challenge 10:45 📰 Celebrating the Moment: "Superpowers" in their own way 11:30 Lunch 1:00 🌟 "Chair Chi" – inspired by Tai Chi & Mindfulness 1:30 📰 Church Service with Pastor Carl & Pastor Steve 2:00 ➦ Hydration & Snack 2:45 🌟 Sunshine & Friendship Walk 3:15 ➦ Games and Things to Do Together: Wards Bingo 4:00 Dinner</div>	<div>Assisted Living Week : Hat Day</div> <div>8</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Fun Hat Facts 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/Snack 10:00 🎮 Morning Surprise: Large Grp Act; Coloring Large Posters 10:45 📰 Celebrating the Moment: Photo Day & Story Share 11:30 Lunch 1:00 🌟 Plaza Life Fitness: Gentle Moves 1:30 ➦ Games and Things To Do Together: Crossword Clues 2:30 ↔ In the Home: Photo Recall 3:00 🎮 Recreating the Classroom Experience: Target Toss Trivia 4:00 Dinner</div>	<div>"Assisted Living Week" : Sports Day</div> <div>9</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Feel-Good Sports Stories 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/ Snack 10:00 🎮 Morning Surprise: Sensory Boards 10:45 ➦ Celebrating the Moment: Chair Basketball 11:30 Lunch 1:00 🌟 In the Home: Wellness Wind Down 1:30 ➦ Hydration & Snack 2:00 🚗 Recreating the Classroom Experience: Waikiki 3:15 ↔ Plaza Life Fitness: Stretch & Sing 4:00 Dinner</div>	<div>"Assisted Living Week" : Wacky Wednesday</div> <div>10</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: T-Rex Express: Inflatable Dino Races 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/ Snack 10:00 ➦ Morning Surprise: Matching Pairs 10:30 📰 Celebrating the Moment: Silly Sock Puppets 11:30 Lunch 1:00 ↔ Plaza Life Exercise: Gentle Rhythms 1:30 📺 Afternoon Cinema & Movie Theater Snacks: Up (2009) 2:00 🚗 Recreating the Classroom Experience: Manoa Valley 3:30 🌟 In the Home: Soothing Sips & Gentle Touch 4:00 Dinner</div>	<div>"Assisted Living Week" : Pajama Day</div> <div>11</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Pillow Fight Championships 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/ Snack 10:00 ↔ Morning Surprise: Category Recall 10:30 📰 Celebrating the Moment: Pajama Awards 11:30 Lunch 1:00 🌟 Plaza Life Fitness: Flow & Flex 1:45 🌟 In the Home: Courtyard Stroll with Friends 2:30 🎮 Recreating the Classroom Experience: Paint by Number; Forest animals (deer, birds, butterflies) 3:15 🎵 Game and Things to Do Together: Music Therapy 4:00 Dinner</div>	<div>"Assisted Living Week" : Disney Day</div> <div>12</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Mickey's Marathon 9:30 🌟 Hali'a Resistance Training Circuit & Hydration & Snack 10:00 📰 Morning Surprise: Large Grp Act; Flashback Bingo 10:30 📰 Celebrating the Moment: Happily Ever After 11:30 Lunch 1:00 🌟 Community Spirit / Doing for Others: "Hands That Help" 1:45 ➦ Games and Things to Do Together: Golden Tunes & Goodies 2:30 📰 Recreating the Classroom Experience: "Hidden Treasures" – Perfect for word searches. 3:15 🌟 In the Home: Friendly Steps to the Bamboo Garden 4:00 Dinner</div>	<div>"Assisted Living Week" : Decades Day 70s, 80s, 90s & Beyond</div> <div>13</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Decades 1970s: Peace, Disco & Bell Bottoms 9:30 ↔ Plaza Life Fitness: Peaceful Poses & Hydration/Snack 10:00 📰 Morning Surprise: Alphabet Memory Game 10:30 📰 Celebrating the Moment: Decades 1980- 80s hits 11:30 Lunch 1:00 ↔ Seated Zumba with Annette 1:30 📰 Afternoon hydration & Snack 2:30 🎮 Recreating the Classroom Experience: Color by Number 3:15 Games and Things to Do Together: Melody Moments 4:00 Dinner 5:00 📺 Movie Night: 101 Dalmatians (1961)</div>		
<div>NATIONAL VIRGINIA DAY</div> <div>14</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Taste of Virginia 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/Snack 10:00 🎮 Games and Things To Do Together: Raffle Drawings 10:30 📰 Celebrating the Moment: Virginia Roots 11:30 Lunch 1:00 🌟 "Chair Chi" – inspired by Tai Chi & Mindfulness 1:30 ➦ Games and Things to Do Together: Picture Pair Memory Game 2:00 🌟 Hydration & Snack 2:45 🌟 Sunshine & Friendship Walk 3:15 ➦ Games and Things to Do Together: Wards Bingo 4:00 Dinner</div>	<div>"Mystery & Majesty" – Agatha Christie Day</div> <div>15</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Who Was Agatha Christie? 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/Snack 10:00 📰 Morning Surprise: Q-tip Pointillism 10:30 📰 Celebrating the Moment: "Mystery & Majesty" – Agatha Christie Day 11:30 Lunch 1:00 🌟 Plaza Life Fitness: Afternoon Flow 1:30 ➦ Games and Things To Do Together: Crossword Clues 2:30 ↔ In the Home: Photo Recall 3:00 🎮 Recreating the Classroom Experience: Target Toss Trivia 4:00 Dinner</div>	<div>NATIONAL GUACAMOLE DAY</div> <div>16</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Guacamole Goes Global 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/ Snack 10:00 🎮 Morning Surprise: Texture Tuesday 10:30 ➦ Celebrating the Moment: Memory Jar 11:30 Lunch 1:00 🌟 In the Home: Chair & Cheer 1:30 ➦ Hydration & Snack 2:00 🚗 Recreating the Classroom Experience: Aloha Tower 3:15 ↔ Plaza Life Fitness: Stretch & Sing 4:00 Dinner</div>	<div>CONSTITUTION DAY AND CITIZENSHIP DAY</div> <div>17</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Honoring New Citizens Across America 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/ Snack 10:00 ➦ Morning Surprise: Matching Pairs 10:30 📰 Celebrating the Moment: Reminiscence Bingo 11:30 Lunch 1:00 ↔ Plaza Life Exercise: Afternoon Vitality 1:30 📰 Afternoon Cinema & Movie Theater Snacks: Dumbo (1941) 2:00 🚗 Recreating the Classroom Experience: Views of Honolulu 3:30 🌟 In the Home: Soothing Sips & Gentle Touch 4:00 Dinner</div>	<div>AIR FORCE BIRTHDAY</div> <div>18</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Honoring 77 Years of Service and Innovation 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/ Snack 10:00 ↔ Morning Surprise: Category Recall 10:30 📰 Celebrating the Moment: Wings of Honor 11:30 Lunch 1:00 🌟 Plaza Life Fitness: Calm & Strong 1:45 🌟 In the Home: Courtyard Stroll with Friends 2:30 🎮 Recreating the Classroom Experience: Paint by Number; Autumn leaves or pumpkins 3:15 🎵 Game and Things to Do Together: Music Therapy 4:00 Dinner</div>	<div>National Woman Road Warrior Day</div> <div>19</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Women Who Drive Success—Literally 9:30 🌟 Hali'a Resistance Training Circuit & Hydration & Snack 10:00 📰 Morning Surprise: Large Grp Act; Flashback Bingo 10:30 📰 Celebrating the Moment: Road Trip Memory Lane 11:30 Lunch 1:00 🌟 Community Spirit / Doing for Others: "Sharing Smiles" 1:45 ➦ Games and Things to Do Together: Golden Tunes & Goodies 2:30 📰 Recreating the Classroom Experience: "Hidden Treasures" – Perfect for word searches. 3:15 🌟 In the Home: Friendly Steps to the Bamboo Garden 4:00 Dinner</div>	<div>NATIONAL STRING CHEESE DAY</div> <div>20</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: A-Peel-ing History & Cheesy Fun 9:30 ↔ Plaza Life Fitness: Peaceful Poses & Hydration/Snack 10:00 📰 Morning Surprise: Alphabet Memory Game 10:30 📰 Celebrating the Moment: Say Cheese! 11:30 Lunch 1:00 🌟 In the Home: Courtyard Picnic 1:30 🌟 Afternoon hydration & Snack 2:30 🎮 Recreating the Classroom Experience: Color by Number 3:15 Games and Things to Do Together: Melody Moments 4:00 Dinner 5:00 📺 Movie Night: Lady and the Tramp (1955)</div>		
<div>National New York Day</div> <div>21</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Honoring New York as the 11th state to join the Union. 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/Snack 10:00 🎮 Games and Things To Do Together: Dance Freeze Game 10:45 📰 Celebrating the Moment: "Welcome to the Big Apple" 11:30 Lunch 1:00 🌟 "Chair Chi" – inspired by Tai Chi & Mindfulness 1:30 📰 Church Service with Pastor Carl & Pastor Steve 2:00 ➦ Hydration & Snack 2:45 🌟 Sunshine & Friendship Walk 3:15 ➦ Games and Things to Do Together: Wards Bingo 4:00 Dinner</div>	<div>National Centenarian's Day</div> <div>22</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Centenarians represent living history 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/Snack 10:00 🎮 Morning Surprise: Watercolor Dots & Swirls 10:45 📰 Celebrating the Moment: Honor your oldest residents with certificates and stories. 11:30 Lunch 1:00 🌟 Plaza Life Fitness: Breathe & Balance 1:30 ➦ Games and Things To Do Together: Crossword Clues 2:30 ↔ In the Home: Photo Recall 3:00 🎮 Recreating the Classroom Experience: Target Toss Trivia 4:00 Dinner</div>	<div>National Great American Pot Pie Day</div> <div>23</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Origins & Significance 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/ Snack 10:00 🎮 Morning Surprise: Texture Tuesday 10:45 ➦ Celebrating the Moment: Pie Awards 11:30 Lunch 1:00 🌟 In the Home: Mindful Motion 1:30 ➦ Hydration & Snack 2:00 🚗 Recreating the Classroom Experience: Hawaii Kai 3:15 ↔ Plaza Life Fitness: Stretch & Sing 4:00 Dinner</div>	<div>National Cherries Jubilee Day</div> <div>24</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: History & Significance 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/Snack 10:00 ➦ Morning Surprise: Matching Pairs 10:30 📰 Celebrating the Moment: Cherries Jubilee 11:30 Lunch 1:00 ↔ Plaza Life Exercise: Move it, Shake it 1:30 📰 Afternoon Cinema & Movie Theater Snacks: Wonders of Japan Most Amazing Places in Japan 2:00 🚗 Recreating the Classroom Experience: Maunaula Bay Beach Park 3:30 🌟 In the Home: Soothing Sips & Gentle Touch 4:00 Dinner</div>	<div>National Comic Book Day</div> <div>25</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Stories of Comic Books 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/ Snack 10:00 ↔ Morning Surprise: Category Recall 10:30 📰 Celebrating the Moment: "Heroes Among Us" 11:30 Lunch 1:00 🌟 Plaza Life Fitness: Seated Serenity 1:45 🌟 In the Home: Courtyard Stroll with Friends 2:30 🎮 Recreating the Classroom Experience: Paint by Number ; Tropical birds 3:15 🎵 Game and Things to Do Together: Music Therapy 4:00 Dinner</div>	<div>National Dumpling Day</div> <div>26</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Dumplings are a universal dish 9:30 🌟 Hali'a Resistance Training Circuit & Hydration & Snack 10:00 📰 Morning Surprise: Large Grp Act; Flashback Bingo 10:30 📰 Celebrating the Moment: "Dumpling Delights" 11:30 Lunch 1:00 🌟 Community Spirit / Doing for Others: Sunshine Gifts – Handmade Sunflowers for Sharing" 1:45 ➦ Games and Things to Do Together: Golden Tunes & Goodies 2:30 📰 Recreating the Classroom Experience: "Hidden Treasures" – Perfect for word searches. 3:15 🌟 In the Home: Friendly Steps to the Bamboo Garden 4:00 Dinner</div>	<div>National Scarf Day</div> <div>27</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Wear your favorite scarf 9:30 ↔ Plaza Life Fitness: Peaceful Poses & Hydration/Snack 10:00 📰 Morning Surprise: Alphabet Memory Game 10:30 📰 Celebrating the Moment: "Wrapped in Joy" 11:30 Lunch 1:00 🌟 In the Home: Courtyard Picnic 1:30 🌟 Afternoon hydration & Snack 2:30 🎮 Recreating the Classroom Experience: Color by Number 3:15 Games and Things to Do Together: Melody Moments 4:00 Dinner 5:00 📺 Movie Night: Tangled (2010)</div>		
<div>National Strawberry Cream Pie Day</div> <div>28</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: 1,200-pound strawberry pie 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/ Snack 10:00 🎮 Games and Things To Do Together: Memory Map 10:45 📰 Celebrating the Moment: "Berry Funny" 11:30 Lunch 1:00 🌟 "Chair Chi" – inspired by Tai Chi & Mindfulness 2:00 🌟 Hydration & Snack 2:45 🌟 Sunshine & Friendship Walk 3:15 ➦ Games and Things to Do Together: Wards Bingo 4:00 Dinner 5:00 📰 Church Service with Pastor Carl & Pastor Steve</div>	<div>National Silent Movie Day</div> <div>29</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Silent Movie; Charlie Chaplin Silent 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/Snack 10:00 🎮 Morning Surprise: Magazine Mosaic 10:45 📰 Celebrating the Moment: National Silent Movie Day 11:30 Lunch 1:00 🌟 Plaza Life Fitness: Move to the Music 1:30 ➦ Games and Things To Do Together: Finish the Phrase 2:30 ↔ In the Home: Photo Recall 3:00 🎮 Recreating the Classroom Experience: Target Toss Trivia 4:00 Dinner</div>	<div>National Chewing Gum Day</div> <div>30</div> <div>9:00 🎵 Morning Greeting 9:15 📰 News and Views: Chewing gum dates back over 5,000 years 9:30 🌟 Hali'a Resistance Training Circuit & Hydration/ Snack 10:00 🎮 Morning Surprise: Texture Tuesday 10:45 📰 Celebrating the Moment: "Bubble Beginnings" 11:30 Lunch 1:00 🌟 In the Home: Stretch & Refresh 1:30 🌟 Hydration & Snack 2:00 🚗 Recreating the Classroom Experience: Diamond Head 3:15 ↔ Plaza Life Fitness: Stretch & Sing 4:00 Dinner</div>	<div></div>			<div><p>“By all these lovely tokens, September days are here, with summer’s best of weather and autumn’s best of cheer.”</p><p>– H.H. Jackson</p></div>	<div></div>	<div></div>