

March 2022

The Plaza at Waikiki- Hali`a



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|---|--|
| | Health & Fitness Shuttle Special Event | National Fat Tuesday Day 1 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:30 TOPIC OF THE MONTH: Spring (Words associated with Spring) 10:00 Craft: Mardi Gras Masks and Mini Malasadas Treat 11:00 LUNCH 12:00 Medical Transportation 12:30 Mini Pulelehua Stations 2:00 Afternoon Stroll Outdoors 2:30 Plaza Sing A Long 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Banana Cream Pie Day 2 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:15 Hangman: Types of Pies 10:00 Bingo 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:00 Therapeutic Coloring or Paper Puzzles 2:00 Table SWAT Balloon Volleyball 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | Happy Girl's Day (Hinamasturi) 3 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:30 Morning Exercise 9:15 Hangman- Girl's Day Things 10:00 Buddhist Service with Moiliili Hongwanji [T] 10:00 Hali'a Best Friend of the Month: Victor's Proudest Moment 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi 1:00 Mini Pulelehua Stations 2:15 Bowling 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | Dress Up: Wear Blue National Blue Day 4 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:15 Brain Quest 2 10:00 Artists in Action (Watercolor Painting Class) 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:00 Mini Pulelehua Stations 2:00 Ring Toss with Jazz Music 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Cheese Doodle Day 5 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:30 Morning Exercise 9:15 Would You Rather...? And Why? 10:00 Drums Alive! 11:00 LUNCH 12:30 Tea Time 1:00 Lacing Cards and Sorting Cards 2:00 Afternoon Stroll Outdoors 2:30 Plaza Rhythm Band 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER |
| National Oreo Cookie Day 6 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:30 Things That Start With "O" 10:00 Paper Puzzles and Watercolor 11:00 LUNCH 12:45 Sightseeing: Maunaloa Bay 1:00 Chair Yoga with Sherry Zak Morris 2:00 Horseshoes 2:45 Plaza Sing A Long 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Cereal Day 7 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:30 Hangman: Names of Cereals 10:00 Mini Pulelehua Stations 10:00 Music with Hank the Singing Dutchman [HT] 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:15 Horseshoes 2:00 Sensory Time: Aromatherapy and Guided Imagery 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National International Women's Day 8 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:30 TOPIC OF THE MONTH: Spring Sports (Take Me Out to the Ballgame) 10:00 Beautiful You 11:00 LUNCH 12:00 Medical Transportation 12:30 Mini Pulelehua Stations 2:00 Afternoon Stroll Outdoors 2:30 Kari Says.....(Simon Says) 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Meatball Day 9 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:15 Things That Start With "M" 10:00 New Hope Church Service [T] 10:00 Pet Visit with Wilma and Milo 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:00 Nails and Watercolor 2:00 Bingo 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Mario Day 10 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:30 Morning Exercise 9:15 Hangman- Spring Theme 10:00 Hali'a Best Friend of the Month: Cooking Demo: Cold Soba Noodles 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi 1:00 Mini Pulelehua Stations 2:15 Bowling 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Johnny Appleseed Day 11 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:15 Brain Quest 2 10:00 Silent Disco 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:00 Art: Therapeutic Coloring and Watercolor 2:00 Ring Toss 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Plant A Flower Day 12 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:30 Morning Exercise 8:45 Sightseeing: Chinatown 9:15 Would You Rather...? And Why? 10:00 Music with Dean Hirata [A] 11:00 LUNCH 12:30 Tea Time 1:00 Lacing Cards and Sorting Cards 2:00 Afternoon Stroll Outdoors 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER |
| National Jewel Day 13 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:30 Things That Start With "J" 10:00 Craft: Beaded Bracelets [A] 11:00 LUNCH 1:00 Chair Yoga with Sherry Zak Morris 2:00 Kickball with Classical Music 2:45 Plaza Sing A Long 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Butterflies Day 14 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:30 Would You Rather...? And Why? 10:00 Music with Roy Hamada [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:15 Horseshoes 2:00 Sensory Time: Scented Hand Lotion Massages 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Pears Day 15 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:30 TOPIC OF THE MONTH: Spring (Events that Happen During Spring) 10:00 Cooking Demo: Ginger Pear Jam 11:00 LUNCH 12:00 Medical Transportation 12:30 Mini Pulelehua Stations 2:00 Afternoon Stroll Outdoors 2:30 Charades 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Panda Day 16 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:15 Newspaper Shopping for St. Patrick's Day 10:00 Craft: Paper Plate Panda 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 Dancersize (Low Impact) 2:00 Bingo 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National St. Patrick's Day 17 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:30 Morning Exercise 9:15 Hangman- St. Patrick's Day 10:00 Hali'a Best Friend of the Month: Golfing on the Green! 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi 1:00 Mini Pulelehua Stations 2:15 Twister Toss 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Oatmeal Cookie Day 18 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:15 Brain Quest 2 10:00 Baking Demo: Oatmeal Cookies 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:00 Art: Therapeutic Coloring and Watercolor 2:00 Hanapa! Let's Go Fishing [A] 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Let's Laugh Day 19 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:30 Morning Exercise 8:45 Sightseeing: Diamond Head 9:15 Would You Rather...? And Why? 10:00 Funny Pet Videos 11:00 LUNCH 12:30 Tea Time 1:00 Lacing Cards and Sorting Cards 2:00 Afternoon Stroll Outdoors 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER |
| National Ravioli Day 20 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:30 Things That Start With "R" 10:00 Collages: My Favorite Foods 11:00 LUNCH 1:00 Chair Yoga with Sherry Zak Morris 2:00 Balloon Volleyball with Elvis Presley Tunes 2:45 Plaza Sing A Long 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Fragrance Day 21 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:30 Opposites Attract 10:00 Music with Hank the Singing Dutchman [HT] 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:15 Horseshoes 2:00 Sensory Time: What's That Smell? 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Goof Off Day 22 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:30 TOPIC OF THE MONTH: Spring (Favorite Family Memories) 10:00 Blackjack 11:00 LUNCH 12:00 Medical Transportation 12:30 Mini Pulelehua Stations 2:00 Afternoon Stroll Outdoors 2:30 Pictionary 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Chia Day 23 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:15 Finish That Line! 10:00 New Hope Church Service [T] 10:00 Pet Visit with Wilma and Milo 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:00 Nails and Watercolor 2:00 Pokeno 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Cocktail Day 24 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:30 Morning Exercise 9:15 Hangman- Different Drinks 10:00 Hali'a Best Friend of the Month: Mocktails and Trivial Pursuit 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi 1:00 Mini Pulelehua Stations 2:15 Lawn Darts 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Tolkien Day 25 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:15 Brain Quest 2 10:00 Craft: Fun Foam Easter Pencil Toppers 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:00 Art: Therapeutic Coloring and Watercolor 2:00 Parachute to Oldies But Goodies tunes 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Spinach Day 26 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:30 Morning Exercise 8:45 Sightseeing: South Shore Beaches 9:15 Would You Rather...? And Why? 10:00 Sewing Leis for Kamehameha Pre-schoolers 11:00 LUNCH 12:30 Tea Time 1:00 Lacing Cards and Sorting Cards 2:00 Afternoon Stroll Outdoors 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER |
| National Scribble Day 27 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:30 Simple Mathematics and Spelling Bee 10:00 Artists in Action (Drawing Class) 11:00 LUNCH 12:45 Sightseeing: Lagoon Drive Airport 1:00 Chair Yoga with Sherry Zak Morris 2:00 Bean Bag Toss to Jazz Music 2:45 Plaza Sing A Long 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Something on a Stick Day 28 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:30 Hangman: Things That Come on a Stick 10:00 Mini Pulelehua Stations 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:15 Horseshoes 2:00 Sensory Time: Aromatherapy and Guided Imagery 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Nevada Day 29 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:30 TOPIC OF THE MONTH: Spring (Easter Memories) 10:00 Blackjack 11:00 LUNCH 12:00 Medical Transportation 12:30 Mini Pulelehua Stations 2:00 Afternoon Stroll Outdoors 2:30 Charades 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Pencil Day 30 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:15 Finish That Line! 10:00 Bingo 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 Dancersize (Low Impact) 2:00 What's in the Bag? 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | National Crayon Day 31 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:30 Morning Exercise 9:15 Hangman- Easter Things 10:00 Hali'a Best Friend of the Month: Cooking Demo: Mando Soup 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi 1:00 Mini Pulelehua Stations 2:15 Bowling 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER | <h3>Location Keys</h3> <p>Activity Room A Hoku Terrace HT Theater T</p> | |