


May 2023

3rd Floor Monthly Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	May Day 1 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Corn Hole Toss 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 1:45 Outdoor Cruising 2:00 Seated Hula with Karen Choate 3:00 Jeopardy - Geography 4:00 Wash Up & Clean 4:30 Dinner	National Truffle Day 2 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Jumbo Pong 11:15 Wash Up & Clean 11:30 Lunch 1:00 Holoholo Ride 1:00 Travel/Educational Show 1:30 Seated Zumba & Hydration 2:10 Arts & Crafts Hour! 3:10 Trivia - Famous Faces 4:00 Wash Up & Clean 4:30 Dinner	National Garden Meditation Day 3 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Ladder Ball 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 1:45 Jeopardy - Flags 3:00 BINGO 4:00 Wash Up & Clean 4:30 Dinner	National Star Wars Day 4 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Horse Shoe Toss 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba & Hydration 1:45 Trivia - Guess The Landmark 3:00 Sing Along Serenading 4:00 Wash Up & Clean 4:30 Dinner	Boy's Day 5 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Ring Toss 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 1:45 Outdoor Cruising 2:00 ALL STAFF MEETING - In Person 3:00 Jeopardy - Music 4:00 Wash Up & Clean 4:30 Dinner	National Nurses Day 6 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Target Toss 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba & Hydration 1:45 Jeopardy - Riddle, Riddle, Riddle 3:00 Movie Matinee 4:00 Wash Up & Clean 4:30 Dinner	
	National Lemonade Day 7 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Floor Darts 11:15 Wash Up & Clean 11:30 Lunch 12:30 Holoholo Ride 12:30 Travel/Educational Show 1:00 Seated Zumba & Hydration 1:45 Jeopardy - Fun Facts 3:00 Beautiful You Nail Painting 4:00 Wash Up & Clean 4:30 Dinner	National Have a Coke Day 8 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Bean Bag Toss 10:00 Performance by Joanne Ng 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 1:45 Outdoor Cruising 3:00 Trivia - Words that start with 4:00 Wash Up & Clean 4:30 Dinner	National Moscato Day 9 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Balance and Stretch with Daniel Gittelman 10:00 Game - Corn Hole Toss 11:15 Wash Up & Clean 11:30 Lunch 1:00 Holoholo Ride 1:00 Travel/Educational Show 1:30 Seated Zumba & Hydration 2:10 Arts & Crafts Hour! 3:10 Jeopardy - History 4:00 Wash Up & Clean 4:30 Dinner	National Shrimp Day 10 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Horse Shoe Toss 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 1:45 Trivia - Guess the Word 2:00 Performance by Roy Hamada 3:00 BINGO 4:00 Wash Up & Clean 4:30 Dinner	National Eat What YOU Want Day 11 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Ring Toss 11:15 Wash Up & Clean 11:30 Lunch 1:00 Resident Council 1:00 Seated Zumba & Hydration 1:45 Jeopardy - Fast Food 3:00 Sing Along Serenading 4:00 Wash Up & Clean 4:30 Dinner	National Nutty Fudge Day 12 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Ladder Ball 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 1:45 Outdoor Cruising 3:00 Jeopardy - Spring Time! 4:00 Wash Up & Clean 4:30 Dinner	National Miniature Golf Day 13 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Floor Darts 11:00 Zumba Gold with Annette 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba & Hydration 1:45 Jeopardy - American Food 3:00 Movie Matinee 4:00 Wash Up & Clean 4:30 Dinner
	Happy Mother's Day! 14 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Target Toss 11:15 Wash Up & Clean 11:30 Lunch 12:30 Holoholo Ride 12:30 Travel/Educational Show 1:00 Seated Zumba & Hydration 1:45 Jeopardy - Hawaii 3:00 Game - Left Right Center 4:00 Wash Up & Clean 4:30 Dinner	National Chocolate Chip Day 15 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Jumbo Pong 10:00 Performance by Bill Mele Mai 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 1:45 Game - UNO 3:00 Jeopardy - America Jeopardy 4:00 Wash Up & Clean 4:30 Dinner	National Do Something Good for Your Neighbor Day 16 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Christian Academy School Performance 10:00 Game - Bean Bag Toss 11:15 Wash Up & Clean 11:30 Lunch 1:00 Holoholo Ride 1:00 Travel/Educational Show 1:30 Seated Zumba & Hydration 2:00 Performance by Hank the Singing Dutchman 2:10 Arts & Crafts Hour! 3:10 Jeopardy - Flags 4:00 Wash Up & Clean 4:30 Dinner	National Cherry Cobbler Day 17 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Ring Toss 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 1:45 Game - What's in the bag? 3:00 BINGO 4:00 Wash Up & Clean 4:30 Dinner	National Cheese Soufflé Day 18 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Horse Shoe Toss 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba & Hydration 1:45 Jeopardy - Addition, Addition, Addition! 3:00 Sing Along Serenading 4:00 Wash Up & Clean 4:30 Dinner	National Endangered Species Day 19 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Corn Hole Toss 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 2:00 Zumba Gold with Annette 3:00 Jeopardy - Science 4:00 Wash Up & Clean 4:30 Dinner	International Red Sneakers Day 20 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Target Toss 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba & Hydration 1:45 Jeopardy - Riddle, Riddle, Riddle 3:00 Movie Matinee 4:00 Wash Up & Clean 4:30 Dinner
	National Strawberries and Cream Day 21 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Floor Darts 11:15 Wash Up & Clean 11:30 Lunch 12:30 Holoholo Ride 12:30 Travel/Educational Show 1:00 Seated Zumba & Hydration 1:45 Jeopardy - Countries, Countries! 3:00 Beautiful You Nail Painting 4:00 Wash Up & Clean 4:30 Dinner	National Vanilla Pudding Day 22 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Ladder Ball 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 1:45 Game - Left Right Center 3:00 Trivia - Words that start with 4:00 Wash Up & Clean 4:30 Dinner	National Lucky Penny Day 23 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Ring Toss 11:15 Wash Up & Clean 11:30 Lunch 1:00 Holoholo Ride 1:00 Travel/Educational Show 1:30 Seated Zumba & Hydration 2:10 Arts & Crafts Hour! 3:10 Jeopardy - Candy, Candy, Candy! 4:00 Wash Up & Clean 4:30 Dinner	National Scavenger Hunt Day 24 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Corn Hole Toss 11:15 Wash Up & Clean 11:30 Lunch 10:00 Holy Communion with Patricia Ho 1:00 Seated Tai Chi & Hydration 1:45 Jeopardy - Fun Facts 3:00 BINGO 4:00 Wash Up & Clean 4:30 Dinner	National Towel Day 25 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Bean Bag Toss 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba & Hydration 1:45 Jeopardy - Fast Food 3:00 Sing Along Serenading 4:00 Wash Up & Clean 4:30 Dinner	National Paper Airplane Day 26 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Jumbo Pong 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 2:00 May Birthday Bash with Dean Hirata! 3:00 Jeopardy - Spring Time! 4:00 Wash Up & Clean 4:30 Dinner	National Popsicle Day 27 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Floor Darts 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Zumba & Hydration 1:45 Jeopardy - America Jeopardy 3:00 Movie Matinee 4:00 Wash Up & Clean 4:30 Dinner
	National Hamburger Day 28 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Target Toss 11:15 Wash Up & Clean 11:30 Lunch 12:30 Holoholo Ride 12:30 Travel/Educational Show 1:00 Seated Zumba & Hydration 1:45 Jeopardy - Hawaii 3:00 Game - Left Right Center 4:00 Wash Up & Clean 4:30 Dinner	Memorial Day 29 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Corn Hole Toss 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 1:45 Game - UNO 3:00 Jeopardy - Addition, Addition, Addition! 4:00 Wash Up & Clean 4:30 Dinner	National Creativity Day 30 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Horse Shoe Toss 11:15 Wash Up & Clean 11:30 Lunch 1:00 Holoholo Ride 1:00 Travel/Educational Show 1:30 Seated Zumba & Hydration 2:10 Arts & Crafts Hour! 3:10 Jeopardy - American Food 4:00 Wash Up & Clean 4:30 Dinner	National Senior Health & Fitness Day 31 9:15 Morning Exercise & Hydration 9:55 Outdoor Stroll 10:00 Game - Ring Toss 11:15 Wash Up & Clean 11:30 Lunch 1:00 Seated Tai Chi & Hydration 1:45 Jeopardy - Subtraction, Subtraction, Subtraction! 3:00 BINGO 4:00 Wash Up & Clean 4:30 Dinner	<p style="text-align: center; color: green; font-weight: bold;">All activities are subject to change.</p> <p style="text-align: center; color: green; font-weight: bold;">Van Departures-- Please meet in the lobby 15 minutes prior to all van departures.</p> <p style="text-align: center; color: green; font-weight: bold;">All Activities Will Be Located In The Main Activity Room Unless Otherwise Noted.</p>		