

-SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Van Departures</p> <p>Please meet in the lobby 15 minutes prior to all van departures.</p>	<p>KEY</p> <p>C – Courtyard A – Activity Room L – Lobby</p>	 <p>HAPPY MOTHER'S DAY BEST MOM EVER</p>	<p>1. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – May Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:15 – Van Ride 3:30 – Craft: Faux Plumeria Lei Making 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">May Day</p>	<p>2. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Senior Moments (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Truffle Trivia 2:00 – Sing-Along with Susie Q 2:00 – Walking Club (L) 2:30 – Courtyard Cruising (C) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Truffle Day</p>	<p>3. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Hank the Singing Dutchman (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Shoes Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Olala Jammers (A) 3:00 – Nerf Target Shooting 3:30 – Music Mania! 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Two Different Color Shoes Day</p>	<p>4. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Star Wars Trivia 2:00 – Saturday Matinee Movie 2:00 – Zumba with Annette (A) 3:00 – Hangman Word Game 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Star Wars Day</p>
<p>5. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Exercise 12:15 – Water & Bathroom Break 12:30 – Lunch 1:30 – Cinco De Mayo Trivia 2:00 – Sensory Shenanigans 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Mini Golf 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Boys Day/Cinco De Mayo</p>	<p>6. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Nurse Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:15 – Van Ride 3:30 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Nurses Day</p>	<p>7. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Tourism Trivia 2:00 – Matinee Movie 2:00 – Sensory Shenanigans 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Tourism Day</p>	<p>8. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Joyful Ohana (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Coke Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:15 – Van Ride 3:30 – Bingo 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Have A Coke Day</p>	<p>9. 8:30 – Breakfast 9:30 – Sing-Along with Susie Q 9:30 – Karaoke Gang (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Moscato Trivia 2:00 – Sing-Along with Susie Q 2:00 – Walking Club (L) 2:30 – Courtyard Cruising (C) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Moscato Day</p>	<p>10. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Pearl City Elementary Students Activities (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 1:30 – Shrimp Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Music with Dean (A) 3:00 – Battle Bags Toss 3:30 – Music Mania! 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Shrimp Day</p>	<p>11. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Music with Michael (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Food Trivia 2:00 – Saturday Matinee Movie 2:00 – Strength and Balance Fusion Fitness with Daniel (A) 3:00 – Swatter Balloon Volleyball 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">Eat What You Want Day</p>
<p>12. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Exercise 12:15 – Water & Bathroom Break 12:30 – Lunch 1:30 – Mother's Day Trivia 2:00 – Sensory Shenanigans 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Basketball 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">Mother's Day</p>	<p>13. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Body & Brain Yoga with Karen (A) 11:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Apple Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:15 – Van Ride 3:30 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Apple Pie Day</p>	<p>14. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – Exercise 11:00 – Hawaii Dance Bomb Silent Disco (A) 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Chicken Trivia 2:00 – Sing-Along with Susie Q 2:00 – Afternoon Tea in the Courtyard (C) 2:30 – Pet Therapy with Lili Lili (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Dance Like A Chicken Day</p>	<p>15. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Music with Mike Kahue (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Chocolate Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:15 – Van Ride 3:30 – Arts & Crafts 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Chocolate Chip Day</p>	<p>16. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Movies Trivia 2:00 – Sing-Along with Susie Q 2:00 – Walking Club (L) 2:30 – Courtyard Cruising (C) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Classic Movie Day</p>	<p>17. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Music with Michael (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Pizza Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:30 – Summer Fruit Sugar Cookie Pizza (C) 3:00 – Nerf Target Shooting 3:30 – Music Mania! 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Pizza Party Day</p>	<p>18. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Zumba with Annette (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Nascar Trivia 2:00 – Saturday Movie Matinee 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Hangman Word Game 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Nascar Day</p>
<p>19. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Exercise 12:15 – Water & Bathroom Break 12:30 – Lunch 1:30 – Cake Trivia 2:00 – Sensory Shenanigans 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Bean Bag Toss 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Devil's Food Cake Day</p>	<p>20. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Streaming Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:15 – Van Ride 3:30 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Streaming Day</p>	<p>21. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Piano Performance with Roy (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Memo Trivia 2:00 – Sing-Along with Susie Q 2:00 – Afternoon Tea in the Courtyard (C) 2:30 – Pet Therapy with Lili Lili (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Memo Day</p>	<p>22. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Hank the Singing Dutchman (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Cards Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:15 – Van Ride 3:30 – Arts & Crafts 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Solitaire Day</p>	<p>23. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Taffy Trivia 2:00 – Walking Club (L) 2:30 – Courtyard Cruising (C) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Taffy Day</p>	<p>24. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Useless Facts Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Music with Dean (A) 3:00 – Battle Bags Toss 3:30 – Music Mania! 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Scavenger Day</p>	<p>25. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Ukulele Performance with Kauai (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Towel Trivia 2:00 – Saturday Movie Matinee 2:00 – Courtyard Cruising (C) 3:00 – Swatter Balloon Volleyball 3:00 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Towel Day</p>
<p>26. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Exercise 12:15 – Water & Bathroom Break 12:30 – Lunch 1:30 – Airplane Trivia 2:00 – Sing-Along with Susie Q 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Target Mini Golf 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Paper Airplane Day</p>	<p>27. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Body & Brain Tai Chi with Karen (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Memorial Day Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:15 – Van Ride 3:30 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">Memorial Day</p>	<p>28. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Kupuna Mele (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Hamburger Trivia 2:00 – Sing-Along with Susie Q 2:00 – Afternoon Tea in the Courtyard (C) 2:30 – Pet Therapy with Lili Lili (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Hamburger Day</p>	<p>29. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Health Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:15 – Van Ride 3:30 – Arts & Crafts 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Senior Health & Fitness Day</p>	<p>30. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Art Trivia 2:00 – Walking Club (L) 2:30 – Courtyard Cruising (C) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Creativity Day</p>	<p>31. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Inspirational Music w/ Wally (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Smile Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:30 – Popsicles (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Nerf Target Shooting 3:30 – Music Mania! 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p style="text-align: center;">National Smile Day</p>	



We hope you will join us for these activities! Please speak with your activities assistant or the Activity Director if you have suggestions, comments, or questions about activities. Please note that all activities and times are subject to change.