




## Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p></p>	<p><b>Dress Day: Aloha Attire</b> <b>May Day</b> 1</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Hangman: May Day [A] 10:00 ★ <b>Music with Hank the Singing Dutchman [A]</b> 11:00 <b>LUNCH</b> 12:45 Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Aromatherapy and Scented Hand Lotion Massages [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Truffle Day</b> 2</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "Beautiful Kauai" [A] Hali'a Best Friend of the Month: 11:00 <b>LUNCH</b> 12:00 Medical Transportation 12:30 Chair Salsa (DVD) [A] 1:00 Mini Pulelehua Stations [A] 2:00 Sensory Stroll Outdoors [HT] 2:30 Hydration Time with Infused Water [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Garden Meditation Day</b> 3</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Magic Ink (Group Creative Writing): May Day Memories [A] 9:45 Sightseeing: Aiea Loop Trail 10:00 New Hope Church Service [T] 11:00 <b>LUNCH</b> 12:45 Dancersize (Low Impact) [A] 1:00 Bingo [A] 1:00 Stretch, Balance and Tone with Daniel [A] 2:00 Bean Bag Toss to Elvis Tunes [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>Dress Day: Star Wars (May the Force (4th) Be With You)</b> 4</p> <p><b>National Star Wars Day</b></p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Name That Tune [A] 10:00 ★ <b>Buddhist Service with Moilili Hongwanji [T]</b> 10:00 Science 101: Star Wars Day STEM activities [A] 11:00 <b>LUNCH</b> 12:00 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15 Bowling [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>Happy Boy's Day</b> 5</p> <p>7:00 <b>BREAKFAST</b> 8:00 Boy's Day Meet and Greet 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 ★ <b>Music with Dean Hirata [A]</b> 11:00 <b>LUNCH</b> 12:45 Dancersize (Low Impact) [A] 1:00 Armchair Travel to Japan to Celebrate Boy's Day [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Nurse's Day</b> 6</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Happy Nurse's Week Appreciation Banner [A] 11:00 <b>LUNCH</b> 12:30 Tea Time [A] 1:00 Blackjack or Jigsaw Puzzles [A] 2:00 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>
<p><b>National Lemonade Day</b> 7</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Things That Start With "L" [A] 10:00 ★ <b>May Day Program [L]</b> 11:00 <b>LUNCH</b> 1:00 Chair Yoga with Sherry Zak Morris [A] 1:00 Sightseeing: Waikiki/ Diamond Head/ Kahala 2:00 Kanikapila [A] 2:00 Ring Toss to Classical Music [A] 2:45 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Have a Coke Day</b> 8</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Coke Trivia [A] 10:00 ★ <b>Music with Roy Hamada [A]</b> 11:00 <b>LUNCH</b> 12:45 Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Mini Coke Floats [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Moscato Day</b> 9</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "Singing in the Rain" Gene Kelly [A] Hali'a Best Friend of the Month: 11:00 <b>LUNCH</b> 12:00 Medical Transportation 12:30 Chair Boxing (DVD) [A] 1:00 Mini Pulelehua Stations [A] 2:00 Sensory Stroll Outdoors [HT] 2:30 Hydration Time with Infused Water [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>Dress Day: Plaza Shirt</b> <b>National Shrimp Day</b> 10</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Finish That Line! [A] 10:00 New Hope Church Service [T] 10:00 <b>Pet Therapy with Wilma and Milo [A]</b> 11:00 <b>LUNCH</b> 12:45 Dancersize (Low Impact) [A] 1:00 Bingo [A] 2:00 Horseshoes [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Eat What You Want Day</b> 11</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Hangman-Favorite Snack Foods [A] 10:00 Cooking: Kamaboko Dip with Crackers [A] 11:00 <b>LUNCH</b> 12:00 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15 Bowling [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Nutty Fudge Day</b> 12</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Newsletter Writing: Mother's Day [A] 11:00 <b>LUNCH</b> 12:45 Dancersize (Low Impact) [A] 1:00 Twister Toss [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Miniature Golf Day</b> 13</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Table Top Golf Ball Games [A] 11:00 <b>LUNCH</b> 12:30 Tea Time [A] 1:00 Miniature Golf Games [A] 2:00 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>
<p><b>Dress Day: Wear Red or Pink</b> <b>Happy Mother's Day</b> 14</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Things That Start With "M" [A] 10:00 ★ <b>Mother's Day Social [A]</b> 11:00 <b>LUNCH</b> 1:00 Chair Yoga with Sherry Zak Morris [A] 2:00 Kanikapila [A] 2:00 Ring Toss to Classical Music [A] 2:45 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Chocolate Chip Day</b> 15</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Simple Mathematics and Spelling Bee [A] 10:00 ★ <b>Music with Hank the Singing Dutchman [A]</b> 11:00 <b>LUNCH</b> 12:45 Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Baking Chocolate Chip Cookies [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Do Something Good For Your Neighbor Day</b> 16</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Simple Mathematics and Spelling Bee [A] 10:00 ★ <b>Silent Disco [A]</b> 11:00 <b>LUNCH</b> 12:00 Medical Transportation 12:30 Chair Salsa (DVD) [A] 1:00 Hali'a Best Friend of the Month: 2:00 Sensory Stroll Outdoors [HT] 2:30 Hydration Time with Infused Water [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Cherry Cobbler Day</b> 17</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Hawaii Trivia [A] 9:45 Excursion: Kunawai Pond 10:00 New Hope Church Service [T] 11:00 <b>LUNCH</b> 12:45 Dancersize (Low Impact) [A] 1:00 Bingo [A] 1:00 Stretch, Balance and Tone with Daniel [A] 2:00 Ring Toss to Oldies But Goodies Tunes [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Cheese Souffle Day</b> 18</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Hangman- Things Made with Cheese or Types of Cheese [A] 10:00 Magic Ink (Group Creative Writing) [A] 10:00 <b>Pet Therapy with Wes Koga, Sandy and Lilo [A]</b> 11:00 <b>LUNCH</b> 12:00 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15 Bowling [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Endangered Species Day</b> 19</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 ★ <b>Music with Mele Magic (Bill Melemai) [A]</b> 11:00 <b>LUNCH</b> 12:45 Dancersize (Low Impact) [A] 1:00 Artists in Action: Drawing Kaiwi and Her New Pup with Discussion [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>Dress Day: Plaza Shirt</b> <b>National Red Sneakers Day</b> 20</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Blackjack or other Table Games [A] 11:00 <b>LUNCH</b> 12:30 Tea Time [A] 1:00 Lacing Cards and Sorting Cards [A] 2:00 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>
<p><b>National Strawberries and Cream Day</b> <b>Plaza Open House</b> 21</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Things That Start With "S" [A] 10:00 Strawberry Lemon-Limeade Mocktail and Strawberry Trivia [A] 11:00 <b>LUNCH</b> 1:00 Chair Yoga with Sherry Zak Morris [A] 1:00 Sightseeing: Kakaako Art District/ Ala Moana 2:00 <b>Hula with Kumu Sallie [A]</b> 2:00 Ring Toss to Classical Music [A] 2:45 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Vanilla Pudding Day</b> 22</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 ★ <b>Sing-a-long with Sandy and Gordon [A]</b> 11:00 <b>LUNCH</b> 12:45 Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Vanilla Pudding and Graham Cracker Snack [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Lucky Penny Day</b> 23</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "Magic Penny" [A] 10:00 <b>Musical Performance by the Silver Foxes [A]</b> 11:00 <b>LUNCH</b> 12:00 Medical Transportation 12:30 Chair Boxing (DVD) [A] 1:00 Hali'a Best Friend of the Month: 2:00 Sensory Stroll Outdoors [HT] 2:30 Hydration Time with Infused Water [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Scavenger Hunt Day</b> 24</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Magazine Scavenger Hunt [A] 10:00 New Hope Church Service [T] 10:00 <b>Pet Therapy with Wilma and Milo [A]</b> 11:00 <b>LUNCH</b> 12:45 Dancersize (Low Impact) [A] 1:00 Bingo [A] 2:00 Bean Bag Toss [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Towel Day</b> 25</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Hangman- Craft: Towel Animals [A] 10:00 <b>Craft: Towel Animals [A]</b> 11:00 <b>LUNCH</b> 12:00 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15 Bowling [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Paper Airplane Day</b> 26</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Paper Airplane Contests [A] 11:00 <b>LUNCH</b> 12:45 Dancersize (Low Impact) [A] 1:00 Parachute Activities [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Grape Popsicle Day</b> 27</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Craft: Popsicle Stick Crafts and Yummy Treat [A] 11:00 <b>LUNCH</b> 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>
<p><b>National Hamburger Day</b> 28</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Things That Start With "H" [A] 10:00 Artists in Action (Watercolor Florals) [A] 10:00 <b>Catholic Service with St. Augustine Church by the Sea [T]</b> 11:00 <b>LUNCH</b> 1:00 Chair Yoga with Sherry Zak Morris [A] 2:00 Kanikapila [A] 2:00 Ring Toss to Classical Music [A] 2:45 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>Dress Day: Patriotic Colors</b> <b>National Memorial Day</b> 29</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Hangman: Military [A] 10:00 ★ <b>Music with Pau Hana Glee Club [A]</b> 11:00 <b>LUNCH</b> 12:45 Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Singing Patriotic Songs [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Creativity Day</b> 30</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "Days of My Youth" by Kui Lee [A] 10:00 Craft: Summer Door Decorations [A] 11:00 <b>LUNCH</b> 12:00 Medical Transportation 12:30 Chair Salsa (DVD) [A] 1:00 Mini Pulelehua Stations [A] 2:00 Sensory Stroll Outdoors [HT] 2:30 Hydration Time with Infused Water [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Senior Health and Fitness Day</b> 31</p> <p>7:00 <b>BREAKFAST</b> 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Health Trivia [A] 9:45 Hali'a Best Friend of the Month Excursion: 10:00 New Hope Church Service [T] 11:00 <b>LUNCH</b> 12:45 Dancersize (Low Impact) [A] 1:00 Bingo [A] 2:00 Ring Toss [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>Location Keys</b></p> <p>♥ Health &amp; Fitness   Shuttle   Special Event</p> <p>Activity Room A      Hoku Terrace HT      Living Room L      Theater T</p>		