

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Van Departures</b></p> <p>Please meet in the lobby 15 minutes prior to all van departures.</p>	<p><b>KEY</b></p> <p><b>A</b> – Activity Room  <b>MR</b> – Media Room  <b>3<sup>rd</sup></b> – Third Floor  <b>GR</b> – Game Room  <b>FD</b> – Front Desk  <b>B</b> – Bistro  <b>S</b> – Supervised  <b>U</b> – Unsupervised</p>					
		<p><b>HAPPY Mother's DAY</b></p>		<p><b>Lei Day</b></p>		<p><b>National Fitness Day</b></p>
<p><b>3.</b> 8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) <b>11:00 - Word of Life Christian Online Service (MR)</b> 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Documentary: Explained S1 Ep 18 (MR) <b>2:00 - Music with Dean (A)</b> 3:00 - Jenga (A) 3:30 - Hanafuda (A) <b>National Lemonade Day</b></p>	<p><b>4.</b> 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) 1:00 - Word Search Hour (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Bracelet Beading (A) 3:00 - Bingo (A) <b>National Star Wars Day</b></p>	<p><b>5.</b> 8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Nickel Bingo (A) <b>10:45 - Resident Council (A)</b> <b>11:00 - Bible Study with Gene and Laurent (MR)</b> 1:00 - Hidden Pictures (GR) <b>2:00 - Cooking Corner: Shrimp Ceviche (A)</b> 3:00 - Tea Time Tuesday (A) 3:30 - Mindful Nature Walk (L) <b>Cinco De Mayo</b></p>	<p><b>6.</b> 8:15 - Seated Strength Exercise B (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise B (A) 9:50 - Hydration Recharge (A) <b>10:00 - Chair Yoga with Hang Zen Yogi's (A)</b> 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Music with Mark Yamamoto (A)</b> 3:00 - Seated Hula with Krystal (A) <b>3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR)</b> <b>National Beverage Day</b></p>	<p><b>7.</b> 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise A (A) 1:00 - Word Search Hour (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Hidden Pictures Hour (FD) 3:00 - Sudoku Hour (FD) <b>National Tourism Day</b></p>	<p><b>8.</b> 8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Music with Michael (A)</b> 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Gorgeous Grams Nail Painting (A) 3:30 - Hanafuda (A) <b>7:00 - Friday Night Social with Mike (B)</b> <b>National Have A Coke Day</b></p>	<p><b>9.</b> 8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) <b>10:00 - Activities with Grace and Friends (A)</b> 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) <b>2:00 - Strength and Balance Fuzion Fitness with Daniel (A)</b> 3:00 - Nickel Bingo (A) <b>National Miniature Golf Day</b></p>
<p><b>10.</b> 8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) <b>11:00 - Word of Life Christian Online Service (MR)</b> 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Documentary: Explained S1 Ep 19 (MR) <b>2:00 - Flower Arranging (A)</b> 3:00 - Plaza Casino: Blackjack (A) <b>Mother's Day</b></p>	<p><b>11.</b> 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) <b>9:00 - Shopping: H-Mart (U)</b> 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Crafting with Linda (A)</b> <b>11:45 - Scenic: Halawa Valley (S)</b> 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Men's Club with Bryan (MR)</b> 2:00 - Bracelet Beading (A) 3:00 - Bingo (A) 3:00 - Korean Drama (MR) <b>National Eat What You Want Day</b></p>	<p><b>12.</b> 8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Hawaii Dance Bomb Silent Disco (A)</b> <b>11:00 - Bible Study with Gene and Laurent (MR)</b> 1:00 - Hidden Pictures (GR) 2:00 - Nickel Bingo (A) <b>2:30 - Errand Run (U)</b> 3:00 - Nutty Fudge Cone Tasting (A) 3:30 - Mindful Nature Walk (L) <b>National Nutty Fudge Day</b></p>	<p><b>13.</b> 8:15 - Seated Strength Exercise B (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise B (A) 9:50 - Hydration Recharge (A) 10:00 - Bingo (A) <b>11:15 - Kau Kau Club: Tanaka Saimin (S)</b> 1:00 - Creative Coloring (MR) 1:30 - Aromatherapy Hand Massage (MR) 2:00 - Greeting Card Creation Club (MR) 3:00 - Seated Hula with Krystal (A) <b>3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR)</b> <b>National Apple Pie Day</b></p>	<p><b>14.</b> 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) <b>9:30 - Karaoke Gang (A)</b> <b>1:00 - Holoholo: Chun Wah Kam Kapolei (U)</b> 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Nickel Bingo (A) <b>2:30 - Errand Run (U)</b> 3:00 - Chair Yoga Dance Exercise (MR) <b>3:00 - Residents Choir Practice (B)</b> <b>3:30 - Popcorn Social (B)</b> <b>National Buttermilk Biscuit Day</b></p>	<p><b>15.</b> 8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Aloha Kids Enrichment Hands-on Stem &amp; Engineering Program (A)</b> 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) <b>2:00 - Music with Dave (A)</b> 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Krystal (MR) <b>7:00 - Friday Night Social with Mike (B)</b> <b>National Pizza Party Day</b></p>	<p><b>16.</b> 8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) <b>10:00 - Zumba with Annette (A)</b> 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Nickel Bingo (A) 3:00 - New Horizon Chair Exercises (MR) <b>3:00 - 7<sup>th</sup> Day Adventist Choir (A)</b> 3:30 - Gorgeous Grams Nail Painting (A) <b>National Classic Movie Day</b></p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p><b>17.</b> 8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) <b>11:00 - Word of Life Christian Online Service (MR)</b> <b>12:45 - Scenic: Kaneohe Bay (S)</b> 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Documentary: Explained S1 Ep 20(MR) 2:00 - Plaza Casino: Blackjack (A) <b>2:30 - Errand Run (U)</b> 3:00 - Hangman Word Game (A) 3:30 - Hanafuda (A) <b>National Walnut Day</b></p>	<p><b>18.</b> 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) <b>9:00 - Shopping: Down to Earth (U)</b> 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) <b>11:45 - Scenic: Kaneohe Bay (S)</b> 1:00 - Word Search Hour (GR) 1:30 - Aromatherapy Hand Massage (GR) <b>2:00 - Men's Club with Bryan (MR)</b> 2:00 - Bracelet Beading (A) 3:00 - Bingo (A) 3:00 - Korean Drama (MR) <b>International Museum Day</b></p>	<p><b>19.</b> 8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Music with Glenna (A)</b> <b>11:00 - Bible Study with Gene and Laurent (MR)</b> 1:00 - Hidden Pictures (GR) <b>2:00 - Adventurous Eats with Abyjane: Kimchee Tripe Poke (A)</b> <b>2:30 - Errand Run (U)</b> 3:00 - Tea Time Tuesday (A) 3:30 - Mindful Nature Walk (L) <b>Plant Something Day</b></p>	<p><b>20.</b> 8:15 - Seated Strength Exercise B (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise B (MR) 9:50 - Hydration Recharge (MR) <b>10:00 - Music with Mike Kahue (A)</b> <b>11:15 - Kau Kau Club: Ahi &amp; Vegetable Ewa (S)</b> 1:00 - Creative Coloring (MR) 1:30 - Aromatherapy Hand Massage (MR) 2:00 - Craft: 2D Tissue Paper Flower (MR) 3:00 - Seated Hula with Krystal (A) <b>3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR)</b> <b>International Red Sneakers Day</b></p>	<p><b>21.</b> 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Mellow Friends Karaoke Group (A) with Keiko (B)</b> <b>10:50 - Japanese Speaking Bible Study</b> <b>1:00 - Holoholo: Wholesale Unlimited (U)</b> 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Nickel Bingo (A) <b>2:30 - Errand Run (U)</b> 3:00 - Chair Yoga Dance Exercise (MR) <b>3:00 - Residents Choir Practice (B)</b> <b>National Strawberries and Cream Day</b></p>	<p><b>22.</b> 8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Na Wahine O Ka Hula (A)</b> 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Krystal (MR) <b>7:00 - Friday Night Social with Mike (B)</b> <b>National Vanilla Pudding Day</b></p>	<p><b>23.</b> 8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Strength and Balance Fuzion Fitness with Daniel (A)</b> 3:00 - Plaza Casino: Nickel Blackjack (A) <b>World Turtle Day</b></p>		
<p><b>24.</b> 8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) <b>11:00 - Word of Life Christian Online Service (MR)</b> <b>12:45 - Scenic: Waimea Bay (S)</b> 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Documentary: Explained S1 Ep 21(MR) <b>2:00 - Music with Dean (A)</b> <b>2:30 - Errand Run (U)</b> 3:00 - Plaza Casino: Blackjack (MR) <b>National Wig Out Day</b></p>	<p><b>25.</b> 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Veteran's Wall Reveal with Ron and the Liberty Bells (A)</b> <b>11:45 - Scenic: Waimea Bay (S)</b> 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Men's Club with Bryan (MR)</b> 2:00 - Bracelet Beading (A) 3:00 - Bingo (A) 3:00 - Korean Drama (MR) <b>Memorial Day</b></p>	<p><b>26.</b> 8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise A (A) <b>11:00 - Bible Study with Gene and Laurent (MR)</b> 1:00 - Hidden Pictures (GR) 2:00 - Nickel Bingo (A) <b>2:30 - Errand Run (U)</b> 3:00 - Tea Time Tuesday (A) 3:30 - Mindful Nature Walk (L) <b>National Blueberry Cheesecake Day</b></p>	<p><b>27.</b> 8:15 - Seated Strength Exercise B (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise B (MR) 9:50 - Hydration Recharge (MR) 10:00 - Bingo (A) <b>11:15 - Kau Kau Club: Pieology Pizzeria (S)</b> 1:00 - Creative Coloring (MR) 1:30 - Aromatherapy Hand Massage (MR) 2:00 - Greeting Card Creation Club (MR) 3:00 - Seated Hula with Krystal (A) <b>3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR)</b> <b>National Senior Health and Fitness Day</b></p>	<p><b>28.</b> 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise A (A) <b>1:00 - Holoholo: Pancakes &amp; Waffles (U)</b> 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Crafting with Kristia (A)</b> <b>2:30 - Errand Run (U)</b> 3:00 - Chair Yoga Dance Exercise (MR) <b>3:00 - Residents Choir Practice (B)</b> <b>National Hamburger Day</b></p>	<p><b>29.</b> 8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Krystal (MR) <b>7:00 - Friday Night Social with Mike (B)</b> <b>National Paperclip Day</b></p>	<p><b>30.</b> 8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Mint Julep Mocktail (MR)</b> 2:30 - Gorgeous Grams Nail Painting (A) 3:00 - Fuzion Fitness Seated Zumba MR) 3:00 - Crafting with Ashleen (A) <b>National Mint Julep Day</b></p>		
<p><b>31.</b> 8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) <b>11:00 - Word of Life Christian Online Service (MR)</b> <b>12:45 - Scenic: Kaka'ako (S)</b> 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Documentary: Explained S1 Ep 22 (MR) 2:00 - Plaza Casino: Blackjack (A) <b>2:30 - Errand Run (U)</b> 3:00 - Suspend Game (A) 3:30 - Hanafuda (A) <b>National Smile Day</b></p>								