

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>A – Activity Room MR – Media Room 3rd – Third Floor GR – Game Room FD – Front Desk B – Bistro S – Supervised U – Unsupervised L – Library</p>	<p>WE APPRECIATE YOU</p> <p>Happy Nurse's Week!</p>		<p>1.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Resident Council (A) 10:15 - Nickel Bingo (A) 1:00 - Holoholo: 85' Bakery Cafe (U) 1:00 - Word Search Hour (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Music with Dean (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Residents Choir Practice (B) May Day</p>	<p>2.</p> <p>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 (A) 1:30 - Pet Therapy with Zodiac (A) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (MR) National Space Day</p>	<p>3.</p> <p>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 - Activities with Pearl City High School Spanish Club (A) 10:00 - Meet and Greet with Mrs. Hawaii 2024 Melissa Filek (L) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Zumba with Annette (A) 3:00 - 500 Trivia Questions Game (A) 3:30 - Hanafuda (A) National Fitness Day</p>
<p>4.</p> <p>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) 11:00 - Pet Therapy with Chibi and Wicket (A) 11:00 - Word of Life Christian Online Service (MR) 12:45 - Scenic: Makapu'u Beach (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Documentary: History 101 S2 Ep 5 (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Go Fish Card Game (A) 3:30 - Hanafuda (A) National Orange Juice Day</p>	<p>5.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:00 - Shopping: DonDonPen Kapolei (U) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) 11:45 - Scenic: Makapu'u Beach (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Men's Club with Bryan (MR) 2:00 - Bracelet Beading (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Korean Drama (MR) 3:30 - I Should've Known That Trivia Game (A) Cinco De Mayo</p>	<p>6.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 11:00 - Bible Study with Gene and Laurent (3rd) 1:00 - Hidden Pictures (GR) 2:00 - Tea Time Tuesday (B) 2:30 - Mindful Nature Walk (L) 2:30 - Errand Run (U) 3:00 - Stuff You Should Know Trivia (GR) 3:30 - Hanafuda (GR) National Nurses Day</p>	<p>7.</p> <p>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 - Hank the Singing Dutchman (A) 11:15 - Heaven's Soul Food Cuisine (S) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) National Tourism Day</p>	<p>8.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 9:30 - Karaoke Gang (A) 1:00 - Holoholo: Kilani Bakery (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Bracelet Beading (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Residents Choir Practice (B) National Have A Coke Day</p>	<p>9.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 1:00 - Hidden Pictures (A) 1:30 - Pet Therapy with Zodiac (A) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (MR) National Butterscotch Brownie Day</p>	<p>10.</p> <p>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 - Activities with Grace and Friends (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Strength and Balance Fuzion Fitness with Daniel (A) 3:00 - Nickel Bingo (A) National Washington Day</p>
<p>11.</p> <p>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 - Mother's Day Nickel Bingo (A) 11:00 - Word of Life Christian Online Service (MR) 12:45 - Scenic: Whitmore Village (S) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Matinee: Otherhood (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Jenga (A) 3:30 - Hanafuda (A) Mother's Day</p>	<p>12.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:00 - Shopping: Milliani Shopping Center (U) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) 11:45 - Scenic: Whitmore Village (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Men's Club with Bryan (MR) 2:00 - Bracelet Beading (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Korean Drama (MR) 3:30 - Guess in 10 Trivia Game (A) National Nutty Fudge Day</p>	<p>13.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Hawaii Dance Bomb Silent Disco (A) 11:00 - Bible Study with Gene and Laurent (MR) 1:00 - Hidden Pictures (A) 2:00 - Movie A Dogs Way Home (MR) 2:00 - Tea Time Tuesday (A) 2:30 - Mindful Nature Walk (L) 2:30 - Errand Run (U) 3:00 - Who Knows Geography Better Game (A) 3:30 - Hanafuda (A) National Apple Pie Day</p>	<p>14.</p> <p>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) 12:00 - Kau Kau Club: Laverne's (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Craft: Mandala Wind Chimes (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Buttermilk Biscuit Day</p>	<p>15.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Mellow Friends Karaoke Gang (A) 10:50 - Japanese Speaking Bible Study with Keiko (B) 1:00 - Holoholo: Brug Bakery (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Bracelet Beading (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Residents Choir Practice (B) National Chocolate Chip Day</p>	<p>16.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Cooking Corner: Temaki Sushi Making (A) 1:00 - Matinee: Classic Movies (MR) 1:00 - Hidden Pictures (A) 1:30 - Pet Therapy with Zodiac (A) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (MR) National Classic Movie Day</p>	<p>17.</p> <p>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 - Zumba with Annette (A) 10:00 - Meet and Greet with Mrs. Hawaii Plus USA Nation 2025 Kelly Pagan (L) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Nickel Bingo (A) 3:00 - New Horizon Chair Exercises (MR) 3:00 - Hangman Word Game (A) 3:30 - Hanafuda (A) National Walnut Day</p>
<p>18.</p> <p>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) 11:00 - Pet Therapy with Chibi and Wicket (A) 11:00 - Word of Life Christian Online Service (MR) 12:45 - Scenic: Palolo Valley (S) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Documentary: History 101 S2 Ep 6 (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Music with Dean (A) National Cheese Souffle Day</p>	<p>19.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:00 - Shopping: Target Salt Lake (U) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Body & Brain Tai Chi w/ Karen (A) 11:45 - Scenic: Palolo Valley (S) 1:00 - Word Search Hour (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Men's Club with Bryan (MR) 2:00 - Bracelet Beading (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Korean Drama (MR) 3:30 - Old Wives Tale Trivia Game (A) National Devils Food Cake Day</p>	<p>20.</p> <p>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) 11:00 - Bible Study with Gene and Laurent (MR) 1:00 - Hidden Pictures (A) 2:00 - Movie: Midway (MR) 2:00 - Tea Time Tuesday (A) 2:30 - Mindful Nature Walk (L) 2:30 - Errand Run (U) 3:00 - Stuff You Should Know Trivia (A) 3:30 - Hanafuda (A) National Streaming Day</p>	<p>21.</p> <p>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 - Music with Mike Kahue (A) 11:00 - Kau Kau Club: Jolene's Ewa (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Birthday Card Creations Club (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Strawberries and Cream Day</p>	<p>22.</p> <p>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 - Holoholo: Wholesale Unlimited (U) 1:00 - Word Search Hour (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Paint For Your Soul w/Gwenaelle (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Residents Choir Practice (B) National Vanilla Pudding Day</p>	<p>23.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Music Performance with Glenna and Dave (A) 1:00 - Hidden Pictures (A) 1:30 - Pet Therapy with Zodiac (A) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (MR) National Lucky Penny Day</p>	<p>24.</p> <p>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) 2:00 - Plaza Casino: Blackjack (A) 3:00 - Fusion Fitness Seated Zumba (MR) 3:00 - History Channel Trivia Game (A) 3:30 - Hanafuda (A) National Scavenger Hunt Day</p>
<p>25.</p> <p>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) 11:00 - Pet Therapy with Chibi and Wicket (A) 11:00 - Word of Life Christian Online Service (MR) 12:45 - Scenic: Waikiki (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Documentary: History 101 S2 Ep 7 (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Suspend Game (A) 3:30 - Hanafuda (A) National Wine Day</p>	<p>26.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:00 - Shopping: Costco Waipio (U) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Body and Brain Yoga w/ Karen (A) 11:45 - Scenic: Waikiki (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Men's Club with Bryan (MR) 2:00 - Bracelet Beading (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Korean Drama (MR) 3:30 - I Should've Known That Trivia Game (A) Memorial Day</p>	<p>27.</p> <p>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) 11:00 - Bible Study with Gene and Laurent (MR) 1:00 - Hidden Pictures (A) 2:00 - Movie: The Forge (MR) 2:00 - Tea Time Tuesday (A) 2:30 - Mindful Nature Walk (L) 2:30 - Errand Run (U) 3:00 - Who Knows Geography Better Game (A) 3:30 - Hanafuda (A) National Grape Day</p>	<p>28.</p> <p>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 - Seated Strength Exercise B (A) 11:15 - Kau Kau Club: Donnie's BBQ Smokehouse (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Craft: Summer Bird House (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Senior Health & Fitness Day</p>	<p>29.</p> <p>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 - Holoholo: Leonard's Malasadas (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Bracelet Beading (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Residents Choir Practice (B) National Paperclip Day</p>	<p>30.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Inspirational Music with Wally (A) 1:00 - Hidden Pictures (A) 1:30 - Pet Therapy with Zodiac (A) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (MR) National Water A Flower Day</p>	<p>31.</p> <p>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) 2:00 - Plaza Casino: Blackjack (A) 3:00 - New Horizon Chair Exercises (MR) 3:00 - Guess in 10 Trivia Game (A) 3:30 - Hanafuda (A) National Smile Day</p>