



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 C – Courtyard</p>		<p>1. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Activities with Nursing 12:30 – Lunch 1:30 – May Trivia 2:00 – Movie 2:00 – Van Ride 2:00 – Performance by Roy Hamada (A) 3:15 – Craft: Lei Po'lo 4:15 – Exercise 5:00 – Water & Bathroom Break 5:30 – Dinner</p> <p>May Day</p>	<p>2. 8:30 – Breakfast 9:30 – What's on the Menu? 10:00 – Documentary 10:30 – Island Family Christian Church (A) 11:30 – Exercise 12:30 – Lunch 1:30 – Hangman Word Games 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Mindfulness 3:30 – Truffle Tasting 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Truffle Day</p>	<p>3. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Craft: Space Wreaths 12:30 – Lunch 1:30 – Space Trivia 2:00 – Sing-Along with Susie Q 2:00 – Hank the Singing Dutchman (A) 3:00 – Bingo 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Space Day</p>	<p>4. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Hawaii Pageant Girls' Performance (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Star Wars Trivia 2:00 – Star Wars Movie 2:00 – Zumba with Annette (A) 3:00 – 7th Day Adventist Choir (A) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Star Wars Day</p>
<p>5. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Craft: Mini Pinatas 12:30 – Lunch 1:30 – Hawaii Trivia 2:00 – Sing-Along with Susie Q 2:00 – Hula Classes with Alberta 3:00 – Balloon Volleyball 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>Boys Day Cinco De Mayo</p>	<p>6. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Body & Brain Yoga with Karen (A) 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Beverage Trivia 2:00 – Movie 2:00 – Van Ride 3:30 – Furry Friends with Lii Lii 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Beverage Day</p>	<p>7. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Blackjack 12:30 – Lunch 1:30 – Teacher Trivia 2:00 – Documentary 2:00 – Courtyard Cruising (C) 3:00 – Beautiful You 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Teacher Appreciation Day</p>	<p>8. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Coke Trivia 2:00 – Movie 2:00 – Van Ride 3:30 – Craft: Koinobori 4:30 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Have a Coke Day</p>	<p>9. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Documentary 10:00 – LC Vocal Group (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Socks Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia 3:00 – Mindfulness 3:30 – Craft: Sock Caterpillars 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Lost Sock Memorial Day</p>	<p>10. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Na Pumehana O Kealoha (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Shrimp Trivia 2:00 – Documentary 2:00 – Courtyard Cruising (C) 3:00 – Bingo 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Shrimp Day</p>	<p>11. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Music with Dean (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Golf Trivia 2:00 – Documentary 2:00 – Zumba with Annette (A) 3:00 – Mini Golf 3:30 – Furry Friends with Chako 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Miniature Golf Day</p>
<p>12. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Craft: Tulp Flowers Card 12:30 – Lunch 1:30 – Mother's Day Trivia 2:00 – Bingo 3:00 – Craft: Flower Picture Frame 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>Mother's Day</p>	<p>13. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Apple Pie Trivia 2:00 – Movie 2:00 – Van Ride 3:30 – Furry Friends with Lii Lii 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Apple Pie Day</p>	<p>14. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Chicken Dancersize 12:30 – Lunch 1:30 – Chicken Trivia 2:00 – Sing-Along with Susie Q 2:00 – Meditation Yoga with Kat (A) 3:00 – Beautiful You 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Dance Like A Chicken Day</p>	<p>15. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Rickey Kamai Hawaiian Music Performance (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Chocolate Trivia 2:00 – Movie 2:00 – Van Ride 2:00 – Performance by Roy Hamada (A) 3:30 – Craft: Dragon Eggs 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Chocolate Chip Day</p>	<p>16. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Documentary 10:00 – Senior Moments (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Spring Time Music Trivia 2:00 – Movie 2:00 – Crafting with Kristia (A) 3:00 – Mindfulness 3:30 – Bean Bag Toss 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Do Something Nice For Your Neighbor Day</p>	<p>17. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Craft: Pizza 12:30 – Lunch 1:30 – Pizza Trivia 2:00 – Sing-Along with Susie Q 2:00 – Music with Dean (A) 3:00 – Bingo 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Pizza Party Day</p>	<p>18. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Paradise Church Music (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Armed Forces Trivia 2:00 – Movie 2:00 – Zumba with Annette (A) 3:00 – Craft: Poppy Flowers 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Armed Forces Day</p>
<p>19. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Craft: Bracelet Beading 12:30 – Lunch 1:30 – Cake Trivia 2:00 – Hula Classes with Alberta (A) 3:00 – Balloon Volleyball 3:30 – Furry Friends with Chako 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Devil's Food Cake Day</p>	<p>20. 8:30 – Breakfast 9:30 – What's on the Menu? 10:00 – Sing-Along with Susie Q 10:00 – Body & Brain Tai Chi with Karen (A) 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Quiche Trivia 2:00 – Movie 2:00 – Van Ride 3:30 – Furry Friends with Lii Lii 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Quiche Lorraine Day</p>	<p>21. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – I Ola Lahui Kupuna Workshop with Dr. Morgan: Mindfulness 12:30 – Lunch 1:30 – Strawberry Trivia 2:00 – Sing-Along with Susie Q 2:00 – Terry Brown Ukulele Ministry (A) 3:00 – Beautiful You 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Strawberries & Cream Day</p>	<p>22. 8:30 – Breakfast 9:30 – What's on the Menu? 10:00 – Movie 10:30 – Legacy Group (3rd) 11:30 – Exercise 12:30 – Lunch 1:30 – Vanilla Trivia 2:00 – Movie 2:00 – Van Ride 3:30 – Craft: Beach Pudding Cups 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Vanilla Pudding Day</p>	<p>23. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Documentary 10:00 – Small World Harmonica Band (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Penny Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Mindfulness 3:30 – Shark Toss 4:00 – Furry Friends with Cookie 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Lucky Penny Day</p>	<p>24. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Plaza Scavenger Hunt (L) 12:30 – Lunch 1:30 – Farms Trivia 2:00 – Documentary 2:30 – Furry Friends with Spencer (C) 3:00 – Bingo 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Scavenger Hunt Day</p>	<p>25. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Activities with Grace (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Hangman Word Games 2:00 – Movie 2:00 – Zumba with Annette (A) 3:00 – 7th Day Adventist Choir (A) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Towel Day</p>
<p>26. 8:30 – Breakfast 9:30 – Cognifit 10:00 – What's on the Menu? 10:30 – Furry Friends with Chibi & Wicket 11:00 – Exercise 11:45 – Water & Bathroom Break 12:30 – Lunch 1:30 – Blueberry Trivia 2:00 – Movie 2:00 – Hula Classes with Alberta (A) 3:00 – Music with Michael (A) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Blueberry Cheesecake Day</p>	<p>27. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Memorial Day Trivia 2:00 – Movie 2:00 – Van Ride 3:30 – Furry Friends with Lii Lii 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>Memorial Day</p>	<p>28. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Blackjack 12:30 – Lunch 1:30 – Hamburger Trivia 2:00 – Sing-Along with Susie Q 2:00 – Meditation Yoga with Kat (A) 3:00 – Beautiful You 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Hamburger Day</p>	<p>29. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Zumba with Vanessa (A) 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Let's Get Healthy Trivia 2:00 – Movie 2:00 – Van Ride 3:00 – Craft: Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Senior Health & Fitness Day</p>	<p>30. 8:30 – Breakfast 9:30 – Movie 9:45 – Mellow Friends (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – On Your Feet Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Mindfulness 3:30 – Bean Bag Toss 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Creativity Day</p>	<p>31. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Island Prayz Band (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Women Trivia 2:00 – Documentary 2:00 – Courtyard Cruising (C) 3:00 – Bingo 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>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.