


May 2023  
The Plaza at Kaneohe - IL & AL



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>May Day</b> 1 8:00 🚌 Medical Shuttle - Windward 10:00 🎵 <b>May Day Music 808 Ukulele Orchestra</b> 10:15 🌿 Board and Card Games 10:15 🐾 <b>Pet Visits</b> 1:00 ❤️ Flow Exercise 1:30 ❤️ <b>Balance, Stretching and Toning</b> 2:00 🎲 BINGO 5:45 🎵 <b>Flute Performance : Sonia Richman</b>	<b>National Truffle Day</b> 2 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 🥋 Kupuna Aikido: Fall Prevention & Techniques 10:15 🌿 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:30 🌿 POKENO	<b>National Garden Meditation Day</b> 3 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:15 🌀 Kapa Making Craft 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎲 BINGO 2:00 🎭 Wednesday Matinee : Life of Pi	<b>National Star Wars Day</b> 4 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 📖 Hongwangi Buddhist Service 10:15 🌿 Board and Card Games 10:15 🌀 Gather Flowers and Create Lei Po'o 1:00 ❤️ Flow Exercise 1:30 🚌 Scenic Ride 1:40 ❤️ Flow Exercise	<b>Boys Day</b> 5 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:15 🌀 Lau Hala Brush painting 1:00 ❤️ Flow Exercise 1:30 🎭 Movie: Shawshank Redemption 1:40 ❤️ Flow Exercise 2:00 🎵 Ukulele Sing-a-long 2:30 ⭐ Boy's Day Social & Cinco de Mayo	<b>National Nurses Day</b> 6 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:30 🎭 Movie: The Song Of Bernadette 1:40 ❤️ Flow Exercise 4:30 📖 Catholic Mass
<b>National Lemonade Day</b> 7 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:30 📖 Live Stream: New Hope Video Service (Media Room) 11:00 📖 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎭 Movie: On A Wing And A Prayer	<b>National Have a Coke Day</b> 8 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:15 🐾 <b>Pet Visits</b> 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:30 ❤️ <b>Balance, Stretching and Toning</b> 2:00 🎲 BINGO	<b>National Moscato Day</b> 9 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:15 🎵 <b>Jon Koki Musical Performance</b> 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🗳️ <b>Resident Council</b> 2:30 🌿 POKENO	<b>National Shrimp Day</b> 10 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎲 BINGO 2:00 🎭 Wednesday Matinee : Remember The Titans	<b>National Eat What You Want Day</b> 11 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:15 🌀 <b>Music and Movement with Joslyn</b> 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:30 🌿 POKENO	<b>National Nutty Fudge Day</b> 12 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 11:00 🎵 <b>Musical Performance Bill Melemai</b> 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎲 BINGO 2:00 🎭 Movie: Saving Mr. Banks	<b>National Miniature Golf Day</b> 13 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:30 🎭 Movie: The Nun's Story 1:40 ❤️ Flow Exercise
<b>Mother's Day National Day</b> 14 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:30 📖 Live Stream: New Hope Video Service (Media Room) 11:00 📖 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎭 Movie: My Dog Skip	<b>National Chocolate Chip Day</b> 15 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:15 🐾 <b>Pet Visits</b> 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:30 ❤️ <b>Balance, Stretching and Toning</b> 2:00 🎲 BINGO	<b>National Do Something Good for Your Neighbor Day</b> 16 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 🎵 <b>Musical Performance Arlene Hicks</b> 10:15 🌿 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:30 🌿 POKENO	<b>National Cherry Cobler Day</b> 17 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:15 ❤️ Strength Training with Weights 12:00 🗳️ Kau Kau Club 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎲 BINGO 2:00 🎭 Wednesday Matinee : Homeward Bound The Incredible Journey	<b>National Cheese Souffle Day</b> 18 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:15 🌀 <b>Silent Disco: Hawaii Dance Bomb</b> 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:30 🌿 POKENO	<b>National Endangered Species Day</b> 19 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:15 🎵 <b>Musical Performance: Dean Hirata</b> 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎲 BINGO 2:00 🎭 Movie: Ticket To Paradise	<b>International Red Sneakers Day</b> 20 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:30 🎭 Movie: The Sound of Music 1:40 ❤️ Flow Exercise
<b>National Strawberries and Cream Day</b> 21 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:30 📖 Live Stream: New Hope Video Service (Media Room) 11:00 📖 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎭 Movie: June Again	<b>National Vanilla Pudding Day</b> 22 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:15 🐾 <b>Pet Visits</b> 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:30 ❤️ <b>Balance, Stretching and Toning</b> 2:00 🎲 BINGO	<b>National Lucky Penny Day</b> 23 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:15 🎵 <b>Musical Performance: Roy Hamada</b> 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:30 🌿 POKENO	<b>National Scavenger Hunt Day</b> 24 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎲 BINGO 2:00 🎭 Wednesday Matinee : Swiss Family Robinson	<b>National Towel Day</b> 25 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:30 🌀 <b>Crafts with Mel</b> 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:15 🌀 <b>Crafts with Mel</b> 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:30 🌿 POKENO	<b>National Paper Airplane Day</b> 26 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 1:00 ❤️ Flow Exercise 1:30 🎭 Movie: Black Panther 1:40 ❤️ Flow Exercise 2:00 🌿 BINGO	<b>National Grape Popsicle Day</b> 27 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:30 🎭 Movie: The Inn of The Sixth Happiness 1:40 ❤️ Flow Exercise
<b>National Hamburger Day</b> 28 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:30 📖 Live Stream: New Hope Video Service (Media Room) 11:00 📖 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎭 Movie: Polar Bear	<b>Memorial Day National Day</b> 29 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:15 🐾 <b>Pet Visits</b> 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:30 ❤️ <b>Balance, Stretching and Toning</b> 2:00 🎲 BINGO	<b>National Creativity Day</b> 30 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:30 🌿 POKENO	<b>National Senior Health and Fitness Day</b> 31 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Board and Card Games 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎲 BINGO 2:00 🎭 Wednesday Matinee : Hawaii	Craft Activities may be limited, dependent on supply availability.  Each shuttle ride can have up to 14 residents. Excursions may be limited to less than 10.  <b>Activities are subject to change.</b>		