


May 2023 Halia Calendar

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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|  | <p>May Day 1</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎵 May Day Music 808 Ukulele Orchestra 10:15 🐾 Pet Visits 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch — 🚶 Scenic Ride 1:00 ❤️ Sherry Zak Chair Yoga 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> | <p>National Truffle Day 2</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🚶 Scenic Ride 10:30 🦋 Armchair Travel : Japan 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Sherry Zak Chair Yoga 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> | <p>National Garden Meditation Day 3</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎲 Bingo 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Balloon Volleyball 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> | <p>National Star Wars Day 4</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 9:30 🚶 Scenic Ride 10:00 🎭 Group Activity: Japanese Cherry Blossom Craft 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 2:45 🕒 Best Friends Hour 3:00 🎵 Musical Performance: Coffee & Me 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> | <p>Boys Day 5</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 1:45 🎬 Movie & Popcorn 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> | <p>National Nurses Day 6</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎭 Group Activity: Painting, Brain Games 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 2:45 🕒 Best Friends Hour 3:30 🚶 Afternoon Strolls 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> |
| <p>National Lemonade Day 7</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:30 📺 Live Stream: New Hope Video Service (Media Room) 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 1:45 🎬 Musical Movie 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner</p> | <p>National Have a Coke Day 8</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:15 🎵 Armchair Travel : French Polynesia 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Sherry Zak Chair Yoga 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 2:45 🕒 Best Friends Hour - "ea" Tahitian 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> | <p>National Moscato Day 9</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:15 🎵 Jon Koki Musical Performance 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Sherry Zak Chair Yoga 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> | <p>National Shrimp Day 10</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎲 Group Activity: Bingo 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Exercise 1:30 🎭 King Intermediate Builders Club 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> | <p>National Eat What You Want Day 11</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:15 🎵 Musical and Movement with Joslyn 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 1:45 🎬 Movie & Popcorn 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> | <p>National Nutty Fudge Day 12</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:15 🎵 Musical Performance Bill Melemai 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 1:45 🎬 Movie & Popcorn 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> | <p>National Miniature Golf Day 13</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎭 Group Activity: Painting, Brain Games 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 1:45 🎭 Fabulous Nails & Social Circle 2:45 🕒 Best Friends Hour 3:30 🚶 Afternoon Strolls 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> |
| <p>Mother's Day 14</p> <p>National Day</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:30 📺 Live Stream: New Hope Video Service (Media Room) 10:30 🌟 Pictures of Mom 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner</p> | <p>National Chocolate Chip Day 15</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:15 🦋 Armchair Travel:Polynesia /Tonga 10:15 🐾 Pet Visits 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Sherry Zak Chair Yoga 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 2:45 🕒 Best Friends Hour - Kapa Print (Tonga Designs) 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> | <p>National Do Something Good for Your Neighbor Day 16</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎵 Musical Performance Arlene Hicks 10:15 🦋 Armchair Travel: Portugal 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Sherry Zak Chair Yoga 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> | <p>National Cherry Cobler Day 17</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎲 Bingo 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Balloon Volleyball 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> | <p>National Cheese Souffle Day 18</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎮 Beach Ball Volleyball 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 1:45 🎬 Movie & Popcorn 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> | <p>National Endangered Species Day 19</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:15 🎵 Musical Performance: Dean Hirata 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 1:45 🎬 Movie & Popcorn 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> | <p>International Red Sneakers Day 20</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎭 Group Activity: Painting, Brain Games 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 2:45 🕒 Best Friends Hour 3:30 🚶 Afternoon Strolls 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> |
| <p>National Strawberries and Cream Day 21</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:30 📺 Live Stream: New Hope Video Service (Media Room) 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 1:45 🎬 Musical Movie 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner</p> | <p>National Vanilla Pudding Day 22</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:15 🐾 Pet Visits 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Sherry Zak Chair Yoga 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down 10:00 🦋 Armchair Travel: Samoa (Sasa)</p> | <p>National Lucky Penny Day 23</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:15 🎵 Musical Performance: Roy Hamada 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Sherry Zak Chair Yoga 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 2:45 🕒 Best Friends Hour - Flip a Coin Penny 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> | <p>National Scavenger Hunt Day 24</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎲 Bingo 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Balloon Volleyball 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down 6:30 🎵 Anchor's Church Kanakapila</p> | <p>National Towel Day 25</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎭 Group Activity: Puzzles, Word Search 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 1:45 🎬 Movie & Popcorn 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> | <p>National Paper Airplane Day 26</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 1:45 🎬 Movie & Popcorn 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> | <p>National Grape Popsicle Day 27</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎭 Group Activity: Painting, Brain Games 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Plaza Exercise 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 1:45 🎭 Fabulous Nails & Social Circle 2:45 🕒 Best Friends Hour 3:30 🚶 Afternoon Strolls 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> |
| <p>National Hamburger Day 28</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:30 📺 Live Stream: New Hope Video Service (Media Room) 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner</p> | <p>Memorial Day 29</p> <p>National Day</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🦋 Armchair Travel: Polynesia Fiji 10:15 🐾 Pet Visits 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Sherry Zak Chair Yoga 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> | <p>National Creativity Day 30</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🦋 Armchair Travel : Filipino (Bamboo w/ Noodles) 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Sherry Zak Chair Yoga 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> | <p>National Senior Health and Fitness Day 31</p> <p>7:30 🍳 Breakfast 9:00 ❤️ Morning Exercise 9:30 🚶 Morning Guided Walks 10:00 🎲 Bingo 11:15 🍷 Prepare for Lunch 11:30 🍴 Lunch 1:00 ❤️ Balloon Volleyball 1:30 🚿 Water & Bathroom Break 1:45 🦋 Butterfly Station 2:45 🕒 Best Friends Hour 4:00 🚿 Water & Bathroom Break 4:30 🍴 Dinner 5:30 🌞 Evening Cool Down</p> | <p>Activities are subject to change.</p> | | |