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-  **Health & Fitness**
-  **Shuttle**
-  **Special Event**

<p>Cinco de Mayo 5</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 Things That Start With "R" [A] 10:00 Mexican Craft: Papel Picado [A] 11:00 LUNCH 12:30  Chair Yoga with Sherry Zak Morris [A] 1:00 Sightseeing: Koko Marina 2:00 May Day Hula Program with Kumu Sallie [A] 2:00 Ring Toss to Mexican Music! [A] 2:45 Plaza Sing A Long [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Nurse's Day 6</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00  Hank the Singing Dutchman [HT] 11:00 LUNCH 12:45  Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Aromatherapy and Scented Hand Lotion Massages [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Aloha Shirts May Day 1</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:15 Brain Game - 9 Square 10:00  Hawaiian Music YouTube Sing Along! [A] 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45  Dancersize (Low Impact) [A] 1:00 Craft: Paper Flowers [A] 1:00  Strength, Balance and Tone with Daniel 2:00 Stroll to the Terrace: Make Some Noise to Celebrate May Day! 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Truffle Day 2</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30  Morning Exercise [A] 9:15 Hangman- Types of Vegetable 10:00  Buddhist Service with Mollilii Hongwanji [T] 10:00 Game: Blackjack 11:00 LUNCH 12:00 Medical Transportation 12:30  Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15  Bowling [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Two Different Colored Shoes National Two Different Colored Shoes Day 3</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Music with Dean Hirata [A] 11:00 LUNCH 12:45  Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Two-Colored Cookies [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Star Wars Day 4</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30  Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Learn to Draw: Star Wars Characters! [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 Kanikapila [T] 2:20 Sensory Stroll Outdoors [HT] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	
<p>Dress Day: Florals or Pastels Mother's Day 12</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 Things That Start With "D" [A] 10:00 Craft: Mother's Day Picture Frame 11:00 LUNCH 12:30  Chair Yoga with Sherry Zak Morris [A] 1:00 Bingo! 2:00 Ring Toss to Classical Music [A] 2:45 Plaza Sing A Long [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Apple Pie Day 13</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 Music with Roy Hamada [A] 11:00 LUNCH 12:45  Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Aromatherapy and Scented Hand Lotion Massages [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Tourist Shirts National Tourism Day 7</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 SONG OF THE DAY: "King of the Road" by Roger Miller [A] 10:00 Hall'a Best Friend of the Month: Virtual Vacation to Japan! [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:05 Ukulele Sing-a-Long with Jeremy [HT] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Have a Coke Day 8</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:15 Brain Game: Word Ladders [A] 10:00 New Hope Church Service [T] 10:00 Pet Therapy with Wilma and Milo [A] 11:00 LUNCH 12:45  Dancersize (Low Impact) [A] 1:00 Table Games: Jenga or Yahtzee! [A] 2:00 Movie Time plus Ice Cream Floats! [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Moscato Day 9</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30  Morning Exercise [A] 9:15 Hangman- Types of Fruit [A] 10:00 Performance: Silver Foxes [A] 10:00 Scented Hand Massage [A] 11:00 LUNCH 12:00 Medical Transportation 12:30  Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15  Bowling [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Plaza Shirts National Shrimp Day 10</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Pet Visit with Jim and Chico [A] 11:00 LUNCH 12:45  Dancersize (Low Impact) [A] 1:00 Game: Let's Go Fishing! [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Eat What You Want Day 11</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30  Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Improv: We Run a Restaurant! [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 Kanikapila [T] 2:20 Sensory Stroll Outdoors [HT] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>National Devil's Food Cake Day 19</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 Things That Start With "D" [A] 10:30 Pet Visit with Jim and Chico [A] 11:00 LUNCH 12:30  Chair Yoga with Sherry Zak Morris [A] 1:00 Sightseeing: Waikiki/Diamond Head/Kahala 2:00 Ring Toss to Classical Music [A] 2:45 Plaza Sing A Long [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Patriotic Shirts National Streaming Day 20</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00  Hank the Singing Dutchman [HT] 11:00 LUNCH 12:45  Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Aromatherapy and Scented Hand Lotion Massages [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Dance Like a Chicken Day 14</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 SONG OF THE DAY: "The Chicken Dance" by Werner Thomas [A] 10:00 Hall'a Best Friend of the Month: Making Jewelry! [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Yoga [A] 1:00 Mini Pulelehua Stations [A] 2:05 Ukulele Sing-a-Long with Jeremy [HT] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Chocolate Chip Day 15</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:00  Excursion: Kilohana Hula Show 9:15 Brain Game: 9-Square [A] 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45  Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Chocolate Chip Cookies [A] 1:00  Strength, Balance and Tone with Daniel 2:00 Get To Know You Beach Ball [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Black and White National Classic Movie Day 16</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30  Morning Exercise [A] 9:15 Hangman- Movie Titles [A] 10:00 Hand Massage [A] 10:00 Pet Therapy with Wes Koga [A] 11:00 LUNCH 12:00 Medical Transportation 12:30  Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15  Improv: At the Movie Theatre! [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Pizza Party Day 17</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Sing-a-long with Sandy and Gordon [A] 11:00 LUNCH 12:45  Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Pizza [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Nascar Day 18</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30  Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Learn to Draw: Race Cars! [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 Kanikapila [T] 2:20 Sensory Stroll Outdoors [HT] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>National Paper Airplane Day 26</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 Things That Start With "R" [A] 10:00 Craft: Paper Airplanes [A] 11:00 LUNCH 12:30  Chair Yoga with Sherry Zak Morris [A] 1:00 Table Games: Yahtzee! [A] 1:30  Acoustic Guitar Performance with Paul Yokota [A] 2:00 Ring Toss to Patriotic Music [A] 2:45 Plaza Sing A Long [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Patriotic Shirts Memorial Day 27</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 Patriotic You-Tube Sing Along! [A] 11:00 LUNCH 12:45  Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Aromatherapy and Scented Hand Lotion Massages [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Memo Day 21</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 SONG OF THE DAY: "Return to Sender" by Elvis Presley [A] 10:00  Silent Disco [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Boxing [A] 1:00 Best Friend of the Month: Chawan Mushi [A] 2:05 Ukulele Sing-a-Long with Jeremy [HT] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 Chair Boxing 4:00 DINNER</p>	<p>Dress Day: Red and Black National Solitaire Day 22</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:15 Brain Game: Word Ladders [A] 9:15 Brain Game: 9-Square [A] 10:00 New Hope Church Service [T] 10:00 Pet Therapy with Wilma and Milo [A] 11:00 LUNCH 12:45  Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Patriotic Rice Crispy Treats [A] 2:00 Table Game: Blackjack [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Taffy Day 23</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30  Morning Exercise [A] 9:15 Hangman- Types of Candy 10:00 Play Doh [A] 10:00 Zoo to You: Show and Tell Safari with Animal Educator from the Honolulu Zoo! [A] 11:00 LUNCH 12:00 Medical Transportation 12:30  Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15  Stroll Outside: Sound Scavenger Hunt 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Scavenger Hunt Day 24</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Photo Scavenger Hunt! [A] 11:00 LUNCH 12:45  Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Patriotic Cookies [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Towel Day 25</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30  Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Legos [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 Kanikapila [T] 2:20 Sensory Stroll Outdoors [HT] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>National Senior Health and Fitness Day 29</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:15 Brain Game: 9-Square [A] 9:45  Sightseeing: Waimanalo 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45  Dancersize (Low Impact) [A] 1:00 Balloon Swat Volleyball [A] 2:20 Craft: Toilet Paper Roll Grapes 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Patriotic Shirts National Hamburger Day 28</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 SONG OF THE DAY: "Burgers and Fries" by Charley Pride [A] 10:00 Hall'a Best Friend of the Month: Chair Line Dancing! [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:05 Ukulele Sing-a-Long with Jeremy [HT] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Creativity Day 30</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30  Morning Exercise [A] 9:15 Hangman- Movie Titles [A] 10:00 Group Writing: A Story About a Unicorn! [A] 11:00 LUNCH 12:00 Medical Transportation 12:30  Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15  Musical Mad-Libs! [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Smile Day 31</p> <p>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Smile Round-Up: Funny YouTube Animal Videos! [A] 11:00 LUNCH 12:45  Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Homemade Potato Smiles [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p style="text-align: center;">Location Keys</p> <p style="text-align: center;">Activity Room A Hoku Terrace HT Theater T</p>		