

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



Activities are subject to change

- Creative
- Excursions
- Individual activity
- Intellectual
- Meals
- Movies
- Music
- National Day Event
- Physical
- Plaza Life
- Social
- Special Events
- Spiritual

Aloha Attire Dress Up Day
May Day 1
8:00 Medical Shuttle - Honolulu
9:30 Lanakila Lei Making
10:00 Game Room Activities
10:30 Music & Movement
10:30 Prayer Group - Kailua Christian Church
1:30 Silver Sneakers Cardio
1:45 Scenic Ride
2:00 Circuit "B" Training
2:45 POKENO

Brothers and Sisters Day 2
9:30 Flow Exercise
9:50 Flow Exercise
10:00 Game Room Activities
10:15 Be A Big Brother/Big Sister Activity
1:30 Silver Sneakers Cardio
2:00 BINGO
2:00 **Movie: 23 Blast (NF)**

Beer Pong Day 3
9:30 Flow Exercise
9:50 Flow Exercise
10:30 Victory Hawaii Church Bingo
2:00 BINGO
2:00 Balance, Stretching and Toning
4:00 Catholic Mass

World Laughter Day 4
9:30 Flow Exercise
9:50 Seated Resistance Training
10:15 Live Stream: New Hope Video Service (Media Room)
1:30 Silver Sneakers Cardio
2:00 **Movie: The Storied Life of A.J. Fikery (NF)**

Boy's Day 5
8:00 Medical Shuttle - Windward
9:30 Seated Resistance Training
10:00 Game Room Activities
10:15 Gyotaku Printmaking Activity
11:00 Buddhist Services
1:30 Shopping
1:30 Silver Sneakers Cardio
2:00 Circuit "A" Training
2:45 BINGO

National Nurses Day 6
8:00 Medical Shuttle - West Side
9:30 Seated Resistance Training
10:00 Game Room Activities
1:30 Silver Sneakers Cardio
1:45 Scenic Ride
2:00 Circuit "B" Training
2:45 POKENO

Great American Grump Out Day 7
9:30 Seated Resistance Training
10:00 Game Room Activities
1:30 Silver Sneakers Cardio
2:00 Circuit "A" Training
2:00 **Movie: The Net**
2:45 BINGO

National Give Someone a Cupcake Day 8
8:00 Medical Shuttle - Honolulu
9:30 Seated Resistance Training
10:00 Game Room Activities
10:15 POKENO
10:30 Prayer Group - Kailua Christian Church
1:30 Silver Sneakers Cardio
1:45 Scenic Ride
2:00 Circuit "B" Training
2:30 **Musical Performance: Coffee & Me**

Hurray for Buttons Day 9
9:30 Flow Exercise
9:50 Flow Exercise
10:00 Game Room Activities
10:15 Button Flower Activity
1:30 Silver Sneakers Cardio
2:00 BINGO
2:00 **Movie: Cat & Dog (NF)**

Stamp Out Hunger Food Drive Day 10
9:30 Flow Exercise
9:50 Flow Exercise
10:30 Blackjack Tournament
2:00 BINGO
4:00 Catholic Mass

Mother's Day 11
9:30 Flow Exercise
9:50 Seated Resistance Training
10:15 Live Stream: New Hope Video Service (Media Room)
1:30 Silver Sneakers Cardio
2:45 Oahu College Jazz Band

Day of Vesak 12
8:00 Medical Shuttle - Windward
9:30 Seated Resistance Training
10:00 Game Room Activities
10:30 **Silent Disco: Hawaii Dance Bomb**
1:30 Shopping
1:30 Silver Sneakers Cardio
2:00 Circuit "A" Training
2:45 BINGO

National Apple Pie Day 13
8:00 Medical Shuttle - West Side
9:30 Luk Tung Kuen
9:30 Seated Resistance Training
10:00 Game Room Activities
10:15 **Jon Koki Musical Performance**
1:30 Silver Sneakers Cardio
1:45 Scenic Ride
2:00 Circuit "B" Training
2:00 Resident Council
2:45 POKENO

Stars and Stripes Forever Day 14
9:30 Seated Resistance Training
10:00 Game Room Activities
1:30 Silver Sneakers Cardio
2:00 Circuit "A" Training
2:00 **Movie: The Last Laugh (NF)**
2:45 BINGO

International Casino Day 15
8:00 Medical Shuttle - Honolulu
9:30 Seated Resistance Training
10:00 Game Room Activities
10:30 Prayer Group - Kailua Christian Church
1:30 Silver Sneakers Cardio
1:45 Scenic Ride
2:00 Circuit "B" Training
2:45 POKENO
6:30 Casino Night

Wear Purple For Peace Day 16
9:30 Flow Exercise
9:50 Flow Exercise
10:00 Game Room Activities
10:00 **Musical Performance Hank the Singing Dutchman**
1:30 Silver Sneakers Cardio
2:00 BINGO
2:00 **Movie: The Mustang (NF)**

Armed Forces Day 17
9:30 Flow Exercise
9:50 Flow Exercise
10:30 Victory Hawaii Church Bingo
2:00 BINGO
2:00 Balance, Stretching and Toning
4:00 Catholic Mass

National Doughnut Week 18
9:30 Flow Exercise
9:50 Seated Resistance Training
10:15 Live Stream: New Hope Video Service (Media Room)
1:30 Silver Sneakers Cardio
2:00 **Movie: For Love of The Game (NF)**
2:30 Brain Games

National May Ray Day 19
8:00 Medical Shuttle - Windward
9:30 Seated Resistance Training
10:00 Game Room Activities
1:30 Shopping
1:30 Silver Sneakers Cardio
2:00 Circuit "A" Training
2:45 BINGO

National Rescue Dog Day 20
8:00 Medical Shuttle - West Side
9:30 Luk Tung Kuen
9:30 Seated Resistance Training
10:00 Game Room Activities
10:15 Humane Society Activity for Rescue Dogs
1:30 Silver Sneakers Cardio
1:45 Scenic Ride
2:00 Circuit "B" Training
2:45 POKENO

International Tea Day 21
9:30 Seated Resistance Training
10:00 Game Room Activities
10:30 **Musical Performance: Sanford Lee**
12:00 Kau Kau Club Excursion
1:30 Silver Sneakers Cardio
2:00 Circuit "A" Training
2:00 **Movie: Still Time (NF)**
2:45 BINGO

Sherlock Holmes Day 22
8:00 Medical Shuttle - Honolulu
9:30 Seated Resistance Training
10:00 Game Room Activities
10:15 Sherlock Holmes Mystery Scavenger Hunt
10:30 Prayer Group - Kailua Christian Church
1:30 Silver Sneakers Cardio
1:45 Scenic Ride
2:00 Circuit "B" Training
2:45 POKENO
6:30 Alzheimer Caregiver Support Group

National Lucky Penny Day 23
9:30 Flow Exercise
9:50 Flow Exercise
10:00 Game Room Activities
10:30 **Musical Performance: Dean Harada**
1:30 Silver Sneakers Cardio
2:00 BINGO
2:00 **Movie: Worth (NF)**

National Scavenger Day 24
9:30 Flow Exercise
9:50 Flow Exercise
10:30 Blackjack Tournament
2:00 BINGO
4:00 Catholic Mass

National Wine Day 25
9:30 Flow Exercise
9:50 Seated Resistance Training
10:15 Live Stream: New Hope Video Service (Media Room)
10:30 Ukulele with Brandon
1:30 Silver Sneakers Cardio
2:00 **Movie: Mending The Line (NF)**
2:30 Brain Games

Memorial Day 26
National Paper Airplane Day
8:00 Medical Shuttle - Windward
9:30 Seated Resistance Training
10:00 Game Room Activities
10:00 Mellow Friends Karaoke
1:30 Shopping
1:30 Silver Sneakers Cardio
2:00 Circuit "A" Training
2:45 BINGO

National Sunscreen Day 27
8:00 Medical Shuttle - West Side
9:30 Luk Tung Kuen
9:30 Seated Resistance Training
10:00 Game Room Activities
10:15 Hawaiian Printmaking/Lei Activity
10:30 **Musical Performance: Roy Hamada**
1:30 Silver Sneakers Cardio
1:45 Scenic Ride
2:00 Circuit "B" Training
2:45 POKENO

National Hamburger Day 28
9:00 **Windward Nazarene Academy May Day Program Excursion**
9:30 Seated Resistance Training
10:00 Game Room Activities
1:30 Silver Sneakers Cardio
2:00 Circuit "A" Training
2:00 **Movie: The Miracle Club (NF)**
2:45 BINGO

National Alligator Day 29
8:00 Medical Shuttle - Honolulu
9:30 Seated Resistance Training
10:00 Game Room Activities
10:30 Prayer Group - Kailua Christian Church
1:30 Silver Sneakers Cardio
1:45 Scenic Ride
2:00 Circuit "B" Training
2:45 POKENO

National Creativity Day 30
9:30 Flow Exercise
9:50 Flow Exercise
10:00 Game Room Activities
10:00 **Performance: Na Kupuna O Ko'olau**
1:30 Silver Sneakers Cardio
2:00 BINGO
2:00 **Movie: A Dogs Way Home (NF)**

National Smile Day 31
9:30 Flow Exercise
9:50 Flow Exercise
2:00 BINGO
4:00 Catholic Mass