

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

May cont'd **31**
National Smile Day
9:00 Ho'ohaloa Making Friends: Did you know that smiling encourages positivity and reduces stress?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:15 Live Stream: New Hope Video Service (Media Room)
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Manawa lea'lea - Morning Surprise:
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together
2:30 Hele Wawae & Wai: Walking & Hydration

ACTIVITIES ARE SUBJECT TO CHANGE



HAUOLI MAHINA LEI

- Arts & Crafts
- Best Friends
- Celebrations
- Cooking / Baking
- Educational Classes
- Exercise / Physical Activity
- Family Events
- Field Trips / outings
- Games
- Gardening
- Hydration Program
- Meditation / Mindfulness
- Movies or Documentaries
- Music or Special Entertainment
- Outdoor Activity
- Personal Connections (1:1)
- Plaza Life Exercise
- Religious or Spiritual Programs
- Rest or Restorative Programs (EC/MC)

National Mother Goose Day **1**
9:00 Ho'ohaloa Making Friends: Do you know 10 Nursery Rhymes from Mother Goose?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
9:30 Scenic Ride - Waikiki
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Garden Walks/I spy
2:30 Hele Wawae & Wai: Walking & Hydration
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Scrapbooking Day **2**
9:00 Ho'ohaloa Making Friends: Have you ever made a scrapbook before?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Manawa lea'lea - Morning Surprise: Flower Walk Discussion
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Lei making
2:30 Hele Wawae & Wai: Walking & Hydration
4:00 Catholic Mass
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Textiles Day **3**
9:00 Ho'ohaloa Making Friends: What Are Your Favorite Textile Prints?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:15 Live Stream: New Hope Video Service (Media Room)
10:30 Hele Wawae & Wai : Walking & Hydration
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Textile Collage
2:30 Hele Wawae & Wai: Walking & Hydration
2:45 Hale Ho'ona'uao - Classroom Experience: Movie and Treats
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Birds Day **4**
9:00 Ho'ohaloa Making Friends: Do you know the name of the national bird of Hawaii?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Manawa lea'lea - Morning Surprise: Bird Discovery
11:30 Buddhist Services
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Mother's Day Lei's
2:30 Hele Wawae & Wai: Walking & Hydration
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Astronaut Day **5**
9:00 Ho'ohaloa Making Friends: Would you go to the moon if you had the chance?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Silent Disco: Hawaii Dance Bomb
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Boy's Day Craft
2:30 Hele Wawae & Wai: Walking & Hydration
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Beverage Day **6**
9:00 Ho'ohaloa Making Friends: What is your favorite thing to drink?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Music Performance: Coffee and Me
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Paper Flowers Lei Making
2:30 Hele Wawae & Wai: Walking & Hydration
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Tourism Day **7**
9:00 Ho'ohaloa Making Friends: Where have you traveled to?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Manawa lea'lea - Morning Surprise: Traveling Discussion
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Soda Guessing game
2:30 Hele Wawae & Wai: Walking & Hydration
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Have a Coke Day **8**
9:00 Ho'ohaloa Making Friends: Coke or Pepsi?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Manawa lea'lea - Morning Surprise: Scenic Ride
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Soda Guessing game
2:30 Hele Wawae & Wai: Walking & Hydration
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Mini Golf Day **9**
9:00 Ho'ohaloa Making Friends: Have you ever played mini golf before?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:15 Taiko Drum Performance
10:30 Hele Wawae & Wai : Walking & Hydration
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Oldies but Goodies Sing along
2:30 Hele Wawae & Wai: Walking & Hydration
4:00 Catholic Mass
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

Mother's Day **10**
National Clean Your Room Day
9:00 Ho'ohaloa Making Friends: What kinds of chores did your parents make you do?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:15 Live Stream: New Hope Video Service (Media Room)
10:30 Hele Wawae & Wai : Walking & Hydration
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Fun In the Sun
2:30 Hele Wawae & Wai: Walking & Hydration
2:45 Hale Ho'ona'uao - Classroom Experience: Movie and Treats
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Eat What You Want Day **11**
9:00 Ho'ohaloa Making Friends: What is your favorite food?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Manawa lea'lea - Morning Surprise: Yarn Lei making
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Lei and Sing a Long
2:30 Hele Wawae & Wai: Walking & Hydration
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Limerick Day **12**
9:00 Ho'ohaloa Making Friends: What are the rules of a limerick?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Kupuna Ministries with Jon Koki
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Limerick on Lei
2:30 Hele Wawae & Wai: Walking & Hydration
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Apple Pie Day **13**
9:00 Ho'ohaloa Making Friends: What is your favorite kind of pie?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Manawa lea'lea - Morning Surprise: Ribbon Lei Making
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Gazebo and Applesauce
2:30 Hele Wawae & Wai: Walking & Hydration
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Dance Like a Chicken Day **14**
9:00 Ho'ohaloa Making Friends: Let's do a 30 second chicken dance
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Manawa lea'lea - Morning Surprise: Gazebo Time
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Sing a Long
2:30 Hele Wawae & Wai: Walking & Hydration
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Bring Flowers to Someone Day **15**
9:00 Ho'ohaloa Making Friends: What is your favorite type of flower?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Manawa lea'lea - Morning Surprise: Scenic Ride
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Flower Printing
2:30 Hele Wawae & Wai: Walking & Hydration
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Classic Movie Day **16**
9:00 Ho'ohaloa Making Friends: What is your favorite movie?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Manawa lea'lea - Morning Surprise: Movie Discussion
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Movie: It's a Wonderful Life
2:30 Hele Wawae & Wai: Walking & Hydration
4:00 Catholic Mass
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Graduation Tassel Day **17**
9:00 Ho'ohaloa Making Friends: What color was your cap and gown for graduation?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:15 Live Stream: New Hope Video Service (Media Room)
10:30 Hele Wawae & Wai : Walking & Hydration
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Silver Sneakers Cardio
2:30 Deez and Ohana Performance
2:30 Hele Wawae & Wai: Walking & Hydration
2:45 Hale Ho'ona'uao - Classroom Experience: Movie and Treats
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Visit Your Relatives Day **18**
9:00 Ho'ohaloa Making Friends: do you have any family in the mainland?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Manawa lea'lea - Morning Surprise: Genealogy Talk Story
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Family Tree
2:30 Hele Wawae & Wai: Walking & Hydration
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Plant Something Day **19**
9:00 Ho'ohaloa Making Friends: What kinds of plants did you have in your back yard?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Manawa lea'lea - Morning Surprise: Yarn Lei Making
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Sing a Long
2:30 Hele Wawae & Wai: Walking & Hydration
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Juice Slushie Day **20**
9:00 Ho'ohaloa Making Friends: Have you ever had a slushie from 7/11?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Music Performance: Sanford Lee
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Assorted Lei Making
2:30 Hele Wawae & Wai: Walking & Hydration
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Strawberries and Cream Day **21**
9:00 Ho'ohaloa Making Friends: Have you ever eaten strawberries and cream before?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Music Performance: Sanford Lee
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Kahili Making
2:30 Hele Wawae & Wai: Walking & Hydration
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Buy an Instrument Day **22**
9:00 Ho'ohaloa Making Friends: Do you know how to play any instrument?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Manawa lea'lea - Morning Surprise: Scenic Ride
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: DIY instrument making
2:30 Hele Wawae & Wai: Walking & Hydration
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Lucky Penny Day **23**
9:00 Ho'ohaloa Making Friends: Have you ever found a Penny on the floor?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Manawa lea'lea - Morning Surprise: Around the Plaza stroll
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Movie - The Sound of Music
2:30 Hele Wawae & Wai: Walking & Hydration
4:00 Catholic Mass
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Scavenger Hunt Day **24**
9:00 Ho'ohaloa Making Friends: Have you ever been on a scavenger hunt?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:15 Live Stream: New Hope Video Service (Media Room)
10:30 Hele Wawae & Wai : Walking & Hydration
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together: Scavenger Hunt
2:30 Hele Wawae & Wai: Walking & Hydration
2:45 Hale Ho'ona'uao - Classroom Experience: Movie and Treats
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Tap Dance Day **25**
9:00 Ho'ohaloa Making Friends: Do you know how to tap dance?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Manawa lea'lea - Morning Surprise:
10:30 Music Performance: Mellow Friends
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together
2:30 Hele Wawae & Wai: Walking & Hydration
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Paper Airplane Day **26**
9:00 Ho'ohaloa Making Friends: Do you know how to make a paper Airplane?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Manawa lea'lea - Morning Surprise:
10:30 Music Performance: Roy Hamada
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together
2:30 Hele Wawae & Wai: Walking & Hydration
3:00 Birthday Celebration
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Flip Flop Day **27**
9:00 Ho'ohaloa Making Friends: Flip flops or shoes?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Manawa lea'lea - Morning Surprise:
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together
2:30 Hele Wawae & Wai: Walking & Hydration
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities
6:30 Anchor Church Kanakapila

National Hamburger Day **28**
9:00 Ho'ohaloa Making Friends: What do you eat inside your burgers?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Manawa lea'lea - Morning Surprise:
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together
2:30 Hele Wawae & Wai: Walking & Hydration
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities
5:30 Alzheimer's Support Group

National Alligator Day **29**
9:00 Ho'ohaloa Making Friends: Have you ever seen an alligator in real life?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Manawa lea'lea - Morning Surprise:
10:30 Music and Hula: Na Kupuna O Ko'olau
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together
2:30 Hele Wawae & Wai: Walking & Hydration
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities

National Water a Flower Day **30**
9:00 Ho'ohaloa Making Friends: Did you ever had a garden in your back yard?
9:05 Manawa Le'ale'a Wikiwiki - Short Duration Activities
9:15 Aloha Kakahiaka : Morning Greetings
10:00 Ho'oiikaika kino - Plaza Seated Strength Training
10:30 Hele Wawae & Wai : Walking & Hydration
10:30 Manawa lea'lea - Morning Surprise:
11:30 Lunch
12:30 E Komo Mai I Ko'u Hale - Welcome to My Home
1:00 Manawa Le'ale'a Wikiwiki - Short Duration Activities
1:30 Laulima - Working Together
2:30 Hele Wawae & Wai: Walking & Hydration
4:00 Catholic Mass
4:30 Dinner
5:15 Manawa Le'ale'a Wikiwiki - Short Duration Activities