


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
<p>May cont'd 31</p> <p>National Smile Day</p> <p>7:30 * Breakfast - Hydration Hour 9:30 * Strength Training with Weights 9:55 * Seated Resistance Band Exercise 10:15 * Crochet with Kailie 10:15 † New Hope Live Stream 10:30 ↔ Morning Strolls 11:30 * Lunch - Hydration Hour 1:30 ↔ Silver Sneakers Cardio 2:00 ↔ Afternoon Strolls 2:00 🎬 Movie: Jumanji Welcome to the Jungle (NF) 4:30 * Dinner - Hydration Hour</p>	<p>1</p> <p style="text-align: center; color: red; font-size: 1.5em;">ACTIVITIES ARE SUBJECT TO CHANGE</p>	<p>2</p> <div style="text-align: center;">  <p style="font-size: 2em; color: green;">May Day</p> <p style="color: red; font-size: 1.2em;">"Where flowers bloom so does hope"</p> <p style="color: red; font-size: 1.2em;">- Lady Bird Johnson</p> </div>	<p>3</p> <p>National Textiles Day</p> <p>7:30 * Breakfast - Hydration Hour 9:30 * Strength Training with Weights 9:55 * Seated Resistance Band Exercise 10:15 * Crochet with Kailie 10:15 † New Hope Live Stream 10:30 ↔ Morning Strolls 11:30 * Lunch - Hydration Hour 1:30 🎬 Movie: Race (NF) 1:30 ↔ Silver Sneakers Cardio 2:00 ↔ Afternoon Strolls 4:30 * Dinner - Hydration Hour</p>	<p>4</p> <p>National Birds Day</p> <p>7:30 * Breakfast - Hydration Hour 8:00 🚗 Medical Shuttle - Windward 9:30 * 3rd Floor Exercise with Weights 9:30 * Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:15 🎵 Ukulele with Addie 10:30 * Meditation / Relaxation 10:30 ↔ Morning Strolls 11:00 † Buddhist Services 11:30 * Lunch - Hydration Hour 1:30 ↔ Silver Sneakers Cardio 1:45 🛍 Shopping - Longs 2:00 ↔ Afternoon Strolls 2:15 🎮 BINGO 4:30 * Dinner - Hydration Hour</p>	<p>5</p> <p>National Astronaut Day</p> <p>7:30 * Breakfast - Hydration Hour 8:00 🚗 Medical Shuttle - West Side 9:30 * 3rd Floor Exercise with Weights 9:30 * Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 * Meditation / Relaxation 10:30 ↔ Morning Strolls 10:30 🎵 Silent Disco: Hawaii Dance Bomb 11:30 * Lunch - Hydration Hour 1:30 🎬 Movie: Shirley (NF) 1:30 ↔ Silver Sneakers Cardio 2:00 ↔ Afternoon Strolls 2:15 🎮 BINGO 4:30 * Dinner - Hydration Hour</p>	<p>6</p> <p>National Beverage Day</p> <p>7:30 * Breakfast - Hydration Hour 9:30 * 3rd Floor Exercise with Weights 9:30 * Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 * Meditation / Relaxation 10:30 ↔ Morning Strolls 10:30 🎵 Musical Performance: Coffee & Me 11:30 * Lunch - Hydration Hour 1:15 🎵 Culture with Addie 1:30 ↔ Silver Sneakers Cardio 2:00 ↔ Afternoon Strolls 2:15 🎮 BINGO 3:00 🎂 Birthday Celebration 4:30 * Dinner - Hydration Hour</p>	<p>7</p> <p>National Tourism Day</p> <p>7:30 * Breakfast - Hydration Hour 8:00 🚗 Medical Shuttle - Honolulu 9:30 * 3rd Floor Exercise with Weights 9:30 * Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 * Meditation / Relaxation 10:30 ↔ Morning Strolls 10:30 🗺 Travelogue Fun *AC* 11:30 * Lunch - Hydration Hour 1:30 ↔ Silver Sneakers Cardio 1:45 🗺 Scenic Ride 2:00 ↔ Afternoon Strolls 2:15 🎮 BINGO 4:30 * Dinner - Hydration Hour</p>	<p>8</p> <p>National Have a Coke Day</p> <p>7:30 * Breakfast - Hydration Hour 9:30 * Strength Training with Weights 9:55 ↔ Dancing with Del Exercise 10:00 🎮 Game Room Fun 10:30 * Meditation / Relaxation 10:30 ↔ Morning Strolls 10:30 🎮 Seated Pickleball 11:30 * Lunch - Hydration Hour 1:30 🎬 Movie: The Long Game (NF) 1:30 ↔ Silver Sneakers Cardio 2:00 ↔ Afternoon Strolls 2:00 🎮 BINGO 4:30 * Dinner - Hydration Hour</p>	<p>9</p> <p>National Scrapbooking Day</p> <p>7:30 * Breakfast - Hydration Hour 9:30 * Strength Training with Weights 10:30 ↔ Morning Strolls 10:30 🎮 Victory Hawaii Church Bingo 11:30 * Lunch - Hydration Hour 1:30 ↔ Silver Sneakers Cardio 2:00 ↔ Afternoon Strolls 2:00 🎮 BINGO 4:30 * Dinner - Hydration Hour</p>
<p>Mother's Day 10</p> <p>National Clean Your Room Day</p> <p>7:30 * Breakfast - Hydration Hour 8:00 🚗 Medical Shuttle - Windward 9:30 * Strength Training with Weights 9:55 * Seated Resistance Band Exercise 10:15 † New Hope Live Stream 10:30 ↔ Morning Strolls 11:30 * Lunch - Hydration Hour 1:30 🎬 Movie: Mary Mother of Jesus (NF) 1:30 ↔ Silver Sneakers Cardio 2:00 ↔ Afternoon Strolls 4:30 * Dinner - Hydration Hour</p>	<p>11</p> <p>National Eat What You Want Day</p> <p>7:30 * Breakfast - Hydration Hour 8:00 🚗 Medical Shuttle - Windward 9:30 * 3rd Floor Exercise with Weights 9:30 * Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 🧠 Brain Games 10:30 * Meditation / Relaxation 10:30 ↔ Morning Strolls 11:30 * Lunch - Hydration Hour 1:15 🎵 Ukulele with Addie 1:30 ↔ Silver Sneakers Cardio 1:45 🛍 Shopping - Longs 2:00 ↔ Afternoon Strolls 2:15 🎮 BINGO 4:30 * Dinner - Hydration Hour</p>	<p>12</p> <p>National Limerick Day</p> <p>7:30 * Breakfast - Hydration Hour 8:00 🚗 Medical Shuttle - West Side 9:30 * 3rd Floor Exercise with Weights 9:30 * Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 * Meditation / Relaxation 10:30 ↔ Morning Strolls 10:30 🎵 Music Performance: Jon Koki 11:30 * Lunch - Hydration Hour 1:30 ↔ Silver Sneakers Cardio 2:00 ↔ Afternoon Strolls 2:00 🎬 Movie: Walk Ride Rodeo (NF) 2:00 🏛 Resident Council 2:15 🎮 BINGO 4:30 * Dinner - Hydration Hour</p>	<p>13</p> <p>National Apple Pie Day</p> <p>7:30 * Breakfast - Hydration Hour 8:00 🚗 Medical Shuttle - Honolulu 9:30 * 3rd Floor Exercise with Weights 9:30 * Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:15 🐾 Pet Visit with Loren and Hana 10:30 * Meditation / Relaxation 10:30 ↔ Morning Strolls 11:30 * Lunch - Hydration Hour 1:15 🎵 Culture with Addie 1:30 ↔ Silver Sneakers Cardio 2:00 ↔ Afternoon Strolls 2:15 🎮 BINGO 4:30 * Dinner - Hydration Hour</p>	<p>14</p> <p>National Dance Like a Chicken Day</p> <p>7:30 * Breakfast - Hydration Hour 8:00 🚗 Medical Shuttle - Honolulu 9:30 * 3rd Floor Exercise with Weights 9:30 * Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:15 🌸 Fabric Flowers 10:30 * Meditation / Relaxation 10:30 ↔ Morning Strolls 10:30 🙏 Prayer Group - Kailua Christian Church 11:30 * Lunch - Hydration Hour 1:30 ↔ Silver Sneakers Cardio 1:45 🗺 Scenic Ride 2:00 ↔ Afternoon Strolls 2:15 🎮 BINGO 4:30 * Dinner - Hydration Hour</p>	<p>15</p> <p>National Bring Flowers to Someone Day</p> <p>7:30 * Breakfast - Hydration Hour 9:30 * Strength Training with Weights 9:55 ↔ Dancing with Del Exercise 10:00 🎮 Game Room Fun 10:30 🌸 Fun with Beads 10:30 * Meditation / Relaxation 10:30 ↔ Morning Strolls 11:30 * Lunch - Hydration Hour 1:30 🎬 Movie: True Spirit (NF) 1:30 ↔ Silver Sneakers Cardio 2:00 ↔ Afternoon Strolls 2:00 🎮 BINGO 4:30 * Dinner - Hydration Hour</p>	<p>16</p> <p>National Classic Movie Day</p> <p>7:30 * Breakfast - Hydration Hour 9:30 * Strength Training with Weights 9:55 ↔ Dancing with Del Exercise 10:30 ↔ Morning Strolls 10:30 🎮 Victory Hawaii Church Bingo 11:30 * Lunch - Hydration Hour 1:30 ↔ Silver Sneakers Cardio 2:00 ↔ Afternoon Strolls 2:00 🎮 BINGO 4:00 🙏 Catholic Mass 4:30 * Dinner - Hydration Hour</p>			
<p>17</p> <p>National Graduation Tassel Day</p> <p>7:30 * Breakfast - Hydration Hour 9:30 * Strength Training with Weights 9:55 * Seated Resistance Band Exercise 10:15 * Crochet with Kailie 10:15 † New Hope Live Stream 10:30 ↔ Morning Strolls 11:30 * Lunch - Hydration Hour 1:30 ↔ Silver Sneakers Cardio 2:00 ↔ Afternoon Strolls 2:30 🎹 Piano Recital 4:30 * Dinner - Hydration Hour</p>	<p>18</p> <p>National Visit Your Relatives Day</p> <p>7:30 * Breakfast - Hydration Hour 8:00 🚗 Medical Shuttle - Windward 9:30 * 3rd Floor Exercise with Weights 9:30 * Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:15 📖 Memory Journal and Scrapbooking 10:30 * Meditation / Relaxation 10:30 ↔ Morning Strolls 11:30 * Lunch - Hydration Hour 1:15 🎵 Ukulele with Addie 1:30 ↔ Silver Sneakers Cardio 1:45 🛍 Shopping - Longs 2:00 ↔ Afternoon Strolls 2:15 🎮 BINGO 4:30 * Dinner - Hydration Hour</p>	<p>19</p> <p>National Plant Something Day</p> <p>7:30 * Breakfast - Hydration Hour 8:00 🚗 Medical Shuttle - West Side 9:30 * 3rd Floor Exercise with Weights 9:30 * Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:15 🌿 Air Dry Clay Flower Frog *AC* 10:30 * Meditation / Relaxation 10:30 ↔ Morning Strolls 11:30 * Lunch - Hydration Hour 1:30 ↔ Silver Sneakers Cardio 2:00 ↔ Afternoon Strolls 2:00 🎬 Movie: All Together Now (NF) 2:15 🎮 BINGO 4:30 * Dinner - Hydration Hour</p>	<p>20</p> <p>National Juice Slushie Day</p> <p>7:30 * Breakfast - Hydration Hour 8:00 🚗 Medical Shuttle - Honolulu 9:30 * 3rd Floor Exercise with Weights 9:30 * Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 * Meditation / Relaxation 10:30 ↔ Morning Strolls 10:30 🎵 Music Performance: Sanford Lee 11:30 * Lunch - Hydration Hour 1:15 🎵 Culture with Addie 1:30 ↔ Silver Sneakers Cardio 2:00 ↔ Afternoon Strolls 2:15 🎮 BINGO 4:30 * Dinner - Hydration Hour 6:00 🍿 Movie and Treats</p>	<p>21</p> <p>National Strawberries and Cream Day</p> <p>7:30 * Breakfast - Hydration Hour 8:00 🚗 Medical Shuttle - Honolulu 9:30 * 3rd Floor Exercise with Weights 9:30 * Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 🍷 Foodie Activity 10:30 * Meditation / Relaxation 10:30 ↔ Morning Strolls 10:30 🙏 Prayer Group - Kailua Christian Church 11:30 * Lunch - Hydration Hour 1:30 ↔ Silver Sneakers Cardio 1:45 🗺 Scenic Ride 2:00 ↔ Afternoon Strolls 2:15 🎮 BINGO 4:30 * Dinner - Hydration Hour</p>	<p>22</p> <p>National Buy an Instrument Day</p> <p>7:30 * Breakfast - Hydration Hour 9:30 * Strength Training with Weights 9:55 ↔ Dancing with Del Exercise 10:00 🎮 Game Room Fun 10:30 🎮 BINGO 10:30 * Meditation / Relaxation 10:30 ↔ Morning Strolls 11:30 * Lunch - Hydration Hour 1:30 🎬 Movie: The Best of Enemies (NF) 1:30 ↔ Silver Sneakers Cardio 2:00 ↔ Afternoon Strolls 4:30 * Dinner - Hydration Hour</p>	<p>23</p> <p>National Lucky Penny Day</p> <p>7:30 * Breakfast - Hydration Hour 9:30 * Strength Training with Weights 9:55 ↔ Dancing with Del Exercise 10:30 🧠 Brain Games 10:30 ↔ Morning Strolls 11:30 * Lunch - Hydration Hour 1:30 ↔ Silver Sneakers Cardio 2:00 ↔ Afternoon Strolls 2:00 🎮 BINGO 4:00 🙏 Catholic Mass 4:30 * Dinner - Hydration Hour</p>			
<p>24</p> <p>National Scavenger Hunt Day</p> <p>7:30 * Breakfast - Hydration Hour 9:30 * Strength Training with Weights 9:55 * Seated Resistance Band Exercise 10:15 * Crochet with Kailie 10:15 † New Hope Live Stream 10:30 ↔ Morning Strolls 11:30 * Lunch - Hydration Hour 1:30 🎬 Movie: Nothing to Lose (NF) 1:30 ↔ Silver Sneakers Cardio 2:00 ↔ Afternoon Strolls 4:30 * Dinner - Hydration Hour</p>	<p>25</p> <p>Memorial Day</p> <p>National Tap Dance Day</p> <p>7:30 * Breakfast - Hydration Hour 8:00 🚗 Medical Shuttle - Windward 9:30 * 3rd Floor Exercise with Weights 9:30 * Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 * Meditation / Relaxation 10:30 ↔ Morning Strolls 10:30 🎵 Music Performance: Mellow Friends 11:30 * Lunch - Hydration Hour 1:15 🎵 Ukulele with Addie 1:30 ↔ Silver Sneakers Cardio 1:45 🛍 Shopping - Longs 2:00 ↔ Afternoon Strolls 2:15 🎮 BINGO 4:30 * Dinner - Hydration Hour</p>	<p>26</p> <p>National Paper Airplane Day</p> <p>7:30 * Breakfast - Hydration Hour 8:00 🚗 Medical Shuttle - West Side 9:30 * 3rd Floor Exercise with Weights 9:30 * Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 * Meditation / Relaxation 10:30 ↔ Morning Strolls 10:30 🎮 Paper Airplane Contest 11:30 * Lunch - Hydration Hour 1:30 ↔ Silver Sneakers Cardio 2:00 ↔ Afternoon Strolls 2:15 🎮 BINGO 4:30 * Dinner - Hydration Hour</p>	<p>27</p> <p>National Flip Flop Day</p> <p>7:30 * Breakfast - Hydration Hour 9:30 * 3rd Floor Exercise with Weights 9:30 * Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:15 🎵 Culture with Addie 10:30 * Meditation / Relaxation 10:30 ↔ Morning Strolls 11:30 * Lunch - Hydration Hour 12:00 🐟 KauKau Club Excursion: Fresh Catch 1:30 🎬 Movie: Jobs (NF) 1:30 ↔ Silver Sneakers Cardio 2:00 ↔ Afternoon Strolls 2:15 🎮 BINGO 4:30 * Dinner - Hydration Hour</p>	<p>28</p> <p>National Hamburger Day</p> <p>7:30 * Breakfast - Hydration Hour 8:00 🚗 Medical Shuttle - Honolulu 9:30 * 3rd Floor Exercise with Weights 9:30 * Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 🎮 Casino Games 10:30 * Meditation / Relaxation 10:30 ↔ Morning Strolls 10:30 🙏 Prayer Group - Kailua Christian Church 11:30 * Lunch - Hydration Hour 1:30 ↔ Silver Sneakers Cardio 1:45 🗺 Scenic Ride 2:00 ↔ Afternoon Strolls 2:15 🎮 BINGO 4:30 * Dinner - Hydration Hour 5:30 🧠 Alzheimer's Support Group</p>	<p>29</p> <p>National Alligator Day</p> <p>7:30 * Breakfast - Hydration Hour 9:30 * Strength Training with Weights 10:00 🎮 Game Room Fun 10:30 * Meditation / Relaxation 10:30 ↔ Morning Strolls 10:30 🎵 Music and Hula: Na Kupuna O Kō'olau 11:30 * Lunch - Hydration Hour 1:30 ↔ Silver Sneakers Cardio 2:00 ↔ Afternoon Strolls 2:00 🎮 BINGO 4:30 * Dinner - Hydration Hour</p>	<p>30</p> <p>National Water a Flower Day</p> <p>7:30 * Breakfast - Hydration Hour 9:30 * Strength Training with Weights 9:55 ↔ Dancing with Del Exercise 10:30 ↔ Morning Strolls 11:30 * Lunch - Hydration Hour 1:30 ↔ Silver Sneakers Cardio 2:00 ↔ Afternoon Strolls 2:00 🎮 BINGO 4:00 🙏 Catholic Mass 4:30 * Dinner - Hydration Hour</p>			