




Sunday Monday Tuesday Wednesday Thursday Friday Saturday

		<p>"We must not allow the clock and the calendar to blind us to the fact that each moment of life is a miracle and mystery." — H.G. Wells</p>	<p><b>May Day 1</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 🎵 Hawaii Lei Day Celebration [LR] 11:00 ☀ Hydration 3:00 🎮 Bingo</p>	<p><b>Truffle Day 2</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:15 🎨 Paint By Numbers 1:45 🚌 Scenic Bus Ride: Diamond Head Beach Park 2:00 🎵 Audio art cable 3:00 🧘 Chair Yoga Dance 3:30 🎵 Sing Along</p>	<p><b>National Tow Different Colored Shoes Day 3</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🎵 Pastor Carl &amp; Pastor Steve [LR] 2:00 🧘 Seated Zumba 3:00 🎮 BINGO</p>	<p><b>Star Wars Day 4</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 🎵 JABSOM Artists &amp; Musicians (JAM) Concert 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🎵 Dehydration workout. 2:00 🍵 Tea time &amp; Snacks 3:00 ☀ Brain Exercise</p>
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<p><b>Cinco de Mayo, Children's Day/ Boys Day 5</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 🎵 Instrumix with Jostlyn [R] 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🎵 Church Service with Pastor Carl &amp; Pastor Steve 1:30 🎵 Cinco de Mayo Event 2:45 🎮 Bingo &amp; Snacks 3:30 🎵 Audio Music &amp; Dance</p>	<p><b>Nurses Week 6</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🧘 Afternoon indoor Walking 2:00 🍳 Baking Class 3:00 ☀ Book &amp; Tea/Coffee Time</p>	<p><b>National Tourism Day, Dress Up Day 7</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:00 🎵 Silent Disco with Alexis Rollins [R] 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🎬 Movie: White Heat 1942 (starring Noir/Crime, James Cagney, Virginia Mayo), 2:15 🚌 Scenic Bus Ride: Waikiki 3:00 🎵 Happy hour 3:30 🎵 Sing Along</p>	<p><b>Happy Birthday Lillian Ikeda National Have A Coke Day 8</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🧘 Afternoon indoor Walking 2:15 🚌 Scenic Bus Ride: Manoa 3:00 🎮 Bingo</p>	<p><b>Happy Birthday Lynda Jaques National Moscato Day 9</b></p> <p>5:00 🎵 Happy Birthday 9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🧘 Cardio Exercise 1:45 🚌 Scenic Bus Ride: Papakolea 2:00 🧘 Brain Exercise 3:00 🧘 Chair Yoga Dance 3:30 🎵 Sing Along</p>	<p><b>National Shrimp Day 10</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🧘 Line Dace 2:00 🧘 Seated Zumba 3:00 🎨 Art &amp; Craft 5:30 🎬 Friday Night Movie: Easter Parade 1942( Broadway Musical, Starring Fred Astaire, Judy Garland</p>	<p><b>National Eat What You Want Day 11</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🎵 Dehydration workout. 2:00 🍵 Tea time &amp; Snacks 2:30 🧘 Zumba with Annette 3:00 ☀ Brain Exercise</p>
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<p><b>Mother's Day 12</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🎵 Church Service with Pastor Carl &amp; Pastor Steve 1:30 🎵 Mother's Day Event [LR] 2:45 🎮 Bingo &amp; Snacks 3:00 🧘 Line Dance</p>	<p><b>National Apple Pie Day 13</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🧘 Afternoon indoor Walking 1:30 🎵 Sing Along with Roy Hamada [LR] 2:00 🍳 Baking Class 3:00 ☀ Book &amp; Tea/Coffee Time</p>	<p><b>National Dance Like a Chicken Day 14</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🎬 Movie: White Heat 1942 (starring Noir/Crime, James Cagney, Virginia Mayo), 2:15 🚌 Scenic Bus Ride: China Town 3:00 🎵 Happy hour 3:30 🎵 Sing Along</p>	<p><b>National Chocolate Chip Day 15</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 🎵 Kupuna Mele with Arlene Hicks [R] 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🎵 Line Dace 2:00 🎵 Trivia 3:00 🧘 Chair Yoga</p>	<p><b>National Classic Movie Day 16</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:15 🎨 Paint By Numbers 1:30 🧘 Cardio Exercise 1:45 🚌 Scenic Bus Ride: Lagoon Drive 2:00 🧘 Brain Exercise 2:45 🧘 Numbers &amp; Snacks 3:30 🎵 Sing Along</p>	<p><b>National Pizza Day 17</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🎵 Pastor Carl &amp; Pastor Steve [LR] 2:00 🧘 Seated Zumba 3:00 🍵 Tea time &amp; Snacks</p>	<p><b>Happy Birthday Helen Doi Nascar Day 18</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:00 🧘 Zumba Dance with Annette [M] 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🎵 Dehydration workout. 2:00 🎨 Art &amp; Craft 3:00 ☀ Brain Exercise</p>
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<p><b>National Devil's Food Cake Day 19</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🎵 Church Service with Pastor Carl &amp; Pastor Steve 2:45 🎮 Bingo &amp; Snacks 3:00 🧘 Line Dance</p>	<p><b>National Streaming Day 20</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🧘 Afternoon indoor Walking 2:00 🍳 Baking Class 3:00 ☀ Book &amp; Tea/Coffee Time</p>	<p><b>National Memo Day 21</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🎬 Movie: White Heat 1942 (starring Noir/Crime, James Cagney, Virginia Mayo), 2:15 🚌 Scenic Bus Ride: Magic Island 3:00 🎵 Happy hour 3:30 🎵 Sing Along</p>	<p><b>Happy Birthday George Hayakawa National Solitaire Day 22</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🎵 Line Dace 2:00 🎵 Trivia 3:10 🧘 Chair Yoga</p>	<p><b>National Taffy Day 23</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🧘 Cardio Exercise 1:45 🚌 Scenic Bus Ride: Kailua 2:00 🧘 Brain Exercise 2:45 🧘 Numbers &amp; Snacks 3:30 🎵 Sing Along</p>	<p><b>National Scavenger Hunt Day 24</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🎵 Pastor Carl &amp; Pastor Steve [LR] 2:00 🧘 Seated Zumba 3:00 🍵 Tea time &amp; Snacks</p>	<p><b>Towel Day 25</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:00 🧘 Zumba Dance with Annette [M] 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🎵 Dehydration workout. 2:00 🎨 Art &amp; Craft 3:00 ☀ Brain Exercise</p>
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<p><b>National Paper airplane Day 26</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 🎵 Instrumix with Jostlyn [R] 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🎵 Church Service with Pastor Carl &amp; Pastor Steve 2:45 🎮 Bingo &amp; Snacks 3:00 🧘 Line Dance</p>	<p><b>Memorial Day 27</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 🎵 Instrumix with Jostlyn [R] 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🧘 Afternoon indoor Walking 1:30 🌟 Memorial Day Event 2:00 🍳 Baking Class 3:00 ☀ Book &amp; Tea/Coffee Time</p>	<p><b>Happy Birthday Harry Lee National Hamburger Day 28</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🎬 Movie: White Heat 1942 (starring Noir/Crime, James Cagney, Virginia Mayo), 2:15 🚌 Scenic Bus Ride: Wahiawa 3:00 🎵 Happy hour 3:30 🎵 Sing Along</p>	<p><b>National Senior Health &amp; Fitness Day 29</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 🎵 Kupuna Mele with Arlene Hicks [R] 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🎵 Line Dace 2:00 🎵 Trivia 3:00 🧘 Chair Yoga</p>	<p><b>National Creativity Day 30</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:15 🎨 Paint By Numbers 1:30 🎉 Birthday Bash with Dean Hirata [L] [LR] 1:45 🚌 Scenic Bus Ride: China Town 2:00 🧘 Brain Exercise 2:45 🧘 Numbers &amp; Snacks 3:30 🎵 Sing Along</p>	<p><b>National Smile Day 31</b></p> <p>9:00 ☀ Morning/Daily News with Leah 9:30 ↔ Hydration 10:00 ↔ Morning Stretches 10:30 ↔ Progressive Muscle Relaxation 11:00 ☀ Hydration 1:30 🎵 Pastor Carl &amp; Pastor Steve [LR] 2:00 🧘 Seated Zumba 3:00 🍵 Tea time &amp; Snacks</p>	
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