






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	HAPPY MAY DAY LEI DAY!!! 1 9:00 🎵 Sing-along [3rd Actvty Rm] 9:30 ↔ Movers -n- Shakers Chair Fitness [3rd Actvty Rm] 10:00 🎨 Arts & Crafts [3rd Actvty Rm] 3:00 🌿 Joyful Connections [6th FL LR] 6:00 🎮 Poker [3rd Actvty Rm]	2 9:00 🎵 Music [6th FL LR] 9:30 ↔ Chair Exercise [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 2:00 📖 Crossword Puzzle [6th FL LR] 3:00 🌿 Joyful Connections [6th FL LR]	3 9:00 ↔ Noodle Chair Fitness [3rd Actvty Rm] 9:30 📖 Brain Workout [3rd Actvty Rm] 10:00 📖 Art Therapy [3rd Actvty Rm] 1:30 🚌 Holoholo Bus Ride to Heia Pier [1st HPC] 2:00 🍿 Popcorn Bar 6:00 🎮 Blackjack [3rd Actvty Rm]	4 9:00 🎵 Sing-a-long [6th FL LR] 9:30 ↔ Hi'olani Health Club Chair Fitness [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 2:00 🎨 Crafts Connection [6th FL LR] 3:30 🌿 Joyful Connections [6th FL LR] 6:15 🎮 Bingo Night [3rd Actvty Rm]	HAPPY CINCO de MAYO! 5 10:00 🌿 CINCO de MAYO CELEBRATION! [3rd Actvty Rm] 1:30 🍷 Ice Cream Cart 3:00 ↔ Zumba [6th FL LR]	6 9:30 ↔ Superstar Chair Fitness [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 10:30 🌿 BINGO [6th FL LR] 1:00 🍷 Local Style Kitchen with Joy [3rd Actvty Rm] 2:15 🎨 Arts & Crafts [6th FL LR] 3:30 📖 Haiku Poems with Daisy [6th FL LR]
7 9:30 ↔ Balance of Harmony Chair Yoga [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 10:30 ↔ Noodleball [6th FL LR] 2:00 🎬 Movie Matinee - Netflix Over 10,000 Movies to Choose From [6th FL LR] 3:30 📖 Fiddles with Riddles [6th FL LR]	8 9:00 🎵 Sing-along [3rd Actvty Rm] 9:30 ↔ Movers -n- Shakers Chair Fitness [3rd Actvty Rm] 10:00 🎨 Arts & Crafts [3rd Actvty Rm] 3:00 🌿 Joyful Connections [6th FL LR] 6:00 🎮 Poker [3rd Actvty Rm]	9 9:00 🎵 Music [6th FL LR] 9:30 ↔ Chair Exercise [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 2:00 📖 Crossword Puzzle [6th FL LR] 3:00 🌿 Joyful Connections [6th FL LR]	10 9:00 ↔ Noodle Chair Fitness [3rd Actvty Rm] 9:30 📖 Brain Workout [3rd Actvty Rm] 10:00 📖 Art Therapy [3rd Actvty Rm] 1:30 🚌 Holoholo Bus Ride to Ewa Beach [1st HPC] 2:00 🍿 Popcorn Bar 6:00 🎮 Blackjack [3rd Actvty Rm]	11 9:00 🎵 Sing-a-long [6th FL LR] 9:30 ↔ Hi'olani Health Club Chair Fitness [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 2:00 🎨 Crafts Connection [6th FL LR] 3:30 🌿 Joyful Connections [6th FL LR] 6:15 🎮 Bingo Night [3rd Actvty Rm]	12 9:00 🎬 The Lucy Show - YouTube [6th FL LR] 9:30 ↔ Movers -n- Shakers Chair Fitness [6th FL LR] 10:00 📖 Church Service with Pastor Brad Chow [6th FL LR] 10:00 📖 Piggy Bankers [6th FL LR] 11:00 📖 Current Events [6th FL LR] 1:30 🍷 Ice Cream Cart 3:00 ↔ Zumba [6th FL LR]	13 9:30 ↔ Superstar Chair Fitness [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 10:30 🌿 BINGO [6th FL LR] 1:00 🍷 Local Style Kitchen with Joy [3rd Actvty Rm] 2:15 🎨 Arts & Crafts [6th FL LR] 3:30 📖 Photography Class with Daisy [6th FL LR]
HAPPY MOTHER'S DAY!! 14 9:30 ↔ Balance of Harmony Chair Yoga [6th FL LR] 10:00 🍵 Tea Party [6th FL LR] 10:30 ↔ Noodleball [6th FL LR] 2:00 🎬 Movie Matinee - Netflix Over 10,000 Movies to Choose From [6th FL LR] 3:30 📖 Fiddles with Riddles [6th FL LR]	15 9:00 🎵 Sing-along [3rd Actvty Rm] 9:30 ↔ Movers -n- Shakers Chair Fitness [3rd Actvty Rm] 10:00 🎨 Arts & Crafts [3rd Actvty Rm] 3:00 🌿 Joyful Connections [6th FL LR] 6:00 🎮 Poker [3rd Actvty Rm]	16 9:00 🎵 Music [6th FL LR] 9:30 ↔ Chair Exercise [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 2:00 📖 Crossword Puzzle [6th FL LR] 3:00 🌿 Joyful Connections [6th FL LR]	17 9:00 ↔ Noodle Chair Fitness [3rd Actvty Rm] 9:30 📖 Brain Workout [3rd Actvty Rm] 10:00 📖 Art Therapy [3rd Actvty Rm] 10:30 🎹 Dr. Arbuckle Plays Piano [3rd Actvty Rm] 1:30 🚌 Holoholo Bus Ride to Maunalani Heights [1st HPC] 2:00 🍿 Popcorn Bar 6:00 🎮 Blackjack [3rd Actvty Rm]	18 9:00 🎵 Sing-a-long [6th FL LR] 9:30 ↔ Hi'olani Health Club Chair Fitness [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 2:00 🎨 Crafts Connection [6th FL LR] 3:30 🌿 Joyful Connections [6th FL LR] 6:15 🎮 Bingo Night [3rd Actvty Rm]	19 9:00 🎬 The Lucy Show - YouTube [6th FL LR] 9:30 ↔ Movers -n- Shakers Chair Fitness [6th FL LR] 10:00 📖 Piggy Bankers [6th FL LR] 11:00 📖 Current Events [6th FL LR] 1:30 🍷 Ice Cream Cart 3:00 ↔ Zumba [6th FL LR]	20 9:30 ↔ Superstar Chair Fitness [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 10:30 🌿 BINGO [6th FL LR] 1:00 🍷 Local Style Kitchen with Joy [3rd Actvty Rm] 2:15 🎨 Arts & Crafts [6th FL LR] 3:30 📖 Haiku Poems with Daisy [6th FL LR]
21 9:30 ↔ Balance of Harmony Chair Yoga [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 10:30 ↔ Noodleball [6th FL LR] 2:00 🎬 Movie Matinee - Netflix Over 10,000 Movies to Choose From [6th FL LR] 3:30 📖 Fiddles with Riddles [6th FL LR]	22 9:00 🎵 Sing-along [3rd Actvty Rm] 9:30 ↔ Movers -n- Shakers Chair Fitness [3rd Actvty Rm] 10:00 🎨 Arts & Crafts [3rd Actvty Rm] 3:00 🌿 Joyful Connections [6th FL LR] 6:00 🎮 Poker [3rd Actvty Rm]	23 9:00 🎵 Music [6th FL LR] 9:30 ↔ Chair Exercise [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 2:00 📖 Crossword Puzzle [6th FL LR] 3:00 🌿 Joyful Connections [6th FL LR]	24 9:00 ↔ Noodle Chair Fitness [3rd Actvty Rm] 9:30 📖 Brain Workout [3rd Actvty Rm] 10:00 📖 Art Therapy [3rd Actvty Rm] 1:30 🚌 Holoholo Bus Ride to Aeia Loop Trail [1st HPC] 2:00 🍿 Popcorn Bar 6:00 🎮 Blackjack [3rd Actvty Rm]	25 9:00 🎵 Sing-a-long [6th FL LR] 9:30 ↔ Hi'olani Health Club Chair Fitness [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 2:00 🎨 Crafts Connection [6th FL LR] 3:30 🌿 Joyful Connections [6th FL LR] 6:15 🎮 Bingo Night [3rd Actvty Rm]	26 9:00 🎬 The Lucy Show - YouTube [6th FL LR] 9:30 ↔ Movers -n- Shakers Chair Fitness [6th FL LR] 10:00 📖 Piggy Bankers [6th FL LR] 11:00 📖 Current Events [6th FL LR] 1:30 🍷 Ice Cream Cart 3:00 ↔ Zumba [6th FL LR]	27 9:30 ↔ Superstar Chair Fitness [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 10:30 🌿 BINGO [6th FL LR] 1:00 🍷 Local Style Kitchen with Joy [3rd Actvty Rm] 2:15 🎨 Arts & Crafts [6th FL LR] 3:30 📖 Photography Class with Daisy [6th FL LR]
28 9:30 ↔ Balance of Harmony Chair Yoga [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 10:30 ↔ Noodleball [6th FL LR] 2:00 🎬 Movie Matinee - Netflix Over 10,000 Movies to Choose From [6th FL LR] 3:30 📖 Fiddles with Riddles [6th FL LR]	HAPPY MEMORIAL DAY 2023! 29 9:00 🎵 Sing-along [3rd Actvty Rm] 9:30 ↔ Movers -n- Shakers Chair Fitness [3rd Actvty Rm] 10:00 🎨 Arts & Crafts [3rd Actvty Rm] 3:00 🌿 Joyful Connections [6th FL LR] 6:00 🎮 Poker [3rd Actvty Rm]	30 9:00 🎵 Music [6th FL LR] 9:30 ↔ Chair Exercise [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 2:00 📖 Crossword Puzzle [6th FL LR] 3:00 🌿 Joyful Connections [6th FL LR]	31 9:00 ↔ Noodle Chair Fitness [3rd Actvty Rm] 9:30 📖 Brain Workout [3rd Actvty Rm] 10:00 📖 Art Therapy [3rd Actvty Rm] 1:30 🚌 Holoholo Bus Ride to Veteran's Cemetery Kaneohe [1st HPC] 2:00 🍿 Popcorn Bar 6:00 🎮 Blackjack [3rd Actvty Rm]			
						<p>"Look deep into nature and you will understand everything better" – Albert Einstein</p>