




# May 2023

## Hi'olani Care Center Nursing 4th & 5th floors



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>HAPPY MAY DAY LEI DAY!!</b> 9:00 🎵 Sing-a-long [4th FL LR] <b>1</b> 9:30 ↔ Balance of Harmony Chair Yoga [4th FL LR] 10:00 🗓️ This Day in History [4th FL LR] 10:30 ↔ Parachute Game [4th FL LR] 2:30 🌿 Balloony Ball [4th FL LR] 3:30 📖 Balloon Burst Trivia [4th FL LR]	9:00 📖 Balloon Burst [4th FL LR] <b>2</b> 9:30 ↔ Chair Fitness Infusion [4th FL LR] 9:30 🚌 Nursing Bus Ride - 4th & 5th Floors [1st HPC] 10:00 📖 Crosswords [4th FL LR] 10:30 🎵 Sing-a-long [4th FL LR] 2:30 ↔ Noodle Ball [4th FL LR] 3:30 🎵 Spiritual Sing-a-long [4th FL LR]	9:00 🎵 Sing-a-long [4th FL LR] <b>3</b> 9:30 ↔ Music & Motion [4th FL LR] 10:00 📖 Word Games [4th FL LR] 2:30 🧶 Knitting Class [5th FL LR]	9:00 🎵 Sing-along [3rd Actvty Rm] <b>4</b> 9:30 ↔ Movers -n- Shakers Chair Fitness [3rd Actvty Rm] 10:00 ↔ Noodle Ball [3rd Actvty Rm] 11:00 📖 Current Events [3rd Actvty Rm] 2:30 🧶 Joyful Connections [3rd Actvty Rm] 3:30 📖 Balloon Burst [3rd Actvty Rm]	<b>HAPPY CINCO de MAYO!</b> 10:00 🌿 CINCO de MAYO CELEBRATION! [3rd Actvty Rm] <b>5</b>	9:00 🎵 Sing-along - 6th Floor Residents [4th FL LR] <b>6</b> 9:30 ↔ Synergy Chair Fitness [4th FL LR] 10:30 🌿 BINGO [4th FL LR] 3:00 🧑🍳 Local Style Kitchen with Joy [3rd Actvty Rm]
9:30 ↔ Harmony Chair Yoga [4th FL LR] <b>7</b> 10:00 📖 Songs for Seniors Quiz [4th FL LR] 10:30 🎵 Balloon Burst [4th FL LR] 11:00 📖 Current Events [4th FL LR] 2:00 📖 Noodle Ball [4th FL LR] 3:00 🎵 Sing-a-long [4th FL LR]	9:00 🎵 Sing-a-long [4th FL LR] <b>8</b> 9:30 ↔ Balance of Harmony Chair Yoga [4th FL LR] 10:00 🗓️ This Day in History [4th FL LR] 10:30 ↔ Parachute Game [4th FL LR] 2:30 🌿 Balloony Ball [4th FL LR] 3:30 📖 Balloon Burst Trivia [4th FL LR]	9:00 📖 Balloon Burst [4th FL LR] <b>9</b> 9:30 ↔ Chair Fitness Infusion [4th FL LR] 9:30 🚌 Nursing Bus Ride - 4th & 5th Floors [1st HPC] 10:00 📖 Crosswords [4th FL LR] 10:30 🎵 Sing-a-long [4th FL LR] 2:30 ↔ Noodle Ball [4th FL LR] 3:30 🎵 Spiritual Sing-a-long [4th FL LR]	9:00 🎵 Sing-a-long [4th FL LR] <b>10</b> 9:30 ↔ Music & Motion [4th FL LR] 10:00 📖 Word Games [4th FL LR] 2:30 🧶 Knitting Class [5th FL LR]	9:00 🎵 Sing-along [3rd Actvty Rm] <b>11</b> 9:30 ↔ Movers -n- Shakers Chair Fitness [3rd Actvty Rm] 10:00 ↔ Noodle Ball [3rd Actvty Rm] 11:00 📖 Current Events [3rd Actvty Rm] 2:30 🧶 Joyful Connections [3rd Actvty Rm] 3:30 📖 Balloon Burst [3rd Actvty Rm]	9:00 🐶 YouTube: Funny Dog & Cat Videos [4th FL LR] <b>12</b> 9:30 🧘 Harmony Chair Yoga [4th FL LR] 10:00 📖 Balloon Burst [4th FL LR] 10:30 ↔ Balloon Toss [4th FL LR]	9:00 🎵 Sing-along - 6th Floor Residents [4th FL LR] <b>13</b> 9:30 ↔ Synergy Chair Fitness [4th FL LR] 10:30 🌿 BINGO [4th FL LR] 3:00 🧑🍳 Local Style Kitchen with Joy [3rd Actvty Rm]
<b>HAPPY MOTHER'S DAY!!</b> 9:30 ↔ Harmony Chair Yoga [4th FL LR] <b>14</b> 10:00 📖 Songs for Seniors Quiz [4th FL LR] 10:30 🎵 Balloon Burst [4th FL LR] 11:00 📖 Current Events [4th FL LR] 2:00 📖 Noodle Ball [4th FL LR] 3:00 🎵 Sing-a-long [4th FL LR]	9:00 🎵 Sing-a-long [4th FL LR] <b>15</b> 9:30 ↔ Balance of Harmony Chair Yoga [4th FL LR] 10:00 🗓️ This Day in History [4th FL LR] 10:30 ↔ Parachute Game [4th FL LR] 2:30 🌿 Balloony Ball [4th FL LR] 3:30 📖 Balloon Burst Trivia [4th FL LR]	9:00 📖 Balloon Burst [4th FL LR] <b>16</b> 9:30 ↔ Chair Fitness Infusion [4th FL LR] 9:30 🚌 Nursing Bus Ride - 4th & 5th Floors [1st HPC] 10:00 📖 Crosswords [4th FL LR] 10:30 🎵 Sing-a-long [4th FL LR] 2:30 ↔ Noodle Ball [4th FL LR] 3:30 🎵 Spiritual Sing-a-long [4th FL LR]	9:00 🎵 Sing-a-long [4th FL LR] <b>17</b> 9:30 ↔ Music & Motion [4th FL LR] 10:00 📖 Word Games [4th FL LR] 2:30 🧶 Knitting Class [5th FL LR]	9:00 🎵 Sing-along [3rd Actvty Rm] <b>18</b> 9:30 ↔ Movers -n- Shakers Chair Fitness [3rd Actvty Rm] 10:00 ↔ Noodle Ball [3rd Actvty Rm] 11:00 📖 Current Events [3rd Actvty Rm] 2:30 🧶 Joyful Connections [3rd Actvty Rm] 3:30 📖 Balloon Burst [3rd Actvty Rm]	9:00 🐶 YouTube: Funny Dog & Cat Videos [4th FL LR] <b>19</b> 9:30 🧘 Harmony Chair Yoga [4th FL LR] 10:00 📖 Balloon Burst [4th FL LR] 10:30 ↔ Balloon Toss [4th FL LR]	9:00 🎵 Sing-along - 6th Floor Residents [4th FL LR] <b>20</b> 9:30 ↔ Synergy Chair Fitness [4th FL LR] 10:30 🌿 BINGO [4th FL LR] 3:00 🧑🍳 Local Style Kitchen with Joy [3rd Actvty Rm]
9:30 ↔ Harmony Chair Yoga [4th FL LR] <b>21</b> 10:00 📖 Songs for Seniors Quiz [4th FL LR] 10:30 🎵 Balloon Burst [4th FL LR] 11:00 📖 Current Events [4th FL LR] 2:00 📖 Noodle Ball [4th FL LR] 3:00 🎵 Sing-a-long [4th FL LR]	9:00 🎵 Sing-a-long [4th FL LR] <b>22</b> 9:30 ↔ Balance of Harmony Chair Yoga [4th FL LR] 10:00 🗓️ This Day in History [4th FL LR] 10:30 ↔ Parachute Game [4th FL LR] 2:30 🌿 Balloony Ball [4th FL LR] 3:30 📖 Balloon Burst Trivia [4th FL LR]	9:00 📖 Balloon Burst [4th FL LR] <b>23</b> 9:30 ↔ Chair Fitness Infusion [4th FL LR] 9:30 🚌 Nursing Bus Ride - 4th & 5th Floors [1st HPC] 10:00 📖 Crosswords [4th FL LR] 10:30 🎵 Sing-a-long [4th FL LR] 2:30 ↔ Noodle Ball [4th FL LR] 3:30 🎵 Spiritual Sing-a-long [4th FL LR]	9:00 🎵 Sing-a-long [4th FL LR] <b>24</b> 9:30 ↔ Music & Motion [4th FL LR] 10:00 📖 Word Games [4th FL LR] 2:30 🧶 Knitting Class [5th FL LR]	9:00 🎵 Sing-along [3rd Actvty Rm] <b>25</b> 9:30 ↔ Movers -n- Shakers Chair Fitness [3rd Actvty Rm] 10:00 ↔ Noodle Ball [3rd Actvty Rm] 11:00 📖 Current Events [3rd Actvty Rm] 2:30 🧶 Joyful Connections [3rd Actvty Rm] 3:30 📖 Balloon Burst [3rd Actvty Rm]	9:00 🐶 YouTube: Funny Dog & Cat Videos [4th FL LR] <b>26</b> 9:30 🧘 Harmony Chair Yoga [4th FL LR] 10:00 📖 Balloon Burst [4th FL LR] 10:30 ↔ Balloon Toss [4th FL LR]	9:00 🎵 Sing-along - 6th Floor Residents [4th FL LR] <b>27</b> 9:30 ↔ Synergy Chair Fitness [4th FL LR] 10:30 🌿 BINGO [4th FL LR] 3:00 🧑🍳 Local Style Kitchen with Joy [3rd Actvty Rm]
9:30 ↔ Harmony Chair Yoga [4th FL LR] <b>28</b> 10:00 📖 Songs for Seniors Quiz [4th FL LR] 10:30 🎵 Balloon Burst [4th FL LR] 11:00 📖 Current Events [4th FL LR] 2:00 📖 Noodle Ball [4th FL LR] 3:00 🎵 Sing-a-long [4th FL LR]	<b>HAPPY MEMORIAL DAY 2023!</b> 9:00 🎵 Sing-a-long [4th FL LR] <b>29</b> 9:30 ↔ Balance of Harmony Chair Yoga [4th FL LR] 10:00 🗓️ This Day in History [4th FL LR] 10:30 ↔ Parachute Game [4th FL LR] 2:30 🌿 Balloony Ball [4th FL LR] 3:30 📖 Balloon Burst Trivia [4th FL LR]	9:00 📖 Balloon Burst [4th FL LR] <b>30</b> 9:30 ↔ Chair Fitness Infusion [4th FL LR] 9:30 🚌 Nursing Bus Ride - 4th & 5th Floors [1st HPC] 10:00 📖 Crosswords [4th FL LR] 10:30 🎵 Sing-a-long [4th FL LR] 2:30 ↔ Noodle Ball [4th FL LR] 3:30 🎵 Spiritual Sing-a-long [4th FL LR]	9:00 🎵 Sing-a-long [4th FL LR] <b>31</b> 9:30 ↔ Music & Motion [4th FL LR] 10:00 📖 Word Games [4th FL LR] 2:30 🧶 Knitting Class [5th FL LR]	<div style="display: flex; align-items: center; justify-content: space-around;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;"> <p>"Look deep into nature and you will understand everything better" — Albert Einstein</p> </div> </div>		