

# April 2025

## Hi'olani Care Center Memory Support

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   |
|--|---|--|---|---|--|--|
|    |    | <p>9:00 🎵 Music Therapy [3rd Actvty Rm] <b>1</b></p> <p>10:00 ↔ Exercise with Racyn [3rd Actvty Rm]</p> <p>10:30 📖 Alphabet Soup [3rd Actvty Rm]</p> <p>11:00 📺 Food videos for the senses [3rd Actvty Rm]</p> <p>1:30 🎵 Old Time Favorites Sing-a-long [3rd Actvty Rm]</p> <p>2:00 ↔ Brain Games [3rd Actvty Rm]</p> <p>2:30 ↔ Exercise Games [3rd Actvty Rm]</p> <p>3:30 🌿 Arm Chair Travel [3rd Actvty Rm]</p>  | <p>9:30 🚌 MS Bus Ride [1st HPC] <b>2</b></p> <p>1:30 🎵 Sing Along and Snack time [3rd Actvty Rm]</p> <p>2:15 ↔ Exercise [3rd Actvty Rm]</p> <p>2:45 🌍 World Cultures [3rd Actvty Rm]</p> <p>3:00 🦋 Bingo [3rd Actvty Rm]</p>  | <p>9:00 ↔ Balance of Harmony Chair Yoga [3rd Actvty Rm] <b>3</b></p> <p>9:30 📖 World's Longest Word [3rd Actvty Rm]</p> <p>10:30 ↔ Noodle Ball [3rd Actvty Rm]</p> <p>1:30 🎵 Sing Along [3rd Actvty Rm]</p> <p>2:15 📖 Trivia / Brain Games [3rd Actvty Rm]</p> <p>3:00 🦋 Bingo [3rd Actvty Rm]</p>  | <p>9:30 🎵 Old Time Favorites Sing-a-long [3rd Actvty Rm] <b>4</b></p> <p>10:30 ↔ Movin' to the Oldies [3rd Actvty Rm]</p> <p>11:00 📖 Alphabet Soup [3rd Actvty Rm]</p> <p>1:30 📖 Songs from the 20s, 30s and 40s [3rd Actvty Rm]</p> <p>2:00 🍦 Ice Cream Cart [3rd FL]</p> <p>2:30 ↔ Exercise Games [3rd Actvty Rm]</p> <p>3:30 🌿 YouTube: Street Food Vendor Tours [3rd Actvty Rm]</p>  | <p>9:15 🎵 Songs of the Past [3rd Actvty Rm] <b>5</b></p> <p>10:00 ↔ Stars and Stripes Exercise [3rd Actvty Rm]</p> <p>10:30 🌿 BINGO [3rd Actvty Rm]</p> <p>1:30 🎵 Sing Along with Susie [3rd FL]</p> <p>2:00 🍷 Hawaiian Style Cooking with Ryan</p> <p>3:15 📖 Pot Luck Quizzes [3rd Actvty Rm]</p>   |
| <p>9:00 🎵 Spiritual Sing Along [3rd Actvty Rm] <b>6</b></p> <p>9:45 ↔ Get Fit Exercise routine with Racyn [3rd Actvty Rm]</p> <p>10:15 📖 Trivia games with Racyn [3rd Actvty Rm]</p> <p>11:00 📖 Culinary Trivia and youtube videos [3rd Actvty Rm]</p> <p>1:30 🎵 Sing-a-long [3rd Actvty Rm]</p> <p>2:30 🌍 World Cultures [3rd Actvty Rm]</p> <p>3:00 📖 Starting with the Letter... [3rd Actvty Rm]</p> <p>3:30 🦋 BINGO [3rd Actvty Rm]</p>  | <p>9:00 🎵 Karaoke Fun [3rd FL] <b>7</b></p> <p>10:00 ↔ Be Fit Exercise classes [3rd FL]</p> <p>10:30 🦋 Fun and games [3rd FL]</p> <p>11:00 🦋 Current Events / Daily Happenings</p> <p>1:30 ↔ Chair Fitness exercises [3rd Actvty Rm]</p> <p>2:00 📖 Brain Games [3rd Actvty Rm]</p> <p>2:30 📖 Trivia games [3rd Actvty Rm]</p> <p>3:00 🦋 Current Events [3rd Actvty Rm]</p> <p>3:30 🦋 Food Cultures [3rd Actvty Rm]</p>  | <p>9:00 🎵 Music Therapy [3rd Actvty Rm] <b>8</b></p> <p>10:00 ↔ Exercise with Racyn [3rd Actvty Rm]</p> <p>10:30 📖 Alphabet Soup [3rd Actvty Rm]</p> <p>11:00 📺 Food videos for the senses [3rd Actvty Rm]</p> <p>1:30 🎵 Old Time Favorites Sing-a-long [3rd Actvty Rm]</p> <p>2:00 ↔ Brain Games [3rd Actvty Rm]</p> <p>2:30 ↔ Exercise Games [3rd Actvty Rm]</p> <p>3:30 🌿 Arm Chair Travel [3rd Actvty Rm]</p>  | <p>9:30 🚌 MS Bus Ride [1st HPC] <b>9</b></p> <p>1:30 🎵 Sing Along and Snack time [3rd Actvty Rm]</p> <p>2:15 ↔ Exercise [3rd Actvty Rm]</p> <p>2:45 🌍 World Cultures [3rd Actvty Rm]</p> <p>3:00 🦋 Bingo [3rd Actvty Rm]</p>  | <p>10:00 🌿 Viola Recital w/ Anna and Katy [3rd Actvty Rm] <b>10</b></p> <p>1:30 🎵 Sing Along [3rd Actvty Rm]</p> <p>2:15 📖 Trivia / Brain Games [3rd Actvty Rm]</p> <p>3:00 🦋 Bingo [3rd Actvty Rm]</p>   | <p>9:30 🎵 Old Time Favorites Sing-a-long [3rd Actvty Rm] <b>11</b></p> <p>10:30 ↔ Movin' to the Oldies [3rd Actvty Rm]</p> <p>11:00 📖 Alphabet Soup [3rd Actvty Rm]</p> <p>1:30 📖 Songs from the 20s, 30s and 40s [3rd Actvty Rm]</p> <p>2:00 🍦 Ice Cream Cart [3rd FL]</p> <p>2:30 ↔ Exercise Games [3rd Actvty Rm]</p> <p>3:30 🌿 YouTube: Street Food Vendor Tours [3rd Actvty Rm]</p> | <p>9:15 🎵 Songs of the Past [3rd Actvty Rm] <b>12</b></p> <p>10:00 ↔ Stars and Stripes Exercise [3rd Actvty Rm]</p> <p>10:30 🌿 BINGO [3rd Actvty Rm]</p> <p>1:30 🎵 Sing Along with Susie [3rd FL]</p> <p>2:00 🍷 Hawaiian Style Cooking with Ryan</p> <p>3:15 📖 Pot Luck Quizzes [3rd Actvty Rm]</p>  |
| <p>9:00 🎵 Spiritual Sing Along [3rd Actvty Rm] <b>13</b></p> <p>9:45 ↔ Get Fit Exercise routine with Racyn [3rd Actvty Rm]</p> <p>10:15 📖 Trivia games with Racyn [3rd Actvty Rm]</p> <p>11:00 📖 Culinary Trivia and youtube videos [3rd Actvty Rm]</p> <p>1:30 🎵 Sing-a-long [3rd Actvty Rm]</p> <p>2:30 🌍 World Cultures [3rd Actvty Rm]</p> <p>3:00 📖 Starting with the Letter... [3rd Actvty Rm]</p> <p>3:30 🦋 BINGO [3rd Actvty Rm]</p> | <p>9:00 🎵 Karaoke Fun [3rd FL] <b>14</b></p> <p>10:00 ↔ Be Fit Exercise classes [3rd FL]</p> <p>10:30 🦋 Fun and games [3rd FL]</p> <p>11:00 🦋 Current Events / Daily Happenings</p> <p>1:30 ↔ Chair Fitness exercises [3rd Actvty Rm]</p> <p>2:00 📖 Brain Games [3rd Actvty Rm]</p> <p>2:30 📖 Trivia games [3rd Actvty Rm]</p> <p>3:00 🦋 Current Events [3rd Actvty Rm]</p> <p>3:30 🦋 Food Cultures [3rd Actvty Rm]</p> | <p>9:00 🎵 Music Therapy [3rd Actvty Rm] <b>15</b></p> <p>10:00 ↔ Exercise with Racyn [3rd Actvty Rm]</p> <p>10:30 📖 Alphabet Soup [3rd Actvty Rm]</p> <p>11:00 📺 Food videos for the senses [3rd Actvty Rm]</p> <p>1:30 🎵 Old Time Favorites Sing-a-long [3rd Actvty Rm]</p> <p>2:00 ↔ Brain Games [3rd Actvty Rm]</p> <p>2:30 ↔ Exercise Games [3rd Actvty Rm]</p> <p>3:30 🌿 Arm Chair Travel [3rd Actvty Rm]</p> | <p>9:30 🚌 MS Bus Ride [1st HPC] <b>16</b></p> <p>1:30 🎵 Sing Along and Snack time [3rd Actvty Rm]</p> <p>2:15 ↔ Exercise [3rd Actvty Rm]</p> <p>2:45 🌍 World Cultures [3rd Actvty Rm]</p> <p>3:00 🦋 Bingo [3rd Actvty Rm]</p> | <p>9:00 ↔ Balance of Harmony Chair Yoga [3rd Actvty Rm] <b>17</b></p> <p>9:30 📖 World's Longest Word [3rd Actvty Rm]</p> <p>10:30 ↔ Noodle Ball [3rd Actvty Rm]</p> <p>1:30 🎵 Sing Along [3rd Actvty Rm]</p> <p>2:15 📖 Trivia / Brain Games [3rd Actvty Rm]</p> <p>3:00 🦋 Bingo [3rd Actvty Rm]</p> | <p>9:30 🎵 Old Time Favorites Sing-a-long [3rd Actvty Rm] <b>18</b></p> <p>10:30 ↔ Movin' to the Oldies [3rd Actvty Rm]</p> <p>11:00 📖 Alphabet Soup [3rd Actvty Rm]</p> <p>1:30 📖 Songs from the 20s, 30s and 40s [3rd Actvty Rm]</p> <p>2:00 🍦 Ice Cream Cart [3rd FL]</p> <p>2:30 ↔ Exercise Games [3rd Actvty Rm]</p> <p>3:30 🌿 YouTube: Street Food Vendor Tours [3rd Actvty Rm]</p> | <p>9:15 🎵 Songs of the Past [3rd Actvty Rm] <b>19</b></p> <p>10:00 ↔ Stars and Stripes Exercise [3rd Actvty Rm]</p> <p>10:30 🌿 BINGO [3rd Actvty Rm]</p> <p>11:00 🌿 First United Methodist Church [1st HPC]</p> <p>1:30 🎵 Sing Along with Susie [3rd FL]</p> <p>2:00 🍷 Hawaiian Style Cooking with Ryan</p> <p>3:15 📖 Pot Luck Quizzes [3rd Actvty Rm]</p> |
| <p>9:00 🎵 Spiritual Sing Along [3rd Actvty Rm] <b>20</b></p> <p>9:45 ↔ Get Fit Exercise routine with Racyn [3rd Actvty Rm]</p> <p>10:15 📖 Trivia games with Racyn [3rd Actvty Rm]</p> <p>11:00 📖 Culinary Trivia and youtube videos [3rd Actvty Rm]</p> <p>1:30 🎵 Sing-a-long [3rd Actvty Rm]</p> <p>2:30 🌍 World Cultures [3rd Actvty Rm]</p> <p>3:00 📖 Starting with the Letter... [3rd Actvty Rm]</p> <p>3:30 🦋 BINGO [3rd Actvty Rm]</p> | <p>9:00 🎵 Karaoke Fun [3rd FL] <b>21</b></p> <p>10:00 ↔ Be Fit Exercise classes [3rd FL]</p> <p>10:30 🦋 Fun and games [3rd FL]</p> <p>11:00 🦋 Current Events / Daily Happenings</p> <p>1:30 ↔ Chair Fitness exercises [3rd Actvty Rm]</p> <p>2:00 📖 Brain Games [3rd Actvty Rm]</p> <p>2:30 📖 Trivia games [3rd Actvty Rm]</p> <p>3:00 🦋 Current Events [3rd Actvty Rm]</p> <p>3:30 🦋 Food Cultures [3rd Actvty Rm]</p> | <p>8:30 🎵 Music Therapy [3rd FL] <b>22</b></p> <p>10:00 🌿 Music with Hank [3rd Actvty Rm]</p> <p>1:30 🎵 Old Time Favorites Sing-a-long [3rd Actvty Rm]</p> <p>2:00 ↔ Brain Games [3rd Actvty Rm]</p> <p>2:30 ↔ Exercise Games [3rd Actvty Rm]</p> <p>3:30 🌿 Arm Chair Travel [3rd Actvty Rm]</p>   | <p>9:30 🚌 MS Bus Ride [1st HPC] <b>23</b></p> <p>1:30 🎵 Sing Along and Snack time [3rd Actvty Rm]</p> <p>2:15 ↔ Exercise [3rd Actvty Rm]</p> <p>2:45 🌍 World Cultures [3rd Actvty Rm]</p> <p>3:00 🦋 Bingo [3rd Actvty Rm]</p> | <p>9:00 ↔ Balance of Harmony Chair Yoga [3rd Actvty Rm] <b>24</b></p> <p>9:30 📖 World's Longest Word [3rd Actvty Rm]</p> <p>10:30 ↔ Noodle Ball [3rd Actvty Rm]</p> <p>1:30 🎵 Sing Along [3rd Actvty Rm]</p> <p>2:15 📖 Trivia / Brain Games [3rd Actvty Rm]</p> <p>3:00 🦋 Bingo [3rd Actvty Rm]</p> | <p>9:30 🎵 Old Time Favorites Sing-a-long [3rd Actvty Rm] <b>25</b></p> <p>10:30 ↔ Movin' to the Oldies [3rd Actvty Rm]</p> <p>11:00 📖 Alphabet Soup [3rd Actvty Rm]</p> <p>1:30 📖 Songs from the 20s, 30s and 40s [3rd Actvty Rm]</p> <p>2:00 🍦 Ice Cream Cart [3rd FL]</p> <p>2:30 ↔ Exercise Games [3rd Actvty Rm]</p> <p>3:30 🌿 YouTube: Street Food Vendor Tours [3rd Actvty Rm]</p> | <p>9:15 🎵 Songs of the Past [3rd Actvty Rm] <b>26</b></p> <p>10:00 ↔ Stars and Stripes Exercise [3rd Actvty Rm]</p> <p>10:30 🌿 BINGO [3rd Actvty Rm]</p> <p>1:30 🎵 Sing Along with Susie [3rd FL]</p> <p>2:00 🍷 Hawaiian Style Cooking with Ryan</p> <p>3:15 📖 Pot Luck Quizzes [3rd Actvty Rm]</p>  |
| <p>9:00 🎵 Spiritual Sing Along [3rd Actvty Rm] <b>27</b></p> <p>9:45 ↔ Get Fit Exercise routine with Racyn [3rd Actvty Rm]</p> <p>10:15 📖 Trivia games with Racyn [3rd Actvty Rm]</p> <p>11:00 📖 Culinary Trivia and youtube videos [3rd Actvty Rm]</p> <p>1:30 🎵 Sing-a-long [3rd Actvty Rm]</p> <p>2:30 🌍 World Cultures [3rd Actvty Rm]</p> <p>3:00 📖 Starting with the Letter... [3rd Actvty Rm]</p> <p>3:30 🦋 BINGO [3rd Actvty Rm]</p> | <p>9:00 🎵 Karaoke Fun [3rd FL] <b>28</b></p> <p>10:00 ↔ Be Fit Exercise classes [3rd FL]</p> <p>10:30 🦋 Fun and games [3rd FL]</p> <p>11:00 🦋 Current Events / Daily Happenings</p> <p>1:30 ↔ Chair Fitness exercises [3rd Actvty Rm]</p> <p>2:00 📖 Brain Games [3rd Actvty Rm]</p> <p>2:30 📖 Trivia games [3rd Actvty Rm]</p> <p>3:00 🦋 Current Events [3rd Actvty Rm]</p> <p>3:30 🦋 Food Cultures [3rd Actvty Rm]</p> | <p>9:00 🎵 Music Therapy [3rd Actvty Rm] <b>29</b></p> <p>10:00 ↔ Exercise with Racyn [3rd Actvty Rm]</p> <p>10:30 📖 Alphabet Soup [3rd Actvty Rm]</p> <p>11:00 📺 Food videos for the senses [3rd Actvty Rm]</p> <p>1:30 🎵 Old Time Favorites Sing-a-long [3rd Actvty Rm]</p> <p>2:00 ↔ Brain Games [3rd Actvty Rm]</p> <p>2:30 ↔ Exercise Games [3rd Actvty Rm]</p> <p>3:30 🌿 Arm Chair Travel [3rd Actvty Rm]</p> | <p>9:30 🚌 MS Bus Ride [1st HPC] <b>30</b></p> <p>1:30 🎵 Sing Along and Snack time [3rd Actvty Rm]</p> <p>2:15 ↔ Exercise [3rd Actvty Rm]</p> <p>2:45 🌍 World Cultures [3rd Actvty Rm]</p> <p>3:00 🦋 Bingo [3rd Actvty Rm]</p> |    | <p><b>"Make the best use of what is in your power, and take the rest as it happens."</b></p> <p>— Epictetus</p>  |   |