








**May 2024**

*“Life is like riding a bicycle. To keep your balance, you must keep moving.”*  
 —Albert Einstein

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7:30</b> CENTER OPENS SNACKS			<b>1</b> 10:00 – ‘Ae Kamali’i Preschool 12:30 – Energize Lunch Walk 1:00 – Golfing 2:45 – Tai Chi 3:30 – Pattern Block	<b>2</b> 10:00 – Crafts -Dominoes 12:30 – Energize Lunch Walk 1:00 – Price is Right 2:45 – Music & Movement 3:30 – Cutting Coupons	<b>3</b> 10:00 – Charades - Blackjack 12:30 – Energize Lunch Walk 1:00 – Rolling Dice 2:45 – Tai Chi 3:30 – Reading
<b>10:00</b> MORNING ACTIVITIES	<b>6</b> 10:00 – Cinco de Mayo!  12:30 – Energize Lunch Walk 1:00 – Movement with Matt 2:45 – Tai Chi 3:30 – Tracing	<b>7</b>  10:00 – Birthday Bingo 12:30 – Energize Lunch Walk 1:00 – Relay Game 2:45 – Music & Movement 3:30 – Painting	<b>8</b> 10:00 – Whisper Challenge -Candy Rose Craft 12:30 – Energize Lunch Walk 1:00 – Tic Tac Toe 2:45 – Tai Chi 3:30 – Pictureka	<b>9</b> 10:00 – Unscramble -Bead Mosaic 12:30 – Energize Lunch Walk 1:00 – Matching Game 2:45 – Music & Movement 3:30 – Word Find	<b>10</b> 10:00 – Charades -Hanafuda 12:30 – Energize Lunch Walk 1:00 – Name that Tune 2:45 – Tai Chi 3:30 – Connect 4
<b>11:15</b> LUNCH HOUR					
<b>12:00</b> REST PERIOD					
<b>12:30</b> LUNCH WALK	<b>13</b> 10:00 – Client Council -Range of Motion 12:30 – Energize Lunch Walk 1:00 – Bullseye Target 2:45 – Tai Chi 3:30 – Jigsaw Puzzle	<b>14</b>  10:00 – May Day Program 12:30 – Energize Lunch Walk 1:00 – Sit & Pop 2:45 – Music & Movement 3:30 – Lacing	<b>15</b> 10:00 – Donkey Card Game -Painting 12:30 – Energize Lunch Walk 1:00 – High / Low 2:45 – Tai Chi 3:30 – Mix & Match	<b>16</b> 10:00 – Seed Mosaic -Table Game 12:30 – Energize Lunch Walk 1:00 – Cone Ring Toss 2:45 – Music & Movement 3:30 – Cut & Paste	<b>17</b> 10:00 – Bead Bracelets -Dominoes 12:30 – Energize Lunch Walk 1:00 – Movie & Popcorn 2:45 – Tai Chi 3:30 – Talk Story
<b>1:00</b> AFTERNOON ACTIVITIES					
<b>2:00</b> SNACKS BEVERAGE	<b>20</b> 10:00 –Range of Motion -Dowels 12:30 – Energize Lunch Walk 1:00 – Bowling 2:45 – Tai Chi 3:30 – Reading	<b>21</b> 10:00 – Spelling -Dominoes 12:30 – Energize Lunch Walk 1:00 – Bean Bag Shoot Out 2:45 – Music & Movement 3:30 – Card Games	<b>22</b> 10:00 – Paper Flower Craft -Blackjack 12:30 – Energize Lunch Walk 1:00 – Horseshoes 2:45 – Tai Chi 3:30 – Tracing	<b>23</b> 10:00 – Unscramble -Mini Puzzles 12:30 – Energize Lunch Walk 1:00 – Poker Bean Bag 2:45 – Music & Movement 3:30 – Pattern Block	<b>24</b> 10:00 – Coffee Hour -Fan Flower Craft 12:30 – Energize Lunch Walk 1:00 – Singing Hour 2:45 – Tai Chi 3:30 – Puzzles
<b>2:45</b> EXERCISE HOUR					
<b>3:15</b> BUSES BEGIN ARRIVING					
<b>4:00</b> SMALL GROUP	<b>27</b>  <b>**WE ARE CLOSED**</b>	<b>28</b> 10:00 – Nail Art -Basket Weaving 12:30 – Energize Lunch Walk 1:00 – Ball Toss 2:45 – Music & Movement 3:30 – Painting	<b>29</b> 10:00 – Whisper Challenge -Memory Game 12:30 – Energize Lunch Walk 1:00 – Relay Game 2:45 – Tai Chi 3:30 – Cutting Coupons	<b>30</b> 10:00 – Weaving -Range of Motion 12:30 – Energize Lunch Walk 1:00 – Tic Tac Toe 2:45 – Music & Movement 3:30 – Talk Story	<b>31</b> 10:00 – May’s Birthday Celebration with  The Church of Koloa 12:30 – Energize Lunch Walk 1:00 – Movie & Popcorn 2:45 – Tai Chi 3:30 – Coloring
<b>5:30</b> CENTER CLOSES					

 **Transportation**

The Kauai Bus  
 (808) 246-8110

**May is National...**

- Luau Month
- Clean Air Month
- Walking Month
- Blood Pressure Month
- Asian American & Pacific
- Islander Heritage Month

**Flower:**  
 Lily of the Valley



**Colors:**  
 Cream and Lilac

**Kaua’i Adult Day Health Center is sponsored in part by County of Kauai Agency on Elderly Affairs.**

**This institution is an equal opportunity provider.**

\*Structured activities are subject to change.

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**Your Staff**

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**Activity Assistants:**  
 Janet Agni  
 Connie Vidal

**Our Mission**  
*Caring for kupuna.*

