

# Aloha







## May 2019-Mill St Manor



# Summer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>May Birthstone:</b> Emerald</p> <p><b>May Flowers:</b> Lily of the Valley &amp; Hawthorn</p>	<p><b>May is:</b> National Salad, Photograph, Hamburger, Bike, Barbecue, Blood Pressure, Foster Care, Lupus Awareness, and Older Americans Month.</p>	<p><b>1 May Day</b></p>  <p>10:30 A.M. Fun &amp; Fitness (Sun Room)</p> <p>3:00 PM Visions of Hawaii "The Big Island" (Sun Room)</p>	<p><b>2 Baby Day</b></p>  <p>2:00 P.M. Christ Lutheran Worship (Salem Terrace Back Lounge)</p>	<p><b>3</b> 10:30 A.M. Fun &amp; Fitness (Sun Room)</p> <p>1:30 P.M. Bingo (Salem Terrace Dining Room)</p>	<p><b>4</b> 9:30 A.M. Coffee Clutch (Dining Room)</p> <p>10:00 A.M. St. Leo's (Salem Terrace Activity Room)</p> <p>5:50 P.M. 145<sup>th</sup> Annual Kentucky Derby (Sun Room)</p>
<p><b>5 Cinco de May</b></p>  <p>9:30 A.M. St. Paul's Lutheran Worship DVD (Sun Room)</p>	<p><b>6 National Nurses Day</b></p>  <p>10:30 A.M. Fun &amp; Fitness (Sun Room)</p> <p>2:45 P.M. Happy Hour (Dining Room)</p>	<p><b>7 National Teachers Day</b></p>  <p>10:00 AM Director's Cut: <i>Princess Ka'iulani</i> (Sun Room)</p>	<p><b>8</b> 10:30 A.M. Fun &amp; Fitness (Sun Room)</p> <p>1:15 PM Veterans Memorial Wall (Leave Sun Room)</p> <p>3:15 PM Bingo w/Kathy (Sun Room)</p>	<p><b>9</b> 1:00 P.M. Christ Lutheran Bible Study (Sun Room)</p> <p>3:00 PM Healthy Snack: <i>Aloha Tea Cakes</i> (Sun Room)</p>	<p><b>10</b> 10:30 A.M. Fun &amp; Fitness (Sun Room)</p> <p>1:30 P.M. Bingo (Salem Terrace Dining Room)</p>	<p><b>11</b> 9:30 A.M. Coffee Clutch (Dining Room)</p> <p>10:00 A.M. St. Leo's (Salem Terrace Activity Room)</p>

<p><b>12 Mother's Day</b></p>  <p>9:30 A.M. St. Paul's Lutheran Worship DVD (Sun Room)</p>	<p><b>13 Happy B-Day Ruth O.</b></p> <p>10:30 A.M. Fun &amp; Fitness (Sun Room)</p> <p>2:00 P.M. Independent Stroll with a Friend (Out Side)</p>	<p><b>14</b> 10:00 A.M. Spring Stencil Art w/Nancy (Sun Room)</p> <p>3:00 P.M. Senior Wellness Program: <i>Sleep Hygiene, Apnea &amp; Bone Health</i> (Sun Room)</p>	<p><b>15</b> 10:30 A.M. Fun &amp; Fitness (Sun Room)</p> <p>2:00 PM <u>Sweet Notes Singers</u> (Salem Terrace Dining Room)</p>	<p><b>16 Wear Purple For Peace Day</b></p>  <p>1:00 P.M. Our Savior's Lutheran Church Worship (Salem Terrace Back Lounge)</p> <p>2:00 PM Director's Cut: <i>"Moana"</i> (Sun Room)</p>	<p><b>17</b> 10:30 A.M. Fun &amp; Fitness (Sun Room)</p> <p>1:30 P.M. Bingo (Salem Terrace Dining Room)</p> <p>3:30 P.M. Pet Therapy with Maggie (Front Lounge)</p>	<p><b>18 Armed Forces Day</b></p> <p>9:30 A.M. Coffee Clutch (Dining Room)</p> <p>10:00 A.M. St. Leo's (Salem Terrace Activity Room)</p>
<p><b>19</b> 9:30 A.M. St. Paul's Lutheran Worship DVD (Sun Room)</p>	<p><b>20 Pick Strawberries Day</b></p> <p>10:30 A.M. Fun &amp; Fitness (Sun Room)</p> <p>3:30 P.M. Down Yonder Duo (Dining Room)</p> 	<p><b>21</b> 10:30 AM Healthy Snack: Build Your Own Trail Mix (Sun Room)</p> <p>2:00 PM Director's Cut: <i>"Pearl Harbor"</i> (Sun Room)</p>	<p><b>22</b> 10:30 A.M. Fun &amp; Fitness (Sun Room)</p>  <p>3:15 PM Bingo w/Kathy (Sun Room)</p>	<p><b>23 Lucky Penny Day</b></p>  <p>10:45 AM Make and Take: Penny Cake (Sun Room)</p> <p>2:00 PM Director's Cut: <i>"Princess Ka'Iulani"</i> (Sun Room)</p>	<p><b>24</b> 10:30 A.M. Fun &amp; Fitness (Sun Room)</p> <p>1:30 P.M. Bingo (Salem Terrace Dining Room)</p>	<p><b>25</b> 9:30 A.M. Coffee Clutch (Dining Room)</p> <p>10:00 A.M. St. Leo's (Salem Terrace Activity Room)</p>
<p><b>26</b> 9:30 A.M. St. Paul's Lutheran Worship DVD (Sun Room)</p>	<p><b>27 Memorial Day</b></p>  <p>10:30 A.M. Fun &amp; Fitness (Sun Room)</p>	<p><b>28 National Hamburger Day</b></p> <p>10:30 A.M. Hawaiian Birthday Brunch (Dining Room)</p> <p>3:00 P.M. Senior Wellness Program: <i>Medical Specialties</i> (Sun Room)</p>	<p><b>29</b> 10:30 A.M. Fun &amp; Fitness (Sun Room)</p> <p>2:30 PM Mint Refreshments (Sun Room)</p>	<p><b>30 Mint Julep Day</b></p>  <p>1:00 P.M. W.S. Elementary Kids' Summer Program (Dining Room)</p>	<p><b>31</b> 10:30 A.M. Fun &amp; Fitness (Sun Room)</p> <p>10:00 A.M. St. Leo's (Salem Terrace Activity Room)</p> <p>1:30 P.M. Bingo (Salem Terrace Dining Room)</p>	<p>9:30 A.M. Coffee Clutch (Dining Room)</p>