



# MAY 2022 Live Well Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>1</b></p>	<p><b>2</b></p> <p>9:15 Current Events 10:00 Weight Exercise 10:30 Bingo/Crochet 1:00 "Wild Things" 2:00 Plate Through Decade 2:30 Catfish Trivia 3:15 Balloon Badminton/ Basketball</p>	<p><b>3</b></p> <p>9:15 Greeting/Music 10:00 Chair Tai Chi 10:30 Synonym/Antonym Crochet/Jigsaw P. 1:00 Something Gotta Give 2:00 Rubber Band Ex 2:30 Labyrinth Fish Trivia 3:15 Archery/Soccer</p>	<p><b>4</b></p> <p>9:15 Greeting/Music 10:00 Toning Legs/Arms 10:30 Money Harvest/ Table Games 1:00 "Rock My Heart" 2:00 Meditation 2:30 Rainbow Fish Trivia 3:15 Bulls Eye Game (2)</p>	<p><b>5</b></p> <p>9:15 Current Events 10:00 Aerobic Exercise 10:30 <b>Mother's Day Celebration</b> 1:00 "Shrek Forever After" 2:00 Chair Aerobic 2:30 Milk Fish Trivia 3:15 X-Box Bowling/ Darts</p>	<p><b>6</b></p> <p>9:15 Current Events 10:00 Express Toning 1&amp;2 10:30 <b>May Day Celebration</b> 1:00 "The Power Of A Dog" 2:00 Tai Chi Live 2:30 Chinook Salmon Trivia 3:15 Bingo/IN2L Games</p>	<p><b>7</b></p> <p><b>CENTER CLOSED</b></p>
<p><b>Mother's Day 8</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>9</b></p> <p>9:15 Greeting/Music 10:00 Chair Tai Chi Live 10:30 Reminiscing 1:00 "Rescue By Ruby" 2:00 Rubber Band Exercise 2:30 Rainbow Trout Trivia 3:15 Speed Ball/ Floor Dart</p>	<p><b>10</b></p> <p>9:15 Current Events 10:00 Aerobic Exercise 10:30 Mystery Word Game 1:00 "The Spiderwick Chronicles" 2:00 Stretching Exercise 2:30 Yellow Perch Trivia 3:15 Golf/Parachute</p>	<p><b>11</b></p> <p>9:15 Greeting/ Music 10:00 Plate Exercise: Around the World 10:30 Football/ Soccer 1:00 "The Power Of The Dog" 2:00 Weight Exercise 2:30 Steelhead Trivia 3:15 Karaoke/IN2L Games</p>	<p><b>12</b></p> <p>9:15 Current Events 10:00 Meditation 10:30 Guess That Object 1:00 "Gifted Hand" 2:00 Rubber Band Exercise 2:30 Lake Trout Trivia 3:15 Balloon Badminton/ Basketball</p>	<p><b>13</b></p> <p>9:15 Greeting/Music 10:00 Express Toning 1&amp;2 10:30 Flash Card/Haiku 1:00 "Did You Hear about The Morgans" 2:00 Chair Exercise 2:30 Brown Trout Trivia 3:15 Bull's Eye Game</p>	<p><b>14</b></p> <p><b>CENTER CLOSED</b></p>
<p><b>15</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>16</b></p> <p>9:15 Greeting/Music 10:00 Toning Legs/Arms 10:30 IN2L Discussions 1:00 "The Healing Powers Of Dude" 2:00 Weight Exercise 2:30 White Bass Trivia 3:15 Charades/Football</p>	<p><b>17</b></p> <p>9:15 Current Events 10:00 Rubber Band Ex. 10:30 Price Is Right 1:00 "Just Like Heaven" 2:00 Aerobic Exercise 2:30 Lake White fish Trivia 3:15 Table Tennis/ IN2L Games</p>	<p><b>18</b></p> <p>9:15 Greeting/Music 10:00 Movement 3 10:30 Destination: <b>Hawaii</b> 1:00 "Just Go With It" 2:00 Simply Stretch 1&amp;2 2:30 Northern Pike Trivia 3:15 Bulls Eye Game</p>	<p><b>Silver Club Visit 19</b></p> <p>9:15 Current Events 10:00 Plate Ex. Celebration 10:30 Cooking Demo 1:00 "F.R.E.D.I." 2:00 Chair Tai Chi 2:30 Crappie Fish Trivia 3:15 X-Box Bowling</p>	<p><b>Statehood Day 20</b></p> <p>9:15 Greeting/Music 10:00 Toning Legs &amp; Arms 10:30 Memory/Word G. 1:00 "Midnight In Paris" 2:00 Meditation 2:30 Pink Salmon Trivia 3:15 Dart/Ring Toss</p>	<p><b>21</b></p> <p><b>CENTER CLOSED</b></p>
<p><b>22</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>23</b></p> <p>9:15 Greeting/Music 10:00 Chair Yoga 10:30 Beads/Bingo 1:00 "All Hail" 2:00 Plate Exercise: Through Decade 2:30 Angler Fish Trivia 3:15 Parachute/Ring Toss</p>	<p><b>24</b></p> <p>9:15 Current Events 10:00 Aerobic Exercise 10:30 Knockdown Cups/ Ping Pong Toss 1:00 "Wish Upon A Unicorn" 2:00 Tai Chi Live 2:30 Basking Shark Trivia 3:15 Mystery Word Game</p>	<p><b>25</b></p> <p>9:15 Current Events 10:00 Weight Exercise 10:30 Reminiscing 1:00 "The Last Samurai" 2:00 Training Arms &amp; Legs 2:30 Opah fish Trivia 3:15 Bull's Eye Game</p>	<p><b>26</b></p> <p>9:15 Current Events 10:00 Plate Exercise Celebration 10:30 IN2L Trivia Games/ Paintings 1:00 "Dad Wanted" 2:00 Express Toning 1 &amp; 2 2:30 Ocean Sunfish Trivia 3:15 Basketball/Target Shoot</p>	<p><b>27</b></p> <p>9:15 Current Events 10:00 Rubber Band Ex. 10:30 Arts &amp; Craft 1:00 "Skater Girl" 2:00 Toning Legs &amp; Arms 2:30 Deep Water Stingray 3:15 Bulls Eye Board/ Golf</p>	<p><b>28</b></p> <p><b>CENTER CLOSED</b></p>
<p><b>29</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>30</b></p>  <p><i>Memorial Day</i></p>	<p><b>31</b></p> <p>9:15 Current Events 10:00 Latin Soul 2 10:30 Memory/Word Game 1:00 "Grand Daddy Day Care" 2:00 Chair Aerobic 2:30 Eel Trivia 3:15 Bean Bag Board</p>	<p><i>Kahala Nui is focusing on "Person Centered Program" in all areas of care. Providing meaningful person-centered programs and services for older adults that promote healthy aging with a focus on quality of life and a high level of physical, intellectual, and psychosocial well-being</i></p>	<p><b>Daily Activities:</b></p> <p>11:30am Lunch 1:00pm Rest Time or Movie 3:00pm Snacks 4:30pm Talk Story/ IN2L Games</p>	<p><b>*Activities are subject to change</b></p>	