


# JUNE 2022 Live Well Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<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><b>*Activities are subject to change</b></p>	9:15 Current Events <b>1</b> 10:00 Chair Aerobic 10:30 Tic-Tac-Toe/Darts 1:00 "US Marshals" 2:00 Meditation 2:30 Mercury Planet Trivia 3:15 Flash Card/Paintings	9:15 Current Events <b>2</b> 10:00 Plate: Through Decades 10:30 Mind/Memory Games 1:00 "Seven Years In Tibet". 2:00 Chair Tai Chi 2:30 Neptune Planet Trivia 3:15 Bean Bag Board/Golf	9:15 Greeting/Music <b>3</b> 10:00 Toning legs & Arms 10:30 Parachute/ Ring Toss 1:00 "The Lake House" 2:00 Simply Stretch 1 & 2 2:30 Uranus Planet Trivia 3:15 Reminiscing/Jigsaw	<p><b>4</b></p> <p style="color: red;">CENTER CLOSED</p>
<p><b>5</b></p> <p style="color: red;">CENTER CLOSED</p>	9:15 Greeting/Music <b>6</b> 10:00 Tai Chi Live 10:30 Charades/Crochet 1:00 "Midnight In Paris" 2:00 Rubber Band Ex 2:30 Venus Planet Trivia 3:15 BINGO/ IN2L-Games	9:15 Current Events <b>7</b> 10:00 Aerobic Exercise 10:30 <b>Randy &amp; His Angels</b> 1:00 "Catch And Release" 2:00 Stretching Exercise 2:30 Earth Planet Trivia 3:15 Knockdown Cups/ Parachute	9:15 Greeting/ Music <b>8</b> 10:00 Chair Yoga 10:30 Destination: <b>Mexico</b> 1:00 "The Bucket List" 2:00 Movement 1 & 2 2:30 Mars Planet Trivia 3:15 Golf/ Soccer	9:15 Current Events <b>9</b> 10:00 Meditation 10:30 Cooking Demo 1:00 "42" 2:00 Plate: Around The World 2:30 Jupiter Planet Trivia 3:15 Balloon Badminton/ Basketball	9:15 Greeting/Music <b>10</b> 10:00 Express Toning 1&2 10:30 Discussions/Haiku 1:00 "Rambo Last Blood" 2:00 Movement 4 2:30 Saturn Planet Trivia 3:15 Speed Ball/Floor Dart	<p><b>11</b></p> <p style="color: red;">CENTER CLOSED</p>
<p><b>12</b></p> <p style="color: red;">CENTER CLOSED</p>	9:15 Greeting/Music <b>13</b> 10:00 Chair Yoga 10:30 Arts & Craft 1:00 "You've Got Mail" 2:00 Weight Exercise 2:30 Father's Day Trivia 3:15 Football/Archery	9:15 Current Events <b>14</b> 10:00 Rubber Band Ex. 10:30 Table Tennis 1:00 "Forrest Gump" 2:00 Movement 3 2:30 Father's Day Trivia 3:15 Money Harvest/IN2L	9:15 Greeting/Music <b>15</b> 10:00 Toning Leg & Arm 10:30 Roy Hamada's Music 1:00 "The Professionals" 2:30 Latin Soul 1 & 2 2:30 Father's Day Trivia 3:15 Bulls Eye Game	<p><b>Silver Club Visit 16</b></p>	9:15 Current Events <b>17</b> 10:00 Aerobic Exercise 10:30 <b>Father's Day Appreciation</b> 1:00 "Dirty Harry" 2:00 Meditation 2:30 Father's Day Trivia 3:15 Bean Bag Board	<p><b>18</b></p> <p style="color: red;">CENTER CLOSED</p>
<p><b>Father's Day 19</b></p> <p style="color: red;">CENTER CLOSED</p>	9:15 Greeting/Music <b>20</b> 10:00 Plate Exercise: Through Decades 10:30 Reminiscing/Haiku 1:00 "Hello, My Name Is Doris" 2:00 Toning Legs & Arms 2:30 Muskgrass Trivia 3:15 Parachute/Ring Toss	9:15 Current Events <b>21</b> 10:00 Karaoke 10:30 Mystery Word Game 1:00 "Along For The Ride" 2:00 Chair Aerobics 2:30 Pondweed Trivia 3:15 Bull's Eye Game/ IN2L Games	<p><b>22</b></p>	9:15 Current Events <b>23</b> 10:00 Latin soul 1 10:30 Price Is Right 1:00 "Feel The Beat" 2:00 Leg & Hand Toning 2:30 Kelp Plant Trivia 3:15 X-Box Bowling	9:15 Current Events <b>24</b> 10:00 Chair Tai Chi 10:30 Soccer /Darts 1:00 "Go Karts" 2:00 Sit & Be Fit- Coordination/Rubber Band 2:30 Coral Reefs Trivia 3:15 Reminiscing/IN2L	<p><b>24</b></p> <p style="color: red;">CENTER CLOSED</p>
<p><b>26</b></p> <p style="color: red;">CENTER CLOSED</p>	9:15 Greeting/Music <b>27</b> 10:00 Meditation 10:30 Synonym/Antonym 1:00 "Cop Out" 2:00 Plate Exercise 2:30 Anemone Trivia 3:15 Basketball/Darts	9:15 Current Events <b>28</b> 10:00 Aerobic Exercise 10:30 Charades/Pictionary 1:00 "I Now Pronounce You Chuck And Larry" 2:00 Chair Tai Chi 2:30 Red Sea Whip Trivia 3:15 Bean Bag Board/Golf	9:15 Greeting/Music <b>29</b> 10:00 Weight Exercise 10:30 Price Is Right 1:00 When Harry Met Sally 2:00 Stretching Exercises 2:30 Open Brain Coral Trivia 3:15 Tic-Tac-Toe/ Speedball	9:15 Current Events <b>30</b> 10:00 Rubber Band Ex. 10:30 Jigsaw Puzzle/Crochet 1:00 "Highwaymen" 2:00 Sit & Be Fit: March Your Way-Rubber Band 2:30 Waterwheel Plant Trivia 3:15 Darts/Ring Toss	<p><b>Daily Activities:</b></p> 11:30am Lunch 1:00pm Rest Time or Movie 3:00pm Snacks 4:30pm Talk Story/ IN2L Games	