


AUGUST 2022 Live Well Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:15 Current Events 1 10:00 Exercise with Weights 10:30 Bingo/Crochet 1:00 "The Unforgivable" 2:00 Plate Exercise 2:30 Octopus Trivia 3:15 Balloon Ball/Basketball	Ice Cream Sandwich Day 2 9:15 Greeting/Music 10:00 Chair Tai Chi 10:30 Synonym/Antonym 1:00 "My Girl" 2:00 Rubber Band Ex 2:30 Mississippi River Trivia 3:15 Archery/Soccer	9:15 Current Events 3 10:00 Toning Legs/Arms 10:30 Word/Memory Game 1:00 "When Larry Met Sally" 2:00 Meditation 2:30 Bald Eagle Trivia 3:15 Bull Eye Game (2)	9:15 Greeting/Music 4 10:00 Aerobic Exercise 10:30 Reminiscing 1:00 "Summer Land" 2:00 Chair Aerobic 2:30 Eiffel Tower Trivia 3:15 Charade/Dart	9:15 Current Events 5 10:00 Express Toning 1&2 10:30 Discussion/Haiku 1:00 "Man From Toronto" 2:00 Tai Chi 2:30 Aloha Tower Trivia 3:15 Target Shoot/Football	6 CENTER CLOSED
7 CENTER CLOSED	9:15 Greeting/Music 8 10:00 Chair Aerobic 10:30 Randy & His Angels 1:00 "Loving" 2:00 Rubber Band Ex 2:30 Hibiscus Trivia 3:15 Speedball/ Floor Dart	9:15 Current Events 9 10:00 Aerobic Exercise 10:30 Destination: Thailand 1:00 "The Little Love Of Mine" 2:00 Stretching Exercise 2:30 Pikake Trivia 3:15 Golf/Parachute	9:15 Greeting/ Music 10 10:00 Plate Exercise 10:30 Cooking Demo: Thai Beef Curry 1:00 "Roped" 2:00 Exercise w/ Weights 2:30 Cherry Blossom Trivia 3:15 Karaoke/Jigsaw P.	9:15 Current Events 11 10:00 Meditation 10:30 Word Memory Game 1:00 "Five Feet Apart" 2:00 Rubber Band Exercises 2:30 Plumeria Trivia 3:15 Ladder Ball/ Bean Bag Game	9:15 Greeting/Music 12 10:00 Toning Legs & Arms 10:30 Arts & Crafts 1:00 "Love Jacked" 2:00 Chair Tai Chi 2:30 Protea Flower Trivia 3:15 Money Harvest IN2L Games	13 CENTER CLOSED
14 CENTER CLOSED	9:15 Greeting/Music 15 10:00 Toning Legs & Arms 10:30 IN2L Discussions/ Photography Class 1:00 "Tall Girl" 2:00 Weights Exercise 2:30 Kahili Ginger Trivia 3:15 Charade/Ping Pong Toss	9:15 Current Events 16 10:00 Rubber Band Ex. 10:30 Price Is Right 1:00 "Tall Girl 2" 2:00 Aerobic Exercise 2:30 Naupaka Flower Trivia 3:15 Darts/ Ring Toss/ IN2L Games	9:15 Greeting/Music 17 10:00 Meditation 10:30 Roy Hamada's Music 1:00 "Little Big Mouth" 2:00 Stretching 2:30 Ohia Lehua Trivia 3:15 Bulls Eye/Hockey	Silver Club Visit 18 9:15 Current Events 10:00 Plate Exercise 10:30 Dean Hirata's Music 1:00 "Big Daddy" 2:00 Tai Chi 2:30 Red Tower Ginger Trivia 3:15 X-Box Bowling	9:15 Greeting/Music 19 10:00 Toning Legs & Arms 10:30 Money Harvest/ Table Games 1:00 "Rescue By Ruby" 2:00 Latin Soul 1 & 2 2:30 Heliconia Trivia 3:15 Floor Dart/ Archery	20 CENTER CLOSED
21 CENTER CLOSED	9:15 Greeting/Music 22 10:00 Chair Aerobics 10:30 Reminiscing/ Jigsaw Puzzle 1:00 "Leave No Trace" 2:00 Plate Exercise 2:30 Ilima Flower Trivia 3:15 Destination: Egypt	9:15 Current Events 23 10:00 Aerobic Ex 10:30 Parachute/Ring Toss 1:00 "Forrest Gump" 2:00 Tai Chi 2:30 Red Ginger Trivia 3:15 Mystery Word Game/ IN2L Games	9:15 Greeting/Music 24 10:00 Exercise w/ Weights 10:30 Paintings/Crochet 1:00 "Murder Mystery" 2:00 Chair Tai Chi 2:30 Anthurium Trivia 3:15 Bulls Eye Game/ Speed Ball	9:15 Current Events 25 10:00 Meditation 10:30 IN2L Trivia Games/ Matching Game/Jigsaw Puzzle 1:00 "The Power Of The Dog" 2:00 Express Toning 1 & 2 2:30 Daisy Flower Trivia 3:15 Basketball/Target Shoot	9:15 Greeting/Music 26 10:00 Rubber Band Ex 10:30 Mystery Word Game 1:00 "Just Go With It" 2:00 Toning Legs & Arms 2:30 Carnation Trivia 3:15 Bean Board Game/ Golf	27 CENTER CLOSED
28 CENTER CLOSED	29 9:15 Greeting/Music 10:00 Rubber Band Ex. 10:30 Synonym/Antonym /Bead Craft 1:00 "Hampstead" 2:00 Meditation 2:30 Bell Flower Trivia 3:15 Archery/ Floor Dart	30 9:15 Current Events 10:00 Aerobic Exercise 10:30 Mind Memory Game 1:00 "The Mirror Has Two Faces" 2:00 Chair Exercises 2:30 Daffodil Trivia 3:15 Bean Bag Board (2)	9:15 Greeting/Music 10:00 Exercise With Weights 10:30 Bulls Eye Game 1:00 "My Fair Lady" 2:00 Chair Tai Chi 2:30 Edelweiss Trivia 3:15 Destination: Austria	<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>	Daily Activities: 11:30am Lunch 1:00pm Rest Time or Movie 3:00pm Snacks 4:30pm Talk Story/. IN2L Games	*Activities are subject to change