




SEPTEMBER 2022 Live Well Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Daily Activities: 11:30am Lunch 1:00pm Rest Time or Movie 3:00pm Snacks 4:30pm Talk Story/ IN2L Games	<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>		9:15 Current Events 1 10:00 Chair Aerobics 10:30 Football/Soccer 1:00 "Tower Heist" 2:00 Chair Tai Chi 2:30 Pigeon Trivia 3:15 Reminiscing/Table Game	9:15 Current Events 2 10:00 Exercise w/ Weights 10:30 Bean Bag Board/Dart 1:00 "Purple Heart" 2:00 Plate Exercise 2:30 Parrot Trivia 3:15 Discussion "Jobs"	3 CENTER CLOSED
4 CENTER CLOSED	Center Closed 5 	9:15 Current Events 6 10:00 Aerobic Exercise 10:30 Table Tennis 1:00 "MIB3" 2:00 Stretching Exercise 2:30 Crow Bird Trivia 3:15 Destination: Quebec, Canada	9:15 Greeting/ Music 7 10:00 Tai Chi 10:30 Bingo with United Health Care 1:00 "The Age Of Adeline" 2:00 Toning Arms & Legs 2:30 Owl Trivia 3:15 Golf/ Football	9:15 Current Events 8 10:00 Meditation 10:30 Cooking Demo By: Kelly "Poutine" 1:00 "Trading Paint" 2:00 Plate Exercises 2:30 Swan Trivia 3:15 Guest That Object/IN2L	9:15 Greeting/Music 9 10:00 Plate Exercise 10:30 Arts & Crafts-Daisy "Grandparents Day" 1:00 "The Dirty Dozen" 2:00 Chair Tai Chi 2:30 Crane Bird Trivia 3:15 Bull's Eye/Floor Dart	10 CENTER CLOSED
11 Grandparents Day CENTER CLOSED	9:15 Greeting/Music 12 10:00 Aerobic Exercise 10:30 Grandparents Discussion/Photography 1:00 "We Are Marshall" 2:00 Exercise w/ Weights 2:30 Flamingo Bird Trivia 3:15 X-Box Bowling	9:15 Current Events 13 10:00 Live Tai Chi 10:30 Charades/Ring Toss 1:00 "Too Old For Fairy Tales" 2:00 Latin Soul 1 & 2 2:30 Mynah Bird Trivia 3:15 Flash Card/Jigsaw P.	9:15 Greeting/Music 14 10:00 Rubber Band Ex. 10:30 Family Feud 1:00 "Our Great National Park" 2:00 Stretching 2:30 Stork Bird Trivia 3:15 Board & Floor Dart	Silver Club Visit 15 9:15 Current Events 10:00 Plate Exercise 10:30 Archery/Bean Bag Board 1:00 "Police Academy" 2:00 Chair Tai Chi 2:30 Bat Trivia 3:15 Bingo/Table Game	9:15 Greeting/Music 16 10:00 Toning Legs & Arms 10:30 Target Shooting/Race Game 1:00 "A Call To Spy" 2:00 Meditation 2:30 Seagull Trivia 3:15 Synonym/Antonym	17 CENTER CLOSED
18 CENTER CLOSED	9:15 Greeting/Music 19 10:00 Rubber Band Ex. 10:30 Movement 4 1:00 "Today We Fix The World" 2:00 Plate Exercise 2:30 Woodpecker Trivia 3:15 Parachute/Ring Toss	9:15 Current Events 20 10:00 Chair Tai Chi 10:30 Darts/Ping Pong Toss 1:00 "PAN" 2:00 Chair Aerobics 2:30 Dove Bird Trivia 3:15 Mind/Memory Game	9:15 Greeting/Music 21 10:00 Exercise w/ Weights 10:30 Roy Hamada's Music 1:00 "Heart Parade" 2:00 Stretching Exercise 2:30 Hummingbird Trivia 3:15 Knockdown Cups/ Parachute	ICE CREAM CONE B-DAY 22 9:15 Current Events 10:00 Aerobic Exercise 10:30 Arts & Crafts with Rona 1:00 "Everything Must Go" 2:00 Leg & Hand Toning Ex. 2:30 Seagull Bird Trivia 3:15 Bulls Eye/Basketball	9:15 Greeting/Music 23 10:00 Plate Exercise 10:30 Mystery Word/ Haiku 1:00 "Spoiled Brat" 2:00 Aerobic Exercise 2:30 Turkey Bird Trivia 3:15 Ladder Ball/Bean Bag	24 CENTER CLOSED
25 CENTER CLOSED	9:15 Greeting/Music 26 10:00 Rubber Band Ex. 10:30 Randy & His Angels 1:00 "Dumb & Dumber" 2:00 Plate Exercise 2:30 Hornbill Bird Trivia 3:15 Football/Floor Dart	9:15 Current Events 27 10:00 Aerobic Exercise 10:30 Karaoke 1:00 "Miss Congeniality" 2:00 Chair Exercises 2:30 Eagle Trivia 3:15 Bean Bag Board Ring Toss	9:15 Greeting/Music 28 10:00 Exercise w/ Weights 10:30 Painting/ Jigsaw Puzzle 1:00 "Senior Year" 2:00 Stretching Exercises 2:30 Penguin Trivia 3:15 Table Tennis	9:10 Current Events 29 9:30 Chair Tai Chi 10:00 Dean Hirata' Music 1:00 "Seventeen" 2:00 Leg & Hand Toning Exercise. 2:30 Pelican Trivia 3:15 Destination: Indonesia	9:15 Greeting/Music 30 10:00 Plate Exercise 10:30 Table Tennis 1:00 "In Good Hands" 2:00 Aerobic Exercise 2:30 Vulture Trivia 3:15 Mystery Word Game/IN2L Games	*Activities are subject to change