

NOVEMBER 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>	9:15 Greeting/Music 1 10:00 Chair Tai Chi 10:30 Bulls Eye Game/Darts 1:00 "Five Feet Apart" 2:00 Rubber Band Ex. 2:30 Grapefruit Trivia 3:15 Karaoke/IN2L Games	9:15 Greeting/Music 2 10:00 Plate Exercise 10:30 Charades/Floor Dart 1:00 "Love As We Know It" 2:00 Exercise w/ Weights 2:30 Mulberry Trivia 3:15 Synonym/Antonym	9:15 Greeting/Music 3 10:00 Meditation 10:30 Mind/Memory Game 1:00 "Little Princess" 2:00 Latin soul 1 2:30 Lemon Trivia 3:15 BINGO/IN2L	9:15 Greeting/Music 4 10:00 Toning Arm & Legs 10:30 Mystery Word Game 1:00 "The Lucky One" 2:00 Express Toning 1 & 2 2:30 Plum Trivia 3:15 Race Game/Hockey	5 CENTER CLOSED
6 CENTER CLOSED	9:15 Greeting/Music 7 10:00 Live Tai Chi 10:30 Bulls Eye Game (2) 1:00 "Love, Guaranteed" 2:00 Rubber Band Ex 2:30 Apple Trivia 3:15 BINGO/ IN2L-Brain Game	9:15 Current Events 8 10:00 Aerobic Exercise 10:30 Destination: Philippines 1:00 "Along For A Ride" 2:00 Stretching Exercise 2:30 Peach Trivia 3:15 Knockdown Cups/Dart	9:15 Greeting/ Music 9 10:00 Toning Legs & Arms 10:30 Cooking Demo by Rona "Chicken Noodle Soup" 1:00 "Just Friends" 2:00 Exercise w/ Weights 2:30 Pear Trivia 3:15 Golf/ Soccer	10 Silver Club Visit	Veterans Day 11 9:15 Current Events 10:00 Aerobic Exercise 10:30 Veterans Appreciation Day 1:00 "Pearl Harbor" 2:00 Plate Exercise 2:30 Avocado Trivia 3:15 Parachute/Speedball	12 
13 CENTER CLOSED	9:15 Greeting/Music 14 10:00 Music In Motion 10:30 IN2L Discussion/ Photography by Daisy 1:00 "He's All That" 2:00 Exercise w/ Weights 2:30 Persimon Trivia 3:15 Ping Pong Toss (2)	9:15 Current Events 15 10:00 Rubber Band Ex 10:30 Karaoke/Beads C. 1:00 "Rumors Has It" 2:00 Aerobic Exercise 2:30 Banana Trivia 3:15 Dart/ Ring Toss/ IN2L Games	9:15 Greeting/Music 16 10:00 Sit & Be Fit 10:30 Roy Hamada 1:00 "How To Lose A Guy In 10 Days" 2:00 Movement 4 2:30 Mango Trivia 3:15 Bulls Eye Game	17 Silver Club Visit	9:15 Greeting/Music 18 10:00 Simply Stretch 1 & 2 10:30 Dean Hirata 1:00 "Me Time" 2:00 Meditation 2:30 Grapes Trivia 3:15 Target Shooting/ Race Game	19 CENTER CLOSED
20 CENTER CLOSED	21	9:15 Current Events 22 10:00 Table Tennis 10:30 "Discussions "Things That We Are Thankful For" 1:00 "Royal Treatment" 2:00 Chair Exercises 2:30 Papaya Trivia 3:15 Mystery Word Game	9:15 Current Events 23 10:00 Plate Exercise 10:30 Arts & Crafts By: Daisy 1:00 "No Limit" 2:00 Chair Tai Chi 2:30 Pumkin Trivia 3:15 Thanksgiving Bingo	24 	9:15 Greeting/Music 25 10:00 Plate Exercise 10:30 Soccer /Darts 1:00 "Christmas Inheritance" 2:00 Aerobic Exercise 2:30 Ice Cream Trivia 3:15 Destination: Netherland	26 CENTER CLOSED
27 CENTER CLOSED	28	29	30	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	