


March 2023 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>	Daily Activities: 11:30am Lunch 1:00pm Rest Time or Movie 3:00pm Snacks 4:30pm Talk Story/ IN2L Game	9:15 Current Events 1 10:00 Chair Aerobics 10:30 Ladder Ball/Darts 1:00 "Unknown" 2:00 Meditation 2:30 Garnet Trivia 3:15 Flash Card/Blackjack	9:15 Current Events 2 10:00 Plate: Through Decades 10:30 Mind/Memory Games 1:00 "Eat Prey Love". 2:00 Chair Tai Chi 2:30 Amethyst Trivia 3:15 Bean Bag Board/Golf	9:15 Greeting/Music 3 10:00 Toning Legs & Arms 10:30 Parachute/ Ring Toss 1:00 "Little Love" 2:00 Simply Stretch 1 & 2 2:30 Aquamarine Trivia 3:15 Reminiscing/Jigsaw	4 CENTER CLOSED
5 CENTER CLOSED	9:15 Greeting/Music 6 10:00 Tai Chi Live 10:30 Destination: India 1:00 "Boy Who Harnessed The Wind" 2:00 Rubber Band Ex 2:30 Peridot Trivia 3:15 Bingo/IN2L/Mahjong	9:15 Current Events 7 10:00 Aerobic Exercise 10:30 Cooking Demo By: Rona 1:00 "The Perfect Family" 2:00 Stretching Exercise 2:30 Ruby Trivia 3:15 Golf/Soccer	9:15 Greeting/ Music 8 10:00 Flash Cards 10:30 Tai Chi with Sylvia 1:00 "Life" 2:00 Movement 1 & 2 2:30 Pearl Trivia 3:15 X-Box Bowling/ Ping Pong Toss	9:15 Current Events 9 10:00 Meditation 10:30 Word/Memory Game 1:00 "The Starling" 2:00 Plate: Around The World 2:30 Emerald Trivia 3:15 Balloon Badminton/ Basketball	9:15 Greeting/Music 10 10:00 Express Toning 1&2 10:30 Dean Hirata's Music 1:00 "Fatherhood" 2:00 Movement 4 2:30 Diamond Trivia 3:15 Speed Ball/Floor Dart	11 CENTER CLOSED
12 CENTER CLOSED	9:15 Greeting/Music 13 10:00 Chair Yoga 10:30 Discussions/Haiku Jigsaw Puzzle/Crochet 1:00 "The Lost Husband" 2:00 Exercise with Weights 2:30 Sapphire Trivia 3:15 Football/Archery	National Potato Chip Day 14 9:15 Current Events 10:00 Rubber Band Ex. 10:30 Table Tennis 1:00 "Collateral Beauty" 2:00 Movement 3 2:30 Opal Trivia 3:15 Blackjack/Mahjong/LRC	9:15 Greeting/Music 15 10:00 Sit & Be Fit 10:30 Roy Hamada' Music 1:00 "Worth" 2:30 Latin Soul 1 & 2 2:30 Citrine Trivia 3:15 Balloon Volleyball	Silver Club Visit 16 9:15 Current Events 10:00 Plate: Celebration 10:30 X-Box Bowling/Ladder Ball 1:00 "The Stolen" 2:00 Tai Chi: Cancun Massage 2:30 Turquoise Trivia 3:15 Word Memory/Blackjack	9:15 Greeting/Music 17 10:00 Aerobic Exercise 10:30 Arts & Crafts "St. Patrick theme" 1:00 "The Ice Road" 2:00 Simply Stretch 2:30 Onyx Trivia 3:15 Bean Bag Board	18 CENTER CLOSED
19 CENTER CLOSED	Earth Day 20 9:15 Greeting/Music 10:00 Plate Exercise: 10:30 Randy & His Angels 1:00 "The Midnight Sky" 2:00 Toning Legs & Arms 2:30 Morganite Trivia 3:15 Parachute/ Ring Toss	9:15 Current Events 21 10:00 Rubber Band Exercise 10:30 Mystery Word Game 1:00 "The King Part 1" 2:00 Chair Aerobics 2:30 Moonstone Trivia 3:15 Bull's Eye Game/Bean Bag Hoops/ IN2L Games	9:15 Current Events 22 10:00 Karaoke/ Nail Arts 10:30 Tai Chi w/ Sylvia 1:00 "The King Part 2" 2:00 Leg & Hand Toning 2:30 Beryl Trivia 3:15 X-Box Bowling	23 9:15 Current Events 10:00 Latin Soul 2 10:30 Dart/Target Shooting 1:00 "Fractured" 2:00 Leg & Hand Toning Ex. 2:30 Carnelian Trivia 3:15 Reminiscing/IN2L	9:15 Greeting/Music 24 10:00 Chair Tai Chi 10:30 Soccer /Darts 1:00 "Burning Patience" 2:00 Sit & Be Fit- Coordination/Rubber Band 2:30 Bloodstone Trivia 3:15 Bingo/ Crochet	25 CENTER CLOSED
26 *Activities are subject to change	9:15 Greeting/Music 27 10:00 Meditation 10:30 Synonym/Antonym /Photography 1:00 "Toscana" 2:00 Plate Exercise 2:30 Spinel Trivia 3:15 Balloon Volleyball	9:15 Current Events 28 10:00 Aerobic Exercise 10:30 Charades/Target Shooting 1:00 "The Elephant Whisperers" 2:00 Chair Tai Chi 2:30 Tanzanite Trivia 3:15 Bean Bag Board/ Golf	World Piano Day 29 9:15 Greeting/Music 10:00 Exercise with Weights 10:30 Balloon Volleyball 1:00 "The Volcano Rescue From Wakaari" 2:00 Stretching Exercises 2:30 Zircon Trivia 3:15 Money Harvest/IN2L	9:15 Current Events 30 10:00 Rubber Band Ex. 10:30 Jigsaw Puzzle/Crochet 1:00 "Fierce" 2:00 Sit & Be Fit: March Your Way-Rubber Band 2:30 Tourmaline Trivia 3:15 Darts/ Ring Toss	9:15 Current Events 31 10:00 Rubber Band Ex. 10:30 Jigsaw Puzzle/ Crochet/Mahjong 1:00 "Fierce" 2:00 Sit & Be Fit 2:30 Tourmaline Trivia 3:15 Darts/ Ring Toss	