

MAY 2023 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 Last Stand" 2:00 Spiro 100 "4,3,1 Class" 2:30 Octopus Trivia 3:15 Balloon Badminton /Basketball	9:15 Greeting/Music 2 10:00 Spiro 100 Chair Dance 10:30 Synonym/Antonym 1:00 "Conan The Destroyer" 2:00 Rubber Band Exercises 2:30 Mississippi River Trivia 3:15 Archery/Soccer	9:15 Current Events 3 10:00 Toning Legs/Arms 10:30 Bulls Eye Game 1:00 "The Birds" 2:00 Flexibility & Posture 2:30 Bald Eagle Trivia 3:15 Painting/ IN2L Games	9:15 Greeting/Music 4 10:00 Aerobic Exercise 10:30 Charades/Dart 1:00 "28 Days" 2:00 Leg Strengthening 1 2:30 Eiffel Tower Trivia 3:15 Reminiscing/Mahjong Jigsaw Puzzle	9:15 Current Events 5 10:00 May Day Celebration 10:30 Ku'u Wa Hula 1:00 "Finding Ohana" 2:00 Mindful Movement 2:30 Aloha Tower Trivia 3:15 Target Shoot /Football	
7 	9:15 Greeting/Music 8 10:00 Cover Your B.A.S.E.S. 10:30 Destination: Argentina 1:00 "A League of Their Own" 2:00 Rubber Band Exercises 2:30 Hibiscus Trivia 3:15 Mother's Day Bingo	9:15 Current Events 9 10:00 Chair Tai Chi 10:30 Mother's Day Trivia 1:00 "A Tourist Guide To Love" 2:00 Seated Core Exercise 2:30 Pikake Trivia 3:15 Darts/Ring Toss/ IN2L Games	9:15 Greeting/ Music 10 10:00 Flash Cards 10:30 Tai Chi with Sylvia 1:00 "The Bourne Supremacy" 2:00 Steady On Your Feet 2:30 Cherry Blossom Trivia 3:15 Corsage Crafts/ Painting/Crochet	9:15 Current Events 11 9:30 Paper Plate in Hand 10:00 Legacy Music 1:00 "Chupa" 2:00 Shibashi (Standing) 2:30 Plumeria Trivia 3:15 Ladder Ball/Bean Bag Corsage Crafts part 2	9:15 Greeting/Music 12 10:00 Latin Soul 2 10:30 Mother's Day Presentation 1:00 "Blue Miracle" 2:00 Chair Belly Dance 2:30 Protea Flower Trivia 3:15 Mother's Day Bingo	13 CENTER CLOSED
Mother's Day 14 	9:15 Greeting/Music 15 10:00 Morning Stretch 10:30 Destination: Argentina 1:00 "Forgiven" 2:00 Rubber Band Exercises 2:30 Hibiscus Trivia 3:15 Charades/Ping Pong	9:15 Current Events 16 10:00 Chair Tai Chi 10:30 Cooking Demo: "Dulce De Leche" 1:00 "Marnie" 2:00 Seated Core Exercise 2:30 Pikake Trivia 3:15 Golf/Parachute	9:15 Greeting/Music 17 10:00 Roy Hamada's Music 1:00 "One More Time" 2:00 Stretching 2:30 Ohia Lehua Trivia 3:15 Bulls Eye/Hockey	Silver Club Visit 18 9:15 Current Events 10:00 Paper Plate in Hand 10:30 Balloon Volleyball 1:00 "New In Town" 2:00 Dean Hirata's Music 2:30 Red Tower Ginger Trivia 3:15 Discussions	9:15 Greeting/Music 19 10:00 Toning Legs & Arms 10:30 Money Harvest/ Table Games 1:00 "PAN" 2:00 Latin Soul 1 2:30 Heliconia Trivia 3:15 Dart/ Archery	20 CENTER CLOSED
21 	9:15 Greeting/Music 22 10:00 Chair Aerobics 10:30 Randy & His Angels 1:00 "The Bourne Identity" 2:00 Plate Exercise 2:30 Ilima Flower Trivia 3:15 Bingo/ IN2L Games	9:15 Current Events 23 10:00 Aerobic Exercise 10:30 Parachute/Ring Toss 1:00 "The Champion" 2:00 Live Tai Chi 2:30 Red Ginger Trivia 3:15 Mystery Word Game/ Jigsaw Puzzle	9:15 Greeting/Music 24 10:00 Word/Memory G. 10:30 Tai Chi with Sylvia 1:00 "Mr Harrigan's Phone" 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 National Geographic "Minnesota/S. Dakota" 1:00 "Passing" 2:00 Flexibility & Posture 2:30 Daisy Flower Trivia 3:15 X-Box Bowling	9:15 Greeting/Music 26 10:00 Rubber Band Ex 10:30 Memorial Day History 1:00 "No Escape" 2:00 Toning Legs & Arms 2:30 Carnation Trivia 3:15 Bean Bag Board/ Parachute	27 CENTER CLOSED
28 	Memorial Day 29 	9:15 Current Events 30 10:00 Seated Core Exercise 10:30 Word/Memory Game 1:00 "Murder Mystery 2" 2:00 Chair Exercises 2:30 Daffodil Trivia 3:15 Bean Bag Board (2)/ Bingo/IN2L Games	9:15 Greeting/Music 31 10:00 Sit & Be Fit with Weights 10:30 Charades/Crochet 1:00 "The Strays" 2:00 Chair Tai Chi 2:30 Edelweiss Trivia 3:15 Balloon Volleyball	<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