




September 2023 Live Well Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>31</p>	<p><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></p>	<p>Daily Activities:</p> <p>11:30am Lunch 1:00pm Rest Time or Movie 3:00pm Snacks 4:30pm Talk Story/ IN2L Game</p>	<p>*Activities are subject to change</p>		<p>9:15 Current Events 1 10:00 Plate Exercise 10:30 Arts & Crafts "Obon Lanten" 1:00 "10,000 BC" 2:00 Meditation 2:30 Grand Canyon Trivia 3:15 Yard Pong/Hockey</p>	<p>2</p> <p style="color: red;">CENTER CLOSED</p>
<p>3</p> <p style="color: red;">CENTER CLOSED</p>	<p>4</p> 	<p>9:15 Current Events 5 10:00 Chair Belly Dance 10:30 Table Tennis 1:00 "Heart Of stone" 2:00 Simply Stretch 1 & 2 2:30 Yosemite National Park Trivia 3:15 Reminiscing/</p>	<p>9:15 Greeting/Music 6 10:00 Karaoke 10:30 Tai Chi with Sylvia 1:00 "Blue Miracle" 2:00 Exercise w/ Weights 2:30 Acadia Nat'l. Park Trivia 3:15 National Cheese Pizza Day/IN2L Games</p>	<p>9:15 Current Events 7 10:00 Aerobic Exercise 10:30 Synonym/Antonym 1:00 "Adrift" 2:00 Stability Class 2:30 Yellowstone Trivia 3:15 Ping Pong Toss/ Speed Ball</p>	<p>9:15 Greeting/Music 8 9:30 Rubber Band Ex. 10:00 Live Well Bon Dance Festival 1:00 "Lean On Me" 2:00 Meditation 2:30 Zion Nat'l. Park Trivia 3:15 Ring Toss/Soccer</p>	<p>9</p> <p style="color: red;">CENTER CLOSED</p>
<p>10</p> <p style="color: red;">"Grandparents Day"</p> <p style="color: red;">CENTER CLOSED</p>	<p>9:15 Greeting/Music 11 10:00 Aerobic Exercise 10:30 Destination: Switzerland 1:00 "Prayers For Stolen" 2:00 Shibashi (Standing) 2:30 Glacier Nat'l Park Trivia 3:15 Ladder Ball/Bean Bag</p>	<p>9:15 Current Events 12 10:00 4,2,1 Class 10:30 Cooking Demo "Macaroni Du Chalet" 1:00 "In the Shadow of the Moon" 2:00 Chair Tai Chi 2:30 Olympic Nat'l. Park Trivia 3:15 Archery/Golf Chipping</p>	<p>9:15 Greeting/Music 13 10:00 Mystery Word Game 10:30 Tai Chi with Sylvia 1:00 "Beckett" 2:00 Chakra Balance 2:30 Grand Teton Trivia 3:15 Bulls Eye Game</p>	<p>9:15 Current Events 14 9:30 Simply Stretch 10:00 Dean Hirata's Music 1:00 "Friends with Benefits" 2:00 Steady On Your Feet 2:30 Great Smokey Mountain National Park Trivia 3:15 Ladder Ball/Bean Bag</p>	<p>9:15 Greeting/Music 15 10:00 Seated Core 10:30 Photography/IN2L Trivia/Blackjack 1:00 "Dear John" 2:00 Chair Aerobic 2:30 Rocky Mountain Trivia 3:15 Hockey/Ping Pong Toss</p>	<p>16</p> <p style="color: red;">CENTER CLOSED</p>
<p>17</p> <p style="color: red;">CENTER CLOSED</p>	<p>9:15 Greeting/Music 18 10:00 Rubber Band Ex. 10:30 Crochet/ Haiku/ Jigsaw Puzzle 1:00 "First Love" 2:00 Flow & Flexibility 2:30 Shenandoah Trivia 3:15 Parachute/Ring Toss</p>	<p>9:15 Current Events 19 9:30 Aerobic Exercise 10:00 Music by Glen & Les 1:00 "Make Me Believe" 2:00 Tai Chi Live 2:30 Bryce Canyon Trivia 3:15 Mystery Word Game</p>	<p>9:15 Greeting/Music 20 10:00 Exercise with Weights 10:30 Roy Hamada's Music 1:00 "Our Soul at Night" 2:00 Stretching Exercises 2:30 Joshua Tree Trivia 3:15 Karaoke/IN2L-Trivia</p>	<p style="color: red;">Silver Club Visit 21</p> <p>9:15 Current Events 10:00 Chair Belly Dancing 10:30 Race Game/Charades 1:00 "Irreplaceable You" 2:00 Balance Boggie 2:30 Arches National Park Trivia 3:15 Archery/Target Shooting</p>	<p>9:15 Greeting/Music 22 10:00 Plate Exercise 10:30 Painting/Bingo 1:00 "Roped" 2:00 Meditation 2:30 Death Valley Trivia 3:15 National Geographic "Maine"</p>	<p>23</p> <p style="color: red;">CENTER CLOSED</p>
<p>24</p> <p style="color: red;">CENTER CLOSED</p>	<p>9:15 Greeting/Music 25 10:00 Seated Chair Dance 10:30 Randy & His Angels 1:00 "Squared Love" 2:00 Plate Exercise 2:30 Mount Rainer National Park Trivia 3:15 Bead Craft/Crochet</p>	<p>9:15 Current Events 26 10:00 Flexibility & Posture 10:30 Live Well Spelling Bee Contest 1:00 "Crazy About Her" 2:00 Chair Exercises 2:30 Sequoia Nat'l Park Trivia 3:15 Bean Bag Board (2)</p>	<p>9:15 Greeting/Music 27 10:00 Flash Card Game/ Blackjack 10:30 Tai Chi with Sylvia 1:00 "Sleepless in Seattle" 2:00 Leg & Core 1 2:30 Everglades Park Trivia 3:15 Family Feud/IN2L</p>	<p>9:15 Current Events 28 10:00 Morning Stretch 10:30 Reminiscing/IN2L 1:00 "A Perfect Fit" 2:00 Leg & Core 2 2:30 Badlands National Park Trivia 3:15 X-Box Bowling/IN2L G.</p>	<p>9:15 Greeting/Music 29 9:30 Simply Stretch 10:00 Dean Hirata's Music 1:00 "Wedding Season" 2:00 Rubber Band Exercise 2:30 North Cascades Trivia 3:15 Ladder Ball/ Bean Bag</p>	<p>30</p> 