



# November 2023 Live Well Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<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><b>*Activities are subject to change</b></p>	<p>9:15 Current Events <b>1</b>            10:00 Flash Cards            10:30 <b>Tai Chi with Sylvia</b>            1:00 "Hubbie Halloween"            2:00 Meditation            2:30 Apple Tree Trivia            3:15 Ring Toss/Yard Pong</p>	<p>9:15 Current Events <b>2</b>            10:00 Plate Exercise            10:30 Mind/Memory Games            1:00 "Seven Years In Tibet".            2:00 Chair Tai Chi            2:30 Pears Tree Trivia            3:15 Bean Bag Board/Golf</p>	<p>9:15 Greeting/Music <b>3</b>            10:00 Exercise with Weights            10:30 Reminiscing/Haiku            1:00 "The Lake House"            2:00 Simply Stretch 1 &amp; 2            2:30 Peach Tree Trivia            3:15 Parachute/Darts</p>	<p><b>4</b>  <b>CENTER CLOSED</b></p>
<p><b>5</b>  <b>CENTER CLOSED</b></p>	<p>9:15 Greeting/Music <b>6</b>            10:00 Tai Chi Live            10:30 Table Tennis            1:00" Adventure of Tintin"            2:00 Rubber Band Ex            2:30 Cherry Tree Trivia            3:15 BINGO/Blackjack/IN2L-Games</p>	<p>9:15 Current Events <b>7</b>            9:30 Aerobic Exercise            10:00 <b>Jukebox Singers</b>            1:00 "War of The Worlds"            2:00 Stretching Exercise            2:30 Plum Tree Trivia            3:15 Balloon Volleyball/IN2L Trivia Game</p>	<p>9:15 Greeting/ Music <b>8</b>            9:30 Chair Yoga            10:00 <b>Crafts with Malia</b>            1:00 "The Bucket List"            2:00 Balance Boogie            2:30 Pomegranate Trivia            3:15 Balloon Badminton /Golf Chipping</p>	<p>9:15 Current Events <b>9</b>            9:30 Meditation            10:00 <b>Dean Hirata's Music</b>            1:00 "Land of The Lost"            2:00 Leg &amp; Core 1            2:30 Avocado Tree Trivia            3:15 Bean Bag Hoops/ Ladder Ball</p>	<p>9:15 Greeting/Music <b>10</b>            10:00 Plate Exercise            10:30 <b>Veterans Appreciation Day</b>            1:00 "Too Young the Hero"            2:00 Chair Belly Dance            2:30 Mango Tree Trivia            3:15 Speed Ball/Floor Dart</p>	<p><b>11</b>  <b>CENTER CLOSED</b></p>
<p><b>12</b>  <b>CENTER CLOSED</b></p>	<p><b>13</b>            9:15 Greeting/Music            10:00 Chair Tai Chi            10:30 Destination: <b>Macau</b>            1:00 "You've Got Mail"            2:00 Weight Exercise            2:30 Apricot Tree Trivia            3:15 Football/Archery</p>	<p><b>14</b>            9:15 Current Events            10:00 Rubber Band Ex.            10:30 Cooking Demo            1:00 The Adjustment Bureau            2:00 Flow &amp; Flexibility            2:30 Jackfruit Tree Trivia            3:15 Money Harvest/IN2L</p>	<p><b>15</b>            9:15 Greeting/Music            10:00 Stretching            10:30 <b>Roy Hamada's Music</b>            1:00 "The Professionals"            2:30 Leg &amp; Core 2            2:30 Lemon Tree Trivia            3:15 Bulls Eye Game</p>	<p><b>Silver Club Visit 16</b>            9:15 Current Events            10:00 Aerobic Exercise            10:30 Word Memory Games            1:00 "How Do You Know"            2:00 Chair Yoga            2:30 Papaya Tree Trivia            3:15 Race Game/Ring Toss</p>	<p><b>17</b>            9:15 Greeting/Music            10:00 Exercise with Weights            10:30 Mystery Word Game            1:00" The Electric Horseman"            2:00 Flexibility &amp; Posture            2:30 Orange Tree Trivia            3:15 Bean Bag Board</p>	<p><b>18</b>  <b>CENTER CLOSED</b></p>
<p><b>19</b>  <b>CENTER CLOSED</b></p>	<p><b>20</b>            9:15 Greeting/Music            10:00 Plate Exercise            10:30 <b>Randy &amp; His Angels</b>            1:00" Runaway Bride"            2:00 Chair Yoga            2:30 Banana Tree Trivia            3:15 Parachute/ Target Shooting</p>	<p><b>21</b>            9:15 Current Events            10:00 Live Tai Chi            10:30 Thanksgiving Discussion            1:00 "Along for The Ride"            2:00 Chair Aerobics            2:30 Cashew Tree Trivia            3:15 Bull's Eye Game/IN2L</p>	<p><b>22</b>            9:15 Current Events            10:00 Karaoke/            10:30 <b>Tai Chi with Sylvia</b>            1:00 "Feel the Beat"            2:00 Flow &amp; Flexibility            2:30 Persimmon Trivia            3:15 Thanksgiving Bingo</p>	<p><b>CENTER CLOSED 23</b></p> 	<p><b>24</b>            9:15 Greeting/Music            10:00 Chair Tai Chi            10:30 Live Well Spelling Bee            1:00 "The Adjustment Bureau"            2:00 Leg &amp; Core 1            2:30 Guava Tree Trivia            3:15 Reminiscing/IN2L</p>	<p><b>25</b>  <b>CENTER CLOSED</b></p>
<p><b>26</b>  <b>CENTER CLOSED</b></p>	<p><b>27</b>            9:15 Greeting/Music            10:00 Meditation            10:30 Synonym/Antonym Photography            1:00 "Cop Out"            2:00 Chair Aerobics            2:30 Mulberry Tree Trivia            3:15 X-Box Bowling/IN2L</p>	<p><b>28</b>            9:15 Current Events            10:00 Aerobic Exercise            10:30 <b>Music by Glen &amp; Les</b>            1:00 "After"            2:00 Chair Tai Chi            2:30 Quince Tree Trivia            3:15 Charade/Blackjack/ Jigsaw Puzzle</p>	<p><b>29</b>            9:15 Greeting/Music            10:00 Flash Cards            10:30 <b>Tai Chi with Sylvia</b>            1:00 "When Harry Met Sally"            2:00 Stretching Exercises            2:30 Pineapple Trivia            3:15 Target Shooting/Dart</p>	<p><b>30</b>            9:15 Current Events            10:00 Rubber Band Ex.            10:30 <b>National Geographic "Kentucky"</b>            1:00 "Highwaymen"            2:00 Steady on your Feet            2:30 Waterwheel Plant Trivia            3:15 Ring Toss/Ladder Ball</p>	<p><b>Daily Activities:</b>            11:30am Lunch            1:00pm Rest Time or Movie            3:00pm Snacks            4:30pm Talk Story/ IN2L Games</p>	