


APRIL 2024 Live Well Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:15 Greeting/Music 1 10:00 Family Feud 10:30 IN2L Trivia/ Korean Poetry 1:00 "Nothing Hills" 2:00 Plate Exercise 2:30 Table Tennis Trivia 3:15 Soccer/Ladder Ball	9:15 Current Events 2 9:30 Chair Dance 10:00 Music by Glen & Les 1:00 "Cat & Dog" 2:00 Workout for Arthritis 2:30 Boxing Trivia 3:15 Darts/ Ring Toss	9:15 Greeting/ Music 3 10:00 Karaoke 10:30 Tai Chi with Sylvia 1:00 "Look Both Ways" 2:00 Seated Back Stretch 2:30 Baseball Trivia 3:15 Golf/ Soccer	9:15 Greeting/ Music 4 10:00 Seated HIIT Exercise 10:30 Table Tennis 1:00 "A Jazzman's Blues" 2:00 Stability Class 2:30 Billiards Trivia 3:15 Word/Memory Game	9:15 Greeting/ Music 5 10:00 Seated Core/Stretching 10:30 Yard Pong/Darts 1:00 "I Am a Woman" 2:00 Exercise w/ Weights 2:30 Chess Trivia 3:15 Mystery Word Game	6 CENTER CLOSED
7 CENTER CLOSED	9:15 Greeting/Music 8 10:00 Chair Tai Chi 10:30 IN2L Discussions 1:00 "Maestro" 2:00 Knee Strengthening 2:30 Soccer Trivia 3:15 Blackjack/Left-Right-Center/Crochet	9:15 Current Events 9 9:30 Aerobic Exercise 10:00 Jukebox Singers 1:00 "The Duchess" 2:00 Standing Pilates 2:30 Football Trivia 3:15 Balloon Volleyball/ IN2L Games	9:15 Greeting/ Music 10 10:00 Plate Exercise 10:30 Art & Crafts With Malia 1:00 "The After" 2:00 Exercise w/ Weights 2:30 Baseball Trivia 3:15 Golf/ Soccer	9:15 Current Events 11 10:00 Rubber Band Exercise 10:30 May Day Court Election /IN2L Trivia Games 1:00 "The Flintstones" 2:00 Chair Yoga 2:30 Hockey Trivia 3:15 X-Box Bowling/IN2L Games	9:15 Greeting/Music 12 9:30 Meditation 10:00 Dean Hirata's Music 1:00 "Bombardment" 2:00 Balance Boggie 2:30 Golf Trivia 3:15 Ping Pong Toss/ Charades	13 CENTER CLOSED
14 CENTER CLOSED	9:15 Greeting/Music 15 10:00 Chair Pilates 10:30 Destination: Poland 1:00 "Kate & Leopold" 2:00 Exercise w/ Weights 2:30 Tennis Trivia 3:15 Ping Pong Toss (2)	9:15 Current Events 16 10:00 Seated HIIT 10:30 Cooking Demo "Jajecznicza Z Kurkami" 1:00 "Damsel" 2:00 Stability Class 2:30 Boxing Trivia 3:15 Darts/ Ring Toss	9:15 Greeting/Music 17 9:30 Range of Motion/ Seated Back Stretch 10:00 Roy Hamada's Music 1:00 "Alone" 2:00 Meditation 2:30 Crickets Trivia 3:15 Bulls Eye/Floor Darts	Silver Club Visit 18 9:15 Current Events 10:00 Aerobic Exercise 10:30 Knockdown Cups/Golf 1:00 "As Good as It Gets" 2:00 Chair Tai Chi 2:30 Olympics Trivia 3:15 Word Memory Games	9:15 Greeting/Music 19 10:00 Plate Exercise 10:30 Reminiscing/Haiku 1:00 "Devil in the Blue Dress" 2:00 Chair Yoga 2:30 Swimming Trivia 3:15 Ladder Ball/Bean Bag Hoops	20 CENTER CLOSED
21 CENTER CLOSED	Earth Day 22 9:15 Greeting/Music 10:00 Rubber Band Ex 10:30 Arts & Craft 1:00 "The Tutor" 2:00 Plate Exercise 2:30 Horse Racing Trivia 3:15 Parachute/Ring Toss	9:15 Current Events 23 10:00 Flexibility & Posture 10:30 Charades/Balloon Badminton 1:00 "The Cut" 2:00 Meditation 2:30 Cycling Race Trivia 3:15 Bull's Eye Game/Hockey	9:15 Greeting/Music 24 10:00 Flash Cards 10:30 Tai Chi with Sylvia 1:00 "20 th Century Girl" 2:00 Rubber Band Ex. 2:30 Track & Field Trivia 3:15 BINGO/IN2L Games /Jigsaw Puzzle	9:15 Current Events 25 9:30 Tai Chi Ep.1 10:00 Dean Hirata's Music 1:00 "Fear" 2:00 Flow & Flexibility 2:30 Archery Trivia 3:15 Balloon Volleyball/ IN2L Games	9:15 Greeting/Music 26 9:30 Chair Belly Dance 10:00 Hank the Singing Dutchman 1:00 "Your Lucky Day" 2:00 Chair Dance 2:30 Polo Trivia 3:15 Pictionary/Ring Toss	27 CENTER CLOSED
28 CENTER CLOSED	29 9:15 Greeting/Music 10:00 Balance Boggie 10:30 Synonym/Antonym /Photography 1:00 "The Wave" 2:00 Plate Exercise 2:30 Table Tennis Trivia 3:15 Target Shooting/Darts	30 9:15 Current Events 10:00 Tai Chi Live 10:30 National Park Trivia "Arkansas/Texas" 1:00 "Noah" 2:00 Chair Belly Dance 2:30 Gymnastic Trivia 3:15 Bean Bag Board (2 sets)	*Activities are subject to change	Daily Activities: 11:30am Lunch 1:00pm Rest Time or Movie 3:00pm Snacks 4:30pm Talk Story/ IN2L Games	<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>	