



MAY 2024 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>Daily Activities: 11:30am Lunch 1:00pm Rest Time or Movie 3:00pm Snacks 4:30pm Talk Story/. IN2L Games</p>	<p>9:15 Current Events 1 10:00 Flash Cards 10:30 Tai Chi with Sylvia 1:00 "Love Is in The Air" 2:00 Body Full Blast (Rubber Band) 2:30 Birds of Paradise Trivia 3:15 Bulls Eye Game (2)</p>	<p>9:15 Greeting/Music 2 10:00 Aerobic Exercise 10:30 Money Harvest/ Bean Bag Hoops 1:00 "See You in Venus" 2:00 Chair Pilates 2:30 Plumeria Trivia 3:15 Balloon Volleyball/IN2L</p>	<p>9:15 Current Events 3 10:00 Range of Motion 10:30 Nail Art/Crochet/ Jigsaw Puzzles/Haiku 1:00 "Places in The Heart" 2:00 Tai Chi Episode 1 2:30 Aloha Tower Trivia 3:15 Yard Pong/Darts</p>	<p>4</p> <p style="color: red;">CENTER CLOSED</p>
<p>5</p> <p style="color: red;">CENTER CLOSED</p>	<p>9:15 Greeting/Music 6 10:00 Chair Yoga w/ Sherry Zak Morris 10:30 Bingo 1:00 "The Beautiful Game" 2:00 Rubber Band Exercises 2:30 Hibiscus Trivia 3:15 Speedball/Floor Darts</p>	<p>9:15 Current Events 7 9:30 Morning Stretch 10:00 Jukebox Singers 1:00 "I Can Only Imagine" 2:00 Exercise with Weights 2:30 Pikake Trivia 3:15 National Park Trivia "Northern California"</p>	<p>9:15 Greeting/ Music 8 10:00 Plate Exercise 10:30 Reminiscing/ Korean Poetry 1:00 "Dog Gone" 2:00 Flexibility & Posture 2:30 Anthurium Trivia 3:15 Knockdown Cups/Race Gm.</p>	<p style="color: red;">Silver Club Visit 9 9:15 Current Events 9:30 Tai Chi Live 10:00 May Day Celebration 1:00 "Big George Foreman" 2:00 Meditation 2:30 Lobster-claws Trivia 3:15 Crochet/Beads Craft/Bingo</p>	<p>9:15 Greeting/Music 10 9:30 Plates Exercise 10:00 Mother's Day Celebration 1:00 "Blue Hawaii" 2:00 Chair Tai Chi 2:30 Protea Flower Trivia 3:15 Mother's Day Bingo</p>	<p>11</p> <p style="color: red;">CENTER CLOSED</p>
<p>12</p> <p style="color: red;">CENTER CLOSED</p>	<p>9:15 Greeting/Music 13 9:30 Flow & Flexibility 10:00 Randy & His Angels 1:00 "Love, Divided" 2:00 Exercise with Weights 2:30 Kahili Ginger Trivia 3:15 Charades/ Ping Pong Toss</p>	<p>9:15 Current Events 14 10:00 Rubber Band Ex. 10:30 Spelling Bee 1:00 "Love at First Kiss" 2:00 Flexibility & Posture 2:30 Naupaka Flower Trivia 3:15 Left-Right-Center/ Blackjack/Jigsaw Puzzle</p>	<p>9:15 Greeting/Music 15 10:00 Tai Chi Episode 2 10:30 Roy Hamada 1:00 "Anyone but You" 2:00 Stretching 2:30 Ohia Lehua Trivia 3:15 Ping Pong Toss/ Hockey/IN2L Games</p>	<p style="color: red;">Silver Club Visit 16 9:15 Current Events 9:30 Plate Exercise 10:00 Table Tennis 1:00 "The Miracle Club" 2:00 Orchids Trivia 2:30 Red Tower Ginger Trivia 3:15 X-Box Bowling/Parachute</p>	<p>9:15 Greeting/Music 17 10:00 4, 2, 1, Class 10:30 Photography/ Karaoke 1:00 "Lift" 2:00 Aerobic Exercise 2:30 Heliconia Trivia 3:15 Floor Darts/ Archery</p>	<p>18</p> <p style="color: red;">CENTER CLOSED</p>
<p>19</p> <p style="color: red;">CENTER CLOSED</p>	<p>9:15 Greeting/Music 20 10:00 Chair Aerobics 10:30 Bean Bag Board 1:00 "Greater" 2:00 Balance Boogie 2:30 Ilima Flower Trivia 3:15 National Park Trivia "Arkansas"</p>	<p>9:15 Current Events 21 10:00 Aerobic Exercise 10:30 Parachute/Ring Toss 1:00 "Hacksaw Ridge" 2:00 Leg & Core 2 2:30 Red Ginger Trivia 3:15 Mystery Word Game/ IN2L Trivia Games</p>	<p>9:15 Greeting/Music 22 10:00 Meditation 10:30 Arts & Crafts w/ Malia 1:00 "What Jennifer Did" 2:00 Chair Tai Chi 2:30 Ginger Flower Trivia 3:15 Bulls Eye Game/ Speed Ball</p>	<p>9:15 Current Events 23 10:00 Stability Class 10:30 Destination: Thailand 1:00 "Slumberland" 2:00 Full Blast Rubber Band 2:30 Daisy Flower Trivia 3:15 Golf/Darts Ball Game</p>	<p>9:15 Greeting/Music 24 10:00 Rubber Band Ex 10:30 Cooking Demo 1:00 "A Babysitter's Guide to Monster Hunting" 2:00 Meditation 2:30 Gardenia Flower Trivia 3:15 Bean Bag Board Game</p>	<p>25</p> <p style="color: red;">CENTER CLOSED</p>
<p>26</p> <p style="color: red;">CENTER CLOSED</p>	<p style="color: red;">Center Closed 27</p> 	<p>9:15 Current Events 28 9:30 Knee Strengthening 10:00 Music by Glen, Les & Anna 1:00 "Penguin Bloom" 2:00 Chair Yoga 2:30 Daffodil Trivia 3:15 Race Game/Ring Toss</p>	<p>9:15 Greeting/Music 29 10:00 15 minutes Sunrise Tai Chi 10:30 Tai Chi with Sylvia 1:00 "The Book of Henry" 2:00 Seated Back Stretch 2:30 Oh'i'a Lehua Trivia 3:15 Bingo/IN2L Games</p>	<p>9:15 Current Events 30 10:00 Rubber Band Ex. 10:30 Pictionary/Charades 1:00 "The Impossible" 2:00 Aerobic Exercise 2:30 Hala Flower Trivia 3:15 Dart Board/Ring Toss/ IN2L Games</p>	<p>9:15 Current Events 31 10:00 Seated HIIT 10:30 Paintings/Jigsaw Puzzle/Crochet 1:00 "A Passage to India" 2:00 Mindfulness Exercise 2:30 Alulu Flower Trivia 3:15 Balloon B./Golf Chips</p>	