



September 2024 Live Well Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p>  <p>Live Well at Iwilei by Kahala Nui</p>	<p>Labor Day 2</p>  <p>Center Closed</p>	<p>3</p> <p>9:15 Current Events 9:30 Chair Tai Chi Episode 1 10:00 Jukebox Singers 1:00 "Jack Reacher" 2:00 Simply Stretch 1 & 2 2:30 Beetle Trivia 3:15 Ladder Ball/ Bean Bag Hoops</p>	<p>4</p> <p>9:15 Greeting/Music 10:00 Flow & Flexibility 10:30 Table Tennis 1:00 "Jack Reacher Never Go Back" 2:00 Body Full Blast 2:30 Ladybug Trivia 3:15 BINGO/IN2L</p>	<p>5</p> <p>9:15 Current Events 10:00 Flexibility & Posture 10:30 Word Memory Games 1:00 "The Long Game" 2:00 Exercise with Weights 2:30 Bee Trivia 3:15 Balloon Badminton/ Balloon Volleyball</p>	<p>6</p> <p>9:15 Current Events 10:00 Tai Chi Live 10:30 IN2L Trivia Games/ Jigsaw P./Photography 1:00 "The First Knight" 2:00 Chair Belly Dance 2:30 Grandparents Trivia 3:15 Charades/Pictionary</p>	<p>7</p> <p>CENTER CLOSED</p>
<p>8</p> <p>Grandparents Day</p> <p>CENTER CLOSED</p>	<p>9</p> <p>9:15 Greeting/Music 10:00 Seated Core/ Morning Stretch 10:30 Basketball/Soccer 1:00 "The Legend of Hercules" 2:00 Steady Your Feet 2:30 Mosquito Trivia 3:15 Mystery Word Game</p>	<p>10</p> <p>9:15 Current Events 10:00 Shibashi 10:30 Spelling Bee 1:00 "The Emoji Movie" 2:00 Cover Your B.A.S.E.S 2:30 Ant Trivia 3:15 Bead Craft/Crochet/ Jigsaw Puzzle/Blackjack</p>	<p>11</p> <p>9:15 Greeting/ Music 10:00 Flash Cards 10:30 Crafts w/ Malia 1:00 "Sprinter" 2:00 Weight Exercise 2:30 Fly Trivia 3:15 Money Harvest/ Knockdown Cups</p>	<p>12</p> <p>9:15 Current Events 10:00 Aerobic Exercise 10:30 Synonym/Antonym 1:00 "Adrift" 2:00 Chair Pilates 2:30 Flea Trivia 3:15 Ping Pong Toss/Football</p>	<p>13</p> <p>9:15 Greeting/Music 9:30 Rubber Band Ex. 10:00 Dean Hirata's Music 1:00 "The Blind Side" 2:00 Stability Class 2:30 Cicadas Trivia 3:15 Ring Toss/Hockey</p>	<p>14</p> <p>CENTER CLOSED</p>
<p>15</p> <p>CENTER CLOSED</p>	<p>16</p> <p>9:15 Greeting/Music 10:00 Rubber Band Exercise 10:30 Randy & His Angels 1:00 "Rose Island" 2:00 Leg & Core 1 2:30 Mantis Trivia 3:15 Ladder Ball/ Bean Bag Hoops</p>	<p>17</p> <p>9:15 Current Events 10:00 Chair Dance 10:30 Reminiscing/ IN2L Games 1:00 "The Climb" 2:00 Leg & Core 2 2:30 Termite Trivia 3:15 Speed Ball/Golf</p>	<p>18</p> <p>9:15 Greeting/Music 9:30 Meditation 10:00 Roy Hamada's Music 1:00 "Forgotten Love" 2:00 Tai Chi w/ Sylvia 2:30 Phasmids Trivia 3:15 Bulls Eye Game/ Floor Darts</p>	<p>19</p> <p>Silver Club Visit 9:15 Current Events 9:30 Plate Exercise 10:00 Live Well Bon Dance 1:00 "Damsel" 2:00 4, 2, 1 Class 2:30 Dragonfly Trivia 3:15 Painting/Jigsaw Puzzle</p>	<p>20</p> <p>Ice Cream Cone Day 9:15 Greeting/Music 10:00 Chair Aerobic 10:30 Word Memory G./Haiku 1:00 "Hustle" 2:00 Exercise with Weights 2:30 Lice Trivia 3:15 Hockey/Ping Pong Toss</p>	<p>21</p> <p>CENTER CLOSED</p>
<p>22</p> <p>CENTER CLOSED</p>	<p>23</p> <p>9:15 Greeting/Music 10:00 Body Full Blast Ex. 10:30 Destination: "El Salvador" 1:00 "Mission: Cross" 2:00 Core Strengthening 2:30 Cricket Trivia 3:15 Parachute/Ring Toss</p>	<p>24</p> <p>9:15 Current Events 9:30 Aerobic Exercise 10:00 Music by Glen, Les & Anna 1:00 "Woman in Gold" 2:00 Tai Chi Live 2:30 Butterfly Trivia 3:15 Mystery Word Game</p>	<p>25</p> <p>9:15 Greeting/Music 10:00 Exercise w/ Weights 10:30 Cooking Demo "Curtido" 1:00 "Leave the World Behind" 2:00 Stretching Exercises 2:30 Aphid Trivia 3:15 X-Box Bowling</p>	<p>26</p> <p>9:15 Current Events 9:30 Flexibility & Posture 10:00 Dean Hirata's Music 1:00 "Srikanth" 2:00 Chair Yoga Sherry Zak 2:30 Hornet Trivia 3:15 National Park Trivia "Southern California"</p>	<p>27</p> <p>9:15 Greeting/Music 9:30 Chair Pilates 10:00 Hank the Singing Dutchman 1:00 "The Tearsmith" 2:00 Seated HIIT 2:30 Book Lice Trivia 3:15 Balloon Badminton</p>	<p>28</p> <p>CENTER CLOSED</p>
<p>29</p> <p>CENTER CLOSED</p>	<p>30</p> <p>9:15 Greeting/Music 10:00 Live Tai Chi 10:30 Karaoke/ Korean Poetry 1:00 "Rescued by Ruby" 2:00 Plate Exercise 2:30 Snakefly Trivia 3:15 Yard Pong/Darts</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>	