
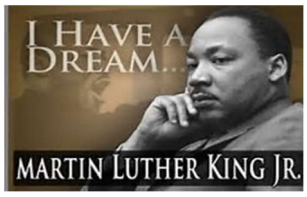




# JANUARY 2022 Live Well Activities

| OSUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|---|--|---|---|--|---|--|
|  | 9:15 Greeting/Music <b>31</b><br>10:00 Tai Chi PS<br>10:30 Bulls Eye Game (2)<br>12:30 "Grand Army"<br>2:00 Rubber Band Ex<br>2:30 Trivia/Riddles<br>3:15 BINGO/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> | <b>Daily Activities:</b><br>11:30am Lunch<br>1:00pm Rest Time or Movie<br>3:00pm Snacks<br>4:30pm Talk Story/ IN2L Games  |   |    | <b>New Year's Day 1</b><br><br><b>*Activities are subject to change</b>                            |
| <b>2</b><br><b>CENTER CLOSED</b>  | 9:15 Greeting/Music <b>3</b><br>10:00 Chair Tai Chi ABQ<br>10:30 Reminiscing/Haiku<br>12:30 "Sabrina"<br>2:00 Rubber Band Ex<br>2:30 Acacia Tree Trivia<br>3:15 BINGO/ IN2L-Brain Game                     | <b>4</b>  | 9:15 Greeting/ Music <b>5</b><br>10:00 Plate Exercise<br>10:30 Cooking Demo<br>Red Bean Soup w/ Pasta<br>12:30 The Mask of Zorro<br>2:00 Exercise w/ Weights<br>2:30 Citrus Tree Trivia<br>3:15 Archery/ Soccer | <b>6</b>   | 9:15 Greeting/Music <b>7</b><br>10:00 Plate Exercise<br>10:30 Painting/Table Game<br>12:30 "Life"<br>2:00 Movement 2<br>2:30 Oak Tree Trivia<br>3:15 Bull's Eye Game/ Basketball              | <b>8</b><br><b>CENTER CLOSED</b>   |
| <b>9</b><br><b>CENTER CLOSED</b>  | 9:15 Greeting/Music <b>10</b><br>10:00 Meditation<br>10:30 IN2L Discussions<br>12:30 "Jumanji"<br>2:00 Exercise w/ Weights<br>2:30 Orange Tree Trivia<br>3:15 Ping Pong Toss (2)                           | 9:15 Current Events <b>11</b><br>10:00 Easy Tai Chi<br>10:30 Race Game/Beads C.<br>12:30 "First Knight"<br>2:00 Training Arms<br>2:30 Coconut Tree Trivia<br>3:15 Dart/ Ring Toss/ IN2L Games   | 9:15 Greeting/Music <b>12</b><br>10:00 Toning Legs & Arms<br>10:30 Mystery Word G.<br>12:30 "Wyatt Earp"<br>2:00 Simply Stretch 2<br>2:30 Hazelnut Tree Trivia<br>3:15 Bulls Eye Game/ Balloon Badminton        | 9:15 Current Events <b>13</b><br>10:00 Plate Exercise<br>10:30 IN2L Trivia Games<br>12:30 "Dennis The Menace"<br>2:00 Chair Tai Chi<br>2:30 Dragon Tree Trivia<br>3:15 Table Tennis/ IN2L Games                                  | 9:15 Greeting/Music <b>14</b><br>10:00 Movement 3<br>10:30 Word/Memory G.<br>12:30 "Beethoven"<br>2:00 Movement 1 & 2<br>2:30 Laurel Tree Trivia<br>3:15 Target Shooting/ Race Game           | <b>15</b><br><b>CENTER CLOSED</b>  |
| <b>16</b><br><b>CENTER CLOSED</b>   | <b>Martin Luther King 17</b><br>9:15 Greeting/Music<br>10:00 Rubber Band Ex<br>10:30 MLKJ Special<br>12:30 "Knight Rider 2000"<br>2:00 Meditation<br>2:30 Magnolia Tree Trivia<br>3:15 Parachute/Ring Toss | <b>National Popcorn Day 18</b><br>9:15 Current Events<br>10:00 Aerobic Exercise<br>10:30 Popcorn Making<br>12:30 "Maximum Risk"<br>2:00 Toning Legs<br>2:30 Olive Tree Trivia<br>3:15 Bull's Eye Game   | 9:15 Greeting/Music <b>19</b><br>10:00 Music and Motion w/ Weights<br>10:30 Dart/Speedball<br>12:30 "Think Like A Man"<br>2:00 Stretching Exercises<br>2:30 Pear Tree Trivia<br>3:15 Reminiscing/Bingo          | <b>Silver Club Visit 20</b><br>9:15 Current Events<br>10:00 Training arms<br>10:30 Speed Ball/Hockey<br>12:30 "Something Borrowed"<br>2:00 Leg & Hand Toning Ex.<br>2:30 Mango Tree Trivia<br>3:15 X-Box Bowling/IN2L            | 9:15 Greeting/Music <b>21</b><br>10:00 Plate Exercise<br>10:30 Soccer /Darts<br>1:00 "Home Again"<br>2:00 Meditation<br>2:30 Birch Tree Trivia<br>3:15 Destination: <b>Brunei</b>             | <b>22</b><br><b>CENTER CLOSED</b>  |
| <b>23</b><br><b>CENTER CLOSED</b>   | <b>24</b><br>9:15 Greeting/Music<br>10:00 Rubber Band Ex<br>10:30 IN2L Trivia/Beads<br>1:00 "The Stepfather"<br>2:00 Aerobic Exercise<br>2:30 Maple Tree Trivia<br>3:15 Basketball/ Target shooting        | <b>25</b><br>9:15 Current Events<br>10:00 Chair Tai Chi<br>10:30 Word/Memory Game/Crochet<br>1:00 "Eight Legged Freaks"<br>2:00 Chair Exercises<br>2:30 Chestnut Tree Trivia<br>3:15 Bean Bag Board   | <b>26</b><br>9:15 Greeting/Music<br>10:00 Exercise W/ Weight<br>10:30 Arts & Crafts "Chinese New Year"<br>1:00 "Stepbrothers"<br>2:00 Simply Stretch 1<br>2:30 Cashew Tree Trivia<br>3:15 Golf/Balloon B.       | <b>27</b><br>9:15 Current Events<br>10:00 Music and Motion with Weights<br>10:30 Archery/Hockey<br>1:00 "Django Unchained"<br>2:00 Leg & Hand Toning Ex.<br>2:30 Strawberry Tree Trivia<br>3:15 Beads/Jigsaw Puzzle/ IN2L-Trivia | <b>28</b><br>9:15 Greeting/Music<br>10:00 Plate Exercise<br>10:30 Bulls Eye Game/ Speedball<br>1:00 "Starsky & Hutch"<br>2:00 Movement 2<br>2:30 Papaya Tree Trivia<br>3:15 Bingo/Brain Games | <b>28</b><br> |
| <b>30</b><br><b>CENTER CLOSED</b>   |  |   |   |  |   |  |