



JULY 2021 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:</p> <p>11:30am Lunch 1:00pm Rest Time or Movie 3:00pm Snacks 4:30pm Talk Story/ IN2L Games</p>	<p>*Activities are subject to change</p>	<p>International Joke Day 1</p> <p>10:00 Exercise w/weights 10:30 Race Game/Floor Dart 1:00 "Two Hearts" 2:00 Meditation 2:30 Joke Trivia 3:15 Destination: USA</p>	<p>9:15 Greeting/Music 2 10:00 Aerobic Exercise 10:30 4th of July Celeb. 1:00 "Meditation" 2:00 Exercise w/weights 2:30 4th of July Trivia 3:15 Ping Pong Toss (2)</p>	<p>3</p> <p style="color: red;">CENTER CLOSED</p>
<p>4</p> 	<p>9:15 Current Events 5 10:00 Aerobic Exercise 10:30 Speed Ball/ Parachute 1:00 "Love Happens" 2:00 Plate Exercise 2:30 Shark Trivia 3:15 IN2L Discussions</p>	<p>9:15 Current Events 6 10:00 Tai Chi 10:30 Knockdown Cups/ Parachute 1:00 "The Grandmaster" 2:00 Stretching Exercise 2:30 Ocean Trivia 3:15 Bingo/IN2L-Games</p>	<p>9:15 Greeting/ Music 7 10:00 Toning Legs/Arms 10:30 Reminiscing/ Haiku 1:00 "The Whole Truth" 2:00 Exercise w/ weights 2:30 Albatross Trivia 3:15 Golf/ Soccer</p>	<p>9:15 Current Events 8 10:00 Chair Tai Chi 10:30 Synonym/Antonym 1:00 "Mystic River" 2:00 Plate Exercises 2:30 Golden Gate Trivia 3:15 Balloon Badminton/ Basketball</p>	<p>9:15 Greeting/Music 9 10:00 Rubber Band Ex. 10:30 Flash Card game/ Jigsaw Puzzle 1:00 "The skin of D' wolf" 2:00 Aerobic Exercise 2:30 Flower Trivia 3:15 Bull's Eye Game</p>	<p>10</p> <p style="color: red;">CENTER CLOSED</p>
<p>11</p> <p style="color: red;">CENTER CLOSED</p>	<p>9:15 Greeting/Music 12 10:00 Aerobic Exercise 10:30 Table Tennis 1:00 "The Stolen" 2:00 Exercise w/weights 2:30 Beach Trivia/Riddles 3:15 IN2L Trivia Game/ IN2L Brain Games</p>	<p>French Fry Day 13</p> <p>9:15 Current Events 10:00 Rubber Band Ex 10:30 Dart/ Ring Toss 1:00 "The Hateful Eight" 2:00 Chair Tai Chi 2:30 French Fry Trivia 3:15 Karaoke/Painting</p>	<p>9:15 Greeting/Music 14 10:00 Meditation 10:30 Arts & Craft 1:00 "Domestic Disturbance" 2:00 Stretching 2:30 Plant Trivia 3:15 Bulls Eye Game</p>	<p>9:15 Current Events 15 10:00 Plate Exercise 10:30 Bingo/Bead Craft 1:00 "What Women Want" 2:00 Tai Chi 2:30 Olympic Trivia 3:15 Basketball/Floor Dart Kahala Nui IL Visits</p>	<p>9:15 Greeting/Music 16 10:00 Express Toning 1-2 10:30 Memory/Word G. 1:00 "The Outlaw Josey Wales" 2:00 Chair Aerobic 2:30 Bicycle Trivia 3:15 Target Shoot/Dart</p>	<p>17</p> <p style="color: red;">CENTER CLOSED</p>
<p>18</p> <p style="color: red;">CENTER CLOSED</p>	<p>9:15 Greeting/Music 19 10:00 Rubber Band Ex 10:30 Senior Olympic Games -"Basketball" 1:00 "Cloud Burst" 2:00 Plate Exercise 2:30 Titanic Trivia 3:15 Parachute/Ring Toss</p>	<p>National Lollipop Day 20</p> <p>9:15 Current Events 10:00 Chair Aerobic Olympic G.-Javelin/Boxing 1:00 "State Of Play" 2:00 Tai Chi 2:30 Lollipop Trivia 3:15 Bull's Eye Game</p>	<p>9:15 Greeting/Music 21 10:00 Exercise w/ Weights 10:30 Senior Olympic G. -Table Tennis/Dart 1:00 "Yes Day" 2:00 Stretching Exercises 2:30 Plane Trivia/Riddles 3:15 BINGO/IN2L Game</p>	<p>9:15 Current Events 22 10:00 Meditation 10:30 Senior Olympic Games -Bowling/Football 1:00 "2012" 2:00 Leg & Hand Toning Ex. 2:30 Kangaroo Trivia/Riddles 3:15 Race Game/Charade</p>	<p>9:15 Greeting/Music 23 10:00 Plate Exercise 10:30 Senior Olympic G. -Soccer/Archery 1:00 "Finding Ohana" 2:00 Aerobic Exercise 2:30 Elephant Trivia 3:15 Closing Ceremony</p>	<p>24</p> <p style="color: red;">CENTER CLOSED</p>
<p>25</p> <p style="color: red;">CENTER CLOSED</p>	<p>26</p> <p>9:15 Greeting/Music 10:00 Rubber Band Ex 10:30 IN2L Trivia/Beads 1:00 "Million Dollar Baby" 2:00 Plate Exercise 2:30 Hamburger Trivia 3:15 Basketball/Ping Pong</p>	<p>Hula Hoop Day 27</p> <p>9:15 Current Events 10:00 Chair Tai Chi 10:30 Hula Hoop Exhibition 1:00 "Abduction" 2:00 Chair Exercises 2:30 Hula Hoop Trivia 3:15 Bean Bag Board</p>	<p>9:15 Greeting/Music28 10:00 Weight Exercise 10:30 Mystery Word G. 1:00 "A Man For The Weekend" 2:00 Stretching Exercises 2:30 Crocodile Trivia 3:15 Golf/Charades</p>	<p>9:15 Current Events 29 10:00 Rubber Band Exercise 10:30 Bead Craft/Painting 1:00 "What Women Want" 2:00 Leg & Hand Toning Ex. 2:30 Shave Ice Trivia/Riddles 3:15 X-Box Bowling/ IN2L-Hangman</p>	<p>30</p> <p>9:15 Greeting/Music 10:00 Meditation 10:30 Synonym/Antonym 1:00 "Flipped" 2:00 Toning Legs/Arms 2:30 Spider Trivia 3:15 Bingo/Brain Games</p>	<p>31</p> <p style="color: red;">CENTER CLOSED</p>