

MAY 2021 Live Well Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CENTER CLOSED 31 	<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>	*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		1 CENTER CLOSED
2 CENTER CLOSED	9:15 Greeting/Music 3 10:00 Tai Chi 10:30 Destination: Hawaii 1:00 "Princess Kaiulani" 2:00 Meditation 2:30 Mango Tree Trivia/R. 3:15 IN2L-Brain Game Bingo	9:15 Current Events 4 10:00 Aerobic Ex 10:30 May Day Celebration 1:00 "Finding Ohana" 2:00 Stretching Ex 2:30 Gardenia Trivia 3:15 Knockdown Cups/ Parachute	9:15 Greeting/ Music 5 10:00 Plate Exercise 10:30 Koi Fish Painting 1:00 "K-911" 2:00 Exercise w/ weights 2:30 Clothing Trivia 3:15 Golf/ Soccer	9:15 Current Events 6 10:00 Rubber Band Exercise 10:30 Discussions/Bead Craft 1:00 "The Next Three Days" 2:00 Plate Exercise 2:30 Eagle Trivia/Riddles 3:15 Balloon Badminton/ Floor Dart Game	9:15 Greeting/Music 7 10:00 Plate Exercise 10:30 Corsage Making4-6 "Mother's Day Memories 1:00 "Mother" 2:00 Aerobic Ex 2:30 Daffodils Trivia 3:15 Bull's Eye Game	8 CENTER CLOSED
Mother's Day 9 	9:15 Greeting/Music 10 10:00 Tai Chi 10:30 IN2L Discussions 1:00 "A Week Away" 2:00 Exercise w/weights 2:30 Beach Trivia/Riddles 3:15 Ping Pong Toss (2) IN2L Brain Games	9:15 Current Events 11 10:00 Meditation 10:30 Synonym/Antonym 1:00 "Double Dad" 2:00 Aerobic Ex 2:30 Shark Trivia/Riddle 3:15 Dart/ Ring Toss/ IN2L Games	9:15 Greeting/Music 12 10:00 Karaoke/Beads 10:30 Mystery Word G. 1:00 "K-9" 2:00 Stretching 2:30 Plant Trivia 3:15 Bulls Eye Game/ Floor Dart Game	9:15 Current Events 13 10:00 Plate Exercise 10:30 IN2L Trivia Games 1:00 "Safe Haven" 2:00 Tai Chi 2:30 Rose Flower Trivia 3:15 Basketball/ Target Shooting.	9:15 Greeting/Music 14 10:00 Aerobic Ex/ Meditation 10:30 Memory/Word G. 1:00"War Horse" 2:00 Aerobic Exercise 2:30 Basketball Trivia 3:15 / Race Game	15 CENTER CLOSED
16 CENTER CLOSED	9:15 Greeting/Music 17 10:00 Rubber Band Ex 10:30 Floor Dart G. 1:00 "Water World" 2:00 Plate Exercise 2:30 Sunflower Trivia 3:15 Bingo/IN2L Games	9:15 Current Events 18 10:00 Aerobic Ex 10:30 Painting/Jigsaw P. 1:00 "You Are My Home" 2:00 Chair Exercises 2:30 Dog Trivia/Riddles 3:15 Bull's Eye Game (2 sets)/ IN2L Games	9:15 Greeting/Music 19 10:00 Weight Exercise 10:30 Hangman/Haiku 1:00 "God Bless The Broken Road" 2:00 Meditation 2:30 Cat Trivia/Riddles 3:15 Parachute/Ring T.	9:15 Current Events 20 10:00 Aerobic Ex 10:30 Karaoke/Crochet 1:00 "Pup Star" 2:00 Leg & Hand Toning Ex. 2:30 Tiger Lily Trivia/Riddles 3:15 X-Box Bowling/ IN2L Matching Game	National Bike to Work Day21 9:15 Greeting/Music 10:00 Plate Exercise 10:30 Nat'l Bike Day Discussions 1:00 "A Thousand Words" 2:00 Aerobic Exercise 2:30 Ice Cream Trivia 3:15 Destination: Peru	22 CENTER CLOSED
23 CENTER CLOSED 30 CENTER CLOSED	9:15 Greeting/Music 24 10:00 Rubber Band Ex 10:30 IN2L Trivia/Beads 1:00 "Father Of The Year" 2:00 Plate Exercise/ Meditation 2:30 Sparrow Bird Trivia 3:15 Basketball/Target S.	9:15 Current Events 25 10:00 Aerobic Ex 10:30 Word Game 1:00 "Hook" 2:00 Chair Exercise 2:30 Dove Bird Trivia/Riddle 3:15 Bean Bag Board	9:15 Greeting/Music 26 10:00 Weight Exercise 10:30 Arts & Craft 1:00 "IP Man" 2:00 Stretching Exercises 2:30 Cat Trivia/Riddles 3:15 Golf/ Dart Game	9:15 Current Events 27 10:00 Meditation 10:30 Antonym/Synonym 1:00 "The Package" 2:00 Leg & Hand Toning Ex. 2:30 Forest Trivia/Riddles 3:15 IN2L-Hangman/ Matching Game	Memorial DayCelebration 9:15 Greeting/Music 28 10:00 Plate Exercise 10:30 Lantern Making 1:00 "The Impossible" 2:00 Aerobic Exercise 2:30 Ice Cream Trivia 3:15 Bingo/Brain Games	29 CENTER CLOSED