

# NOVEMBER 2021 Live Well Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:15 Greeting/Music <b>1</b> 10:00 Tai Chi 10:30 Bulls Eye Game (2) 1:00 "He's All That" 2:00 Rubber Band Ex. 2:30 African Lion Trivia 3:15 BINGO/IN2L Games	9:15 Greeting/Music <b>2</b> 10:00 Aerobic Exercise 10:30 Beads/Crochet/IN2L 1:00 "Red Dot" 2:00 Stretching Exercise 2:30 American Buffalo Trivia 3:15 Football/Soccer	9:15 Greeting/Music <b>3</b> 10:00 Plate Exercise 10:30 Karaoke/Haiku 1:00 "Black Island" 2:00 Exercise w/ Weights 2:30 Hyena Trivia 3:15 Balloon B./ Dart	9:15 Greeting/Music <b>4</b> 10:00 Chair Tai Chi 10:30 Archery/Knockdown Cup 1:00 "Beckett" 2:00 Meditation 2:30 Crocodile Trivia 3:15 Pictionary/Floor Dart	9:15 Greeting/Music <b>5</b> 10:00 Toning Arm & Legs 10:30 X-Box Bowling 1:00 "Rim Of The World" 2:00 Chair Aerobic 2:30 Rhinoceros Trivia 3:15 IN2L/Matching Game	<b>6</b>  <b>CENTER CLOSED</b>
<b>7</b>  <b>CENTER CLOSED</b>	9:15 Greeting/Music <b>8</b> 10:00 Express Toning1 &2 10:30 Flash Card/ Race Game 1:00 "Gladiator" 2:00 Exercise w/ Weights 2:30 Elephant Trivia 3:15 Floor Dart/SpeedBall	9:15 Current Events <b>9</b> 10:00 Rubber Band Ex. 10:30 Destination: <b>Philippines</b> 1:00 "The Blue Lagoon" 2:00 Tai Chi 2:30 Monkey Trivia 3:15 Knockdown Cups/Dart	9:15 Greeting/ Music <b>10</b> 10:00 Plate Exercise 10:30 Cooking Demo By: Rolan 1:00 "A Monster Call" 2:00 Toning Arms and Legs 2:30 Koala Trivia 3:15 Golf/ Soccer	<b>Veterans Day 11</b> 9:15 Current Events 10:00 Aerobic Exercise 10:30 <b>Veterans Appreciation</b> 1:00 "The Gun Of Nevarone" 2:00 Chair Tai Chi 2:30 Giraffe Trivia 3:15 Table Tennis/IN2L Game	9:15 Greeting/Music <b>12</b> 10:00 Exercise w/ Weights 10:30 Arts & Crafts By: Daisy 1:00 "Titanic" 2:00 Meditation 2:30 Woodpecker Trivia 3:15 Bull's Eye Game	<b>13</b>  <b>CENTER CLOSED</b>
<b>14</b>  <b>CENTER CLOSED</b>	9:15 Greeting/Music <b>15</b> 10:00 Aerobic Exercise 10:30 IN2L Discussions 1:00 "All The Bright Places" 2:00 Exercise w/ Weights 2:30 Panda Trivia 3:15 Ping Pong Toss (2) IN2L Brain Games	9:15 Current Events <b>16</b> 10:00 Plate Exercise 10:30 Karaoke/Beads C. 1:00 "Just Say Yes" 2:00 Stretching 2:30 Horse Trivia 3:15 Dart/ Ring Toss/ IN2L Games	9:15 Greeting/Music <b>17</b> 10:00 Toning Arms & Legs 10:30 Mystery Word Game/Crochet 1:00 "Last Summer" 2:00 Chai Tai Chi 2:30 Leopard Trivia 3:15 Charades/Golf	<b>Silver Club Visit 18</b> 9:15 Current Events 10:00 Rubber Band Exercise 10:30 X-Box Bowling/Floor Dart 1:00 "Murder Mystery" 2:00 Tai Chi 2:30 Gorilla Trivia 3:15 Synonyms/Antonyms	9:15 Greeting/Music <b>19</b> 10:00 Meditation 10:30 Mind/Memory Games 1:00 "When We First Met" 2:00 Chair Aerobic 2:30 Antelope Trivia 3:15 Target Shooting/ Race Game	<b>20</b>  <b>CENTER CLOSED</b>
<b>21</b>  <b>CENTER CLOSED</b>	9:15 Greeting/Music <b>22</b> 10:00 Rubber Band Ex. 10:30 Synonym/Antonym 1:00 "Love, Guarantee" 2:00 Plate Exercise 2:30 Pumpkin Trivia 3:15 Pumpkin Bean Bag/ Ring Toss Hat	9:15 Current Events <b>23</b> 10:00 Express Toning 1&2 10:30 Parachute/Golf 1:00 "Lost Girl" 2:00 Chair Exercises 2:30 Wine Trivia/Riddles 3:15 Reminiscing/ IN2L Games/Crochet	9:15 Greeting/Music <b>24</b> 10:00 Exercise w/ Weights 10:30 Arts & Craft "Thanksgiving Card" 1:00 "The Life Ahead" 2:00 Stretching Exercises 2:30 Thanksgiving Trivia 3:15 Bean Bag Board (2)	<b>Thanksgiving Day 25</b> 	9:15 Greeting/Music <b>26</b> 10:00 Plate Exercise 10:30 Painting/Jigsaw P. 1:00 "The Two Popes" 2:00 Meditation 2:30 Coyote Trivia 3:15 Ring Toss/ Pictionary/IN2L Games	<b>27</b>  <b>CENTER CLOSED</b>
<b>28</b>  <b>CENTER CLOSED</b>	9:15 Greeting/Music <b>29</b> 10:00 Chair Tai Chi 10:30 Destination: <b>Costa Rica</b> /Haiku 1:00 "Seventeen" 2:00 Plate Exercise 2:30 Bear Trivia 3:15 Basketball/Dart	9:15 Current Events <b>30</b> 10:00 Aerobic Exercise 10:30 Price Is Right/ Crochet/Jigsaw P. 1:00 "Elisa & Marcela" 2:00 Toning Arms & Legs 2:30 Wolf Trivia 3:15 Bean Bag Board	<b>Daily Activities:</b> 11:30am Lunch 1:00pm Rest Time or Movie 3:00pm Snacks 4:30pm Talk Story/ IN2L Games	<b>*Activities are subject to change</b>	<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>	