



SEPTEMBER 2021 Live Well Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Daily Activities: 11:30am Lunch 1:00pm Rest Time or Movie 3:00pm Snacks 4:30pm Talk Story/ IN2L Games	*Activities are subject to change	9:15 Current Events 1 10:00 Rubber Band Ex. 10:30 BullsEye/PingPongT. 1:00 "All The Bright Places" 2:00 Express Toning 1&2 2:30 Heart Trivia 3:15 Synonym/Antonym	9:15 Current Events 2 10:00 Chair Aerobics 10:30 Football/Soccer 1:00 "The Dig" 2:00 Chair Tai Chi 2:30 Watches Trivia/Riddles 3:15 Reminiscing/Table Game	9:15 Current Events 3 10:00 Exercise w/ Weights 10:30 Bean Bag Board/Dart 1:00 "Pieces of a Woman" 2:00 Plate Exercise 2:30 Diamond Trivia 3:15 Discussion "Jobs"	4 CENTER CLOSED
5 CENTER CLOSED	Center Closed 6 	9:15 Current Events 7 10:00 Aerobic Exercise 10:30 Knockdown Cups/ Parachute 1:00 "The King" 2:00 Stretching Exercise 2:30 White Gold Trivia/R. 3:15 Destination: Mongolia	9:15 Greeting/ Music 8 10:00 Tai Chi 10:30 Cooking w/ Rolen 1:00 "Rebecca" 2:00 Toning Arms & Legs 2:30 Coffee Trivia 3:15 Golf/ Soccer/ Bingo	9:15 Current Events 9 10:00 Meditation 10:30 Race Game/Jigsaw P. 1:00 "After We Collide" 2:00 Plate Exercises 2:30 Tea Trivia/Riddles 3:15 Balloon Badminton/ X-Box Bowling	9:15 Greeting/Music 10 10:00 Plate Exercise 10:30 Arts & Crafts "Grandparent Day" 1:00 "Wildlife" 2:00 Chair Tai Chi 2:30 Flower Trivia 3:15 Bull's Eye/Floor Dart	11 CENTER CLOSED
National Grandparents Day 12 CENTER CLOSED	9:15 Greeting/Music 13 10:00 Aerobic Exercise 10:30 Grandparents Discussion/Haiku 1:00 "Red Joan" 2:00 Exercise w/weights 2:30 Liver Trivia/Riddles 3:15 Ping Pong Toss/Dart	9:15 Current Events 14 10:00 Rubber Band Ex 10:30 Flash Card/Blackjack 1:00 "Midnight Sun" 2:00 Latin Soul 1 & 2 2:30 Microwave Trivia 3:15 Floor Dart/ Ring Toss/ IN2L Games	9:15 Greeting/Music 15 10:00 Meditation 10:30 IN2L Piggy Bankers 1:00 "The Last Letter from Your Lover" 2:00 Stretching 2:30 Plant Trivia 3:15 Bulls Eye/Football	Silver Club Visit 16 9:15 Current Events 10:00 Plate Exercise 10:30 Archery/Bean Bag Board 1:00 "Fatherhood" 2:00 Chair Tai Chi 2:30 Lung Trivia 3:15 Bingo/Table Game	9:15 Greeting/Music 17 10:00 Toning Legs & Arms 10:30 Target Shooting/ Race Game 1:00 "After" 2:00 Chair Aerobics 2:30 Kidney Trivia 3:15 Synonym/Antonym	18 CENTER CLOSED
19 CENTER CLOSED	9:15 Greeting/Music 20 10:00 Rubber Band Ex. 10:30 Arts & Crafts/Painting 1:00 "What Dreams May Come" 2:00 Plate Exercise 2:30 Dahlia Trivia 3:15 Parachute/Ring Toss	9:15 Current Events 21 10:00 Chair Tai Chi 10:30 X-Box Bowling/Darts 1:00 "Collateral Beauty" 2:00 Chair Aerobics 2:30 Daffodil Trivia 3:15 Mind Memory Game/ Crochet/Jigsaw Puzzle	ICE CREAM CONE B-DAY 22 9:15 Greeting/Music 10:00 Exercise w/ Weights 10:30 Destination: Laos 1:00 "Okia" 2:00 Stretching Exercise 2:30 Ice Cream Trivia 3:15 BINGO/IN2L Game	9:15 Current Events 23 10:00 Aerobic Exercise 10:30 Reminiscing/Blackjack 1:00 "Hugo" 2:00 Leg & Hand Toning Ex. 2:30 Skin Trivia/Riddles 3:15 Bulls Eye/Basketball	9:15 Greeting/Music 24 10:00 Plate Exercise 10:30 Soccer /Darts 1:00 "My Girl" 2:00 Aerobic Exercise 2:30 Ms. Universe Trivia 3:15 Mystery Word Game/IN2L Games	25 CENTER CLOSED
26 CENTER CLOSED	27 9:15 Greeting/Music 10:00 Rubber Band Ex 10:30 Mind/Memory Game 1:00 "Irreplaceable You" 2:00 Plate Exercise 2:30 Muffin Trivia 3:15 Football/ Target Shooting	28 9:15 Current Events 10:00 Aerobic Exercise 10:30 Karaoke/Jigsaw Puzzle 1:00 "The Florida Project" 2:00 Chair Exercises 2:30 Electric Bed Trivia 3:15 Bean Bag Board/ Speed Ball	29 9:15 Greeting/Music 10:00 Exercise w/ Weight 10:30 Discussions/Haiku /Blackjack 1:00 "2 Hearts" 2:00 Stretching Exercises 2:30 Jokes Trivia 3:15 Crochet/ Table Tennis	30 9:15 Current Events 10:00 Chair Tai Chi 10:30 Beads Craft/Painting 1:00 "Malcom & Marie" 2:00 Leg & Hand Toning Exercise. 2:30 Wedding Trivia 3:15 Balloon Badminton/ Golf	<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>	CENTER CLOSED