




AUGUST 2025 LIVE WELL ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 CENTER CLOSED	<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>			 <div>Birthday Celebrants Richard A. 08/05 Esther S. 08/14 Carolee M. 08/21 Suemi M. 08/21 Helen N. 08/23 Miharu M. 08/24</div>	1 9:15 Current Events 9:30 Chair Zumba 10:00 Bean Bag Board 1:00 “The Tutor” 2:00 Dean Hirata’s Music 2:30 Thailand Trivia 3:15 Bingo/IN2L Games	2 CENTER CLOSED
3 CENTER CLOSED	4 9:15 Current Event 9:30 Tai Chi Episode 2 10:00 Destination: “Philippines” 1:00 “Red Eye” 2:00 Rubber Band Exercise 2:30 Philippines Trivia 3:15 Balloon Badminton /IN2L Games	5 9:15 Current Events 9:30 Aerobic Exercise 10:00 Jukebox Singers 1:00 “The Lost Husband” 2:00 Stretching Exercise 2:30 Singapore Trivia 3:15 Knockdown Cups /Darts/IN2L Games	6 9:15 Greeting/Music 10:00 Flash Card Game 10:00 Tai Chi with Sylvia 1:00 “Almost Cops” 2:00 Meditation 2:30 Myanmar Trivia 3:15 Golf/Soccer/IN2L Art & Literature Trivia	7 9:15 Current Events 9:30 Morning Stretch 10:00 Cooking Demo: “Filipino Spaghetti” 1:00 “Brick” 2:00 Chair Belly Dance 2:30 Vietnam Trivia 3:15 Bean Bag Board/ Hockey/IN2L Games	8 9:15 Greeting/Music 9:30 Flow & Flexibility 10:00 Hank the Singing Dutchman 1:00 “Captain Philips” 2:00 Plate Exercise 2:30 Laos Trivia 3:15 Left-Right-Center/ Blackjack/IN2L Games	9 CENTER CLOSED
10 CENTER CLOSED	11 9:15 Greeting/Music 10:00 Chair Zumba 10:30 IN2L Discussions/ Photography 1:00 Red Eye” 2:00 Rubber Band Ex. 2:30 Brunei Trivia 3:15 Bean Bag Ladder	12 9:15 Current Events 10:00 Rubber Band Exercise 10:30 Randy & his Angels 1:00 “For the Love of Game” 2:00 Chair Belly Dance 2:30 Hong Kong Trivia 3:15 Floor Dart/Ring Toss	13 9:15 Greeting/Music 9:30 Flow & Flexibility 10:30 "Hauoli Ohana Performance” 1:00 Red Eye” 2:00 Rubber Band Ex. 2:30 South Korea Trivia 3:15 Balloon Volleyball	14 9:15 Current Events 9:30 Aerobic Exercise 10:00 “Royal Hawaiian Glee Club” 1:00 “The Mule” 2:00 Cover Your B.A.S.E.S. 2:30 North Korea Trivia 3:15 Reminiscing/IN2L Game	15 9:15 Greeting/Music 9:30 Tai Chi Episode 1 10:00 Table Tennis 1:00 “The Boy Who Harnessed the Wind” 2:00 Aerobic Exercise 2:30 Hawaii Trivia 3:15 Golf Chipping/ Yard Pong/IN2L	16 CENTER CLOSED
17 CENTER CLOSED	18 9:15 Current Events 10:00 Rubber Band Exercise 10:30 Mystery Word Game 1:00 “The Walk” 2:00 Flexibility & Posture 2:30 Mongolia Trivia 3:15 Parachute/Ring Toss	19 9:15 Greeting/Music 10:00 Morning Stretch 10:30 Roy Hamada’s Music 1:00 “Everest” 2:00 Exercise with Weights 2:30 Indonesia Trivia 3:15 Pictionary/Floor Darts IN2L Games	20 9:15 Current Events 10:00 Karaoke 10:30 Tai Chi with Sylvia 1:00 “Miracle in Heaven” 2:00 Flexibility & Posture 2:30 Japan Trivia 3:15 Money Harvest/Nail Art/Bead Craft	21 9:15 Greeting/Music 10:00 Aerobic Exercise 10:30 Balloon Volleyball 1:00 “Luccas World” 2:00 Rubber Band Ex. 2:30 Lebanon Trivia 3:15 National Park Trivia “Maine/Minneapolis”	22 9:15 Current Events 9:30 Plate Exercise 10:00 Dean Hirata’s Music 1:00 “Look Both Ways” 2:00 Stability Class 2:30 Israel Trivia 3:15 Race Game/Soccer	23 CENTER CLOSED
24 CENTER CLOSED	25 9:15 Greeting/Music 10:00 Chair Belly Dance 10:30 Synonym/Antonym/ Haiku 1:00 “A Beautiful Life” 2:00 Meditation 2:30 Syria Trivia 3:15 Balloon Volleyball/IN2L	26 9:15 Current Events 9:30 Aerobic Exercise 10:00 Glen, Les, & Anna 1:00 “Trial by Fire” 2:00 Chair Yoga 2:30 Cambodia Trivia 3:15 Bean Bag Hoops/ Ladder Ball	27 9:15 Greeting/Music 10:00 Music Therapy 10:30 Art & Crafts w/ Malia 1:00 “I Still Believe” 2:00 Rubber Band Ex. 2:30 Saudi Arabia Trivia 3:15 Pictionary/Charades/ IN2L Games	28 9:15 Current Events 9:30 Stretching Exercise 10:00 Legacy Music 1:00 “Mission Impossible- -Rouge Nation” 2:00 Exercise with Weights 2:30 Yemen Trivia 3:15 Word/Memory Games/ IN2L Games	29 9:15 Greeting/Music 10:00 Chair Pilate 10:30 Art & Crafts 1:00 “Mission Impossible- Ghost Protocol” 2:00 Aerobic Exercise 2:30 Hawaii Trivia 3:15 Balloon Badminton/ History/Culture Trivia	30 CENTER CLOSED