



NOVEMBER 2025 LIVE WELL ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CENTER CLOSED	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		Birthday Celebrants Helen Tanonaka 11/06 Betty Chang 11/09 Vicky Tom 11/11 Miyoko Hashimoto 11/12 Lavinia Makizuru 11/14 Pricilla Kalbener 11/25 Aaron Okinaka 11/30		Daily Activities: 11:30 am- Lunch 1:00 pm- Rest Time/ or Movie Time 3:00 pm- Snack Time	1 Activities are subject to change
2 CENTER CLOSED	3 9:15 Current Event 10:00 Tai Chi Episode 2 10:30 Destination: “Massachusetts” 1:00 “The Blind Side” 2:30 Rubber Band Exercise 3:15 Word/Memory Game 4:00 Picture Games/ Spot the Difference	4 9:15 Current Events 10:00 Aerobic Exercise 10:30 Spelling Bee 1:00 “Picture Bride” 2:30 Stretching Exercise 3:15 Knockdown Cups /Darts/IN2L Games 4:00 Language Collection Trivia Games	5 9:15 Greeting/Music 10:00 Flow & Flexibility 10:30 Cooking Demo: “Boston Clam Chowder” 1:00 “The Green Mile” 2:30 Knee Strength 3:15 Spin & Solved 4:00 History & Culture Collection Trivia Games	6 9:15 Current Events 10:00 Morning Stretch 10:30 Balloon Badminton 1:00 “Witness for the Prosecution” 2:30 Chair Pilates 3:15 Bean Bag Board/ Hockey 4:00 Animal Collection Trivia Games	7 9:15 Greeting/Music 10:00 Flexibility & Posture 10:30 Bean Bag Board/ Parachute 1:00 “To Have & Have Not” 2:30 Plate Exercise 3:15 Football/Pictionary 4:00 Nursery Rhymes Trivia Collection	8 CENTER CLOSED
9 CENTER CLOSED	10 9:15 Greeting/Music 10:00 Low Impact Cardio 10:30 Painting/ Photography 1:00 “Feast of Love” 2:30 Improve Balance 3:15 Race Game 4:00 Word Grid Game/ Piggy Banker Game	11 9:15 Current Events 10:00 Rubber Band Exercise 10:30 Therapy Dog 1:00 “Seabiscuit” 2:00 Veterans Appreciation Day 2:30 Standing Pilates 3:15 Floor Darts/Ring Toss 4:00 Word Wheel Game	12 9:15 Greeting/Music 10:00 Chair Zumba 10:30 Arts & Crafts with Malia 1:00 “Morning Glory” 2:30 Chair Yoga 3:15 Balloon Volleyball/ 4:00 Brain Exercise	13 9:15 Current Events 10:00 Aerobic Exercise 10:30 Floor Darts/Bulls Eye G. 1:00 “The Importance of Being Earnest” 2:30 Exercise with Weights 3:15 Bean Bag Ladder/Hoops 4:00 Pub Trivia/ Weekly Game	14 9:15 Greeting/Music 10:00 Tai Chi Episode 1 10:30 Haiku/Government Collection Trivia 1:00 “I Don’t Know How She does It” 2:30 Stability Class 3:15 Golf Chipping/ Yard Pong/IN2L	15 CENTER CLOSED
16 CENTER CLOSED	17 9:15 Current Events 10:00 4, 2, 1 Class 10:30 Word/Memory Game 1:00 “Beyond The Sea” 2:30 Flexibility & Posture 3:15 Ping Pong Toss 4:00 Word Wheel Game Word Scramble Game	18 9:15 Greeting/Music 10:00 Morning Stretch 10:30 Roy Hamada’s Music 1:00 “The Kite Runner” 2:30 Exercise with Weights 3:15 Football/Speedball 4:00 Entertainment Collection Trivia Games	19 9:15 Current Events 10:00 Flash Cards 10:30 Tai Chi with Sylvia 1:00 “Born Yesterday” 2:30 Mindful Movements 3:15 X-Box Bowling/ Archery 4:00 Word Search	20 9:15 Greeting/Music 9:30 Seated HIIT 10:00 Table Tennis 1:00 “Roman Holiday” 2:30 Full Body Blast 3:15 Spin & Solved 4:00 Balloon Burst Game/ Brain Exercise	21 9:15 Current Events 9:30 Chair Dance 10:00 Dean Hirata’s Music 1:00 “Oklahoma” 2:30 Stability Class 3:15 Crochet/Blackjack Dart Board 4:00 Spot the Difference	22 CENTER CLOSED
23/30 CENTER CLOSED	24 9:15 Greeting/Music 10:00 Chair Belly Dance 10:30 Balloon Badminton 1:00 “Sleepless In Seattle” 2:30 Chair Pilates 3:15 Piggy Banker/ Hidden Object Game 4:00 Zany Zoom In Games	25 9:15 Current Events 9:30 Core Balance 10:00 Glen, Les, & Anna 1:00 “Sense & Sensibility” 2:30 Chair Yoga 3:15 Word/Memory Games 4:00 Matching Game/ Word Wheel Game	26 9:15 Current Events 10:00 Mindful Movements 10:30 Arts & Crafts 1:00 “My Fair Lady” 2:30 Chair Yoga w/ Sherryl 3:15 Thanksgiving Bingo 4:00 Brain Exercise/ Picture Game	27 Center Closed Happy Thanksgiving	28 9:15 Current Events 9:30 Chair Zumba 10:00 Hank the Singing Dutchman 1:00 “The Quiet Man” 2:30 Exercise w/ Weights 3:15 Left-Right-Center/ Blackjack / 4:00 Family Feud	29 CENTER CLOSED