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Your Staff

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Our Mission
 Caring for Kupuna



DECEMBER 2024

*"The only thing better than singing,
 is more singing."
 —Ella Fitzgerald*

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|---|
| 7:30 CENTER OPENS SNACKS | 2 10:00 – Christmas Ornament Craft - Table Therapy 12:30 – Energize Lunch Walk 1:00 – Singing Hour 2:45 – Tai Chi 3:30 – Connect 4 | 3 10:00 – Spelling - Blackjack - Painting 12:30 – Energize Lunch Walk 1:00 – Matching Game 2:45 – Music & Movement 3:30 – Word Find | 4 10:00 – Whisper Challenge - Picture Frame Craft - Puzzles 12:30 – Energize Lunch Walk 1:00 – High / Low 2:45 – Tai Chi 3:30 – Reading | 5 10:00 – Unscramble - Dominoes - Christmas Ornament 12:30 – Energize Lunch Walk 1:00 – Spin the Wheel 2:45 – Music & Movement 3:30 – Jigsaw Puzzle | 6 10:00 – Happy Birthday Bingo 12:30 – Energize Lunch Walk 1:00 – Golfing 2:45 – Tai Chi 3:30 – Pictureka! |
| 10:00 MORNING ACTIVITIES | 9 10:00 – Client Council - Dowels - Table Therapy 12:30 – Energize Lunch Walk 1:00 – Bowling 2:45 – Tai Chi 3:30 – Coupon Cutting | 10 10:00 – Christmas & Holiday Caroling 12:30 – Energize Lunch Walk 1:00 – Relay Game 2:45 – Music & Movement 3:30 – Donkey Card Game | 11 10:00 – Whisper Challenge - Hanafuda - Beading 12:30 – Energize Lunch Walk 1:00 – Horseshoes 2:45 – Tai Chi 3:30 – Mix & Match | 12 10:00 – Coffee Hour - Bead Craft - Christmas Paper Craft 12:30 – Energize Lunch Walk 1:00 – Bowling 2:45 – Music & Movement 3:30 – Tracing | 13 10:00 – Charades - Christmas Ornament - Puzzles 12:30 – Energize Lunch Walk 1:00 – Tic Tac Toe 2:45 – Tai Chi 3:30 – Talk Story |
| 11:15 LUNCH HOUR | 16 10:00 – Range of Motion - Dowels - Table Therapy 12:30 – Energize Lunch Walk 1:00 – Spin the Wheel 2:45 – Tai Chi 3:30 – Magazine Reading | 17 10:00 – Lihue Missionary Church 12:30 – Energize Lunch Walk 1:00 – Price is Right 2:45 – Music & Movement 3:30 – Connect 4 | 18 10:00 – Weaving - Tissue Flowers - Puzzles 12:30 – Energize Lunch Walk 1:00 – Cone Ring Toss 2:45 – Tai Chi 3:30 – Word Find | 19 10:00 – D'Best Entertainment 12:30 – Energize Lunch Walk 1:00 – Horseshoes 2:45 – Music & Movement 3:30 – Puzzles | 20 10:00 – Charades - Fan Flowers - Memory Game 12:30 – Energize Lunch Walk 1:00 – Name that Tune 2:45 – Tai Chi 3:30 – Tracing |
| 12:00 REST PERIOD | 23 10:00 – Range of Motion / Tai Chi - Table Therapy 12:30 – Energize Lunch Walk 1:00 – Bean Bag Shootout 2:45 – Tai Chi 3:30 – Pictureka! | 24 10:00 – Christmas Eve Gift Giving & Celebration 12:30 – Energize Lunch Walk 1:00 – Movie & Popcorn 2:45 – Music & Movement 3:30 – Talk Story | 25 CENTER IS CLOSED | 26 10:00 – Unscramble - Joker Eno - Puzzles 12:30 – Energize Lunch Walk 1:00 – Bullseye Target 2:45 – Music & Movement 3:30 – Coloring | 27 10:00 – December Birthday Celebration with The Church of Koloa 12:30 – Energize Lunch Walk 1:00 – Tic Tac Toe 2:45 – Tai Chi 3:30 – Donkey Card Game |
| 12:30 LUNCH WALK | 30 10:00 – Seated Aerobics - Dowels - Table Therapy 12:30 – Energize Lunch Walk 1:00 – Poker Bean Bag 2:45 – Tai Chi 3:30 – Magazine Reading | 31 10:00 – New Years Eve Celebration 12:30 – Energize Lunch Walk 1:00 – Movie & Popcorn 2:45 – Music & Movement 3:30 – Mix & Match | HAPPY NEW YEAR | LIVE LIFE IN full BLOOM | |
| 1:00 AFTERNOON ACTIVITIES | | | | | |
| 2:00 SNACKS BEVERAGE | | | | | |
| 2:45 EXERCISE HOUR | | | | | |
| 3:15 BUSES BEGIN ARRIVING | | | | | |
| 4:00 SMALL GROUP | | | | | |
| 5:30 CENTER CLOSES | | | | | |

Transportation

The Kauai Bus
 (808) 246-8110

December is ...

- Learn a Foreign Language Month
- National Human Rights Month
- Wildlife Conservation Day – 4th
- International Volunteer Day – 5th

Flower: Narcissus



Colors:
 Forest Green & Dark Red

Birthstones:
 Tanzanite, Turquoise, Zircon

Kaua'i Adult Day Health Center is sponsored in part by County of Kauai Agency on Elderly Affairs.

This institution is an equal opportunity provider.

*Structured activities are subject to change.