



OCTOBER 2025

“Do a little bit of good where you are; it is those little bits of good put together that overwhelm the world.”
—Desmond Tutu

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Your Staff

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Our Mission
Caring for Kupuna



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 CENTER OPENS SNACKS			1 10:00 – Whisper Challenge - Blackjack - Coloring 12:30 – Energize Lunch Walk 1:00 – Connect 4 2:30 – Tai Chi 3:30 – Reading	2 10:00 – Unscramble - Mini Basket Craft - Balloon Toss 12:30 – Energize Lunch Walk 1:00 – Bean Bag Shoot Out 2:30 – Music & Movement 3:30 – Coloring	3 10:00 – Fitness - Table Therapy - Dowels 12:30 – Energize Lunch Walk 1:00 – Movie & Popcorn 2:30 – Tai Chi 3:30 – Lacing
10:00 MORNING ACTIVITIES					
11:00 LUNCH HOUR	6 10:00 – Happy Birthday Bingo	7 10:00 – Dominoes - Mix & Match - Spelling 12:30 – Energize Lunch Walk 1:00 – Spin the Wheel 2:30 – Music & Movement 3:30 – Jigsaw Puzzle	8 10:00 – Bead Bracelet Craft - Fan Flower Craft - Coloring 12:30 – Energize Lunch Walk 1:00 – Tic Tac Toe 2:30 – Tai Chi 3:30 – Sorting Beads	9 10:00 – Happy Birthday Bingo	10 10:00 – Charades - Dominoes - Mix & Match 12:30 – Energize Lunch Walk 1:00 – Smile & Toss 2:30 – Tai Chi 3:30 – Coloring
12:00 REST PERIOD					
12:30 LUNCH WALK	13 10:00 – Client Council - Table Therapy - Dowels 12:30 – Energize Lunch Walk 1:00 – High / Low 2:30 – Tai Chi 3:30 – Pictureka!	14 10:00 – Felt Flower Craft - Mix & Match - Weaving 12:30 – Energize Lunch Walk 1:00 – Bullseye Target 2:30 – Music & Movement 3:30 – Word Find	15 10:00 – Whisper Challenge - Joker Eno - Coloring 12:30 – Energize Lunch Walk 1:00 – Horseshoes 2:30 – Tai Chi 3:30 – Word Find	16 10:00 – Unscramble - Hanafuda - Dominoes 12:30 – Energize Lunch Walk 1:00 – Cone Ring Toss 2:30 – Music & Movement 3:30 – Talk Story	17 10:00 – Charades - Bead Bracelet Craft - Mix & Match 12:30 – Energize Lunch Walk 1:00 – Relay Game 2:30 – Tai Chi 3:30 – Table Games
1:00 AFTERNOON ACTIVITIES					
2:00 SNACKS BEVERAGE					
2:30 EXERCISE HOUR	20 10:00 – Hanafuda - Mix & Match - Spelling 12:30 – Energize Lunch Walk 1:00 – Sing Along 2:30 – Tai Chi 3:30 – Puzzles	21 10:00 – Happy Birthday Bingo	22 10:00 – Painting - Pumpkin Decorating - Coloring 12:30 – Energize Lunch Walk 1:00 – Golfing 2:30 – Tai Chi 3:30 – Talk Story	23 10:00 – Balloon Toss - Yarn Lei Craft - Unscramble 12:30 – Energize Lunch Walk 1:00 – Matching Game 2:30 – Music & Movement 3:30 – Coloring	24 10:00 – Charades - Dancing Leaves - Mix & Match 12:30 – Energize Lunch Walk 1:00 – Movie & Popcorn 2:30 – Tai Chi 3:30 – Lacing
3:00 BUSES BEGIN ARRIVING					
3:30 SMALL GROUP	27 10:00 – Seated Aerobics - Table Therapy - Dowels 12:30 – Energize Lunch Walk 1:00 – Connect 4 2:30 – Tai Chi 3:30 – Word Find	28 10:00 – Bead Mosaic - Mix & Match - Nail Art 12:30 – Energize Lunch Walk 1:00 – Ball Toss 2:30 – Music & Movement 3:30 – Bead Sorting	29 10:00 – Coloring - Dominoes - Whisper Challenge 12:30 – Energize Lunch Walk 1:00 – Tic Tac Toe 2:30 – Tai Chi 3:30 – Tracing	30 10:00 – Lihue Missionary Church	31 10:00 – BOOOTIFUL Halloween Celebration!
5:30 CENTER CLOSSES					

Transportation

The Kauai Bus
(808) 246-8110

October is ...

Breast Cancer Awareness Month
Family History Month
National Cookie Month
Fire Prevention Wk – 10/5-11
World Animal Day – 10/4
Sweetest Day – 10/18

Flowers:
Marigold & Cosmos



Colors:
Maroon & Indigo

Birthstone:
Opal & Tourmaline

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.