

KAUAI

Adult Day Health

by
opd

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Your Staff

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Our Mission
Caring for Kupuna



JANUARY 2026

*"You are never too old to set another goal,
or to dream a new dream."*

—C. S. Lewis

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 CENTER OPENS SNACKS					1 10:00 – Happy Birthday Bingo 12:30 – Energize Lunch Walk 1:00 – Talk Story & Music 2:45 – Tai Chi 3:30 – Magazine Reading
10:00 MORNING ACTIVITIES					2
11:15 LUNCH HOUR	5 10:00 – Fitness - Dowels - Table Therapy 12:30 – Energize Lunch Walk 1:00 – Cone Ring Toss 2:45 – Tai Chi 3:30 – Pictureka!	6 10:00 – Joker Eno - Underwater Painting w/Rae - Donkey Card Game 12:30 – Energize Lunch Walk 1:00 – Rolling Dice 2:45 – Music & Movement 3:30 – Jigsaw Puzzles	7 10:00 – Special Music with Ron Toki 12:30 – Energize Lunch Walk 1:00 – Relay Game 2:45 – Tai Chi 3:30 – Coloring	8 10:00 – Unscramble - Bead Bracelets - Painting 12:30 – Energize Lunch Walk 1:00 – Tic Tac Toe 2:45 – Music & Movement 3:30 – Word Find	9 10:00 – Charades - Hanafuda - Coloring 12:30 – Energize Lunch Walk 1:00 – Sing A Long 2:45 – Tai Chi 3:30 – Pattern Block
12:00 REST PERIOD					
12:30 LUNCH WALK	12 10:00 – Client Council - Group Therapy - Table Therapy 12:30 – Energize Lunch Walk 1:00 – Bowling 2:45 – Tai Chi 3:30 – Lacing	13 10:00 – Fan Flower Craft - Mix & Match - Bead Bracelets 12:30 – Energize Lunch Walk 1:00 – Golfing 2:45 – Music & Movement 3:30 – Bead Sorting	14 10:00 – Whisper Challenge - Yarn Lei Craft - Painting 12:30 – Energize Lunch Walk 1:00 – Smile & Toss 2:45 – Tai Chi 3:30 – Coupon Cutting	15 10:00 – Unscramble - Hanafuda - Balloon Toss 12:30 – Energize Lunch Walk 1:00 – Connect 4 2:45 – Music & Movement 3:30 – Word Find	16 10:00 – Charades - Dominoes - Coloring 12:30 – Energize Lunch Walk 1:00 – High / Low 2:45 – Tai Chi 3:30 – Tracing
1:00 AFTERNOON ACTIVITIES					
2:00 SNACKS BEVERAGE					
2:45 EXERCISE HOUR	19 10:00 – Happy Birthday Bingo 	20 10:00 – Shell Art - Matching - Seed Mosaic 12:30 – Energize Lunch Walk 1:00 – Spin the Wheel 2:45 – Tai Chi 3:30 – Pattern Block	21 10:00 – Donkey Card Game - Blackjack - Coloring 12:30 – Energize Lunch Walk 1:00 – Cone Ring Toss 2:45 – Tai Chi 3:30 – Talk Story	22 10:00 – Special Music with Ron Toki 	23 10:00 – Charades - Joker Eno - Coloring 12:30 – Energize Lunch Walk 1:00 – Movie Hour 2:45 – Tai Chi 3:30 – Card Games
3:15 BUSES BEGIN ARRIVING					
4:00 SMALL GROUP	26 10:00 – Seated Aerobics - Group Therapy - Balloon Toss 12:30 – Energize Lunch Walk 1:00 – Golfing 2:45 – Tai Chi 3:30 – Jigsaw Pattern	27 10:00 – Hanafuda - Painting - Spelling 12:30 – Energize Lunch Walk 1:00 – Relay Game 2:45 – Music & Movement 3:30 – Coloring	28 10:00 – Whisper Challenge - Tissue Flower Craft - Mix & Match 12:30 – Energize Lunch Walk 1:00 – Bullseye Target 2:45 – Tai Chi 3:30 – Pictureka!	29 10:00 – Fitness - Table Therapy 12:30 – Energize Lunch Walk 1:00 – Tic Tac Toe 2:45 – Music & Movement 3:30 – Word Find	30 10:00 – January Birthday Celebration with The Church of Koloa
5:30 CENTER CLOSES					

*Structured activities are subject to change.

Transportation

The Kauai Bus
(808) 246-8110

January is ...

New Year's Resolution's
Week - January 1st – 7th

National Bath Safety Month

Global Family Day – 1/1

Rose Bowl Game – 1/1

MLK Day – 1/19

International Holocaust
Remembrance Day – 1/27

Flowers:

Carnation & Snowdrop

**Colors:**

White & Light Blue

Birthstone:

Garnet

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

*This institution is an equal
opportunity provider.*