

# August 2023 Lamaku Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Mahjong Day 1</b> 9:30 🌟 <b>Current Events &amp; How To Play Mahjong</b> 10:00 ↔ Ageless Fitness & Hydration 10:30 🍫 Hot Chocolate & Brain Games at The Bistro 1:00 🍫 Lanai Time & Hawaiian Tunes 1:30 ↔ Balloon Hockey 2:30 ↔ Chair Zumba & Hydration	<b>Ice Cream Sandwich Day 2</b> 9:30 🌟 Current Events 10:00 🍫 <b>Plaza Sing Along: 2nd Floor</b> 11:00 ↔ Ageless Fitness & Hydration 1:00 ↔ <b>Garden Club in The Lanai</b> 1:30 🍫 BINGO 2:00 ↔ <b>Drum-A-Sizing</b>	<b>Watermelon Day 3</b> 9:30 🌟 Current Events 10:00 ↔ Ageless Fitness & Hydration 10:30 🍫 Beading & Origami 11:00 🍫 Watercolors & Oldie Tunes 1:00 🍫 <b>Lanai Time &amp; Hawaiian Tunes</b> 2:00 🎵 <b>Local Jamz w/ Dean Hirata: 2nd Floor</b>	<b>Beer Day 4</b> 9:30 🌟 <b>Current Events &amp; Fun Facts About Beer</b> 10:00 ↔ Chair Zumba & Hydration 10:30 🍫 <b>Hot Chocolate &amp; Brain Games at The Bistro</b> 1:00 🍫 <b>Lanai Time &amp; Hawaiian Tunes</b> 1:30 🍫 BINGO 2:00 ↔ <b>Drum-A-Sizing</b>	<b>Oyster Day 5</b> 9:30 🌟 <b>Current Events &amp; Wackiest Things Made w/ Oysters</b> 10:00 🎵 <b>Chair Zumba w/ Annette: 2nd Floor</b> 11:00 ↔ <b>Garden Club in The Lanai</b> 1:00 ↔ Chair Zumba & Hydration 1:30 🍫 <b>Arts &amp; Crafts: 3D Mermaid Tail Making</b> 2:30 🍫 BINGO
<b>Root Beer Float Day 6</b> 9:30 🌟 Current Events 10:00 ↔ Ageless Fitness & Hydration 10:30 🍫 Bananagrams & L, C, R 1:00 🍫 Lanai Time & Hawaiian Tunes 1:30 🍫 <b>Watercolors w/ Mini Root Beer Floats</b> 2:30 ↔ Chair Zumba & Hydration	<b>Purple Heart Day 7</b> 9:30 🚗 <b>Lamaku Van Ride: Pearl City / Waiau</b> 10:00 ↔ Chair Zumba & Hydration 10:30 🍫 Kanji & Origami Making 11:00 ↔ Balloon Volleyball & Pictionary 1:00 🍫 Lanai Time & Hawaiian Tunes 1:30 🌟 Color Therapy & Brain Games	<b>Dollar Day 8</b> 9:30 🌟 <b>Current Events &amp; Currency Names Around The World</b> 10:00 ↔ Ageless Fitness & Hydration 10:30 🍫 <b>Resident Council Meeting</b> 1:00 🍫 Lanai Time & Hawaiian Tunes 1:30 ↔ Balloon Hockey 2:00 🌟 Brain Games & Charades 2:30 ↔ Chair Zumba & Hydration	<b>Book Lovers Day 9</b> 9:30 🌟 <b>Current Events &amp; Best Books of All Time</b> 10:00 🍫 <b>Men's Club: 5th Floor</b> 10:00 🍫 <b>Plaza Sing Along: 2nd Floor</b> 11:00 ↔ Ageless Fitness & Hydration 1:00 ↔ <b>Garden Club in The Lanai</b> 1:30 🍫 BINGO 2:00 ↔ <b>Drum-A-Sizing</b>	<b>S'mores Day 10</b> 9:30 🌟 Current Events 10:00 🎵 <b>BINGO Event w/ Pharmicare: 2nd Floor</b> 11:00 🍫 Watercolors & Oldie Tunes 1:00 🍫 <b>Lanai Time &amp; Hawaiian Tunes</b> 1:30 🍫 <b>Arts &amp; Crafts: Popsicle Stick S'more Making</b> 2:30 ↔ Ageless Fitness & Hydration	<b>Kinetic Day 11</b> 9:30 🌟 Current Events 10:00 ↔ Chair Zumba & Hydration 10:30 🍫 <b>Hot Chocolate &amp; Brain Games at The Bistro</b> 1:00 🍫 <b>Lanai Time &amp; Hawaiian Tunes</b> 1:30 🍫 BINGO 2:00 ↔ <b>Drum-A-Sizing</b>	<b>Bowling Day 12</b> 9:30 🌟 <b>Current Events &amp; Fun Facts About Bowling</b> 10:00 🍫 <b>Ageless Fitness &amp; Hydration</b> 10:30 🍫 Black Jack 11:00 ↔ <b>Garden Club in The Lanai</b> 1:00 ↔ Chair Zumba & Hydration 1:30 🍫 <b>Arts &amp; Crafts: Koi Fish Making</b> 2:30 🍫 BINGO
<b>Left Handers Day 13</b> 9:30 🌟 <b>Current Events &amp; Left Handed Celebrities</b> 10:00 ↔ Ageless Fitness & Hydration 10:30 🍫 Bananagrams & L, C, R 1:00 🍫 Lanai Time & Hawaiian Tunes 1:30 🍫 <b>Watercolors &amp; Hawaiian Tunes</b> 2:30 ↔ Chair Zumba & Hydration	<b>Creamsicle Day 14</b> 9:30 🚗 <b>Lamaku Van Ride: Makakilo</b> 10:00 🎵 <b>Team of Angels Performance: 2nd Flr.</b> 11:00 ↔ Balloon Volleyball & Pictionary 1:00 🍫 Lanai Time & Hawaiian Tunes 1:30 🌟 <b>BINGO w/ Creamsicles</b> 2:00 ↔ <b>Drum-A-Sizing</b>	<b>Relaxation Day 15</b> 9:30 🌟 <b>Current Events &amp; Best Ways to Relax</b> 10:00 ↔ Ageless Fitness & Hydration 10:30 🍫 <b>Hot Chocolate &amp; Brain Games at The Bistro</b> 1:00 🍫 Lanai Time & Hawaiian Tunes 1:30 🍫 <b>Arts &amp; Crafts: Cupcake Liner Bird Card Making</b> 2:30 ↔ Chair Zumba & Hydration	<b>Tell a Joke Day 16</b> 9:30 🌟 <b>Current Events &amp; Funny Jokes</b> 10:00 🎵 <b>Musical Performance by The Ola Loa Jammers: 2nd Floor</b> 11:00 ↔ Ageless Fitness & Hydration 1:00 ↔ <b>Garden Club in The Lanai</b> 1:30 🍫 BINGO 2:00 🎵 <b>Piano &amp; Vocals by Roy Hamada: 2nd Floor</b>	<b>Black Cat Appreciation Day 17</b> 9:30 🌟 <b>Current Events &amp; Funny Black Cat Videos</b> 10:00 ↔ Ageless Fitness & Hydration 10:30 🍫 Beading & Origami 11:00 🍫 Watercolors & Oldie Tunes 1:00 🍫 <b>Lanai Time &amp; Hawaiian Tunes</b> 1:30 ↔ Balloon Hockey 2:30 ↔ Ageless Fitness & Hydration	<b>Fajita Day 18</b> 9:30 🌟 Current Events 10:00 🎵 <b>Hula Performance by Na Wahine O Ka Hula: 2nd Floor</b> 1:00 🍫 <b>Lanai Time &amp; Hawaiian Tunes</b> 1:30 🍫 BINGO 2:00 ↔ <b>Drum-A-Sizing</b>	<b>Honey Day 19</b> 9:30 🌟 <b>Current Events &amp; Benefits of Honey</b> 10:00 🍫 <b>Ageless Fitness &amp; Hydration</b> 10:30 🍫 Black Jack 11:00 ↔ <b>Garden Club in The Lanai</b> 1:00 ↔ Chair Zumba & Hydration 1:30 🍫 <b>Arts &amp; Crafts: Summer Sun Mixed Media Art</b> 2:30 🍫 BINGO
<b>Radio Day 20</b> 9:30 🌟 <b>Current Events &amp; History of The Radio</b> 10:00 ↔ Ageless Fitness & Hydration 10:30 🍫 Bananagrams & L, C, R 1:00 🍫 Lanai Time & Hawaiian Tunes 1:30 🍫 <b>Watercolors &amp; Hawaiian Tunes</b> 2:30 ↔ Chair Zumba & Hydration	<b>Senior Citizens Day 21</b> 9:30 🚗 <b>Lamaku Van Ride: Haleiwa Town</b> 10:00 ↔ Chair Zumba & Hydration 10:30 🍫 Kanji & Origami Making 11:00 ↔ Balloon Volleyball & Pictionary 1:00 🍫 Lanai Time & Hawaiian Tunes 1:30 🌟 BINGO 2:00 ↔ <b>Drum-A-Sizing</b>	<b>Bao Day 22</b> 9:30 🌟 Current Events 10:00 🎵 <b>Soul Sounds w/ Wally Brown: 2nd Floor</b> 11:00 ↔ Ageless Fitness & Hydration 1:00 🍫 Lanai Time & Hawaiian Tunes 1:30 🍫 <b>Arts &amp; Crafts: Birds in The Sunset Silhouette Art</b> 2:30 ↔ Chair Zumba & Hydration	<b>Sponge Cake Day 23</b> 9:30 🌟 <b>Current Events &amp; Wackiest Things Made w/ Sponge Cake</b> 10:00 🍫 <b>Men's Club: 5th Floor</b> 10:00 🍫 <b>Plaza Sing Along: 2nd Floor</b> 11:00 ↔ Ageless Fitness & Hydration 1:00 ↔ <b>Garden Club in The Lanai</b> 1:30 🍫 BINGO 2:00 ↔ <b>Drum-A-Sizing</b>	<b>Waffle Day 24</b> 9:30 🌟 <b>Current Events &amp; Worlds Wackiest Waffle Creations</b> 11:00 🍫 Watercolors & Oldie Tunes 1:00 🍫 <b>Lanai Time &amp; Hawaiian Tunes</b> 1:30 ↔ Balloon Hockey 2:30 ↔ Ageless Fitness & Hydration	<b>Banana Split Day 25</b> 9:30 🌟 Current Events 10:00 ↔ Chair Zumba & Hydration 10:30 🍫 <b>Hot Chocolate &amp; Brain Games at The Bistro</b> 1:00 🍫 <b>Lanai Time &amp; Hawaiian Tunes</b> 1:30 🍫 BINGO 2:00 ↔ <b>Drum-A-Sizing</b>	<b>Dog Day 26</b> 9:30 🌟 <b>Current Events &amp; Youtube's Funniest Dog Videos</b> 10:00 🍫 <b>Ageless Fitness &amp; Hydration</b> 10:30 🍫 Black Jack 11:00 ↔ <b>Garden Club in The Lanai</b> 1:00 ↔ Chair Zumba & Hydration 2:00 🎵 <b>Musical Performance by The Wahiawa SDA Church Group: 2nd Floor</b>
<b>Just Because Day 27</b> 9:30 🌟 <b>Current Events &amp; Fun Things You Can Do Just Because</b> 10:00 ↔ Ageless Fitness & Hydration 10:30 🍫 Bananagrams & L, C, R 1:00 🍫 Lanai Time & Hawaiian Tunes 1:30 🍫 <b>Watercolors &amp; Hawaiian Tunes</b> 2:30 ↔ Chair Zumba & Hydration	<b>Thoughtful Day 28</b> 9:30 🚗 <b>Lamaku Van Ride: Kapolei</b> 10:00 ↔ Chair Zumba & Hydration 10:30 🍫 Kanji & Origami Making 11:00 ↔ Balloon Volleyball & Pictionary 1:00 🍫 Lanai Time & Hawaiian Tunes 1:30 🍫 <b>Plaza Buck Shopping</b> 2:00 ↔ <b>Drum-A-Sizing</b>	<b>Chop Suey Day 29</b> 9:30 🌟 Current Events 10:00 ↔ Ageless Fitness & Hydration 10:30 🍫 <b>Hot Chocolate &amp; Brain Games at The Bistro</b> 1:00 🍫 Lanai Time & Hawaiian Tunes 1:30 🍫 <b>Arts &amp; Crafts: Paper Cup Flower Making</b> 2:30 ↔ Chair Zumba & Hydration	<b>Beach Day 30</b> 9:30 🌟 <b>Current Events &amp; Best Beaches Around The World</b> 10:00 🍫 <b>Plaza Sing Along: 2nd Floor</b> 11:00 ↔ Ageless Fitness & Hydration 1:00 ↔ <b>Garden Club in The Lanai</b> 1:30 🍫 BINGO 2:00 ↔ <b>Drum-A-Sizing</b>	<b>Eat Outside Day 31</b> 9:30 🌟 Current Events 10:00 ↔ Ageless Fitness & Hydration 10:30 🍫 Beading & Origami 11:00 🍫 Watercolors & Oldie Tunes 1:00 🍫 <b>Lanai Time &amp; Hawaiian Tunes</b> 2:00 🎵 <b>Local Jamz w/ Dean Hirata: 2nd Floor</b>		