

January 2023 Lamaku Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Years Day 1 9:45 ⚡ Current Events 10:00 ↔ Ageless Fitness & Hydration 10:30 ⚡ Bananagrams & L, C, R 11:15 🎵 Lanai Time & Hawaiian Tunes 1:30 📷 Watercolors & Hawaiian Tunes 2:30 ↔ Chair Zumba & Hydration 3:00 🎮 BINGO	Science Fiction Day 2 9:30 🚗 Lamaku Van Ride: Waialua 9:45 ⚡ Current Events & Best Science Fiction Movies 10:00 ↔ Chair Zumba & Hydration 10:30 ⚡ Kanji & Origami Making 11:15 🎵 Lanai Time & Hawaiian Tunes 1:30 🎮 Black Jack: 2nd Floor 2:00 ↔ Drum-A-Sizing	Drinking Straw Day 3 9:45 ⚡ Current Events & Fun Facts About Drinking Straws 10:00 ↔ Ageless Fitness & Hydration 10:30 🎮 Bananagrams & L, C, R 11:15 🎵 Lanai Time & Hawaiian Tunes 1:30 📷 Arts & Crafts: Solar System Making 2:30 ↔ Chair Zumba & Hydration	Trivia Day 4 9:45 ⚡ Current Events & Trivia 10:00 🎮 Plaza Sing Along: 2nd Floor 11:00 ↔ Ageless Fitness & Hydration 1:30 🎮 BINGO 2:00 ↔ Drum-A-Sizing	Whipped Cream Day 5 9:45 ⚡ Current Events 10:00 🎵 Local Jamz w/ Dean Hirata: 2nd Floor 11:00 🎮 Lanai Time & Hawaiian Tunes 1:30 ↔ Balloon Hockey 2:30 ↔ Ageless Fitness & Hydration	Shortbread Day 6 9:45 ⚡ Current Events & Wackiest Shortbread Creations 10:00 ↔ Chair Zumba & Hydration 10:30 🎮 Hot Chocolate & Brain Games at The Bistro 11:15 🎮 Lanai Time & Hawaiian Tunes 1:30 ⚡ Fun Film	Tempura Day 7 9:45 ⚡ Current Events & Best Restaurants for Tempura 10:00 🎵 Zumba with Annette: 2nd Flr. 1:30 🎮 Arts & Crafts: Pink Flamingo Hand Making 2:30 🎮 BINGO 3:00 ↔ Ageless Fitness & Hydration
Argyle Day 8 9:45 ⚡ Current Events & History of The Argyle 10:00 ↔ Ageless Fitness & Hydration 10:30 ⚡ Bananagrams & L, C, R 11:15 🎵 Lanai Time & Hawaiian Tunes 1:30 📷 Watercolors & Hawaiian Tunes 2:30 ↔ Chair Zumba & Hydration 3:00 🎮 BINGO	Law Enforcement Appreciation Day 9 9:30 🚗 Lamaku Van Ride: Kapolei 9:45 ⚡ Current Events & History of The Honolulu Police Department 10:00 🎵 Hawaiian Music w/ Uncle Will: 2nd Floor 11:15 🎮 Lanai Time & Hawaiian Tunes 1:30 🎮 Ukulele & Hula Club 2:00 ↔ Drum-A-Sizing	Houseplant Day 10 9:45 ⚡ Current Events & Benefits of Houseplants 10:00 ↔ Ageless Fitness & Hydration 10:30 🎮 Resident Council Meeting 11:15 🎮 Lanai Time & Hawaiian Tunes 1:30 📷 Arts & Crafts: Cotton Ball Penguin Making 2:30 ↔ Chair Zumba & Hydration	Milk Day 11 9:45 ⚡ Current Events & 10 Fun Facts About Milk 10:00 🎵 Musical Performance by Hank The Singing Dutchman: 2nd Floor 11:00 ↔ Ageless Fitness & Hydration 1:30 🎮 BINGO 2:00 ↔ Drum-A-Sizing	Curried Chicken Day 12 9:45 ⚡ Current Events 10:00 ↔ Ageless Fitness & Hydration 10:30 🎮 Beading & Origami 11:00 🎮 Lanai Time & Hawaiian Tunes 1:30 ↔ Balloon Hockey 2:30 ↔ Ageless Fitness & Hydration	Sticker Day 13 9:45 ⚡ Current Events & How Stickers are Made 10:00 ↔ Chair Zumba & Hydration 10:30 🎮 Hot Chocolate & Brain Games at The Bistro 11:15 🎮 Lanai Time & Hawaiian Tunes 1:30 ⚡ Name That Tune & Who Is It? 2:00 ↔ Drum-A-Sizing 3:00 🎮 BINGO	Visionary Day 14 9:45 ⚡ Current Events & Visionary Quotes from Successful People 10:00 🎮 Ageless Fitness & Hydration 10:30 🎮 Black Jack 1:30 🎮 Arts & Crafts: Curled Paper Flower Art 2:30 🎮 BINGO 3:30 ↔ Ageless Fitness & Hydration
Hat Day 15 9:45 ⚡ Current Events 10:00 ↔ Ageless Fitness & Hydration 10:30 ⚡ Bananagrams & L, C, R 11:15 🎵 Lanai Time & Hawaiian Tunes 1:30 📷 Watercolors & Hawaiian Tunes 2:30 ↔ Chair Zumba & Hydration 3:00 🎮 BINGO	Martin Luther King Jr. Day 16 9:30 🚗 Lamaku Van Ride: Waiiau / Blaisdell Park 9:45 ⚡ Current Events & History of Martin Luther King Jr. 10:00 ↔ Chair Zumba & Hydration 10:30 ⚡ Kanji & Origami Making 11:15 🎮 Lanai Time & Hawaiian Tunes 1:30 🎮 Ukulele & Hula Club 2:00 ↔ Drum-A-Sizing	Classy Day 17 9:45 ⚡ Current Events & Worlds Best Classy Restaurants 10:00 ↔ Ageless Fitness & Hydration 10:30 🎮 Bananagrams & L, C, R 11:15 🎮 Lanai Time & Hawaiian Tunes 1:30 📷 Arts & Crafts: Fish Bowl Creations 2:30 ↔ Chair Zumba & Hydration	Winnie the Pooh Day 18 9:45 ⚡ Current Events & Fun Facts About Winnie the Pooh 10:00 🎵 Soul Sounds w/ Wally Brown: 2nd Floor 11:00 ↔ Ageless Fitness & Hydration 1:30 🎮 BINGO 2:00 ↔ Drum-A-Sizing	Popcorn Day 19 9:45 ⚡ Current Events 10:00 ↔ Ageless Fitness & Hydration 10:30 🎮 Beading & Origami 11:00 🎮 Lanai Time & Hawaiian Tunes 1:30 ↔ Balloon Hockey & Popcorn Bar 2:30 ↔ Ageless Fitness & Hydration	Cheese Lover's Day 20 9:45 ⚡ Current Events 10:00 🎵 Local Jamz w/ Dean Hirata: 2nd Floor 11:15 🎮 Lanai Time & Hawaiian Tunes 1:30 ⚡ Name That Tune & Cheese Sampling 2:00 ↔ Drum-A-Sizing 3:00 🎮 BINGO	Granola Day 21 9:45 ⚡ Current Events 10:00 🎮 Ageless Fitness & Hydration 10:30 🎮 Black Jack 1:30 🎮 Arts & Crafts: Dream Catcher Making 2:30 🎮 BINGO 3:30 ↔ Ageless Fitness & Hydration
Chinese New Year's 22 9:45 ⚡ Current Events 10:00 ↔ Ageless Fitness & Hydration 10:30 ⚡ Bananagrams & L, C, R 11:15 🎮 Lanai Time & Hawaiian Tunes 1:30 📷 Watercolors & Hawaiian Tunes 2:30 ↔ Chair Zumba & Hydration 3:00 🎮 BINGO	Pie Day 23 9:30 🚗 Lamaku Van Ride: Waialeale / Waipio 9:45 ⚡ Current Events 10:00 ↔ Chair Zumba & Hydration 10:30 ⚡ Kanji & Origami Making 11:15 🎮 Lanai Time & Hawaiian Tunes 1:30 🎮 Ukulele Club & Mini Apple Pie Ala Mode 2:00 ↔ Drum-A-Sizing	Compliment Day 24 9:45 ⚡ Current Events & Ways to Give Compliments 10:00 ↔ Ageless Fitness & Hydration 10:30 🎮 Bananagrams & L, C, R 11:15 🎮 Lanai Time & Hawaiian Tunes 1:30 📷 Arts & Crafts: Tie Dye Shirt & Accessory Making 2:30 ↔ Chair Zumba & Hydration	Activity Professionals Day 25 9:45 ⚡ Current Events 10:00 🎮 Plaza Sing Along: 2nd Floor 11:00 ↔ Ageless Fitness & Hydration 1:30 🎮 BINGO 2:00 ↔ Drum-A-Sizing	Green Juice Day 26 9:45 ⚡ Current Events & Benefits of Green Juice 10:00 🎵 Bon Dancersizing w/ Wahiawa Hongwanji: 2nd Floor 11:00 🎮 Lanai Time & Hawaiian Tunes 1:30 ↔ Balloon Hockey 2:30 ↔ Ageless Fitness & Hydration	Chocolate Cake Day 27 9:45 ⚡ Current Events 10:00 📷 Bible Stories w/ Ms. Maureen 10:30 🎮 Hot Chocolate & Brain Games at The Bistro 11:15 🎮 Lanai Time & Hawaiian Tunes 1:30 ⚡ Name That Tune w/ Mini Chocolate Cupcakes 2:00 ↔ Drum-A-Sizing 3:00 🎮 BINGO	Blueberry Pancake Day 28 9:45 ⚡ Current Events 10:00 🎮 Ageless Fitness & Hydration 10:30 🎮 Black Jack 1:30 🎮 Arts & Crafts: Paper Plate Jelly Fish Making 2:30 🎮 BINGO 3:30 ↔ Ageless Fitness & Hydration
Corn Chip Day 29 9:45 ⚡ Current Events 10:00 ↔ Ageless Fitness & Hydration 10:30 ⚡ Bananagrams & L, C, R 11:15 🎮 Lanai Time & Hawaiian Tunes 1:30 📷 Watercolors & Hawaiian Tunes 2:30 ↔ Chair Zumba & Hydration 3:00 🎮 BINGO	Bubble Wrap Day 30 9:30 🚗 Lamaku Van Ride: Moanlua Valley 9:45 ⚡ Current Events & Who Invented Bubble Wrap 10:00 ↔ Chair Zumba & Hydration 10:30 ⚡ Kanji & Origami Making 11:15 🎮 Lanai Time & Hawaiian Tunes 1:30 🎮 Ukulele & Hula Club 2:00 ↔ Drum-A-Sizing	Inspire Your Heart Day 31 9:45 ⚡ Current Events & Best Ways to Be Inspired 10:00 ↔ Ageless Fitness & Hydration 10:30 🎮 Bananagrams & L, C, R 11:15 🎮 Lanai Time & Hawaiian Tunes 1:30 📷 Arts & Crafts: Coffee Filter Tie Dye Butterfly Craft 2:30 ↔ Chair Zumba & Hydration	Resident Friendship Days Combined activities for Lamaku & 5th Floor residents. Located on the 2nd Floor on every Friday, Saturdays, and Sundays.			