July 2025 Lamaku Calendar						created sogely
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
THE PLAZA	 Creative Entertainment Excursion Intellectual Physical Plaza Life Social 	Postal Worker Day 8:00 Resident Breakfast 8:30 Scheduled Medical Transportation 9:30 Scheduled Medical Transportation 9:30 Seated Strength (B) & Hydration 10:00 News & Views: History of the U.S. Post Office 10:30 Japanese Sing Along 12:00 Resident Lunch 1:00 Lanai Time & Hawaiian Tunes 1:00 Scheduled Medical Transportation 1:30 BINGO 2:30 Hogeless Fitness & Hydration 3:00 BINGO 5:00 Resident Dinner	Firefighter Day 8:00 Resident Breakfast 9:45 Vews & Views: 10 Fun Facts About the Honolulu Fire Department 2 10:00 Plaza Sing Along: 2nd Floor 12:00 Resident Lunch 1:00 ← Garden Club in The Lani 1:30 € BINGO 2:15 ← Drum-A-Sizing 3:00 © Fun Film & Popcorn 5:00 Resident Dinner	Chocolate Wafer Day 8:00 Resident Breakfast 8:30 Scheduled Medical Transportation 9:30 ¥ Seated Strength Circuit & Hydration 10:00 ☆ News & Views 10:30 ☆ Hangman & Pictionary 12:00 Resident Lunch 1:00 輩 Lanai Time & Hawaiian Tunes 1:00 ঊ Scheduled Medical Transportation 1:30 ⓓ Just Craftin: 4th of July Wreath Making 2:30 ↔ Ageless Fitness & Hydration 3:00 輩 Wiki Wiki Snack: Chocolate Wafers 3:15 ⓓ Color Therapy & Oldie Tunes 5:00 Resident Dinner	Fourth of July 4 8:00 Resident Breakfast 9:50 Yews & Views: Remembering 4th of July Piano performance by Nicholas - 2nd Floor 10:00 7 Morning Surprise: 4th of July Piano performance by Nicholas - 2nd Floor 12:00 Resident Lunch 1:00 Image: A lawaiian Tunes 1:30 BINGO 2:30 ← Drum-A-Sizing 3:15 Word Search Puzzles & Color Therapy 5:00 Resident Dinner	Hawaii Day 8:00 Resident Breakfast 5 9:30 ¥ Seated Strength (B) & Hydration 10:00 ♦ News & Views: Fun Facts about 4 Hawaii 10:30 ↔ Balloon Hockey 12:00 Resident Lunch 1:30 ↔ Garden Club in The Lanai 1:30 ↔ Ageless Fitness & Hydration 5:00 5:00 Resident Dinner
Sushi Day 8:00 Resident Breakfast 9:30 ¥ Seated Strength Circuits & Hydration Hydration 10:00 ¥ News & Views: Wackiest Sushi Dishes 10:15 ¥ BINGO 10:15 ¥ BINGO 12:00 Resident Lunch 1:00 ¥ Lanai Time & Hawaiian Tunes 1:30 © Fun Film & Popcorn 3:00 + Ageless Fitness & Hydration 5:00 Resident Dinner * * Seident Dinner	Koi Day Koi Day 7 8:00 Resident Breakfast 9:30 ↔ Seated Strength (A) & Hydration 9:45 ⇔ Lamaku Van Ride: Ala Moana Beach Park 7 10:00 ☆ News & Views: Fun facts about Koi 10:30 ☆ Hangman & Trivia 12:00 Resident Lunch 10:00 ᠅ Lanai Time & Hawaiian Tunes 1:30 ᠅ BINGO 2:15 ↔ Drum-A-Sizing 3:30 ᠅ Word Search Puzzles & Color Therapy 5:00 Resident Dinner 10:00 ※ 10:00 ※	Freezer Pop Day 8:00 Resident Breakfast 8:30 Scheduled Medical Transportation 9:30 Scheduled Medical Transportation 9:30 Seated Strength (B) & Hydration 10:00 News & Views: Summer Traditions 10:30 Japanese Sing Along 12:00 Resident Lunch 1:00 Lanai Time & Hawaiian Tunes 1:00 Scheduled Medical Transportation 1:30 Just Craftin: Popsicle Stick Tissue Craft 2:15 Wiki Wiki Snack: Freezer Pops 2:30 Ageless Fitness & Hydration 3:00 BINGO 5:00 Resident Dinner	Sugar Cookie Day 9 8:00 Resident Breakfast 9 9:50 Image: News & Views: Wackiest Cookies Around The World 9 10:00 Image: Morning Surprise: Hula by Na Wahine O Ka Hula - 2nd Floor 9 12:00 Resident Lunch 1:00 1:00 Image: Garden Club in The Lani 1:30 1:30 BINGO 2:15 2:15 Image: Drum-A-Sizing 3:00 Fun Film 3:15 Wiki Wiki Snack: Sugar Cookies 5:00 Resident Dinner	Kitten Day 100 8:00 Resident Breakfast 100 9:50 Scheduled Medical Transportation 100 9:50 News & Views: Funny things about Kittens 1000 7 10:00 7 Morning Surprise: Musical Performance by The Mellow Friends - 2nd Floor 12:00 Resident Lunch 100 2 1:00 2 Lanai Time & Hawaiian Tunes 100 1:00 Scheduled Medical Transportation 1:30 BINGO 2:30 ↔ Ageless Fitness & Hydration 3:15 Color Therapy & Oldie Tunes 5:00 Resident Dinner Resident Dinner 100	French Fry Day 111 8:00 Resident Breakfast 110 9:30 Seated Strength (A) & Hydration 1000 10:00 News & Views: Who invented French Fries 1000 10:30 Hangman & Pictionary 1200 12:00 Resident Lunch 1000 1:00 Lanai Time & Hawaiian Tunes 130 1:30 BINGO 2:30 ↔ 2:30 ↔ Drum-A-Sizing 3:15 3:15 Word Search Puzzles & Color Therapy 5:00 Resident Dinner	Jell-O Day 122 8:00 Resident Breakfast 9:30 ¥ Seated Strength (B) & Hydration 1000 122 0:00 V News & Views: Wackiest Jell-O Creations 1000 10:30 ¥ Balloon Hockey 12:00 Resident Lunch 1:00 ← Garden Club in The Lanai 1:30 1:30 2:30 ¥ Wiki Wiki Snack: Jell-O Cups 3:00 ++ Ageless Fitness & Hydration 5:00 Resident Dinner
Delaware Day 133 8:00 Resident Breakfast 9:30 Seated Strength Circuits & Hydration 10:00 Sewes & Views: 10 Facts about Delaware 10:15 BINGO 12:00 Resident Lunch 1:00 Lanai Time & Hawaiian Tunes 1:30 Fun Film & Popcorn 3:00 Ageless Fitness & Hydration 5:00 Resident Dinner	Mac N Cheese Day 14 8:00 Resident Breakfast 9:30 ↔ 9:30 ↔ Seated Strength (A) & Hydration 9:45 ♀ 9:45 ♀ Lamaku Van Ride: Ewa Beach 10:00 ◊ 10:00 ◊ News & Views: Wacky Mac N Chees Creations 10:30 ◊ Hangman & Trivia 12:00 Resident Lunch 1:00 Lanai Time & Hawaiian Tunes 1:30 ◊ BINGO 2:15 ↔ Drum-A-Sizing 3:30 Word Search Puzzles & Color Therapy 5:00 Resident Dinner	Horses Day 155 8:00 Resident Breakfast \$30 \$Seated Strength (B) & Hydration \$9:30		Emoji Day 8:00 Resident Breakfast 8:30 G Scheduled Medical Transportation 9:30 ¥ Seated Strength Circuit & Hydration 10:00 ☆ News & Views: What are Emojis? 10:30 ☆ Hangman & Pictionary 12:00 Resident Lunch 1:00 ≅ Lanai Time & Hawaiian Tunes 1:00 G Scheduled Medical Transportation 1:30 ≅ BINGO 2:30 ↔ Ageless Fitness & Hydration 3:15 ⓒ Color Therapy & Oldie Tunes 5:00 Resident Dinner	Tropical Fruit Day 188 8:00 Resident Breakfast 9:30 ¥ Seated Strength (A) & Hydration 10:00 News & Views: Tropical Fruits we Never Heard Of 10:30 Hangman & Pictionary 10:30 Hangman & Pictionary 12:00 Resident Lunch 1:00 Lanai Time & Hawaiian Tunes 1:30 BINGO 2:30 Drum-A-Sizing 3:15 Word Search Puzzles & Color Therapy 5:00 Resident Dinner	Play Day 19 8:00 Resident Breakfast 9:30 ¥ Seated Strength (B) & Hydration 10:00 ☆ News & Views: Remembering ways of Playing 10:30 % 10:30 ☆ Balloon Hockey 1:200 12:00 Resident Lunch 1:00 ↔ Garden Club in The Lanai 2:00 J Afternoon Surprise: Local Jamz w/ Dean Hirata - 2nd Fir. 3:00 ↔ Ageless Fitness & Hydration 5:00
Moon Day 200 8:00 Resident Breakfast 200 9:30 Seated Strength Circuits & Hydration 200 10:00 News & Views: 10 Facts about the Moon 10:15 10:15 BINGO 8 12:00 Resident Lunch 1:00 1:00 Lanai Time & Hawaiian Tunes 1:30 1:30 Fun Film & Popcorn 3:00 3:00 Ageless Fitness & Hydration 5:00 Resident Dinner	Junk Food Day 21 8:00 Resident Breakfast 9:50 ↔ News & Views 10:00 Morning Surprise: Performance by Team of Angels - 2nd Floor 2:00 12:00 Resident Lunch 1:00 Lanai Time & Hawaiian Tunes 1:30 Image BINGO 2:15 ↔ Drum-A-Sizing 3:30 3:00 Resident Dinner Resident Dinner	Mango Day 222 8:00 Resident Breakfast 222 9:50 Scheduled Medical Transportation 210 9:50 News & Views: Craziest junk foods in the World 1000 J Morning Surprise: Singing & Dancing by The Chibariyo Performers - 2nd Floor 12:00 Resident Lunch 1:00 Scheduled Medical Transportation 1:00 Lanai Time & Hawaiian Tunes 1:00 Scheduled Medical Transportation 1:30 Just Craftin: Wacky N Wily Mr. Avocado Bookmarker Making 2:30 + Ageless Fitness & Hydration 3:00 BINGO 5:00 Resident Dinner	Gorgeous Grandma Day 233 8:00 Resident Breakfast 9:45 ↔ 9:45 ↔ News & Views 10:00 10:00 Morning Surprise: Mele with Our Friends - 2nd Floor 10:00 10:00 Plaza Sing Along: 2nd Floor 10:00 10:00 Garden Club in The Lani 11:30 11:30 BINGO 215 2300 Fun Film & Popcorn 5:00	Drive Thru Day 24 8:00 Resident Breakfast 24 8:30 G Scheduled Medical Transportation 9:50 Thru 24 9:50 Thru News & Views: History of the Drive Thru 200 200 10:00 A Morning Surprise: Bon Dancersizing w/ Wahiawa Hongwanji - 2nd Floor 2:00 Resident Lunch 1:00 C Lanai Time & Hawaiian Tunes 1:00 C Scheduled Medical Transportation 1:30 C Scheduled Medical Transportation 1:30 Color Therapy & Oldie Tunes 5:00 Resident Dinner	Merry-Go-Round Day 8:00 Resident Breakfast 9:30 ≱ Seated Strength (A) & Hydration 10:00 ★ News & Views: Who invented the Merry-Go-Round 10:30 ★ Hangman & Pictionary 12:00 Resident Lunch 1:00 ≇ Lanai Time & Hawaiian Tunes 1:30 ≇ BINGO 2:30 ↔ Drum-A-Sizing 3:15 攀 Word Search Puzzles & Color Therapy 5:00 Resident Dinner	Cowboy Day 26 8:00 Resident Breakfast 9:50 ☆ 9:50 ☆ News & Views: Fun facts about Hawaii's Paniolo's 10:00 +> Morning Surprise: Chair Zumba w/ Annette - 2nd Floor 12:00 Resident Lunch 1:00 +> Garden Club in The Lanai 2:00 J Afternoon Surprise: Musical Performance by The Wahiawa SDA Church Group - 2nd Floor 3:00 +> Ageless Fitness & Hydration 5:00 Resident Dinner
New Jersey Day 27 8:00 Resident Breakfast 27 9:30 ♥ Seated Strength Circuits & Hydration 27 10:00 ♥ News & Views: 10 Facts about New Jersey 10:15 ♥ 10:15 ♥ BINGO 12:00 Resident Lunch 1:00 ♥ Lanai Time & Hawaiian Tunes 1:30 ♥ BINGO 2:00 ₱ Afternoon Surprise: Local Jamz w/ Dean Hirata - 2nd Fir. 3:00 ➡ Ageless Fitness & Hydration 5:00 Resident Dinner Created on Tuesday July 1, 2025 7	8:00 Resident Breakfast 9:30 9:30 ↔ Seated Strength (A) & Hydration 9:45 ⇔ Lamaku Van Ride: Haleiwa Town 10:00 ☆ News & Views 10:15 ᠅ Wiki Wiki Snack: Chocolate Candy Sampling 10:30 ☆ Hangman & Trivia 12:00 Resident Lunch 1:00 ᠅ Lanai Time & Hawaiian Tunes a 130 ☆ BIGO 2:15 ↔ Drum-A-Sizing 3:30 ᠅ Word Search Puzzles & Color Therapy 5:00 Resident Dinner	Chicken Wing Day 8:00 Resident Breakfast 8:30 Scheduled Medical Transportation 9:30 Seated Strength (B) & Hydration 10:00 Plaza Buck Shopping 12:00 Resident Lunch 1:00 Scheduled Medical Transportation 1:00 Scheduled Medical Transportation 1:30 Just Craftin: Ground Hog Fork Painting 2:30 ↔ Ageless Fitness & Hydration 3:00 BINGO 5:00 Resident Dinner	Cheesecake Day 300 8:00 Resident Breakfast 300 9:45 % News & Views: History of Cheesecakes 300 10:00 * Morning Surprise: Birthday Bash & Mele w/ Our Friends - 2nd Floor 8100 12:00 Resident Lunch 1:00 1:30 * BINGO 2:15 2:15 + Drum-A-Sizing 3:00 © Fun Film & Popcorn 5:00 Resident Dinner	Dog Day 331 8:00 Resident Breakfast 8:30 Scheduled Medical Transportation 9:30 Seated Strength Circuit & Hydration 10:00 V News & Views: 10 Fun Facts About Dogs 10:30 Hangman & Pictionary 12:00 Resident Lunch 1:00 Scheduled Medical Transportation 1:30 Scheduled Medical Transportation 1:30 BINGO 2:30 ↔ Ageless Fitness & Hydration 3:15 Color Therapy & Oldie Tunes 5:00 Resident Dinner		