

March 2023
Lamaku Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Peanut Butter Day 9:30 🌟 Current Events & History of Peanut Butter 10:00 🦋 Plaza Sing Along: 2nd Floor 11:00 ↔ Ageless Fitness & Hydration 1:00 ↔ Garden Club in The Lani 1:30 🦋 BINGO Peanut Butter Wafers 2:00 ↔ Drum-A-Sizing 1	Banana Cream Pie Day 9:30 🌟 Current Events & Best Places for Banana Cream Pie 10:00 🎵 Local Jamz w/ Dean Hirata: 2nd Floor 11:00 ↔ Ageless Fitness & Hydration 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 ↔ Balloon Hockey 2:30 ↔ Ageless Fitness & Hydration 2	Hinamatsuri Day 9:30 🌟 Current Events 10:00 ↔ Chair Zumba & Hydration 10:30 🦋 Hot Chocolate & Brain Games at The Bistro 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 🦋 Arts & Crafts: Hinamatsuri Doll Making w/ Mochi 2:30 ↔ Ageless Fitness & Hydration 3	Marching Music Day 9:30 🌟 Current Events 10:00 🎵 Zumba with Annette: 2nd Flr. 11:00 🌟 Bananagrams & L, C, R 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 Drum-A-Sizing & Hydration 2:30 🦋 BINGO 4
Cheese Doodle Day 9:30 🌟 Current Events 10:00 ↔ Ageless Fitness & Hydration 10:30 🌟 Bananagrams & L, C, R w/ Cheese Doodles 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 🎨 Watercolors & Hawaiian Tunes 2:30 ↔ Chair Zumba & Hydration 5	Oreo Day 9:30 🚌 Lamaku Van Ride: Makakilo 10:00 ↔ Chair Zumba & Hydration 10:30 🌟 Kanji & Origami Making 11:00 ↔ Balloon Volleyball & Pictionary 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 🌟 Hangman & Charades w/ Mini Oreo Sundaes 2:00 ↔ Drum-A-Sizing 6	Flapjack Day 9:30 🌟 Current Events & Best Places for Flapjacks in Hawaii 10:00 ↔ Ageless Fitness & Hydration 10:30 🦋 Hot Chocolate & Brain Games at The Bistro 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 🦋 Chair Zumba & Hydration 2:00 🦋 Fun Film 7	International Women's Day 9:30 🌟 Current Events & Influential Woman Around The World 10:00 🎵 Hawaiian Music w/ Kupuna Mele: 2nd Floor 11:00 ↔ Ageless Fitness & Hydration 1:00 ↔ Garden Club in The Lani 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 🎨 Arts & Crafts: Q-Tip Lilac Painting 2:30 ↔ Drum-A-Sizing 8	Meatball Day 9:30 🌟 Current Events 10:00 ↔ Ageless Fitness & Hydration 10:30 🦋 Beading & Origami 11:00 🎨 Watercolors & Oldie Tunes 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 ↔ Balloon Hockey 2:30 ↔ Ageless Fitness & Hydration 9	Blueberry Popover Day 9:30 🌟 Current Events 10:00 ↔ Chair Zumba & Hydration 10:30 🦋 Hot Chocolate & Brain Games at The Bistro 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 BINGO 2:00 ↔ Drum-A-Sizing 10	Johnny Appleseed Day 9:30 🌟 Current Events & History of Johnny Appleseed 10:00 🦋 Ageless Fitness & Hydration 10:30 Black Jack 11:00 ↔ Garden Club in The Lanai 1:00 ↔ Chair Zumba & Hydration 1:30 🦋 Arts & Crafts: Newspaper Shark Art 2:30 🦋 BINGO 11
Plant A Flower Day 9:30 🌟 Current Events 10:00 ↔ Ageless Fitness & Hydration 10:30 🌟 Bananagrams & L, C, R 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 🎨 Watercolors & Hawaiian Tunes 2:30 ↔ Chair Zumba & Hydration 12	Jewel Day 9:30 🚌 Lamaku Van Ride: Haleiwa Town 10:00 🎵 Hawaiian Music w/ Uncle Will: 2nd Floor 11:00 ↔ Balloon Volleyball & Pictionary 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 🌟 Hangman & Charades 2:00 ↔ Drum-A-Sizing 13	Learn About Butterflies Day 9:30 🌟 Current Events 10:00 ↔ Ageless Fitness & Hydration 10:30 🦋 Resident Council Meeting 11:00 🌟 Bananagrams & L, C, R 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 🎨 Arts & Crafts: Lucky Clover Garland Making 2:30 ↔ Chair Zumba & Hydration 14	Kansas Day 9:30 🌟 Current Events 10:00 🦋 Plaza Sing Along: 2nd Floor 11:00 ↔ Ageless Fitness & Hydration 1:00 ↔ Garden Club in The Lani 1:30 🦋 BINGO 2:00 🎵 Piano & Vocals by Roy Hamada: 2nd Floor 15	Panda Day 9:30 🌟 Current Events 10:00 ↔ Ageless Fitness & Hydration 10:30 🦋 Beading & Origami 11:00 🎨 Watercolors & Oldie Tunes 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 ↔ Balloon Hockey 2:30 ↔ Ageless Fitness & Hydration 16	Happy St. Patrick's Day 9:30 🌟 Current Events 10:00 🎵 Local Jamz w/ Dean Hirata: 2nd Floor 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 🦋 Arts & Crafts: St. Patrick's Ornament Making w/ Shamrock Shakes 2:15 ↔ Drum-A-Sizing 17	Corn Dog Day 9:30 🌟 Current Events 10:00 🦋 Ageless Fitness & Hydration 10:30 🦋 Hot Chocolate & Brain Games at The Bistro 1:00 🦋 Black Jack 1:30 ↔ Ageless Fitness & Hydration 2:30 🦋 BINGO 18
Lets Laugh Day 9:30 🌟 Current Events & YouTube's Funniest Pet Videos 10:00 ↔ Ageless Fitness & Hydration 10:30 🌟 Bananagrams & L, C, R 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 🎨 Watercolors & Hawaiian Tunes 2:30 ↔ Chair Zumba & Hydration 19	Spring Begins 9:30 🚌 Lamaku Van Ride: Kaneohe 10:00 ↔ Chair Zumba & Hydration 10:30 🌟 Kanji & Origami Making 11:00 ↔ Balloon Volleyball & Pictionary 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 🌟 Hangman & Charades 2:00 ↔ Drum-A-Sizing 20	Fragrance Day 9:30 🌟 Current Events & Fun Facts About Fragrances 10:00 🎵 Soul Sounds w/ Wally Brown: 2nd Floor 11:00 ↔ Ageless Fitness & Hydration 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 🎨 Arts & Crafts: Edible Art w/ Fruit & Nutella 2:30 ↔ Chair Zumba & Hydration 21	Goof Off Day 9:30 🌟 Current Events & Fun Ways to Goof Off 10:00 🎵 Musical Performance by Hank The Singing Dutchman: 2nd Floor 11:00 ↔ Ageless Fitness & Hydration 1:00 ↔ Garden Club in The Lani 1:30 🦋 BINGO 2:00 ↔ Drum-A-Sizing 22	Puppy Day 9:30 🌟 Current Events & Cutest Pictures of Puppies 10:00 🎵 Bon Dancersizing w/ Wahiawa Hongwanji: 2nd Floor 11:00 🎨 Watercolors & Oldie Tunes 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 ↔ Balloon Hockey 2:30 ↔ Ageless Fitness & Hydration 23	Cocktail Day 9:30 🌟 Current Events 10:00 ↔ Chair Zumba & Hydration 10:30 🦋 Hot Chocolate & Brain Games at The Bistro 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 BINGO 2:00 ↔ Drum-A-Sizing 24	Medal of Honor Day 9:30 🌟 Current Events & List of Medal of Honor Recipients 10:00 🦋 Ageless Fitness & Hydration 10:30 Black Jack 11:00 ↔ Garden Club in The Lanai 1:00 ↔ Chair Zumba & Hydration 1:30 🦋 Arts & Crafts: Black Glue Sun Art 2:30 🦋 BINGO 25
Spinach Day 9:30 🌟 Current Events & Health Benefits from Spinach 10:00 ↔ Ageless Fitness & Hydration 10:30 🌟 Bananagrams & L, C, R 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 🎨 Watercolors & Hawaiian Tunes 2:30 ↔ Chair Zumba & Hydration 26	Joe Day 9:30 🚌 Lamaku Van Ride: Old Waipahu & Ewa 10:00 ↔ Chair Zumba & Hydration 10:30 🌟 Kanji & Origami Making 11:00 ↔ Balloon Volleyball & Pictionary 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 🌟 Hangman & Charades 2:00 ↔ Drum-A-Sizing 27	Something On A Stick Day 9:30 🌟 Current Events 10:00 ↔ Ageless Fitness & Hydration 10:30 🦋 Hot Chocolate & Brain Games at The Bistro 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 🎨 Arts & Crafts: Paper Plate Dinosaur Making 2:30 ↔ Chair Zumba & Hydration 28	Nevada Day 9:30 🌟 Current Events & 10 Fun Facts About The State of Nevada 10:00 🦋 Plaza Sing Along: 2nd Floor 11:00 ↔ Ageless Fitness & Hydration 1:00 ↔ Garden Club in The Lani 1:30 🦋 BINGO 2:00 ↔ Drum-A-Sizing 29	Virtual Vacation Day 9:30 🌟 Current Events & Best Places to Vacation in The World 10:00 ↔ Ageless Fitness & Hydration 10:30 🦋 Beading & Origami 11:00 🎨 Watercolors & Oldie Tunes 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 ↔ Balloon Hockey 2:30 ↔ Ageless Fitness & Hydration 30	Crayon Day 9:30 🌟 Current Events 10:00 🎵 Musical Performance by The Olaloa Jammers: 2nd Floor 11:00 ↔ Chair Zumba & Hydration 1:00 🦋 Lanai Time & Hawaiian Tunes 1:30 BINGO 2:00 ↔ Drum-A-Sizing 31	