

October 2023 Lamaku Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Homemade Cookies Day 1 9:30 ↔ Ageless Fitness & Hydration 10:00 ⚡ Current Events 10:30 ⚡ Bananagrams & L, C, R 1:00 🌺 Lanai Time & Hawaiian Tunes 1:00 📷 Watercolors, Hawaiian Tunes, & Chocolate Chip Cookies 2:30 ↔ Chair Zumba & Hydration	Smarties Day 2 9:30 🚗 Lamaku Van Ride: Kaneohe 10:00 🎵 Ukulele Performance by Na lei o Manu O'o: 2nd Floor 1:00 ⚡ BINGO 1:00 🌺 Lanai Time & Hawaiian Tunes 2:00 ↔ Drum-A-Sizing	Eat Fruit Day 3 9:30 ↔ Ageless Fitness & Hydration 10:00 ⚡ Current Events 10:30 🍫 Hot Chocolate & Brain Games at The Bistro 1:00 📷 Arts & Crafts: Green Apple Monster Making 1:00 🌺 Lanai Time & Hawaiian Tunes 2:30 🌺 BINGO	Golf Lover's Day 4 9:30 ⚡ Current Events & Fun Facts About Golf 10:00 🌺 Plaza Sing Along: 2nd Floor 1:00 🌺 BINGO 1:00 ↔ Garden Club in The Lani 2:00 ↔ Drum-A-Sizing	Do Something Nice Day 5 9:30 ↔ Ageless Fitness & Hydration 9:30 ⚡ Current Events & Best Ways to Do Nice Things 10:30 🌺 Beading & Origami 1:00 🌺 BINGO 1:00 🌺 Lanai Time & Hawaiian Tunes 2:00 🌺 Black Jack 2:30 ↔ Chair Zumba & Hydration	World Smile Day 6 9:30 ↔ Ageless Fitness & Hydration 10:00 🎵 Musical Performance by Gensen Rabacal: 2nd Floor 1:00 🌺 BINGO 1:00 🌺 Lanai Time & Hawaiian Tunes 1:30 🌺 Fun Film	Chocolate Covered Pretzel Day 7 9:30 ⚡ Current Events 10:00 ↔ Chair Zumba w/ Annette: 2nd Floor 11:00 ↔ Garden Club in The Lanai 1:00 ↔ Chair Zumba & Hydration 1:30 🌺 Arts & Crafts: Tissue Paper Mummy Making w/ Chocolate Covered Pretzels 2:30 🌺 BINGO
Fluffernutter Day 8 9:30 ↔ Ageless Fitness & Hydration 10:00 ⚡ Current Events 10:30 ⚡ Bananagrams & L, C, R 1:00 🌺 Lanai Time & Hawaiian Tunes 1:00 📷 Watercolors & Hawaiian Tunes 2:00 BINGO 2:30 ↔ Chair Zumba & Hydration	Columbus Day 9 9:30 🚗 Lamaku Van Ride: Ko'olina 10:00 🎵 Team of Angels Performance: 2nd Flr. 1:00 ⚡ BINGO 1:00 🌺 Lanai Time & Hawaiian Tunes 2:00 ↔ Drum-A-Sizing	Handbag Day 10 9:30 ↔ Ageless Fitness & Hydration 10:00 ⚡ Current Events & Fun Facts About Handbags 10:30 🌺 Resident Council Meeting 11:00 🌺 Name 5 & Charades 1:00 📷 Arts & Crafts: Kawaii Paper Candy Corn Making 1:00 🌺 Lanai Time & Hawaiian Tunes 2:30 🌺 BINGO	Sausage Pizza Day 11 9:30 ⚡ Current Events & Best Places to Eat Pizza 10:00 🌺 Plaza Sing Along: 2nd Floor 1:00 🌺 BINGO 1:00 ↔ Garden Club in The Lani 2:00 ↔ Drum-A-Sizing	Farmer's Day 12 9:30 ↔ Ageless Fitness & Hydration 10:00 ⚡ Current Events & History of The American Farmer 10:30 🌺 Beading & Origami 1:00 🌺 BINGO 1:00 🌺 Lanai Time & Hawaiian Tunes 2:00 🌺 Black Jack 2:30 ↔ Chair Zumba & Hydration	Train Your Brain Day 13 9:30 ⚡ Current Events 10:00 🎵 Hawaiian Music w/ Kupuna Mele: 2nd Floor 1:00 🌺 BINGO 1:00 🌺 Lanai Time & Hawaiian Tunes 2:00 ↔ Drum-A-Sizing	Dessert Day 14 9:30 🌺 Ageless Fitness & Hydration 10:00 ⚡ Current Events 10:30 🌺 Black Jack 11:00 ⚡ Hangman & Pictionary 1:00 ↔ Chair Zumba & Hydration 1:00 ↔ Garden Club in The Lanai 1:30 🌺 Arts & Crafts: Paper Plate Spooky Eyeball Making 2:30 🌺 BINGO
I Love Lucy Day 15 9:30 ↔ Ageless Fitness & Hydration 10:00 ⚡ Current Events & Fun Video Clips of I Love Lucy 10:30 ⚡ Bananagrams & L, C, R 1:00 📷 Halloween Cookie Decorating 1:00 🌺 Lanai Time & Hawaiian Tunes 2:00 BINGO 2:30 ↔ Chair Zumba & Hydration	Sports Day 16 9:30 🚗 Lamaku Van Ride: Honolulu 10:00 ↔ Chair Zumba & Hydration 10:30 ⚡ Kanji & Origami Making 1:00 ⚡ BINGO 1:00 🌺 Lanai Time & Hawaiian Tunes 2:00 ↔ Drum-A-Sizing	Pasta Day 17 9:30 ↔ Ageless Fitness & Hydration 10:00 ↔ Ageless Yoga w/ Karen: 2nd Floor 1:00 📷 Arts & Crafts: Dia de los Muertos Mask Making 1:00 🌺 Lanai Time & Hawaiian Tunes 2:30 🌺 BINGO	Chocolate Cupcake Day 18 9:30 ⚡ Current Events 10:00 🌺 Plaza Sing Along w/ Chocolate Cupcakes: 2nd Floor 1:00 🌺 BINGO 1:00 ↔ Garden Club in The Lani 2:00 🎵 Piano & Vocals by Roy Hamada: 2nd Floor	Seafood Bisque Day 19 9:30 ↔ Ageless Fitness & Hydration 10:00 ⚡ Current Events 10:30 🌺 Beading & Origami 1:00 🌺 BINGO 1:00 🌺 Lanai Time & Hawaiian Tunes 2:00 🌺 Black Jack 2:30 ↔ Chair Zumba & Hydration	Chicken & Waffle Day 20 9:30 ↔ Ageless Fitness & Hydration 10:00 ⚡ Current Events & History of Chicken & Waffles 10:30 🌺 Plaza Buck Shopping 1:00 🌺 BINGO 1:00 🌺 Lanai Time & Hawaiian Tunes 2:00 ↔ Drum-A-Sizing	Pumpkin Day 21 9:30 🌺 Ageless Fitness & Hydration 10:00 ⚡ Current Events 10:30 🌺 Black Jack 11:00 ⚡ Hangman & Pictionary 1:00 ↔ Chair Zumba & Hydration 1:00 ↔ Garden Club in The Lanai 1:30 🌺 Arts & Crafts: Paper Weaved Pumpkin Making 2:30 🌺 BINGO
Color Day 22 9:30 ↔ Ageless Fitness & Hydration 10:00 ⚡ Current Events & Worlds Creative Art w/ Color 10:30 ⚡ Bananagrams & L, C, R 1:00 🌺 Lanai Time & Hawaiian Tunes 1:00 📷 Watercolors & Hawaiian Tunes 2:00 BINGO 2:30 ↔ Chair Zumba & Hydration	Super Hero Dress Up Day 23 9:30 🚗 Lamaku Van Ride: Newtown / Waimalu 10:00 ↔ Chair Zumba & Hydration 10:30 ⚡ Kanji & Origami Making 1:00 ⚡ BINGO 1:00 🌺 Lanai Time & Hawaiian Tunes 2:00 ↔ Drum-A-Sizing	Twinning Tuesday Dress Up Day 24 9:30 ⚡ Current Events 10:00 🎵 Soul Sounds w/ Wally Brown: 2nd Floor 1:00 📷 Arts & Crafts: Clothes Pin Coffee Filter Bat Making 1:00 🌺 Lanai Time & Hawaiian Tunes 2:30 🌺 BINGO	Wacky Hair Day 25 9:30 ⚡ Current Events 10:00 🌺 Plaza Sing Along: 2nd Floor 1:00 🌺 BINGO 1:00 ↔ Garden Club in The Lani 2:00 ↔ Drum-A-Sizing	Department Costume Dress Up Day 26 9:30 ↔ Ageless Fitness & Hydration 10:00 ⚡ Current Events 10:30 🌺 Beading & Origami 1:00 🌺 BINGO 1:00 🌺 Lanai Time & Hawaiian Tunes 2:00 🌺 Black Jack 2:30 ↔ Chair Zumba & Hydration	Orange & Black Dress Up Day 27 9:30 ↔ Ageless Fitness & Hydration 10:00 ⚡ Current Events 10:30 🍫 Hot Chocolate & Brain Games at The Bistro 1:00 🌺 BINGO 1:00 🌺 Lanai Time & Hawaiian Tunes 2:00 ↔ Drum-A-Sizing	Disney Dress Up Day 28 9:30 🌺 Ageless Fitness & Hydration 10:00 ⚡ Current Events 10:30 🌺 Black Jack 11:00 ⚡ Hangman & Pictionary 1:00 ↔ Chair Zumba & Hydration 1:00 ↔ Garden Club in The Lanai 2:00 🎵 Musical Performance by The Wahiawa SDA Church Group: 2nd Floor
Halloween Movie Character Dress Up Day 29 9:30 ↔ Ageless Fitness & Hydration 10:00 ⚡ Current Events 10:30 ⚡ Bananagrams & L, C, R 1:00 🌺 Lanai Time & Hawaiian Tunes 1:00 📷 Watercolors & Hawaiian Tunes 2:00 BINGO 2:30 ↔ Chair Zumba & Hydration	Halloween Accessory Dress Up Day 30 9:30 🚗 Lamaku Van Ride: Waipahu / Kunia 10:00 ↔ Ageless Yoga w/ Karen: 2nd Floor 1:00 🌺 Lanai Time & Hawaiian Tunes 1:00 🌺 Plaza Pumpkin Contest Viewing & Voting 2:00 ↔ Drum-A-Sizing	Halloween Costume Dress Up Day 31 9:30 ↔ Ageless Fitness & Hydration 10:00 ⚡ Current Events 10:30 🍫 Hot Chocolate & Brain Games at The Bistro 1:00 🌺 Lanai Time & Hawaiian Tunes 1:30 🌺 The Plaza's Halloween Costume Contest: 2nd Floor				