

October 2025
Lamaku Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	🎨 Arts / Crafts 🎓 Educational Classes 🏃 Exercise / Physical Activity 🚌 Field Trip / Medical Appointments 🎲 Games 🌿 Gardening / Outdoor Visit 🌿 Meditation / Mindfulness 🎬 Movies / Documentaries 🎵 Music / Special Entertainment ★ One-on-One 🌿 Plaza Life Fitness 👥 Socials / Social Gathering 🌿 Volunteerism / Community Service		Hair Day 8:00 Resident Breakfast 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 🎵 Morning Surprise: Mele with Our Friends - 4th Floor 10:00 📰 News & Views: Wackiest Hair Styles in The World 10:30 🎨 Watercolors & Oldie Tunes 12:00 Resident Lunch & Leisure 1:00 🌿 Garden Club in The Lanai 1:30 🎲 BINGO 2:15 ↔ Move to The Rhythm: Drum-A-Sizing 3:00 🎬 Fun Film & Popcorn 3:30 📰 Collage Detective: School Days 5:00 Resident Dinner	Name Your Car Day 8:00 Resident Breakfast 9:30 ★ One-to-One Moments 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📰 News & Views: Top 10 Most Common Car Names 10:30 🎲 Brain Buster Time: Charades & Trivia 12:00 Resident Lunch & Leisure 1:00 🌿 Lanai Time & Hawaiian Tunes 1:30 🎲 BINGO 2:30 ↔ Ageless Fitness & Hydration 3:30 🌿 Color Therapy & Classical Music 3:30 ★ One-to-One Moments 5:00 Resident Dinner	Tech Day 8:00 Resident Breakfast 9:30 🌿 Rise n Shine Fitness & Hydration 10:00 📰 News & Views: Who is Steve Jobs & Apple? 10:30 🎲 Brain Buster Time: Super Hangman Challenge 12:00 Resident Lunch & Leisure 1:00 🌿 Lanai Time & Hawaiian Tunes 1:30 🎲 BINGO 2:30 ↔ Move to The Rhythm: Drum-A-Sizing 3:30 🎲 Game Show Watch Party 5:00 Resident Dinner	Cinnamon Bun Day 8:00 Resident Breakfast 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 🎵 Morning Surprise: Chair Zumba w/ Annette - 4th Floor 10:00 📰 News & Views: History on Cinnabon Bakery 10:30 ↔ Balloon Hockey 12:00 Resident Lunch & Leisure 1:00 🌿 Garden Club in The Lanai 1:30 🎨 Just Craftin: Tissue Paper Mummy Making 3:00 ↔ Ageless Fitness & Hydration 3:30 🎨 Color & Chat 5:00 Resident Dinner
Rhode Island Day 8:00 Resident Breakfast 9:30 ★ One-to-One Moments 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📰 News & Views: 10 Fun Facts about Rhode Island 10:15 🎲 BINGO 12:00 Resident Lunch & Leisure 1:00 🌿 Lanai Time & Hawaiian Tunes 1:30 🎲 Pokeno 2:15 📰 Guess Who & Name 5 3:00 ↔ Ageless Fitness & Hydration 3:30 🎲 Kickback & Catch The Game 3:30 ★ One-to-One Moments 5:00 Resident Dinner	Noodle Day 8:00 Resident Breakfast 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📰 News & Views: Best Noodle Houses in Hawaii 10:30 🎲 Brain Buster Time: Super Hangman Challenge 12:00 Resident Lunch & Leisure 1:00 🌿 Lanai Time & Hawaiian Tunes 1:30 🎲 BINGO 2:15 ↔ Move to The Rhythm: Drum-A-Sizing 3:30 🌿 Dot-to-Dot: Scary Scare Crow 5:00 Resident Dinner	Taco Day 8:00 Resident Breakfast 9:30 ★ One-to-One Moments 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📰 News & Views: History of The Taco Truck 10:30 🎨 Tissue Paper Art 12:00 Resident Lunch & Leisure 1:00 🌿 Lanai Time & Hawaiian Tunes 1:30 🎨 Just Craftin: Dia Delos Muertos Fan Making 2:30 ↔ Ageless Fitness & Hydration 3:00 🎲 BINGO 3:30 🎨 Color Therapy & Oldie Tunes 3:30 ★ One-to-One Moments 5:00 Resident Dinner	Hero Day 8:00 Resident Breakfast 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 🎵 Morning Surprise: Ukulele Performance by Aloha Mele - 4th Floor 10:00 📰 News & Views: Remembering U.S. Heroes 10:15 🎨 Watercolors & Oldie Tunes 11:00 📰 Name 5 & Trivia 12:00 Resident Lunch & Leisure 1:00 🌿 Garden Club in The Lanai 1:15 🚗 Lamaku Van Ride: Ewa Beach 1:30 🎲 BINGO 2:15 ↔ Move to The Rhythm: Drum-A-Sizing 3:00 🎬 Fun Film & Popcorn 3:30 📰 Collage Detective: School Days 5:00 Resident Dinner	Cupcake Day 8:00 Resident Breakfast 9:30 ★ One-to-One Moments 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 🎵 Morning Surprise: Musical Performance by The Mellow Friends - 4th Floor 10:00 📰 News & Views: Wackiest Cupcake Creations 10:30 📰 Brain Buster Time: Charades & Trivia 12:00 Resident Lunch & Leisure 1:00 🌿 Lanai Time & Hawaiian Tunes 1:30 🎲 BINGO 2:30 ↔ Ageless Fitness & Hydration 3:30 🌿 Color Therapy & Classical Music 3:30 ★ One-to-One Moments 5:00 Resident Dinner	Handbag Day 8:00 Resident Breakfast 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 🎵 Mourning Surprise: Soul Sounds w/ Wally Brown -4th Floor 10:00 📰 News & Views: History of Handbags 10:30 🎲 Brain Buster Time: Super Hangman Challenge 12:00 Resident Lunch & Leisure 1:00 🌿 Lanai Time & Hawaiian Tunes 1:30 🎲 BINGO 2:30 ↔ Move to The Rhythm: Drum-A-Sizing 3:30 🎲 Game Show Watch Party 5:00 Resident Dinner	Sausage Pizza Day 8:00 Resident Breakfast 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📰 News & Views: Wackiest Pizza Toppings 10:30 Balloon Hockey 12:00 Resident Lunch & Leisure 1:00 🌿 Garden Club in The Lanai 1:30 🎨 Just Craftin: Toilet Paper Roll Wacky Bat Making 3:00 ↔ Ageless Fitness & Hydration 3:30 🎨 Color & Chat 5:00 Resident Dinner
Vermont Day 8:00 Resident Breakfast 9:30 ★ One-to-One Moments 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📰 10 Fun Facts about Vermont 10:00 🎵 Piano Performance by Nicolas Suggs: 4th Floor 10:15 🎲 BINGO 12:00 Resident Lunch & Leisure 1:00 🌿 Lanai Time & Hawaiian Tunes 1:30 🎲 Pokeno 2:15 📰 Guess Who & Name 5 3:00 ↔ Ageless Fitness & Hydration 3:30 🎲 Kickback & Catch The Game 3:30 ★ One-to-One Moments 5:00 Resident Dinner	Navy Day 8:00 Resident Breakfast 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📰 News & Views: History of the U.S. Navy 10:00 📰 Performance by Team of Angels: 4th Floor 10:30 🎲 Brain Buster Time: Super Hangman Challenge 12:00 Resident Lunch & Leisure 1:00 🌿 Lanai Time & Hawaiian Tunes 1:30 🎲 BINGO 2:15 ↔ Move to The Rhythm: Drum-A-Sizing 3:30 🌿 Find It! Spooky Spiders 5:00 Resident Dinner	Dessert Day 8:00 Resident Breakfast 9:30 ★ One-to-One Moments 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📰 News & Views: Hawaii's Favorite Desserts 10:30 🎲 Pokeno 12:00 Resident Lunch & Leisure 1:00 🌿 Lanai Time & Hawaiian Tunes 1:30 🎨 Just Craftin: Halloween Banner Making 2:30 ↔ Ageless Fitness & Hydration 3:00 🎲 BINGO 3:30 🎨 Color Therapy & Oldie Tunes 3:30 ★ One-to-One Moments 5:00 Resident Dinner	I Love Lucy Day 8:00 Resident Breakfast 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 🎵 Morning Surprise: Mele with Our Friends - 4th Floor 10:00 📰 News & Views: Fun Facts about The I Love Lucy Show 10:15 🎨 Watercolors & Oldie Tunes 12:00 Resident Lunch & Leisure 1:00 🌿 Garden Club in The Lanai 1:15 🚗 Lamaku Van Ride: Wahiawa Heights / Helemano 1:30 🎲 BINGO 2:15 ↔ Move to The Rhythm: Drum-A-Sizing 3:00 🎬 Fun & Spooky Film & Haunted House Word Search 3:30 📰 Collage Detective: School Days 5:00 Resident Dinner	Sports Day 8:00 Resident Breakfast 9:30 ★ One-to-One Moments 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📰 News & Views: Top 10 Most Popular Sports 10:30 🎲 Brain Buster Time: Charades & Trivia 12:00 Resident Lunch & Leisure 1:00 🌿 Lanai Time & Hawaiian Tunes 1:30 🎲 BINGO 2:30 ↔ Ageless Fitness & Hydration 3:30 🌿 Color Therapy & Classical Music 3:30 ★ One-to-One Moments 5:00 Resident Dinner	Pasta Day 8:00 Resident Breakfast 9:30 🌿 Rise n Shine Fitness & Hydration 10:00 📰 News & Views: Best Places for Pasta in Hawaii 10:30 🎲 Brain Buster Time: Super Hangman Challenge 12:00 Resident Lunch & Leisure 1:00 🌿 Lanai Time & Hawaiian Tunes 1:30 🎲 BINGO 2:30 ↔ Move to The Rhythm: Drum-A-Sizing 3:30 🎲 Game Show Watch Party 5:00 Resident Dinner	Bar-B-Q Day 8:00 Resident Breakfast 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 🎵 Local Jamz w/ Dean Hirata: 4th Floor 10:00 📰 News & Views: Fun Facts about American Bar-b-q 10:30 Balloon Hockey 12:00 Resident Lunch & Leisure 1:00 🌿 Garden Club in The Lanai 1:30 🎨 Just Craftin: Outer Space Monster Wreath Making 3:00 ↔ Ageless Fitness & Hydration 3:30 🎨 Color & Chat 5:00 Resident Dinner
Kentucky Day 8:00 Resident Breakfast 9:30 ★ One-to-One Moments 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📰 News & Views: 10 Fun Facts about Kentucky 10:15 🎲 BINGO 12:00 Resident Lunch & Leisure 1:00 🌿 Lanai Time & Hawaiian Tunes 1:30 🎲 Pokeno 2:15 📰 Guess Who & Name 5 3:00 ↔ Ageless Fitness & Hydration 3:30 🎲 Kickback & Catch The Game 3:30 ★ One-to-One Moments 5:00 Resident Dinner	Confidence Day 8:00 Resident Breakfast 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📰 News & Views: Best Tip on Being More Confident 10:30 🎲 Brain Buster Time: Super Hangman Challenge 12:00 Resident Lunch & Leisure 1:00 🌿 Lanai Time & Hawaiian Tunes 1:30 🎲 BINGO 2:15 ↔ Move to The Rhythm: Drum-A-Sizing 3:30 🌿 Collage Detective: Orange Matter 5:00 Resident Dinner	Apple Day 8:00 Resident Breakfast 9:30 ★ One-to-One Moments 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📰 News & Views: Health Benefits of Apples 10:30 🎲 Halloween Cookie Decorating 12:00 Resident Lunch & Leisure 1:00 🌿 Lanai Time & Hawaiian Tunes 1:30 🎨 Just Craftin: 3D Bat Painting 2:30 ↔ Ageless Fitness & Hydration 3:00 🎲 BINGO 3:30 🎨 Color Therapy & Oldie Tunes 3:30 ★ One-to-One Moments 5:00 Resident Dinner	Dog Day 8:00 Resident Breakfast 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 🎵 Morning Surprise: Mele with Our Friends - 4th Floor 10:00 📰 News & Views: Funny pictures of Dogs 10:15 🎨 Watercolors & Oldie Tunes 12:00 Resident Lunch & Leisure 1:00 🌿 Garden Club in The Lanai 1:15 🚗 Lamaku Van Ride: Moanalua Valley 1:30 🎲 BINGO 2:15 ↔ Move to The Rhythm: Drum-A-Sizing 3:00 🎬 Fun Film & Popcorn 3:30 📰 Collage Detective: School Days 5:00 Resident Dinner	T.V. Show Day 8:00 Resident Breakfast 9:30 ★ One-to-One Moments 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 🎵 Music & Dancing by The Chibariyo Performers: 4th Floor 10:00 📰 News & Views: Americas Most Popular T.V. Shows 10:30 🎲 Brain Buster Time: Charades & Trivia 12:00 Resident Lunch & Leisure 1:00 🎲 Brain Buster Time: Charades & Trivia 12:00 Resident Lunch & Leisure 1:00 🎲 Brain Buster Time: Charades & Trivia 1:30 🎲 BINGO 2:30 ↔ Ageless Fitness & Hydration 3:30 🌿 Color Therapy & Classical Music 3:30 ★ One-to-One Moments 5:00 Resident Dinner	Food Day 8:00 Resident Breakfast 9:30 🌿 Rise n Shine Fitness & Hydration 10:00 📰 News & Views: Best Foods Around The World 10:30 🎲 Brain Buster Time: Super Hangman Challenge 12:00 Resident Lunch & Leisure 1:00 🌿 Lanai Time & Hawaiian Tunes 1:30 🎲 BINGO 2:30 ↔ Move to The Rhythm: Drum-A-Sizing 3:30 🎲 Game Show Watch Party 5:00 Resident Dinner	Sour Day 8:00 Resident Breakfast 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📰 News & Views 10:30 Balloon Hockey 12:00 Resident Lunch & Leisure 1:00 🌿 Garden Club in The Lanai 1:30 🎲 BINGO 2:00 Afternoon Surprise: Musical Performance by The Wahiawa SDA Church Group - 4th Floor 2:15 ↔ Ageless Fitness & Hydration 2:35 🎨 Tissue Paper Art 3:30 🎨 Color & Chat 5:00 Resident Dinner
Tennessee Day 8:00 Resident Breakfast 9:30 ★ One-to-One Moments 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📰 News & Views: 10:15 🎲 BINGO 12:00 Resident Lunch & Leisure 1:00 🌿 Lanai Time & Hawaiian Tunes 1:30 🎲 Pokeno 2:15 📰 Guess Who & Name 5 3:00 ↔ Ageless Fitness & Hydration 3:30 🎲 Kickback & Catch The Game 3:30 ★ One-to-One Moments 5:00 Resident Dinner	Orange & Black Day 8:00 Resident Breakfast 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📰 News & Views: 10:30 🎲 Brain Buster Time: Super Hangman Challenge 12:00 Resident Lunch & Leisure 1:00 🌿 Lanai Time & Hawaiian Tunes 1:30 🎲 BINGO 2:15 ↔ Move to The Rhythm: Drum-A-Sizing 3:30 🌿 Spooky Detective 5:00 Resident Dinner	Twinning Tuesday 8:00 Resident Breakfast 9:30 ★ One-to-One Moments 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📰 News & Views: Famous Twins in The World 10:30 🎲 Pokeno 12:00 Resident Lunch & Leisure 1:00 🌿 Lanai Time & Hawaiian Tunes 1:30 🎨 Just Craftin: Halloween Paper Chain Making 2:30 ↔ Ageless Fitness & Hydration 3:00 🎲 BINGO 3:30 🎨 Color Therapy & Oldie Tunes 3:30 ★ One-to-One Moments 5:00 Resident Dinner	Halloween Disney Day 8:00 Resident Breakfast 9:30 ↔ Rise n Shine Fitness & Hydration 9:45 📰 News & Views: Fun Facts about Walt Disney 10:00 🌿 Halloween Visit by Hanalani School Students 10:15 🎨 Watercolors & Oldie Tunes 12:00 Resident Lunch & Leisure 1:00 🌿 Garden Club in The Lanai 1:15 🚗 Lamaku Van Ride: Haleiwa Town 1:30 🎲 BINGO 2:15 ↔ Move to The Rhythm: Drum-A-Sizing 3:00 🎬 Halloween Film: Hocus Pocus 3:30 📰 Collage Detective: School Days 5:00 Resident Dinner	Department Costume Day 8:00 Resident Breakfast 9:30 ★ One-to-One Moments 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 🎵 Local Jamz w/ Dean Hirata: 2nd Floor 10:00 📰 News & Views: Funny & Creative Halloween Costumes 10:30 🎲 Brain Buster Time: Charades & Trivia 12:00 Resident Lunch & Leisure 1:00 🌿 Lanai Time & Hawaiian Tunes 1:30 🎲 BINGO 2:30 ↔ Ageless Fitness & Hydration 3:30 🌿 Color Therapy & Classical Music 3:30 ★ One-to-One Moments 5:00 Resident Dinner	Happy Halloween 8:00 Resident Breakfast 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 🎵 Morning Surprise: Performance by The Olaloa Jammers - 4th Floor 10:00 📰 News & Views: History of Halloween 10:30 🎲 Brain Buster Time: Super Hangman Challenge 12:00 Resident Lunch & Leisure 1:00 🌿 Lanai Time & Hawaiian Tunes 1:30 🎲 BINGO 2:30 ↔ Move to The Rhythm: Drum-A-Sizing 3:30 🎲 Game Show Watch Party 5:00 Resident Dinner	