


September 2025
Lamaku Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div>Labor Day 1</div> <div>8:00 Resident Breakfast 9:30 ↔ Rise n Shine Fitness & Hydration 9:45 🚗 Lamaku Van Ride: Old Waipahu / Kunia 10:00 📺 News & Views: History of Labor Day 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 🌺 Circle It: Happy Labor Day 5:00 Resident Dinner</div>	<div>Blueberry Day 2</div> <div>8:00 Resident Breakfast 9:30 🌟 One-to-One Moments 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📺 News & Views: Health Benefits of Blueberries 10:30 🎵 Japanese Sing Along 12:00 Resident Lunch & Leisure 1:00 🌺 Lanai Time & Hawaiian Tunes 1:30 ➕ Just Craftin: Popsicle Stick Snake Making 2:30 ↔ Ageless Fitness & Hydration 3:00 ➕ BINGO 3:30 ➕ Color Therapy & Hawaiian Tunes 3:30 🌟 One-to-One Moments 5:00 Resident Dinner</div>	<div>Bowling Day 3</div> <div>8:00 Resident Breakfast 9:50 📺 News & Views: Fun Facts about Bowling 10:00 🎵 Morning Surprise: Musical Performance by Roy Hamada - 2nd Floor 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</div>	<div>Macadamia Day 4</div> <div>8:00 Resident Breakfast 9:30 🌟 One-to-One Moments 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📺 News & Views: History of Hawaii's Macadamia Nut Industry 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</div>	<div>Cheese Pizza Day 5</div> <div>8:00 Resident Breakfast 9:30 🌺 Rise n Shine Fitness & Hydration 10:00 📺 News & Views: Best Places for Cheese Pizza 10:30 ➕ Brain Buster Time: Super Hangman Challenge 12:00 Resident Lunch & Leisure 1:00 🌺 Lanai Time & Hawaiian Tunes 1:30 🎬 Fun Film 2:45 ↔ Move to The Rhythm: Drum-A-Sizing 3:30 🎭 Game Show Watch Party 5:00 Resident Dinner</div>	<div>Coffee Ice Cream Day 6</div> <div>8:00 Resident Breakfast 9:50 📺 News & Views: Wackiest Ice Cream Creations 10:00 🎵 Morning Surprise: Chair Zumba w/ Annette - 2nd Floor 12:00 Resident Lunch & Leisure 1:00 🌺 Garden Club in The Lanai 1:30 ➕ Just Craftin: Silly Acorn Man Making 3:00 ↔ Ageless Fitness & Hydration 3:30 ➕ Color & Chat 5:00 Resident Dinner</div>
<div>Western Day 7</div> <div>8:00 Resident Breakfast 9:30 🌟 One-to-One Moments 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📺 News & Views: History of Hawaii's Paniolos 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</div>	<div>Hat Day 8</div> <div>8:00 Resident Breakfast 9:30 ↔ Rise n Shine Fitness & Hydration 9:45 🚗 Lamaku Van Ride: Pearl City / Aiea 10:00 📺 News & Views: Wackiest Hats 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 2:15 ↔ Move to The Rhythm: Drum-A-Sizing 3:30 🌺 Match It Up: Tools of The Trade 5:00 Resident Dinner</div>	<div>Sports Day 9</div> <div>8:00 Resident Breakfast 9:30 🌟 One-to-One Moments 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📺 News & Views: 10 Facts about Hawaii Sports 10:30 🎵 Japanese Sing Along 12:00 Resident Lunch & Leisure 1:00 🌺 Lanai Time & Hawaiian Tunes 1:30 ➕ Just Craftin: UH Rainbow Warriors 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</div>	<div>Wacky Wednesday 10</div> <div>8:00 Resident Breakfast 9:50 📺 News & Views 10:00 Morning Surprise: Mele with Our Friends - 2nd Floor 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</div>	<div>Pajama Day 11</div> <div>8:00 Resident Breakfast 9:30 🌟 One-to-One Moments 9:50 📺 News & Views: Pajama Styles around The World 10:00 Morning Surprise: Musical Performance by The Mellow Friends - 2nd Floor 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</div>	<div>Disney Day 12</div> <div>8:00 Resident Breakfast 9:30 🌺 Rise n Shine Fitness & Hydration 10:00 📺 News & Views: History of Disneyland 10:30 ➕ Brain Buster Time: Super Hangman Challenge 12:00 Resident Lunch & Leisure 1:00 🌺 Lanai Time & Hawaiian Tunes 1:30 ➕ BINGO 2:45 ↔ Move to The Rhythm: Drum-A-Sizing 3:30 📺 Apple Picking Detective 3:30 🎭 Game Show Watch Party 5:00 Resident Dinner</div>	<div>Decades Day 13</div> <div>8:00 Resident Breakfast 9:50 📺 News & Views: Most Popular Decades 10:00 🎵 Morning Surprise: Local Jamz w/ Dean Hirata - 2nd Floor 12:00 Resident Lunch & Leisure 1:00 🌺 Garden Club in The Lanai 1:30 ➕ Just Craftin: Tissue Paper Sakura Making 3:00 ↔ Ageless Fitness & Hydration 3:30 ➕ Color & Chat 5:00 Resident Dinner</div>
<div>Live Creative Day 14</div> <div>8:00 Resident Breakfast 9:30 🌟 One-to-One Moments 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📺 News & Views: Tips on Being More Creative 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</div>	<div>Double Cheeseburger Day 15</div> <div>8:00 Resident Breakfast 9:30 ↔ Rise n Shine Fitness & Hydration 9:45 🚗 Lamaku Van Ride: Waialua 10:00 📺 News & Views: Best Cheeseburger Places in The U.S 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 🌺 Who You Gonna Call? 5:00 Resident Dinner</div>	<div>Mayflower Day 16</div> <div>8:00 Resident Breakfast 9:30 🌟 One-to-One Moments 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📺 News & Views: History of The May Flower 10:30 🎵 Japanese Sing Along 12:00 Resident Lunch & Leisure 1:00 🌺 Lanai Time & Hawaiian Tunes 1:30 ➕ Just Craftin: Honey Bee Book Marker 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</div>	<div>Apple Dumpling Day 17</div> <div>8:00 Resident Breakfast 9:50 📺 News & Views: Health Benefits from Apples 10:00 Morning Surprise: Mele with Our Friends - 2nd Floor 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</div>	<div>U.S. Air Force Day 18</div> <div>8:00 Resident Breakfast 9:30 🌟 One-to-One Moments 9:50 ↔ News & Views: History of The U.S. Air Force 10:00 Hula by Na Wahine O Ka Hula: 2nd Floor 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</div>	<div>Talk Like a Pirate Day 19</div> <div>8:00 Resident Breakfast 9:30 🌺 Rise n Shine Fitness & Hydration 10:00 📺 News & Views: How to Talk Like a Pirate 10:30 ➕ Brain Buster Time: Super Hangman Challenge 12:00 Resident Lunch & Leisure 1:00 🌺 Lanai Time & Hawaiian Tunes 1:30 ➕ BINGO 2:45 ↔ Move to The Rhythm: Drum-A-Sizing 3:30 🎭 Game Show Watch Party 3:30 📺 Letter Quest 5:00 Resident Dinner</div>	<div>Pepperoni Pizza Day 20</div> <div>8:00 Resident Breakfast 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📺 News & Views: Wackiest Pizza Creations 10:30 🏒 Balloon Hockey 12:00 Resident Lunch & Leisure 1:00 🌺 Garden Club in The Lanai 1:30 ➕ Just Craftin: Toilet Paper Roll Butterfly Making 3:00 ↔ Ageless Fitness & Hydration 3:30 ➕ Color & Chat 5:00 Resident Dinner</div>
<div>New York Day 21</div> <div>8:00 Resident Breakfast 9:30 🌟 One-to-One Moments 9:50 📺 News & Views: Fun Facts about New York 10:00 🎵 Morning Surprise: Piano Performance by Nicholas - 2nd Floor 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</div>	<div>Ice Cream Cone Day 22</div> <div>8:00 Resident Breakfast 9:30 ↔ Rise n Shine Fitness & Hydration 9:45 🚗 Lamaku Van Ride: Kapolei 10:00 📺 News & Views: Wackiest Ice Cream Cone Creations 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 3:00 🎭 Wiki Wiki Snack: Mini Ice Cream Cones 3:30 🌺 Secret Occupation 5:00 Resident Dinner</div>	<div>Business Women Day 23</div> <div>8:00 Resident Breakfast 9:30 🌟 One-to-One Moments 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📺 News & Views: Influential Business Women in The World 10:30 🎵 Japanese Sing Along 12:00 Resident Lunch & Leisure 1:00 🌺 Lanai Time & Hawaiian Tunes 1:30 ➕ Just Craftin: Paper Button Sunflower 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</div>	<div>Cherries Jubilee Day 24</div> <div>8:00 Resident Breakfast 9:50 📺 News & Views: Who invented Cherries Jubilee? 10:00 Morning Surprise: Mele with Our Friends - 2nd Floor 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</div>	<div>Comic Book Day 25</div> <div>8:00 Resident Breakfast 9:30 🌟 One-to-One Moments 9:50 📺 News & Views: History of Marvel Comic Books 10:00 🎵 Morning Surprise: Bon Dancersizing w/ Wahiawa Hongwanji - 2nd Floor 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</div>	<div>Pancake Day 26</div> <div>8:00 Resident Breakfast 9:30 🌺 Rise n Shine Fitness & Hydration 10:00 📺 News & Views: 10 Fun Facts about Pancakes 10:15 ➕ Plaza Buck Shopping 12:00 Resident Lunch & Leisure 1:00 🌺 Lanai Time & Hawaiian Tunes 1:30 ➕ BINGO 2:45 ↔ Move to The Rhythm: Drum-A-Sizing 3:30 🎭 Game Show Watch Party 3:30 📺 Letter Quest 5:00 Resident Dinner</div>	<div>Chocolate Milk Day 27</div> <div>8:00 Resident Breakfast 9:30 ↔ Rise n Shine Fitness & Hydration 10:00 📺 News & Views: Wackiest Things made w/ Chocolate 10:30 🏒 Balloon Hockey 12:00 Resident Lunch & Leisure 1:00 🌺 Garden Club in The Lanai 2:00 Afternoon Surprise: Musical Performance by The Wahiawa SDA Church Group - 2nd Floor 3:00 ↔ Ageless Fitness & Hydration 3:30 ➕ Color & Chat 5:00 Resident Dinner</div>
<div>Good Neighbor Day 28</div> <div>8:00 Resident Breakfast 9:30 🌟 One-to-One Moments 9:50 📺 News & Views: Tips on Being a Good Neighbor 10:00 🎵 Morning Surprise: Local Jamz w/ Dean Hirata - 2nd Floor 12:00 Resident Lunch & Leisure 1:00 🌺 Lanai Time & Hawaiian Tunes 1:30 ➕ BINGO 2:15 ➕ Brain Buster Time: Hangman Challenge 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</div>	<div>Coffee Day 29</div> <div>8:00 Resident Breakfast 9:45 🚗 Lamaku Van Ride: Honolulu 9:50 📺 News & Views: History of Hawaii's Coffee Industry 10:00 🎵 Morning Surprise: Performance by Team of Angels - 5th Floor 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 🌺 Word Hunt: Labor Day Weekend 5:00 Resident Dinner</div>	<div>Love People Day 30</div> <div>8:00 Resident Breakfast 9:30 🌟 One-to-One Moments 9:50 📺 News & Views: Tips on being more Loving 10:00 🎵 Birthday Bash & Ukulele Performance by Na Leo O Manu O'o - 2nd Floor 12:00 Resident Lunch & Leisure 1:00 🌺 Lanai Time & Hawaiian Tunes 1:30 ➕ Just Craftin: Newspaper Black Cat 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</div>	<div>🎨 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</div>			