

September 2023  
Lamaku Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div>Wear College Colors Day1</div> <div>9:30🔦 Current Events</div> <div>10:00🔄 Chair Zumba &amp; Hydration</div> <div>10:30🍷 Hot Chocolate &amp; Brain Games at The Bistro</div> <div>1:00🍷 Lanai Time &amp; Hawaiian Tunes</div> <div>1:30🍷 BINGO</div> <div>2:00🔄 Drum-A-Sizing</div>	<div>Tailgating Day2</div> <div>9:30🔦 Current Events &amp; Wackiest Tailgating Traditions</div> <div>10:00🍷 Chair Zumba w/ Annette: 2nd Floor</div> <div>11:00🍷 Black Jack</div> <div>1:00🔄 Chair Zumba &amp; Hydration</div> <div>1:30🍷 Arts &amp; Crafts: Autumn Handprint Tree Painting</div> <div>2:30🍷 BINGO</div>
<div>Cinema Day3</div> <div>9:30🔦 Current Events &amp; History of The Cinema Industry</div> <div>10:00🔄 Ageless Fitness &amp; Hydration</div> <div>10:30🔦 Bananagrams &amp; L, C, R</div> <div>1:00🍷 Lanai Time &amp; Hawaiian Tunes</div> <div>1:30📷 Watercolors &amp; Hawaiian Tunes</div> <div>2:30🔄 Chair Zumba &amp; Hydration</div>	<div>Labor Day4</div> <div>9:30🚗 Lamaku Van Ride: Kaka'ako</div> <div>10:00🔄 Chair Zumba &amp; Hydration</div> <div>10:30🔦 Kanji &amp; Origami Making</div> <div>11:00🔄 Balloon Volleyball &amp; Pictionary</div> <div>1:00🍷 Lanai Time &amp; Hawaiian Tunes</div> <div>1:30🔦 BINGO</div> <div>2:00🔄 Drum-A-Sizing</div>	<div>Cheese Pizza Day5</div> <div>9:30🔦 Current Events</div> <div>10:00🔄 Ageless Fitness &amp; Hydration</div> <div>10:30🍷 Hot Chocolate &amp; Brain Games at The Bistro</div> <div>1:00🍷 Lanai Time &amp; Hawaiian Tunes</div> <div>1:30📷 Arts &amp; Crafts: Paper Bag Gnome Making</div> <div>2:30🔄 Chair Zumba &amp; Hydration</div>	<div>Coffee Ice Cream Day6</div> <div>9:30🔦 Current Events</div> <div>10:00🍷 BINGO Event w/ Pharmacare: 2nd Floor</div> <div>11:00🔄 Ageless Fitness &amp; Hydration</div> <div>1:00🔄 Garden Club in The Lani</div> <div>1:30🍷 BINGO w/ Coffee Ice Cream</div> <div>2:00🔄 Drum-A-Sizing</div>	<div>Salami Day7</div> <div>9:30🔦 Current Events</div> <div>10:00🎵 Local Jamz w/ Dean Hirata: 2nd Floor</div> <div>11:00📷 Watercolors &amp; Oldie Tunes</div> <div>1:00🍷 Lanai Time &amp; Hawaiian Tunes</div> <div>1:30🍷 Fun Film &amp; Color Therapy</div>	<div>Star Trek Day8</div> <div>9:30🔦 Current Events &amp; Fun Facts About Star Trek</div> <div>10:00🔄 Chair Zumba &amp; Hydration</div> <div>10:30🍷 Hot Chocolate &amp; Brain Games at The Bistro</div> <div>1:00🍷 Lanai Time &amp; Hawaiian Tunes</div> <div>1:30🍷 BINGO</div> <div>2:00🔄 Drum-A-Sizing</div>	<div>Teddy Bear Day9</div> <div>9:30🔦 Current Events</div> <div>10:00🍷 Ageless Fitness &amp; Hydration</div> <div>10:30🍷 Black Jack</div> <div>11:00🔄 Garden Club in The Lanai</div> <div>1:00🔄 Chair Zumba &amp; Hydration</div> <div>1:30🍷 Arts &amp; Crafts: Bear Hug Card Making</div> <div>2:30🍷 BINGO</div>
<div>Grandparent's Day10</div> <div>9:30🔦 Current Events</div> <div>10:00🔄 Ageless Fitness &amp; Hydration</div> <div>10:30🔦 Bananagrams &amp; L, C, R</div> <div>1:00🍷 Lanai Time &amp; Hawaiian Tunes</div> <div>1:30📷 Watercolors &amp; Hawaiian Tunes</div> <div>2:30🔄 Chair Zumba &amp; Hydration</div>	<div>Wear Your Jersey Day11</div> <div>9:30🚗 Lamaku Van Ride: Newton / Aiea</div> <div>10:00🔄 Chair Zumba &amp; Hydration</div> <div>10:30🔦 Kanji &amp; Origami Making</div> <div>11:00🔄 Balloon Volleyball &amp; Pictionary</div> <div>1:00🍷 Lanai Time &amp; Hawaiian Tunes</div> <div>1:30🔦 BINGO</div> <div>2:00🔄 Drum-A-Sizing</div>	<div>Wear Beach Attire Day12</div> <div>9:30🔦 Current Events</div> <div>10:00🔄 Ageless Fitness &amp; Hydration</div> <div>10:30🍷 Resident Council Meeting</div> <div>11:00🔦 Name 5 &amp; Charades</div> <div>1:00🍷 Lanai Time &amp; Hawaiian Tunes</div> <div>1:30📷 Arts &amp; Crafts: Popsicle Stick Apple Making</div> <div>2:30🔄 Chair Zumba &amp; Hydration</div>	<div>Dress as Your Decade Day13</div> <div>9:30🔦 Current Events</div> <div>10:00🎵 Soul Sounds w/ Wally Brown: 2nd Floor</div> <div>11:00🔄 Ageless Fitness &amp; Hydration</div> <div>1:00🔄 Garden Club in The Lani</div> <div>1:30🍷 BINGO</div> <div>2:00🔄 Drum-A-Sizing</div>	<div>Dress as A Superhero Day14</div> <div>9:30🔦 Current Events</div> <div>10:00🔄 Ageless Fitness &amp; Hydration</div> <div>10:30🍷 Beading &amp; Origami</div> <div>11:00📷 Watercolors &amp; Oldie Tunes</div> <div>1:00🍷 Lanai Time &amp; Hawaiian Tunes</div> <div>1:30🔄 Balloon Hockey</div> <div>2:30🔄 Ageless Fitness &amp; Hydration</div>	<div>Plaza Pride Day15</div> <div>9:30🔦 Current Events</div> <div>10:00🔄 Chair Zumba &amp; Hydration</div> <div>10:30🍷 Hot Chocolate &amp; Brain Games at The Bistro</div> <div>1:00🍷 Lanai Time &amp; Hawaiian Tunes</div> <div>1:30🍷 BINGO</div>	<div>Wear Your Favorite Band/ Singer Shirt Day16</div> <div>9:30🔦 Current Events</div> <div>10:00🍷 Ageless Fitness &amp; Hydration</div> <div>10:30🍷 Black Jack</div> <div>11:00🔄 Garden Club in The Lanai</div> <div>1:00🔄 Chair Zumba &amp; Hydration</div> <div>1:30🍷 Arts &amp; Crafts: Newspaper Owl Craft</div> <div>2:30🍷 BINGO</div>
<div>Apple Dumpling Day17</div> <div>9:30🔦 Current Events</div> <div>10:00🔄 Ageless Fitness &amp; Hydration</div> <div>10:30🔦 Bananagrams &amp; L, C, R</div> <div>1:00🍷 Lanai Time &amp; Hawaiian Tunes</div> <div>1:30📷 Watercolors w/ Apple Dumplings</div> <div>2:30🔄 Chair Zumba &amp; Hydration</div>	<div>Cheeseburger Day18</div> <div>9:30🚗 Lamaku Van Ride: Ewa Beach</div> <div>10:00🔄 Chair Zumba &amp; Hydration</div> <div>10:30🔦 Kanji &amp; Origami Making</div> <div>11:00🔄 Balloon Volleyball &amp; Pictionary</div> <div>1:00🍷 Lanai Time &amp; Hawaiian Tunes</div> <div>1:30🔦 BINGO</div> <div>2:00🔄 Drum-A-Sizing</div>	<div>Talk Like A Pirate Day19</div> <div>9:30🔦 Current Events</div> <div>10:00🔄 Ageless Fitness &amp; Hydration</div> <div>10:30🍷 Hot Chocolate &amp; Brain Games at The Bistro</div> <div>1:00🍷 Lanai Time &amp; Hawaiian Tunes</div> <div>1:30📷 Arts &amp; Crafts: Animals of Fall Silhouette Making</div> <div>2:30🔄 Chair Zumba &amp; Hydration</div>	<div>Fried Rice Day20</div> <div>9:30🔦 Current Events</div> <div>10:00🍷 Plaza Sing Along: 2nd Floor</div> <div>11:00🔄 Ageless Fitness &amp; Hydration</div> <div>1:00🍷 BINGO</div> <div>2:00🎵 Piano &amp; Vocals by Roy Hamada: 2nd Floor</div>	<div>New York Day21</div> <div>9:30🔦 Current Events &amp; Fun Facts About New York</div> <div>10:00🎵 Mele &amp; Hula by The Chibario Performance Group: 2nd Floor</div> <div>11:00📷 Watercolors &amp; Oldie Tunes</div> <div>1:00🍷 Lanai Time &amp; Hawaiian Tunes</div> <div>1:30🔄 Balloon Hockey</div> <div>2:30🔄 Ageless Fitness &amp; Hydration</div>	<div>Ice Cream Cone Day22</div> <div>9:30🔦 Current Events</div> <div>10:00🔄 Chair Zumba &amp; Hydration</div> <div>10:30🍷 Hot Chocolate &amp; Brain Games at The Bistro</div> <div>1:00🍷 Lanai Time &amp; Hawaiian Tunes</div> <div>1:30🍷 BINGO w/ Mini Ice Cream Cones</div> <div>2:00🔄 Drum-A-Sizing</div>	<div>Family Health &amp; Fitness Day23</div> <div>9:30🔦 Current Events &amp; Best Ways to Stay Active</div> <div>10:00🍷 Ageless Fitness &amp; Hydration</div> <div>10:30🍷 Black Jack</div> <div>11:00🔄 Garden Club in The Lanai</div> <div>1:00🔄 Chair Zumba &amp; Hydration</div> <div>2:00🎵 Musical Performance by The Wahiawa SDA Church Group: 2nd Floor</div>
<div>Energize Day24</div> <div>9:30🔦 Current Events</div> <div>10:00🔄 Ageless Fitness &amp; Hydration</div> <div>10:30🔦 Bananagrams &amp; L, C, R</div> <div>1:00🍷 Lanai Time &amp; Hawaiian Tunes</div> <div>1:30📷 Watercolors &amp; Hawaiian Tunes</div> <div>2:30🔄 Chair Zumba &amp; Hydration</div>	<div>Comic Book Day25</div> <div>9:30🚗 Lamaku Van Ride: Waialua</div> <div>10:00🍷 Ageless Yoga w/ Karen: 2nd Floor</div> <div>11:00🔄 Balloon Volleyball &amp; Pictionary</div> <div>1:00🍷 Lanai Time &amp; Hawaiian Tunes</div> <div>1:30🔦 BINGO</div> <div>2:00🔄 Drum-A-Sizing</div>	<div>Pancake Day26</div> <div>9:30🔦 Current Events &amp; Wackiest Things Made w/ Pancakes</div> <div>10:00🔄 Ageless Fitness &amp; Hydration</div> <div>10:30🍷 Hot Chocolate &amp; Brain Games at The Bistro</div> <div>1:00🍷 Lanai Time &amp; Hawaiian Tunes</div> <div>1:30📷 Arts &amp; Crafts: Wacky Acorn Man Making</div> <div>2:30🔄 Chair Zumba &amp; Hydration</div>	<div>Corned Beef Hash Day27</div> <div>9:30🔦 Current Events</div> <div>10:00🎵 Musical Performance by The Olaloa Jammers: 2nd Floor</div> <div>11:00🔄 Ageless Fitness &amp; Hydration</div> <div>1:00🔄 Garden Club in The Lani</div> <div>1:30🍷 BINGO</div> <div>2:00🔄 Drum-A-Sizing</div>	<div>Good Neighbor Day28</div> <div>9:30🔦 Current Events &amp; Amazing Acts from Good Neighbors</div> <div>10:00🔄 Ageless Fitness &amp; Hydration</div> <div>10:30🍷 Beading &amp; Origami</div> <div>11:00📷 Watercolors &amp; Oldie Tunes</div> <div>1:00🍷 Lanai Time &amp; Hawaiian Tunes</div> <div>1:30🔄 Balloon Hockey</div> <div>2:00🔄 Local Jamz w/ Dean Hirata: 2nd Floor</div>	<div>Coffee Day29</div> <div>9:30🔦 Current Events &amp; Fun Facts About Coffee</div> <div>10:00🎵 Musical Performance by Gensen Rabacal: 2nd Floor</div> <div>1:00🍷 Lanai Time &amp; Hawaiian Tunes</div> <div>1:30🍷 BINGO</div> <div>2:00🔄 Drum-A-Sizing</div>	<div>Wear An Orange Shirt Day30</div> <div>9:30🔦 Current Events</div> <div>10:00🍷 Ageless Fitness &amp; Hydration</div> <div>10:30🍷 Black Jack</div> <div>11:00🔄 Garden Club in The Lanai</div> <div>1:00🔄 Chair Zumba &amp; Hydration</div> <div>1:30🍷 Arts &amp; Crafts: Native American Geo Art</div> <div>2:30🍷 BINGO</div>