October 2021
Lamaku Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October cont'd **31** **Halloween** 8:30 Breakfast 9:30 Current Events 10:00 Pool Noodle and Virtual Exercise 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Halloween Photobooth 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Butterfly Stations 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner			Each activity can have up to 5 people in a room/ride until further notice	Activities are subject to change.	**National Homemade Cookie Day** **1** 8:30 Breakfast 9:30 Current Events 10:00 Adapted Exercise Class 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Bingo 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Individual Manicure 2:45 Movie & Popcorn 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National Name Your Your Cat Day** **2** 8:30 Breakfast 9:30 Current Events 10:00 Adapted Exercise Class 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Sing-A-Long 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Water Fall Story Telling 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner
National Techies Day **3** 8:30 Breakfast 9:30 Current Events 10:00 Pool Noodle and Virtual Exercise 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Wheelchair Wash 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Butterfly Stations 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National Golf Lover's Day** **4** 8:30 Breakfast 9:30 Current Events 10:00 Pool Noodle and Virtual Exercise 10:30 Morning Stroll and Fresh Air 11:00 Monday Movies 11:50 Clean Up & Bathroom Break 12:00 Lunch 1:30 Scenic Ride: Lamaku 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National Get Funky Day** **5** 8:30 Breakfast 9:30 Current Events 10:00 Adapted Exercise Class 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Bingo 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Chair Yoga 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National Noodle Day** **6** 8:30 Breakfast 9:30 Current Events 10:00 Adapted Exercise Class 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Hangman 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Rummikub 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National Frappe Day** **7** 8:30 Breakfast 9:30 Current Events 10:00 Adapted Exercise Class 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Bat Craft 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Manicures 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National Fluffermutter Day** **8** 8:30 Breakfast 9:30 Current Events 10:00 Adapted Exercise Class 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Bingo 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Black Jack 2:45 Movie & Popcorn 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National Leif Erickson Day** **9** 8:30 Breakfast 9:30 Current Events 10:00 Adapted Exercise Class 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Sing-A-Long 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Afternoon Strolls 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner
National Handbag Day **10** 8:30 Breakfast 9:30 Current Events 10:00 Pool Noodle and Virtual Exercise 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Wheelchair Wash 11:00 Table Top Games 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Butterfly Stations 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**Columbus Day** **11** 8:30 Breakfast 9:30 Current Events 10:00 Pool Noodle and Virtual Exercise 10:30 Morning Stroll and Fresh Air 11:00 Monday Movies 11:50 Clean Up & Bathroom Break 12:00 Lunch 1:30 Scenic Ride: Lamaku 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National Gumbo Day** **12** 8:30 Breakfast 9:30 Current Events 10:00 Adapted Exercise Class 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: John Koki Music Performance 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Chair Yoga 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National Train Your Brain Day** **13** 8:30 Breakfast 9:30 Current Events 10:00 Adapted Exercise Class 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Sing-A-Long 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Rummikub 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National Dessert Day** **14** 8:30 Breakfast 9:30 Current Events 10:00 Adapted Exercise Class 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Ghost Craft Activity 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Balloon Volleyball 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National I Love Lucy Day** **15** 8:30 Breakfast 9:30 Current Events 10:00 Dean Hirata Music Performance 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Bingo 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Individual Manicure 2:45 Movie & Popcorn 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National Sports Day** **16** 8:30 Breakfast 9:30 Current Events 10:00 Adapted Exercise Class 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Witch Craft Activity 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Water Fall Story Telling 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner
National Pasta Day **17** 8:30 Breakfast 9:30 Current Events 10:00 Pool Noodle and Virtual Exercise 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Wheelchair Wash 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Butterfly Stations 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National Chocolate Cupcake Day** **18** 8:30 Breakfast 9:30 Current Events 10:00 Pool Noodle and Virtual Exercise 10:30 Morning Stroll and Fresh Air 11:00 Monday Movies 11:50 Clean Up & Bathroom Break 12:00 Lunch 1:30 Scenic Ride: Lamaku 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National Kentucky Day** **19** 8:30 Breakfast 9:30 Current Events 10:00 Adapted Exercise Class 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Arlene Hicks Music Performance 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Chair Yoga 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National Brandied Fruit Day** **20** 8:30 Breakfast 9:30 Current Events 10:00 Adapted Exercise Class 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Hangman 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Individual Manicure 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National Pumpkin Cheesecake Day** **21** 8:30 Breakfast 9:30 Current Events 10:00 Adapted Exercise Class 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Pumpkin Jar Light Craft 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Balloon Volleyball 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National Color Day** **22** 8:30 Breakfast 9:30 Current Events 10:00 Adapted Exercise Class 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Bingo 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Individual Manicure 2:45 Movie & Popcorn 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National Boston Cream Pie Day** **23** 8:30 Breakfast 9:30 Current Events 10:00 Adapted Exercise Class 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Halloween Decoration Art 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Afternoon Strolls 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner
National Food Day **24** 8:30 Breakfast 9:30 Current Events 10:00 Pool Noodle and Virtual Exercise 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Wheelchair Wash 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Butterfly Stations 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**Sourest Day** **25** 8:30 Breakfast 9:30 Current Events 10:00 Pool Noodle and Virtual Exercise 10:30 Morning Stroll and Fresh Air 11:00 Monday Movies 11:50 Clean Up & Bathroom Break 12:00 Lunch 1:30 Scenic Ride: Lamaku 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National Mule Day** **26** 8:30 Breakfast 9:30 Current Events 10:00 Adapted Exercise Class 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Bingo 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Chair Yoga 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**Navy Day** **27** 8:30 Breakfast 9:30 Current Events 10:00 Adapted Exercise Class 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Sing-A-Long 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Black Jack 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National First Responders Day** **28** 8:30 Breakfast 9:30 Current Events 10:00 Adapted Exercise Class 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Skeleton Q-Tip Art 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Balloon Volleyball 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National Oatmeal Day** **29** 8:30 Breakfast 9:30 Current Events 10:00 Adapted Exercise Class 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Bingo 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Individual Manicure 2:45 Movie & Popcorn 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner	**National Candy Corn Day** **30** 8:30 Breakfast 9:30 Current Events 10:00 Adapted Exercise Class 10:30 Morning Stroll and Fresh Air 11:00 Group Activity: Candy Corn Activity 11:50 Clean Up & Bathroom Break 12:00 Lunch 2:00 Water Fall Story Telling 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner Continued at top