

December 2021 Lamaku Calendar



Sunday Monday Tuesday Wednesday Thursday Friday Saturday



Each activity can have up to 5 people in a room/ride until further notice

<p>National Sacher Torte Day 5</p> <p>8:30 🍴 Breakfast 9:30 🕒 Current Events 10:00 🏊 Pool Noodle and Virtual Exercise 10:30 🌳 Morning Stroll and Fresh Air 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 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>National Microwave Oven Day 6</p> <p>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 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>National Pearl Harbor Remembrance Day 7</p> <p>8:30 🍴 Breakfast 9:30 🕒 Current Events 10:00 🧘 Adapted Exercise Class 10:30 🌳 Morning Stroll and Fresh Air 11:00 🎬 Group Activity: Pearl Harbor Movie 11:50 🧹 Clean Up & Bathroom Break 12:00 🍽️ Lunch 2:00 🧘 Chair Yoga 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>National Pie Day 1</p> <p>8:30 🍴 Breakfast 9:30 🕒 Current Events 10:00 🧘 Adapted Exercise Class 10:30 🌳 Morning Stroll and Fresh Air 11:00 🎮 Group Activity: Balloon Volleyball 11:50 🧹 Clean Up & Bathroom Break 12:00 🍽️ Lunch 2:00 🦋 Individual Manicure 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>National Special Education Day 2</p> <p>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 🏊 Balloon Volleyball 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>National Bartender Day 3</p> <p>8:30 🍴 Breakfast 9:30 🕒 Current Events 10:00 🧘 Adapted Exercise Class 10:30 🌳 Morning Stroll and Fresh Air 11:00 🎮 Group Activity: Big Ball Game 11:50 🧹 Clean Up & Bathroom Break 12:00 🍽️ Lunch 2:00 🎮 Activity Game: Cards 2:00 🎬 Movie & Popcorn 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>National Cookie Day 4</p> <p>8:30 🍴 Breakfast 9:30 🕒 Current Events 10:00 🧘 Adapted Exercise Class 10:30 🌳 Morning Stroll and Fresh Air 11:00 🎮 Group Activity: Decorate Christmas Cookies 11:50 🧹 Clean Up & Bathroom Break 12:00 🍽️ Lunch 2:00 🕒 Story Telling 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>
<p>National Ginger Bread House Day 12</p> <p>8:30 🍴 Breakfast 9:30 🕒 Current Events 10:00 🏊 Pool Noodle and Virtual Exercise 10:30 🌳 Morning Stroll and Fresh Air 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 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>National Cocoa Day 13</p> <p>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 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>National Brownie Day 8</p> <p>8:30 🍴 Breakfast 9:30 🕒 Current Events 10:00 🧘 Adapted Exercise Class 10:30 🎵 Jon Koki Musical Performance 10:30 🌳 Morning Stroll and Fresh Air 11:50 🧹 Clean Up & Bathroom Break 12:00 🍽️ Lunch 2:00 🦋 Individual Manicure 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>National Christmas Card Day 9</p> <p>8:30 🍴 Breakfast 9:30 🕒 Current Events 10:00 🧘 Adapted Exercise Class 10:30 🌳 Morning Stroll and Fresh Air 11:00 🎮 Group Activity: Make Christmas Cards 11:50 🧹 Clean Up & Bathroom Break 12:00 🍽️ Lunch 2:00 🎮 Games 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>National Lager Day 10</p> <p>8:30 🍴 Breakfast 9:30 🕒 Current Events 10:00 🧘 Adapted Exercise Class 10:30 🌳 Morning Stroll and Fresh Air 11:00 🎮 Group Activity: Big Ball Game 11:50 🧹 Clean Up & Bathroom Break 12:00 🍽️ Lunch 2:00 🎬 Movie & Popcorn 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>National Noodle Ring Day 11</p> <p>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 🎮 Christmas Story Telling 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	
<p>National Oatmeal Muffin Day 19</p> <p>8:30 🍴 Breakfast 9:30 🕒 Current Events 10:00 🏊 Pool Noodle and Virtual Exercise 10:30 🌳 Morning Stroll and Fresh Air 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 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>Christmas Pajama Dress Up Day 20</p> <p>National Sangria Day</p> <p>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 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>National Bouillabaisse Day 14</p> <p>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 🧘 Chair Yoga 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>National Cupcake Day 15</p> <p>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 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>National Chocolate Covered Anything Day 16</p> <p>8:30 🍴 Breakfast 9:30 🕒 Current Events 10:00 🧘 Adapted Exercise Class 10:30 🌳 Morning Stroll and Fresh Air 11:00 🎮 Group Activity: Balloon Volleyball 11:50 🧹 Clean Up & Bathroom Break 12:00 🍽️ Lunch 2:00 🍪 Chocolate Chip Cookies 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>National Maple Syrup Day 17</p> <p>Ugly Christmas Sweater Dress Up Day</p> <p>8:30 🍴 Breakfast 9:30 🕒 Current Events 10:00 🧘 Adapted Exercise Class 10:30 🌳 Morning Stroll and Fresh Air 11:00 🎮 Group Activity: Big Ball Game 11:50 🧹 Clean Up & Bathroom Break 12:00 🍽️ Lunch 2:00 🎬 Movie & Popcorn 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>National Twin Day 18</p> <p>8:30 🍴 Breakfast 9:30 🕒 Current Events 10:00 🧘 Adapted Exercise Class 10:30 🌳 Morning Stroll and Fresh Air 11:00 🎮 Group Activity: Christmas Story-telling 11:50 🧹 Clean Up & Bathroom Break 12:00 🍽️ Lunch 2:00 🌳 Afternoon Strolls 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>
<p>National Candy Cane Day 26</p> <p>8:30 🍴 Breakfast 9:30 🕒 Current Events 10:00 🏊 Pool Noodle and Virtual Exercise 10:30 🌳 Morning Stroll and Fresh Air 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 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>CHRISTMAS EVE 24</p> <p>National Eggnog Day</p> <p>Ugly Christmas Sweater Dress Up Day</p> <p>8:30 🍴 Breakfast 9:30 🕒 Current Events 10:00 🧘 Adapted Exercise Class 10:15 🎵 Dean Hirata Music Performance 10:30 🌳 Morning Stroll and Fresh Air 11:50 🧹 Clean Up & Bathroom Break 12:00 🍽️ Lunch 2:00 🎬 Movie & Popcorn 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>National Crossword Puzzle Day 21</p> <p>Tinsel Dress Up Day</p> <p>8:30 🍴 Breakfast 9:30 🕒 Current Events 10:00 🧘 Adapted Exercise Class 10:15 🎵 Hank The Singing Dutchman 10:30 🌳 Morning Stroll and Fresh Air 11:50 🧹 Clean Up & Bathroom Break 12:00 🍽️ Lunch 2:00 🧘 Chair Yoga 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>National Date Nut Bread Day 22</p> <p>Winter White Out Dress Up Day</p> <p>8:30 🍴 Breakfast 9:30 🕒 Current Events 10:00 🧘 Adapted Exercise Class 10:00 🎵 Jon Koki Musical Performance 10:30 🌳 Morning Stroll and Fresh Air 11:50 🧹 Clean Up & Bathroom Break 12:00 🍽️ Lunch 2:00 🎮 Group Activity: Bingo 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>Christmas Accessories Dress Up Day 23</p> <p>National Peppernusse Day</p> <p>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 🏊 Balloon Volleyball 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>Green and Red Dress Up Day 25</p> <p>MERRY CHRISTMAS!</p> <p>National Pumpkin Pie Day</p> <p>8:30 🍴 Breakfast 9:30 🕒 Current Events 10:00 🧘 Adapted Exercise Class 10:30 🌳 Morning Stroll and Fresh Air 11:00 🎮 Group Activity: Christmas Story-telling 11:50 🧹 Clean Up & Bathroom Break 12:00 🍽️ Lunch 2:00 🍪 Pumpkin Pie treat 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	
<p>National Fruit Cake Day 27</p> <p>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 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>National Card Playing Day 28</p> <p>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 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>National Pepper Pot Day 29</p> <p>8:30 🍴 Breakfast 9:30 🕒 Current Events 10:00 🧘 Adapted Exercise Class 10:30 🌳 Morning Stroll and Fresh Air 11:00 🎮 Group Activity: Balloon Volleyball 11:50 🧹 Clean Up & Bathroom Break 12:00 🍽️ Lunch 2:00 🦋 Individual Manicure 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>National Bacon Day 30</p> <p>8:30 🍴 Breakfast 9:30 🕒 Current Events 10:00 🧘 Adapted Exercise Class 10:30 🌳 Morning Stroll and Fresh Air 11:00 🎮 Group Activity: Games 11:50 🧹 Clean Up & Bathroom Break 12:00 🍽️ Lunch 2:00 🏊 Balloon Volleyball 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>NEW YEAR'S EVE 31</p> <p>National Champagne Day</p> <p>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 🎬 Movie & Popcorn 2:00 🎮 Movies 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 5:30 🍴 Dinner</p>	<p>Activities are subject to change.</p>	