


May 2023 Lamaku Calendar



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

 <p>May Day 1</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 May Day Music 808 Ukulele Orchestra 10:00 Morning Music Jams 10:15 Pet Visits 10:30 Morning Stroll ,Fresh Air & Stretching 11:00 Monday Movies 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:00 Carnival Games 1:45 Exercise Of The Day 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>National Lemonade Day 7</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Morning Music Jams Live Stream: New Hope Video Service 10:30 Morning Stroll ,Fresh Air & Stretching 11:00 Table Top Games 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 Butterfly Stations 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>National Have a Coke Day 8</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Morning Music Jams Armchair Travel: France 10:30 Morning Stroll ,Fresh Air & Stretching 11:00 Monday Movies 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:00 Carnival Games 1:45 Exercise Of The Day 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>National Moscato Day 9</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Morning Music Jams Musical Performance: Jon Koki 10:30 Morning Stroll ,Fresh Air & Stretching 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 BINGO 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>National Shrimp Day 10</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 French Craft: Notre Dame Stained Glass Window 10:30 Morning Stroll ,Fresh Air & Stretching 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 Individual Manicure 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>National Eat What You Want Day 11</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Morning Music Jams 10:15 Music and Movement with Joslyn 10:30 Morning Stroll ,Fresh Air & Stretching 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 Beachball Volleyball 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>National Nutty Fudge Day 12</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Morning Music Jams Musical Performance Bill Melemai 10:30 Morning Stroll ,Fresh Air & Stretching 11:00 Carnival Games 11:00 French Food: Macaroons 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 Individual Manicure 2:00 Movie & Popcorn 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner
<p>National Star Wars Day 4</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Hongwangi Buddhist Service 10:00 Morning Music Jams 10:30 Morning Stroll ,Fresh Air & Stretching 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 Beachball Volleyball 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>National Nurses Day 6</p> <ul style="list-style-type: none"> Breakfast 9:30 Weekly Craft 10:00 Morning Music Jams 10:30 Morning Stroll ,Fresh Air & Stretching 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 Afternoon Strolls 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>National Miniature Golf Day 13</p> <ul style="list-style-type: none"> Breakfast 9:30 Weekly Craft 10:00 Morning Music Jams 10:30 Morning Stroll ,Fresh Air & Stretching 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 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 	<p>National Cherry Cobbler Day 17</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Chinese Craft : Good Luck Dragon 10:00 Morning Music Jams 10:30 Morning Stroll ,Fresh Air & Stretching 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 Individual Manicure 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>National Cheese Souffle Day 18</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Morning Music Jams 10:30 Morning Stroll ,Fresh Air & Stretching 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 Beachball Volleyball 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>National Endangered Species Day 19</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Chinese Food Goodies Musical Performance: Dean Hirata 10:30 Morning Stroll ,Fresh Air & Stretching 11:00 Carnival Games 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 Individual Manicure 2:00 Movie & Popcorn 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>International Red Sneakers Day 20</p> <ul style="list-style-type: none"> Breakfast 9:30 Weekly Craft 10:00 Morning Music Jams 10:30 Morning Stroll ,Fresh Air & Stretching 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 Afternoon Strolls 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner
<p>Mother's Day 14</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Morning Music Jams Live Stream: New Hope Video Service 10:30 Morning Stroll ,Fresh Air & Stretching 11:00 Table Top Games 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 Butterfly Stations 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>National Chocolate Chip Day 15</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Morning Music Jams Pet Visits 10:30 Morning Stroll ,Fresh Air & Stretching 11:00 Monday Movies 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:00 Carnival Games 1:45 Exercise Of The Day 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>National Do Something Good for Your Neighbor Day 16</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Armchair Travel: China Musical Performance Arlene Hicks 10:30 Morning Stroll ,Fresh Air & Stretching 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 BINGO 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>National Scavenger Hunt Day 24</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Armchair Travel : Big Island Hawaii 10:30 Morning Stroll ,Fresh Air & Stretching 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 Individual Manicure 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>National Towel Day 25</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Big Island Craft: Build a Volcano 10:30 Morning Stroll ,Fresh Air & Stretching 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 Beachball Volleyball 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>National Paper Airplane Day 26</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Morning Music Jams 10:15 Performance by Mauka Boyz Band 10:30 Morning Stroll ,Fresh Air & Stretching 11:00 Carnival Games 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 Big Island Snacks 2:00 Individual Manicure 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>National Grape Popsicle Day 27</p> <ul style="list-style-type: none"> Breakfast 9:30 Weekly Craft 10:00 Morning Music Jams 10:30 Morning Stroll ,Fresh Air & Stretching 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 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
<p>National Strawberries and Cream Day 21</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Morning Music Jams Live Stream: New Hope Video Service 10:30 Morning Stroll ,Fresh Air & Stretching 11:00 Table Top Games 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 Butterfly Stations 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>National Vanilla Pudding Day 22</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Morning Music Jams Pet Visits 10:30 Morning Stroll ,Fresh Air & Stretching 11:00 Monday Movies 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:00 Carnival Games 1:45 Exercise Of The Day 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>National Lucky Penny Day 23</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Morning Music Jams Musical Performance: Roy Hamada 10:30 Morning Stroll ,Fresh Air & Stretching 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 BINGO 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>National Senior Health and Fitness Day 31</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Morning Music Jams 10:30 Morning Stroll ,Fresh Air & Stretching 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 BINGO 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p style="text-align: center;">Each activity can have up to 5 people in a room/ride until further notice</p> <p style="text-align: center;">Activities are subject to change.</p>		
<p>National Hamburger Day 28</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Morning Music Jams Live Stream: New Hope Video Service 10:30 Morning Stroll ,Fresh Air & Stretching 11:00 Table Top Games 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 Butterfly Stations 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>Memorial Day 29</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Morning Music Jams Pet Visits 10:30 Morning Stroll ,Fresh Air & Stretching 11:00 Monday Movies 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:00 Carnival Games 1:45 Exercise Of The Day 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 	<p>National Creativity Day 30</p> <ul style="list-style-type: none"> Breakfast 9:30 The Good News 10:00 Morning Music Jams 10:30 Morning Stroll ,Fresh Air & Stretching 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 BINGO 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 				