

November 2023
Lamaku Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	A very Happy Thanksgiving to our Lamaku families and friends		National Cinnamon Day — 🍴 Breakfast 9:30 🕒 The Good News 10:00 🎧 Morning Music Jams 10:30 🚶 Morning Stroll ,Fresh Air & Stretching 10:30 🚗 Scenic Ride 11:50 🧼 Clean Up & Bathroom Break 12:30 🍴 Lunch 1:40 ❤️ Exercise Of The Day - Seated Hula with Keely 2:00 💅 Individual Manicure 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	National Deviled Egg Day — 🍴 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 2:00 ❤️ Beachball Volleyball 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	National Jersey Friday — 🍴 Breakfast 9:30 🕒 The Good News 10:00 🎧 Morning Music Jams 10:30 🚶 Morning Stroll ,Fresh Air & Stretching 11:00 🎮 Carnival Games 11:50 🧼 Clean Up & Bathroom Break 12:30 🍴 Lunch 2:00 💅 Individual Manicure 2:00 🎬 Movie & Popcorn 3:00 🏠 Craft Class : Popsicle stick Jersey's 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	National Candy Day 7:30 🧓 Alzheimer's Memory Walk — 🍴 Breakfast 10:00 🎧 Morning Music Jams 10:30 🚶 Morning Stroll ,Fresh Air & Stretching 11:50 🧼 Clean Up & Bathroom Break 12:30 🍴 Lunch 2:00 🚶 Afternoon Strolls 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner
DAYLIGHT SAVING TIME BEGINS National Donut Day — 🍴 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 2:00 💅 Butterfly Stations 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	National Nachos Day — 🍴 Breakfast 9:30 🕒 The Good News 10:00 🎧 Morning Music Jams 10:00 🎧 Weekly Craft 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 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	ELECTION DAY National Bittersweet Chocolate w/ Almonds Day — 🍴 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 2:00 ❤️ BINGO 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	National Cappuccino Day — 🍴 Breakfast 9:30 🕒 The Good News 10:00 🎧 Morning Music Jams 10:30 🚶 Morning Stroll ,Fresh Air & Stretching 10:30 🚗 Scenic Ride 11:50 🧼 Clean Up & Bathroom Break 12:30 🍴 Lunch 1:40 ❤️ Exercise Of The Day - Seated Hula with Keely 2:00 💅 Individual Manicure 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	National Louisiana Day — 🍴 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 2:00 ❤️ Beachball Volleyball 2:30 🎵 Musical Performance: Coffee & Me 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	National Forget - me -Not Day — 🍴 Breakfast 9:30 🕒 The Good News 10:00 🎧 Morning Music Jams 10:15 🎵 Musical Performance: Hank The Dutchman 10:30 🚶 Morning Stroll ,Fresh Air & Stretching 11:00 🎮 Veteran's Day Remember Wall Craft 11:50 🧼 Clean Up & Bathroom Break 12:30 🍴 Lunch 2:00 💅 Individual Manicure 2:00 🎬 Movie & Popcorn 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	National Day VETERANS DAY — 🍴 Breakfast 10:00 🎧 Morning Music Jams 10:15 🎵 Musical Performance: Cousin Fred G 10:30 🚶 Morning Stroll ,Fresh Air & Stretching 11:50 🧼 Clean Up & Bathroom Break 12:30 🍴 Lunch 2:00 🎵 LDS Musical Performance 2:00 🗓️ Water Fall Story Telling 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner
National Pizza w/ the Works except Anchovies Day — 🍴 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 2:00 💅 Butterfly Stations 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	National World Kindess Day — 🍴 Breakfast 9:30 🕒 The Good News 10:00 🎧 Morning Music Jams 10:00 🎧 Weekly Craft 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 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	National Family PJ Day — 🍴 Breakfast 9:30 🕒 The Good News 10:00 🎧 Morning Music Jams 10:30 🚶 Morning Stroll ,Fresh Air & Stretching 10:30 🎵 Musical Performance: Jon Koki 11:50 🧼 Clean Up & Bathroom Break 12:30 🍴 Lunch 2:00 ❤️ BINGO 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	National America Recycles Day — 🍴 Breakfast 9:30 🕒 The Good News 10:00 🎧 Morning Music Jams 10:30 🚶 Morning Stroll ,Fresh Air & Stretching 10:30 🚗 Scenic Ride 11:50 🧼 Clean Up & Bathroom Break 12:30 🍴 Lunch 1:40 ❤️ Exercise Of The Day - Seated Hula with Keely 2:00 💅 Individual Manicure 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	National Button Day — 🍴 Breakfast 9:30 🕒 The Good News 10:00 🎧 Morning Music Jams 10:15 🎵 Silent Disco 10:30 🚶 Morning Stroll ,Fresh Air & Stretching 11:50 🧼 Clean Up & Bathroom Break 12:30 🍴 Lunch 2:00 ❤️ Beachball Volleyball 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	National Baklava Day — 🍴 Breakfast 9:30 🕒 The Good News 10:00 🎧 Morning Music Jams 10:15 🎵 Uta Kai Japanese sing-a-long 10:30 🚶 Morning Stroll ,Fresh Air & Stretching 11:00 🎮 Carnival Games 11:50 🧼 Clean Up & Bathroom Break 12:30 🍴 Lunch 2:00 💅 Individual Manicure 2:00 🎬 Movie & Popcorn 3:00 🏠 Craft Class: Tissue Paper Treats 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	Mickey Mouse Birthday Day — 🍴 Breakfast 10:00 🎧 Morning Music Jams 10:30 🚶 Morning Stroll ,Fresh Air & Stretching 11:50 🧼 Clean Up & Bathroom Break 12:30 🍴 Lunch 2:00 🚶 Afternoon Strolls 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner
National Cabonated Beverage w/ Caffeine Day — 🍴 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 2:00 💅 Butterfly Stations 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	National Peanut Butter Fudge Day — 🍴 Breakfast 9:30 🕒 The Good News 10:00 🎧 Morning Music Jams 10:00 🎧 Weekly Craft 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 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	National Gingerbread Cookie Day — 🍴 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 2:00 ❤️ BINGO 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	National Jukebox Day — 🍴 Breakfast 9:30 🕒 The Good News 10:00 🎧 Morning Music Jams 10:30 🚶 Morning Stroll ,Fresh Air & Stretching 10:30 🚗 Scenic Ride 11:50 🧼 Clean Up & Bathroom Break 12:30 🍴 Lunch 1:40 ❤️ Exercise Of The Day - Seated Hula with Keely 2:00 💅 Individual Manicure 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	HAPPY THANKSGIVING! National Day — 🍴 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 2:00 ❤️ Beachball Volleyball 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	Maize Day — 🍴 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 2:00 💅 Individual Manicure 2:00 🎬 Movie & Popcorn 3:00 🏠 Craft Class: Pipe Cleaner Corn Ears 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	National Parfait Day — 🍴 Breakfast 10:00 🎧 Morning Music Jams 10:15 🎵 Musical Performance: Cousin Fred G 10:30 🚶 Morning Stroll ,Fresh Air & Stretching 11:50 🧼 Clean Up & Bathroom Break 12:30 🍴 Lunch 2:00 🗓️ Water Fall Story Telling 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner
National Cake Day — 🍴 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 2:00 💅 Butterfly Stations 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	National Barvarian Pie Day — 🍴 Breakfast 9:30 🕒 The Good News 10:00 🎧 Morning Music Jams 10:00 🎧 Weekly Craft 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 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	National Day of Giving — 🍴 Breakfast 9:30 🕒 The Good News 10:00 🎧 Morning Music Jams 10:30 🚶 Morning Stroll ,Fresh Air & Stretching 10:30 🎵 Musical Performance: Roy Hamada 11:50 🧼 Clean Up & Bathroom Break 12:30 🍴 Lunch 2:00 ❤️ BINGO 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	National Electronic Greetings Day — 🍴 Breakfast 9:30 🕒 The Good News 10:00 🎧 Morning Music Jams 10:30 🚶 Morning Stroll ,Fresh Air & Stretching 10:30 🚗 Scenic Ride 11:50 🧼 Clean Up & Bathroom Break 12:30 🍴 Lunch 1:40 ❤️ Exercise Of The Day - Seated Hula with Keely 2:00 💅 Individual Manicure 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	National Mason Jar Day — 🍴 Breakfast 9:30 🕒 The Good News 10:00 🎧 Morning Music Jams 10:15 🎬 Musical Performance: Dean Hirata 10:30 🚶 Morning Stroll ,Fresh Air & Stretching 11:50 🧼 Clean Up & Bathroom Break 12:30 🍴 Lunch 2:00 ❤️ Beachball Volleyball 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚽 Water & Bathroom Break 5:00 🍽️ Prepare for Dinner	Activities are subject to change. 	