

November 2024
Lamaku



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<div></div>		<div><div><div> Creative</div><div> Excursions</div><div> Intellectual</div><div> Meals</div><div> Movies</div><div> Music</div><div> Physical</div><div> Social</div><div> Special Events</div><div> Spiritual</div></div><div>Activities are subject to change.</div></div>			<div></div>		<div>National Author's Day 1</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>12:30 Lunch</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft, Movie, Games</div> <div>4:00 Hydration Break & Stretching</div>	<div>National Play Outside Day 2</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:00 Surprise Musical Performance</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>12:30 Lunch</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft, Movie, Games</div> <div>4:00 Hydration Break & Stretching</div> <div>4:30 Catholic Mass</div>
<div>DAYLIGHT SAVING TIME BEGINS 3</div> <div>National Sandwich Day</div> <div>9:45 Exercise - Morning Stretches</div> <div>— Live Stream: New Hope Video Service</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft, Movie, Games</div> <div>4:00 Hydration Break & Stretching</div>	<div>National Candy Day 4</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:00 Scenic Ride : Heeia Kea Pier/ Chinamans Hat</div> <div>10:15 Pet Visits</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:00 Buddhist Services</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft, Movie, Games</div> <div>4:00 Hydration Break & Stretching</div>	<div>American Football Day 5</div> <div>ELECTION DAY</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:15 Silent Disco: Hawaii Dance Bomb</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Games - Fly Swatter Balloon Tennis</div> <div>4:00 Hydration Break & Stretching</div>	<div>National Stress Awareness Day 6</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft: Cover Me in Sunshine Sun Catcher</div> <div>4:00 Hydration Break & Stretching</div>	<div>National Bittersweet Chocolate w/ Almonds Day 7</div> <div>9:30 Prayer Group - Kailua Christian Church</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:00 Musical Performance: Aloha Mele</div> <div>11:15 Hydration Break</div> <div>1:00 Scenic Ride: Lanikai / Kailua</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft: Building Our Gratitude Tree</div> <div>4:00 Hydration Break & Stretching</div>	<div>National STEM Day 8</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft, Movie, Games</div> <div>4:00 Hydration Break & Stretching</div>	<div>Go To An Art Museum Day 9</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:15 Music & Movement</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft, Movie, Games</div> <div>4:00 Hydration Break & Stretching</div>		
<div>National Vanilla Cupcake Day 10</div> <div>9:45 Exercise - Morning Stretches</div> <div>— Live Stream: New Hope Video Service</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft, Movie, Games</div> <div>4:00 Hydration Break & Stretching</div>	<div>VETERANS DAY 11</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:15 Pet Visits</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>1:00 Scenic Ride</div> <div>1:45 Scenic Ride - Ka'a'awa</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>4:00 Hydration Break & Stretching</div>	<div>National Happy Hour Day 12</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft: Geometric Painting</div> <div>4:00 Hydration Break & Stretching</div>	<div>World Kindness Day 13</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:30 Living Room 'Talk Story'</div> <div>10:30 Musical Performance: Jon Koki</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Games: Bowling</div> <div>4:00 Hydration Break & Stretching</div>	<div>National Family PJ Day 14</div> <div>9:30 Prayer Group - Kailua Christian Church</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:00 Musical Performance: Ed Simeona</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft: Collage Making</div> <div>4:00 Hydration Break & Stretching</div>	<div>America Recycles Day 15</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:00 Musical Performance Hank the Singing Dutchman</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft, Movie, Games</div> <div>2:30 Movie: Pacific Part 1 (NF)</div> <div>4:00 Hydration Break & Stretching</div>	<div>National Button Day 16</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:00 Victory Hawaii Church Bingo</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft, Movie, Games</div> <div>4:00 Hydration Break & Stretching</div>		
<div>National Butter Day 17</div> <div>9:45 Exercise - Morning Stretches</div> <div>— Live Stream: New Hope Video Service</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft, Movie, Games</div> <div>4:00 Hydration Break & Stretching</div>	<div>Mickey Mouse's Birthday 18</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:15 Pet Visits</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Movie: Pacific Part 2 (NF)</div> <div>4:00 Hydration Break & Stretching</div>	<div>National Play Monopoly Day 19</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft: Playdough Building</div> <div>4:00 Hydration Break & Stretching</div>	<div>National Absurdity Day 20</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:00 Musical Performance: Sanford Lee</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Word Games</div> <div>4:00 Hydration Break & Stretching</div>	<div>National Gingerbread Cookie Day 21</div> <div>9:30 Prayer Group - Kailua Christian Church</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:00 Silent Disco: Hawaii Dance Bomb</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft: Fall Wreaths</div> <div>4:00 Hydration Break & Stretching</div>	<div>National Go For A Ride Day 22</div> <div>9:30 Hawaiian Mission Academy</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft, Movie, Games</div> <div>4:00 Hydration Break & Stretching</div>	<div>National Family Volunteer Day 23</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:00 BYUH Friends</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft, Movie, Games</div> <div>4:00 Hydration Break & Stretching</div>		
<div>Celebrate Your Unique Talent Day 24</div> <div>9:45 Exercise - Morning Stretches</div> <div>— Live Stream: New Hope Video Service</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft, Movie, Games</div> <div>4:00 Hydration Break & Stretching</div>	<div>National Parfait Day 25</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:15 Pet Visits</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft, Movie, Games</div> <div>4:00 Hydration Break & Stretching</div>	<div>Giving Tuesday 26</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:15 Musical Performance: Roy Hamada</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft - Pineapple Turkey</div> <div>4:00 Hydration Break & Stretching</div>	<div>National Jukebox Day 27</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Memory Game</div> <div>4:00 Hydration Break & Stretching</div>	<div>HAPPY THANKSGIVING! 28</div> <div>9:30 Prayer Group - Kailua Christian Church</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Games: Muffin Tin Pong</div> <div>4:00 Hydration Break & Stretching</div>	<div>National Electronic Greetings Day 29</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:15 Musical Performance: Dean Hirata</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Games - Beach Volleyball</div> <div>4:00 Hydration Break & Stretching</div>	<div>National Mousse Day 30</div> <div>9:45 Exercise - Morning Stretches</div> <div>10:30 Living Room 'Talk Story'</div> <div>11:15 Hydration Break</div> <div>2:00 Afternoon Strolls and Waterfall Time</div> <div>2:30 Craft, Movie, Games</div> <div>4:00 Hydration Break & Stretching</div>		