


October 2025
Lamaku

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>ACTIVITIES ARE SUBJECT TO CHANGE</div>		"By the pricking of my thumb, something wicked this way comes" ~ William Shakespear, Macbeth	National Homemade Cookie Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:15 🍷 Fun Easy Bake with Cookie Dough 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	National Smarties Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:30 🎵 Music & Movement 10:30 🏛️ Prayer Group - Kailua Christian Church 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	National Body Language Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	National Golf Lover's Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:30 🏡 Victory Hawaii Church Bingo 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 4:30 🏛️ Catholic Mass 5:30 🌟 Dinner
National Do Something Nice Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:15 🏛️ Live Stream: New Hope Video Service 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	National Mad Hatter Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:15 🐾 Pet Visits 11:00 🏛️ Buddhist Services 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	National Inner Beauty Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:30 🎵 Silent Disco: Hawaii Dance Bomb 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	National Hero Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	National Stop Bullying Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:30 🧠 I am Activity 10:30 🏛️ Prayer Group - Kailua Christian Church 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	National Walk to a Park Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:30 🎵 Music Performance: Fred G. 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	National Sausage Pizza Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner
National I Love Yarn Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:15 🏛️ Live Stream: New Hope Video Service 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	Columbus Day National Train Your Brain Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:15 🐾 Pet Visits 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	National Dessert Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:30 🎵 Kupuna Ministries with Jon Koki 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	National Grouch Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:30 🎵 Music Performance: Sanford Lee 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	National Boss' Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:30 🧠 Boss Baby Movie and Who is Boss Activity? 10:30 🏛️ Prayer Group - Kailua Christian Church 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	National Pasta Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:30 🎵 Music Performance: Hank the Singing Dutchman 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	International Legging Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:30 🏡 Victory Hawaii Church Bingo 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner
National Kentucky Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:15 🏛️ Live Stream: New Hope Video Service 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	National Youth Confidence Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:15 🐾 Pet Visits 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	National Reptile Awareness Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:15 🎵 Ukulele with Addie 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	National Color Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:15 🧠 Build a Scarecrow Activity 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	National T.V. Talk Show Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:30 🏛️ Prayer Group - Kailua Christian Church 10:30 🎮 Trivia and Movement Activity 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	National Food Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:30 🎵 Music Performance: Fred G. 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	National Merri Music Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner
Dress Up: Spooky Hair National Pumpkin Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:15 🏛️ Live Stream: New Hope Video Service 10:15 🧠 Pumpkin Painting Activity 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	Dress Up: Monster Monday Navy Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:15 🐾 Pet Visits 10:30 🎵 Music Performance: Mellow Friends 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	Dress Up: Superhero Day National First Responder's Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:30 🎵 Music Performance: Roy Hamada 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	Dress Up: Wacky Witch Wednesday National Cat Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:00 🎵 Ukulele with Addie 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	Dress Up: Department Costume National Wicked Day 8:30 🌟 Breakfast 10:00 🌟 Plaza Seated Strength Training 10:30 🎵 Music Performance: Legacy 10:30 🏛️ Prayer Group - Kailua Christian Church 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	Dress Up: Pick Your Own Costume Halloween National Magic Day 8:30 🌟 Breakfast 10:00 🚗 Performance: Na Kupuna O Ko'olau 10:00 🌟 Plaza Seated Strength Training 12:30 🌟 Lunch 2:00 🌟 Afternoon Strolls / Gazebo Activities 3:00 🌟 Room Visits 4:00 🌟 Hydration Break & Stretching 5:30 🌟 Dinner	<ul style="list-style-type: none">🧠 Arts / Crafts🍷 Cooking / Baking🏛️ Educational Classes🏃 Exercise / Physical Activity🏠 Field Trip / Medical Appointments🎮 Games🌿 Gardening / Outdoor Visit🌟 Hydration Program🧘 Meditation / Mindfulness🎬 Movies / Documentaries🎵 Music / Special Entertainment👤 One-on-One🐾 Pet Visitation / Therapy🌟 Plaza Life Fitness🏛️ Spiritual / Worship Services