September 2022 Lamaku Calendar Sunday	2 Monday	Tuesday	Wednesday	Thursday	Friday	Greated Cooperations of the second se
		Each activity can have up to 5 people in a room/ride until further notice	Activities are subject to change.	National Chicken Boy's Day Y Breakfast 1 9:30 The Good News 10:00 Hongwangi Buddist Service 10:00 Morning Music Jams 10:15 J Musical Performance Bill Melemai 10:30 % Morning Stroll, Fresh Air & Stretching 11:50 Y Clean Up & Bathroom Break 12:30 ¥ Lunch 1:45 Exercise Of The Day 2:00 Beachball Volleyball 3:00 H Wala'au Hour/ Room Visits 4:15 EX Water & Bathroom Break 5:00 EPepare for Dinner 5:30 Dinner	National College Colors Day - ¶ Breakfast 23 2 3 4 3 4 3 4 3 4 3 4 3 4 3 4 3 4 3 4 4 4	National Tailgating Day - M Breakfast 10:00 Morning Music Jams 10:30 Morning Stroll ,Fresh Air & Stretching 11:50 Clean Up & Bathroom Break 12:30 Clean Up & Bathroom Break 12:30 Exercise Of The Day 2:00 Water Fall Story Telling 3:00 Water Fall Story Telling 3:00 Water & Bathroom Visits 4:15 W Water & Bathroom Break 5:00 R Prepare for Dinner 5:30 M Dinner
1:45 ● Exercise Of The Day 2:00 ■ Butterfly Stations 3:00 ➡ Wala'au Hour/ Room Visits 4:15 ■ Water & Bathroom Break 5:00 ■ Prepare for Dinner 5:30 ♥ Dinner	 W Breakfast 9:30 Y The Good News 10:00 Morning Music Jams 10:15 Pet Visits 10:30 Monday Movies 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 3:00 Wala'au Hour/ Room Visits 4:15 W Vala'au Hour/ Room Break 5:00 R Prepare for Dinner 5:30 M Dinner 	12:30 ¶ Lunch 1:45 ♥ Exercise Of The Day 2:00 ♥ BINGO 3:00 ♣ Wala'au Hour/ Room Visits 4:15 ➡ Water & Bathroom Break 5:00 ➡ Prepare for Dinner 5:30 ¶ Dinner	 W Breakfast 9:30 Y The Good News 10:00 Morning Music Jams 10:30 Morning Stroll ,Fresh Air & Stretching 11:50 Y Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 Individual Manicure 2:00 Manicure 3:00 Manicure 3:00 Manicure 3:00 Prepare for Dinner 5:30 Manicure 	National School Picture Day - ₩ Breakfast 8 9:30 The Good News 10:00 Morning Music Jams 10:15 J Music and Movement with Joslyn 10:30 Morning Stroll ,Fresh Air & Stretching 11:50 Clean Up & Bathroom Break 12:30 Lunch 14:45 Exercise Of The Day 2:00 Beachball Volleyball 3:00 Wala'au Hour/ Room Visits 4:15 Water & Bathroom Break 5:00 B Prepare for Dinner 5:30 Dinner	National Teddy Bear Day - Image: Second Secon	National Swap Ideas Day 10 - YI Breakfast 10 9:30 * Weekly Craft 10:00 * Morning Music Jams 10:30 * Morning Stroll ,Fresh Air & Stretching 10:50 * Clean Up & Bathroom Break 12:30 * Lunch 1:45 * Exercise Of The Day 1:45 * Exercise Of The Day 2:00 * Afternoon Strolls 3:00 * Wala'au Hour/ Room Visits 4:15 * Water & Bathroom Break 5:00 * Prepare for Dinner 5:30 * Dinner
11:50 ¥ Clean Up & Bathroom Break	 - ♥ Breakfast 9:30 ◊ The Good News 10:00 ♥ Morning Music Jams 10:15 ♥ Pet Visits 10:30 ♥ Morning Stroll ,Fresh Air & Stretching 11:00 ♥ Monday Movies 	SUPER HERO DAY - M Breakfast 9:30 \diamond The Good News 10:00 \circledast Morning Music Jams 10:30 \circledast Morning Stroll ,Fresh Air & Stretching 11:50 M Clean Up & Bathroom Break 12:30 M Lunch 1:45 Exercise Of The Day 2:00 \clubsuit BINGO 3:00 \clubsuit Wala'au Hour/ Room Visits 4:15 EX Water & Bathroom Break 5:00 EX Prepare for Dinner 5:30 M Dinner	WACKY WEDNESDAY - ♥ Breakfast 1 2 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 % Individual Manicure 2:00 % Manicure 3:00 % Wala'au Hour/ Room Visits 4:15 IS Water & Bathroom Break 5:00 IS Prepare for Dinner 5:30 ♥ Dinner	BLAST FROM THE PAST - ¶ 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 free Wala'au Hour/ Room Visits 4:15 IP Water & Bathroom Break 5:00 IP Prepare for Dinner 5:30 ¶ Dinner	ALOHA FRIDAY - W Breakfast 9:30 The Good News 10:00 Morning Music Jams 10:00 Morning Music Jams 10:00 Na Kupuna'O Ko'olau 10:30 Morning Stroll ,Fresh Air & Stretching 11:15 Church of Jesus Christ LDS visit 11:50 Clean Up & Bathroom Break 12:30 Lunch 1:45 Exercise Of The Day 2:00 Kovie & Popcorn 3:00 Kovie & Popcorn 3:00 Water & Bathroom Break 5:00 Repare for Dinner 5:30 M Dinner	National Dance Day - Y 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 Clean Up & Bathroom Break 12:30 Exercise Of The Day 2:00 * Water Fall Story Telling 3:00 * Wala'au Hour/ Room Visits 4:15 * Water & Bathroom Break 5:00 * Prepare for Dinner 5:30 * Dinner
National Cheeseburger Day - ¶ Breakfast 18 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 W Vala'au Hour/ Both Break 5:30 Prepare for Dinner 5:30 Dinner	 - ♥ Breakfast 9:30 ◊ The Good News 10:00 ♥ Morning Music Jams 10:15 ♥ Pet Visits 10:30 ♥ Morning Stroll ,Fresh Air & Stretching 11:00 ♥ Monday Movies 	National Fried Rice Day - ¶ Breakfast 200 9:30 The Good News 200 10:00 Morning Music Jams 200 10:15 Musical Performance Hank the Dutchman 200 10:30 Morning Stroll ,Fresh Air & Stretching 200 11:50 Clean Up & Bathroom Break 2130 12:30 Lunch 1:45 1:45 Exercise Of The Day 2:00 2:00 BINGO 3:00 3:00 Wala'au Hour/ Room Visits 4:15 5:00 Prepare for Dinner 5:30	National Chai Day - ¶ Breakfast 9:30 ◊ The Good News 21 10:00 ♥ Morning Music Jams 10:15 J Musical Performance Bill Melemai 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 2:00 Individual Hour/ Room Visits 4:15 Eit Water & Bathroom Break 5:00 Eit Prepare for Dinner 5:30 ¶ Dinner Dinner 10:00 Piner 10:00 Piner	National Centenarian's Day - YI Breakfast 222 9:30 The Good News 10:00 Morning Music Jams 10:30 Morning Stroll ,Fresh Air & Stretching 11:50 YI Clean Up & Bathroom Break 12:30 YI Lunch 1:45 Exercise Of The Day 2:00 Beachball Volleyball 3:00 3:00 Wala'au Hour/ Room Visits 4:15 IR Water & Bathroom Break 5:00 IR Prepare for Dinner 5:30 YI Dinner	National Snack Stick Day - M Breakfast 9:30 The Good News 10:00 Morning Music Jams 10:30 Morning Stroll , Fresh Air & Stretching 11:15 Church of Jesus Christ LDS visit 11:50 Cherch of Jesus Christ LDS visit 12:30 Church of Jesus Christ LDS visit 12:30 M Lunch 1:45 Exercise Of The Day 2:00 Movie & Popcorn 3:00 Novie & Popcorn 3:00 Novie & Bathroom Break 5:00 R Prepare for Dinner 5:30 M Dinner	National Cherries Jubilee Day - YI 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 * Water & Bathroom Break 5:00 * Prepare for Dinner 5:30 * Dinner
National Quesadilla Day 25 Breakfast 9:30 ↔ The Good News 265 10:00 ⊕ Morning Music Jams 26 10:30 ⊕ Morning Stroll ,Fresh Air & Stretching 11:00 ↔ Table Top Games 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 ➡ Water & Bathroom Break 5:00 ➡ Prepare for Dinner 5:30 ♥ Dinner Dinner	 [₩] Breakfast ²CO ²Sigma Content ¹Sigma Conten ¹Sigma Conten 	National Corned Beef Hash Day - [™] Breakfast 27 9:30 ◊ The Good News	National Strawberry Cream Pie Day - [™] Breakfast ² 28 9:30 ◊ The Good News ¹ 1000 ♥ Morning Music Jams ² 28 10:00 ♥ Morning Stroll ,Fresh Air & Stretching ¹ 150 ♥ Clean Up & Bathroom Break ² 100 ♥ 11:50 ♥ Clean Up & Bathroom Break ² 28 ¹ Lunch 1:45 ♥ Exercise Of The Day ² 100 ♥ Manicure ³ 100 ₱ Wala'au Hour/ Room Visits 3:00 ₱ Wala'au Hour/ Room Break ³ 15 ₱ Water & Bathroom Break ⁵ 30 ♥ Dinner	National Coffee Day - W 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 Clean Up & Bathroom Break 12:30 Exercise Of The Day 2:00 Beachball Volleyball 3:00 Wala'au Hour/ Room Visits 4:15 Water & Bathroom Break 5:00 R Prepare for Dinner 5:30 M Dinner	National Orange Day - If Breakfast 300 9:30 ○ The Good News 10:00 ○ Morning Music Jams 10:00 ○ Morning Stroll, Fresh Air & Stretching 11:15 ● Church of Jesus Christ LDS visit 11:50 If Clean Up & Bathroom Break 12:30 If Lunch 1:45 ● Exercise of The Day 2:00 ● Individual Manicure 2:00 ● Movie & Popcorn 3:00 If Water & Bathroom Break 5:00 IE Prepare for Dinner 5:30 If Dinner Dinner 1:45 ■	TRIVAL'I STROZG