

September 2022 Lamaku Calendar



Sunday Monday Tuesday Wednesday Thursday Friday Saturday



Each activity can have up to 5 people in a room/ride until further notice
Activities are subject to change.

<p>National Wildlife 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 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 5:30 Dinner</p>	<p>Labor Day - 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 11:50 Clean Up & Bathroom Break 12:30 Lunch 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 5:30 Dinner</p>	<p>National Coffee Ice Cream 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 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 5:30 Dinner</p>	<p>National Beer Lover's 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 1:45 Exercise Of The Day 2:00 Individual Manicure 2:00 Manicure 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner</p>	<p>National Chicken Boy's Day - Breakfast 9:30 The Good News 10:00 Hongwangi Buddhist Service 10:00 Morning Music Jams 10:15 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 Beachball Volleyball 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner</p>	<p>National College Colors Day - 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 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 5:30 Dinner</p>	<p>National Tailgating Day - Breakfast 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 5:30 Dinner</p>
<p>National Grandparent's 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 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 5:30 Dinner</p>	<p>RAINBOW WARRIOR DAY - 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 11:50 Clean Up & Bathroom Break 12:30 Lunch 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 5:30 Dinner</p>	<p>SUPER HERO 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 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 5:30 Dinner</p>	<p>WACKY WEDNESDAY - 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 Individual Manicure 2:00 Manicure 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner</p>	<p>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 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner</p>	<p>ALOHA FRIDAY - Breakfast 9:30 The Good News 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 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 5:30 Dinner</p>	<p>National Swap Ideas Day - 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 5:30 Dinner</p>
<p>National Cheeseburger 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 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 5:30 Dinner</p>	<p>National Talk Like a Pirate Day - 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 11:50 Clean Up & Bathroom Break 12:30 Lunch 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 5:30 Dinner</p>	<p>National Fried Rice 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 11:50 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 5:30 Dinner</p>	<p>National Chai Day - Breakfast 9:30 The Good News 10:00 Morning Music Jams 10:15 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 Manicure 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner</p>	<p>National Centenarian's 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 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 5:30 Dinner</p>	<p>National Snack Stick Day - 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 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 5:30 Dinner</p>	<p>National Cherries Jubilee Day - 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 5:30 Dinner</p>
<p>National Quesadilla 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 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 5:30 Dinner</p>	<p>National Dumpling Day - 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 11:50 Clean Up & Bathroom Break 12:30 Lunch 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 5:30 Dinner</p>	<p>National Corned Beef Hash Day - Breakfast 9:30 The Good News 10:00 Morning Music Jams 10:15 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 5:30 Dinner</p>	<p>National Strawberry Cream Pie 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 1:45 Exercise Of The Day 2:00 Individual Manicure 2:00 Manicure 3:00 Wala'au Hour/ Room Visits 4:15 BR Water & Bathroom Break 5:00 BR Prepare for Dinner 5:30 Dinner</p>	<p>National Coffee 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 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 5:30 Dinner</p>	<p>National Orange Day - Breakfast 9:30 The Good News 10:00 Morning Music Jams 10:00 Musical Performance: Mauka Boyz Band 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 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 5:30 Dinner</p>	<p>National Dance Day - 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 5:30 Dinner</p>

