

September 2023
Lamaku Calendar

created with 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Activities are subject to change.				National College Colors Day — 🍴 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 1:40 ❤️ Exercise Of The Day 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 Tailgating 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 1:40 ❤️ 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
National Cinema 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 1:40 ❤️ 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	Labor Day — 🍴 Breakfast 9:30 🕒 The Good News 10:00 🎧 Morning Music Jams 10:15 🎵 Musical Performance by Randy Nunes 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 1:40 ❤️ Exercise Of The Day 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner	National Cheese Pizza 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 1:40 ❤️ Exercise Of The Day 2:00 ❤️ BINGO 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner	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 1:40 ❤️ 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 Salami 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 2:30 🎵 Musical Performance: Coffee & Me 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner	Star Trek Day — 🍴 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 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner	National Teddy Bear 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 2:00 🗣️ Afternoon Strolls 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner
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 2:00 🎭 Butterfly Stations 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner	Sports 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 1:00 🎭 Carnival Games 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner	Beach 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	Decades Day — 🍴 Breakfast 9:30 🕒 The Good News 10:00 📷 Decades Day Dress Up Photo Booth 10:00 🎧 Morning Music Jams 10:30 🚶 Morning Stroll ,Fresh Air & Stretching 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	Superhero 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 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner 10:00 ⭐ Superhero Cape Design Craft	Plaza Pride Day — 🍴 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 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner	Music Dress Up 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 2:00 🗣️ Water Fall Story Telling 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner
National Apple Dumpling 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 Cheeseburger 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 1:00 🎭 Carnival Games 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner	National Talk Like a Pirate 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 Fried Rice Day — 🍴 Breakfast 9:30 🕒 The Good News 10:00 🎧 Morning Music Jams 10:15 🎵 Silent Disco: Hawaii Dance Bomb 10:30 🚶 Morning Stroll ,Fresh Air & Stretching 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 New York Day — 🍴 Breakfast 9:30 🕒 The Good News 10:00 🎵 Aloha Mele Sing-along Ukulele 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 3:30 🎵 Aloha Mele Sing-along Ukulele 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner	National Centenarian's Day — 🍴 Breakfast 9:30 🕒 The Good News 10:00 🎵 Musical Performance Dean Hirata 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 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner	National Family Health and Fitness 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 2:00 🗣️ Afternoon Strolls 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner
National Innergize 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 Comic Book 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 1:00 🎭 Carnival Games 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner	National Pancake 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 2:00 ❤️ BINGO 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner	National Corned Beef Hash 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 1:40 ❤️ 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 Good Neighbor 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 Coffee Day — 🍴 Breakfast 9:30 🕒 The Good News 10:00 🎵 Musical Performance Hank the Dutchman 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 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner	Orange Shirt 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 2:00 🗣️ Water Fall Story Telling 3:00 🏠 Wala'au Hour/ Room Visits 4:15 🚿 Water & Bathroom Break 5:00 🍳 Prepare for Dinner