February 2025 Lamaku

Wednesday Thursday Sunday Monday Tuesday Friday Saturday National Play Outside Day

National Weatherperson's Day

Activities

National Plum Pudding Day

Strength Training

2:00 Afternoon Strolls / Gazebo

Strength Training

2:00 Afternoon Strolls / Gazebo

Activities

4:00 ♥ Hydration Break & Stretching

8:30 M Breakfast

10:30 🌣 BINGO

12:30 **¶** Lunch

5:30 **M** Dinner

8:30 TBreakfast

10:30 🌣 BINGO

12:30 **YI** Lunch

10:00 ♥ Plaza Seated

10:00 Plaza Seated

Activities are subject to change.



*	Creative
ň.	Individual activity
∳:	Intellectual
44	Meals
5	Music
☆	National Day Ever
\$	Outside
•	Physical
*	Social
9 9	Special Events
	Spiritual

National Wear Red Day

10:00 Plaza Seated

Strength Training

2:00 🁺 Afternoon Strolls / Gazebo

4:00 ♥ Hydration Break & Stretching

10:30 👺 All Things Red Collage

Activities

8:30 M Breakfast

12:30 **11** Lunch

5:30 **T** Dinner

10:30	ij.	Living Room 'Talk Story'
10:30	ij.	Victory Hawaii Church Bing
12:30	٣٩	Lunch
2:00	**	Afternoon Strolls / Gazebo
		Activities
4:00	•	Hydration Break & Stretching
4:30		Catholic Mass

Strength Training

2:00 Afternoon Strolls / Gazebo

10:00 ♥ Plaza Seated Strength Training

8:30 M Breakfast

5:30 **11** Dinner

National Kite Flying Day

10:00 ♥ Plaza Seated

10:30 🁺 Build A Kite

12:30 **¶** Lunch

12:30 **Lunch**

8:30 M Breakfast

Ground	dhog Day
8:30	🍴 Breakfast 🖊
10:00	Plaza Seated Strength Training
_	Live Stream: New Hope Video Service
10:30	🌣 Living Room 'Talk Story'
12:30	₹¶ Lunch
2:00	Afternoon Strolls / Gazebo Activities
4:00	Hydration Break & Stretching
5:30	T Dinner
Superb	owl Sunday
	🛚 Breakfast
10:00	▶ Plaza Seated Strength
	Training
	Live Stream: New Hope Video Service
	Living Room 'Talk Story'
	Lunch
	SUPERBOWL FESTIVITIES
2:00 🦂	Afternoon Strolls / Gazebo Activities

4:00 ♥ Hydration Break & Stretching

─ ■ Live Stream: New Hope Video Service

National Do A Grouch A Favor Day

10:00 ♥ Plaza Seated Strength Training

10:30 C Living Room 'Talk Story'

5:30 **YI** Dinner

8:30 M Breakfast

Natior	nal	Safer Internet Day	Nation	al I	Make A Friend Day
8:30	44	Breakfast	8:30	Ψ¶	Breakfast
10:00	•	Plaza Seated Strength	10:00	•	Plaza Seated Strength
		Training			Training
10:15		Pet Visits	10:30	5	Kupuna Ministries with Jon Ko
10:30	ij.	Card Making - Thank you Mail	10:30	Ġ.	Living Room 'Talk Story'
		Carrier	12:30	44	Lunch
12:30	41	Lunch	2:00		Afternoon Strolls / Gazebo
2:00		Afternoon Strolls / Gazebo			Activities
		Activities	4:00	•	Hydration Break & Stretching
4:00	•	Hydration Break & Stretching	5:30	44	Dinner
5:30	44	Dinner			
Presid	len	ts' Day 1 7	Nation	nal	Drink Wine Day
8:30	41	Breakfast	8:30	44	Breakfast
10:00	•	Plaza Seated Strength	10:00	•	Plaza Seated
		Training			Strength Training
10:15		Pet Visits	10:30	Ö.	Living Room 'Talk Story'
10:30	$\stackrel{\wedge}{\square}$	Living Room 'Talk Story'			Lunch
		President Discussion			Afternoon Strolls / Gazebo
12:30	Ψ٩	Lunch	2.00		Arternoon Strons / Gazebo

2:30	44	Lunch	
2:00	*	Afternoon Strolls / Gazebo Activities	
4:00	•	Hydration Break & Stretching	
5:30	44	Dinner	
resid	lent	ts' Day	7
8:30	44	Breakfast	/
0:00	•	Plaza Seated Strength Training	
0:15		Pet Visits	
0:30	$\stackrel{\wedge}{\square}$	Living Room 'Talk Story' President Discussion	
2:30	44	Lunch	
2:00	**	Afternoon Strolls / Gazebo Activities	
4:00	•	Hydration Break & Stretching	
5:30	44	Dinner	
latio	nal	Tortilla Chip Day	1
8:30	٣٩	Breakfast 4	4

National Missing Person Day

Training

11:00 **Buddhist Services**

Activities

10:00 ♥ Plaza Seated Strength

10:30 🔥 Massage & Manicure

2:00 🎖 Afternoon Strolls / Gazebo

4:00 ♥ Hydration Break & Stretching

8:30 M Breakfast

10:15 🁺 Pet Visits

12:30 **11** Lunch

5:30 **1** Dinner

5:30 **¶** Dinner

$\overline{\cap}$	National	Make A Friend Day
U	8:30	Breakfast
	10:00 💚	Plaza Seated Strength
		Training
		Kupuna Ministries with Jon
	10:30 🌣	Living Room 'Talk Story'
	12:30	
	2:00 👺	Afternoon Strolls / Gazebo
		Activities
		Hydration Break & Stretching
	5:30	Dinner
7	National	Drink Wine Day
		Breakfast
		Plaza Seated
	. 5.55	Strength Training
	10·30 io	Living Room 'Talk Story'
		Lunch
	1 4.00	LUITOIT

Activities

National Thank A Mail Carrier Day

10:00 ♥ Plaza Seated Strength Training

10:30 🎜 Silent Disco: Hawaii Dance Bomb

10:30 🌣 Living Room 'Talk Story'

Activities

2:00 Afternoon Strolls / Gazebo

4:00 ♥ Hydration Break & Stretching

8:30 🖷 Breakfast

12:30 **¶** Lunch

5:30 **T** Dinner

l	4:00 ♥ Hydration Break & Stretchin 5:30 ¶ Dinner
0	National Chocolate Mint Day
O	8:30 🖷 Breakfast
	10:00 5 Musical Performance:
	Sanford Lee
	10:00 💙 Plaza Seated Strength Training
	10:30 🔆 BINGO
0	12:30 11 Lunch
J	2:00 🁺 Afternoon Strolls / Gazebo
ina	Activities
ing	4:00 Hydration Break & Stretching
	5:30 🖷 Dinner

g	10:30 12:30 2:00 4:00	♦ Ψ¶	Music and Movement with Joslyn Living Room 'Talk Story' Lunch Afternoon Strolls / Gazebo Activities Hydration Break & Stretching Dinner
	Natio	nal	Love Your Pet Day
9			Breakfast
			Prayer Group - Kailua
	7.00		Christian Church
	10:00	•	Plaza Seated Strength Training
			Adopt a Pet
	12:30	44	Lunch
	2:00		Afternoon Strolls / Gazebo
			Activities
	4:00	•	Hydration Break & Stretching
	5:30	44	Dinner

National Chopsticks Day

9:30 *Prayer Group - Kailua*

Christian Church

2:00 Afternoon Strolls / Gazebo

4:00 ♥ Hydration Break & Stretching

10:30 C Living Room 'Talk Story'

10:30 **Music & Movement**

Activities

National Giving Hearts Day 8:30 **H** Breakfast

9:30 Prayer Group - Kailua

Christian Church

10:00 ♥ Plaza Seated Strength Training

10:00 ♥ Plaza Seated Strength Training

8:30 M Breakfast

12:30 **YI** Lunch

5:30 **M** Dinner

alen	tine	e's Day	1 /
3:30	٣q	Breakfast	14
00:0	•	Plaza Seated	
		Strength Training	
0:30	*	Valentine Craft	
2:30	44	Lunch	
2:00	8	Afternoon Strolls /	Gazebo
		Activities	
4:00	•	Hydration Break & S	Stretching
5:30	٣¶	Dinner	
ation	ıal (Caregivers Day	21
3:30	Ψ¶	Breakfast	

		Hydration Break & Dinner	Stretching
Natior	nal (Gumdrop Day	15
8:30	44	Breakfast	ΙÜ
10:00	•	Plaza Seated	
		Strength Training	
10:30	Ä.	Living Room 'Talk S	Story'
10:30	ij.	Victory Hawaii Chu	ırch Bingo

2:00 Afternoon Strolls / Gazebo

Activities

n Break & Stretching	5:30 ₩¶ Dinner	4:00 ♥ Hydration Break & Stretchin 5:30 ¶ Dinner
st 20 St 20 St 20 Group - Kailua In Church eated Strength Training Pet On Strolls / Gazebo s on Break & Stretching	National Caregivers Day 8:30	National Margarita Day 8:30 ¶ Breakfast 10:00 ♥ Plaza Seated Strength Training 10:30 ♥ Living Room 'Talk Story' 12:30 ¶ Lunch 2:00 ♣ Afternoon Strolls / Gazebo Activities 4:00 ♥ Hydration Break & Stretchin 5:30 ¶ Dinner
y 27	National Floral Design Day 8:30 ¶ Breakfast	

12:30 2:00 4:00	Lunch Afternoon Strolls / Gazebo Activiti Hydration Break & Stretching Dinner	ies
Natio	al Dog Biscuit Day	_
	₩ Breakfast	ರ
10:00	Plaza Seated Strength Training	
_	Live Stream: New Hope Video Service	
	🌣 Living Room 'Talk Story'	
12:30	¶ Lunch	
2:00	Afternoon Strolls / Gazebo Activities	
4:00	Hydration Break & Stretching	
5:30	¶¶ Dinner	

2:00 ♣ Afternoon Strolls / Gazebo Activities 4:00 ❤ Hydration Break & Stretching 5:30 ¶ Dinner	Activities 4:00 ♥ Hydration Break & Stretchir 5:30 ¶ Dinner
National Tortilla Chip Day	National Chocolate Covered Day
8:30 M Breakfast	8:30 🍴 Breakfast 🖊
10:00 ♥ Plaza Seated	10:00 ♥ Plaza Seated Strength
Strength Training	Training
10:15 & Pet Visits	10:15 / Musical Performance: Roy
10:30 A Mellow Friends Karaoke	Hamada
12:30 11 Lunch	10:30 🌣 Living Room 'Talk Story'
	12:30 ¶ Lunch
2:00 A Afternoon Strolls / Gazebo	2:00 👺 Afternoon Strolls / Gazebo
Activities	Activities
4:00 Hydration Break & Stretching	4:00 ♥ Hydration Break & Stretching

8.30	11	breakiasi
10:00	•	Plaza Seated Strength
		Training
10:15	5	Musical Performance: Roy
		Hamada
10:30	ij.	Living Room 'Talk Story'
12:30	44	Lunch
2:00		Afternoon Strolls / Gazebo
		Activities
4:00	•	Hydration Break & Stretching
5:30	44	Dinner

25	National Set A Good Example 7	Natio
20	Day	8:30
	8:30 🖷 Breakfast	9:30
	10:00 🎔 Plaza Seated Strength	
oy	Training	10:00
	10:30 🌣 BINGO	10:30
	12:30 ื Lunch	12:30
00	2:00 Afternoon Strolls / Gazebo Activities	2:00
hing	4:00 W Hydration Break & Stretching	4:00
9	5:30 🖷 Dinner	5:30
	·	

ational Retro Day		
3:30	44	Breakfast/
:30		Prayer Group - Kailua
		Christian Church
00:0	•	Plaza Seated Strength Training
0:30	٦Ġ٠	Living Room 'Talk Story' Blast
		From The Past
2:30	44	Lunch
2:00		Afternoon Strolls / Gazebo
		Activities
1:00	•	Hydration Break & Stretching

5:30 **T** Dinner

National Floral Design Day		
		Breakfast ZO
10:00	5	Performance: Na
		Kupuna O Ko'olau
10:00	•	Plaza Seated Strength Training
10:30		Flower Arranging
12:30	44	Lunch
2:00	8	Afternoon Strolls / Gazebo
		Activities
4:00	•	Hydration Break & Stretching
5:30	44	Dinner