

THIS WEEK'S FITNESS CLASSES & ACTIVITIES

SUNDAY, JANUARY 7

Arts & Crafts with Faye Inter. Class:
1:00 PM (Crafts Room)

MONDAY, JANUARY 8

Tai Chi: 7:30 AM (MPR)
Beginning Tai Chi: 8:15 AM (MPR)
Open Gardening: 8:30 AM
Weekly Announcements: 9:15 AM (MPR)
Water Exercise: 9:30 AM (Pool)
Strong Posture Level 1: 10:30 AM
(MPR & Ch. 901)

Fitness Center: 11:30 AM (Fitness Room)
Bingo: 1:00 PM (MPR)



**Music with Glenn & Les
Oldies Show (Hawaiian &
Oldies):** 3:00 PM (MPR)

TUESDAY, JANUARY 9

**Blood Pressure Clinic (walk ins
accepted) :** 8:00 AM (B2 Lobby)
Dance: 8:30 AM (MPR)
Strong Posture L2: 9:15 AM (MPR)
Strong Beginnings: 10:30 AM
(MPR & Ch. 901)

Fitness Center: 11:30 AM (Fitness Room)



Sing Along "Inspirational Songs":
1:00 PM (MPR) p/u song sheet at FD
Yoga: 2:30 PM (MPR)
Qi Gong: 3:30 PM (MPR)

WEDNESDAY, JANUARY 10

Tai Chi: 7:30 AM (MPR)
Beginning Tai Chi: 8:15 AM (MPR)
Open Gardening: 8:30 AM (CANCELLED)
Physician's Clinic Dr. Yazawa (by appt.):
9:00 AM (B2 Clinic)
Taiko Ball Fitness: 9:45 AM
(CANCELLED)
Strong Posture Level 1: 10:30 AM
(CANCELLED)

Bible Study: 11:00 AM (Game Room)
Arts & Crafts with Faye Inter. Class:
1:00 PM & 2:00PM (Crafts Room)
Afternoon Snack "Mochi with Custard:
2:30 PM (MPR)

**Blood Pressure Clinic (walk ins
accepted) :** 3:00 PM (B2 Lobby)
**Weekly Movie: "The Magic of Ordinary
Days":** 6:00 PM (Game Room)



Synopsis: During World War II, the father of an un-
wed mother (Kerri Russell) marries her off to a farmer
(Skeet Ulrich) who will raise her baby as his own.

THURSDAY, JANUARY 11

**Blood Pressure Clinic (walk ins
accepted) :** 8:00 AM (B2 Lobby)
Dance: 8:30 AM (MPR)
Strong Posture L2: 9:15 AM (MPR)
Strong Beginnings: 10:30 AM
(MPR & Ch. 901)
Fitness Center: 11:30 AM (Fitness Room)
Yoga: 2:30 PM (MPR)
Qi Gong: 3:30 PM (MPR)

FRIDAY, JANUARY 12

Taiko Ball Fitness: 8:45 AM (MPR)
Water Exercise: 9:30 AM (Pool)
Rail Transit Excursion: 9:30 AM
(Meet in lobby at 9:15 AM)
Strong Posture Level 1: 10:30 AM
(MPR & Ch. 901)
Fitness Center: 11:30 AM (Fitness Room)

SATURDAY, JANUARY 13

Tai Chi: 7:30 AM (MPR)
Beginning Tai Chi: 8:15 AM (MPR)

One Kalakaua Senior Living Association Weekly News

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January 7, 2024

Join Us for a Morning Learning Session

**Leading with Emotional
Intelligence: How to Over-
come Workplace Dynamics
and Conflict to Develop
Highly Trusting Teams**

Webinar presented by the
American College of
Healthcare Executives

When: January 24, 2024 at
8:00 am

Where: the Game Room

The Four Pillars Of Emotional Intelligence

01	Self-Awareness <ul style="list-style-type: none"> Recognize your own emotions. Understand how they influence your actions. 	02	Self-Regulation <ul style="list-style-type: none"> Manage emotions in a healthy way. Adapt to changing circumstances.
03	Empathy <ul style="list-style-type: none"> Understand other people's emotions. Offer comfort and support. 	04	Social Skills <ul style="list-style-type: none"> Build and maintain relationships. Effective communication.

ONEK 2024 RSV VACCINE CLINIC

Times Pharmacy in conjunction with the RCS Dept. is sponsoring a RSV (Respiratory Syncytial Virus) clinic. Clinics will be held in the MPR and are by appointment only. **You must be 60 years of age or older to receive the vaccination.** Clinics will be held on:

1/16/23 8a-11a and 1/17/23 1p-4p

RCS is currently taking appointments from 10a-2p on Mondays - Fridays only. Please only contact RCS during these days/times. Deadline to make your appointment is 1/12/24. You should have received an informational memo in your mailboxes. Extra copies are available at the Front Desk.

RSV usually causes mild symptoms however in older adults it can cause severe infection. Similar to COVID, RSV is a highly contagious virus that can be easily spread by touching a contaminated surface, or if an infected person coughs or sneezes and their droplets contact another person's eyes, nose or mouth.

CANINE INSPECTION NOTICE

3RD FLOOR RESIDENTS

In an effort to ensure that we remain free from any major outbreaks associated with bed bugs, we are working with Elmer's K-9 Detection to provide monthly preventative maintenance checks. This is in addition to the housekeeper monthly checks. These mandatory checks will be done with a bed bug detecting canine and will consist of inspecting common areas and residential units.

The date and time of the inspection is as follows:

Date & Time: **Thursday, 01/25/24 10:00 am -11:30 am**

Who: **3rd Floor Residents**

Please be available in your unit on this day/time. If you will be out, entry will be made using 2-man system for security purposes. If you have any questions, please contact Jan at (808) 203-5769.



MANDATORY PEST CONTROL (3rd & 4th FLOORS)

THIS IS A MANDATORY PEST CONTROL SERVICE FOR 3RD AND 4TH FLOOR UNIT. We recommend you be home for this preventative maintenance service. If you are unable to be home, entry will be made using a 2-man system for security purposes.

We will begin on the 4th Floor and work down to the 3rd Floor.

Please see the schedule below and note that times are approximate.

Wednesday, 1/10/24	4th Floor	10:00 am - 10:30 am
Wednesday, 1/10/24	3rd Floor	10:30 am - 11:00 am

If you have any questions, please call Jan April at (808) 203-5769.

RESIDENT SUGGESTION

Suggestion: A lot of us seniors do our daily walking exercise around the block between Beretania, Kalakaua, Young and Ke'eaumoku Street **because we do not have to use any crosswalks.**

There is a homeless encampment on the corner of Kalakaua and Young Street that **blocks the sidewalk** and we cannot get our walkers through. We would appreciate if One Kalakaua can get the C&C of Honolulu to clear this encampment.

Team Response: OneK has reached out to the C&C of Honolulu and filed a formal complaint with regard to the homeless encampment. Please also continue to be careful and be sure to walk with others when you take your walks.



EMERGENCY SYSTEM REBOOT

The emergency system (including all pendants and your in unit smoke detectors) will be shut down briefly on **1/16/24** for about 5-15 minutes between **8:30a-9:00a**. Do not press any of your pendants during the outage, instead call the Front Desk at (808) 983-4400 if you need emergency assistance. An announcement will be made overhead prior to and at the end of the testing.

DISPOSING YOUR LIVE CHRISTMAS TREES/WREATHS

Please do not throw trees down the trash chute as large items can make issues in the bin when they land. Please make a work order at the Front Desk to have your Christmas trees and wreaths disposed of properly for a nominal fee. If you have any questions, please call Jan at 808.203.5769.



LUNCH BUNCH
HAPPY DAYS
CHINESE SEAFOOD
RESTAURANT

THURSDAY,
JANUARY 25 AT
10:30 AM

MEET IN LOBBY AT
10:00 AM

SIGN UP AT FRONT
DESK BY
JANUARY 11

LIMITED TO 15
RESIDENTS.



Cost for your meal including 20% tip/tax will be billed to your account. Any cancellations after deadline date will incur a **\$10 cancellation fee.**

Everything will be select at the restaurant to order and billing will be split evenly amongst residents.

Transportation is provided. Masks are recommended.