

THIS WEEK'S FITNESS CLASSES & ACTIVITIES

SUNDAY, JANUARY 14

Arts & Crafts with Faye Beginner's Class: 1:00 PM (Crafts Room)

MONDAY, JANUARY 15

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)
Weekly Movie: "Glory" 6:00 PM (MPR)



Synopsis: Following the Battle of Antietam, Col. Robert Gould Shaw (Matthew Broderick) is offered command of the United States first all-African-American regiment, the 54th Massachusetts Volunteer Infantry. With junior officer Cabot Forbes (Cary Elwes), Shaw puts together a strong and proud unit including the escaped slave Trip (Denzel Washington) and the wise gravedigger John Rawlins (Morgan Freeman). At first limited to menial manual tasks, the regiment fights to be placed in the heat of battle.

TUESDAY, JANUARY 16

Blood Pressure Clinic: 8:00 AM (CANCELLED)
RSV Clinic: 8:00 AM (MPR)
Dance: 8:30 AM (CANCELLED)
Strong Posture L2: 9:15 AM (CANCELLED)
Strong Beginnings: 10:30 AM (CANCELLED)
Fitness Center: 11:30 AM (Fitness Room)
Yoga: 2:30 PM (MPR)
Qi Gong: 3:30 PM (MPR)



WEDNESDAY, JANUARY 17

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

Open Gardening: 8:30 AM
Physician's Clinic Dr. Yazawa (by appt.): 9:00 AM (B2 Clinic)
Taiko Ball Fitness: 9:45 AM (MPR)
Strong Posture Level 1: 10:30 AM (MPR)
RSV Clinic: 1:00 PM (MPR)
Arts & Crafts with Faye Inter. Class: 1:00 PM & 2:00PM (Crafts Room)
Blood Pressure Clinic (walk ins accepted): 3:00 PM (CANCELLED)



THURSDAY, JANUARY 18

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)
UH Basketball vs. Long Beach State: 5:00 PM (Game Room)



FRIDAY, JANUARY 19

Taiko Ball Fitness: 8:45 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)
Sip & Social: 4:00 PM (MPR)



SATURDAY, JANUARY 20

Tai Chi: 7:30 AM (MPR)
Beginning Tai Chi: 8:15 AM (MPR)
UH Basketball vs. San Diego: 2:00 PM (Game Room)



One Kalakaua Senior Living Association Weekly News

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January 14, 2024



Thank you to everyone who joined us for the rail excursion. That was surely fun! If you have a suggestion for an outing, please place your suggestion in the suggestion box by the front desk and we will do our best to accommodate.

WORD PUZZLE GAMES

Word puzzles are available on the corner table near the lobby restrooms. Turn in your completed puzzle to the front desk for a chance to win a prize by 8am on Friday, January 19, 2024. Two winners will be selected by random drawing.

V R A C N D D O E M A L K O H E L	E R T I C A L L L I A T O A K O N W D C Q O D D K E G L I W H O A E R A R R I E R D E D R C O S L E U T H	Seek Find Random Sleuth Backward Vertical Diagonal Wikipedia Horizontal Word Search
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S · I · P · & · S · O · C · I · A · L

FRIDAY, JANUARY 19—4:00 PM—MPR

Join us for a fun afternoon!



Come on down, meet someone new and get to know one another. Socialize over a delicious mocktail (non-alcoholic beverage) and fun interactive games.



One Kalakaua Library Newsletter

By Resident Librarian: Joyce Lumsdaine

Best wishes to all for a very happy 2024!

This newsletter is devoted to the many books the library has about cats. It is a popular subject of both fiction and non-fiction titles.



Two Japanese novels starting with the words: "I Am a Cat"

Historians believe that cats were introduced to Japan from China sometime between the 6th and 8th centuries. Today, nearly every shop has a maneki neko becoming customers with a raised paw, and of course, Hello Kitty is an image everyone knows. Novels about cats by Japanese authors are regularly on the bestseller lists in Japan and internationally.

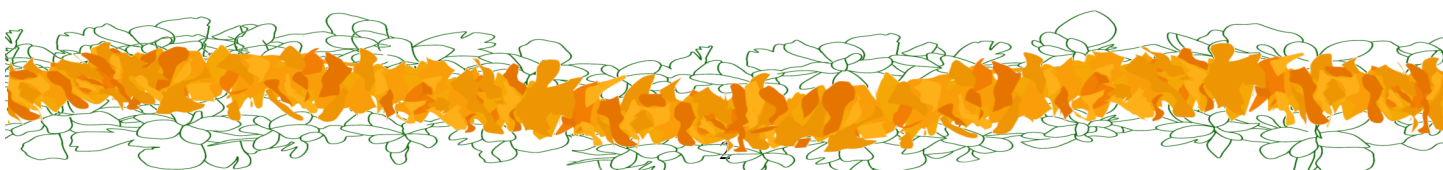
I Am a Cat, written a little over a century ago by the famous novelist Soseki Natsume, started this trend. In this satirical novel, still read in the schools, a house cat bemusedly observes upper middle-class Japanese society trying to emulate western ways. It is currently checked out from our library, but keep on the lookout for when this book is returned.

A brand-new addition to the library is *The Travelling Cat Chronicles* by Hiro Arikawa. This short, beautifully-translated novel, is a poignant and unforgettable read. Satoru dearly loves Nana, his cat, but can no longer care for him (We do not know why for a long time.). He embarks on a journey around the country to see friends from the past who might give his cat a new home. Some of the novel is told by Nana. He understands the ways of humans, but he also often describes them in a sardonic way. For example, he says, "They leave their cars exposed to the elements, but a few paw prints on the paintwork and they go ballistic."

Inspirational Books about Cats Who Changed People's Lives for the Better

James Bowen had a difficult childhood. He dropped out of high school, eventually sleeping on the street in London, addicted to heroin. **A Street Cat Named Bob** is about his chance encounter with a homeless cat and their mutual devotion and care, resulting in Bowen becoming drug-free. **We also have a copy in Reader's Digest Select Editions LARGE PRINT.**

On a very cold winter day, an emaciated and frightened homeless cat arrived at the library in the small town of Spencer, Iowa. Vicki Myron, the director, decides to adopt Dewey as the library cat. His personality blossoms with the loving care and attention he receives. Soon he becomes well-known beyond his home town. The **LARGE PRINT** edition of Myron's second book, *Dewey's Nine-Lives* features nine heartwarming stories about cats and their relationship to their owners.



RESIDENT SUGGESTION

Suggestion: Are visitors parking in Resident stall on level B1 & B2 required to check in at the front desk, like visitors parking in visitor stalls? I noticed visitors parking on B1 & B2 going straight up to Resident Units without checking in or have visitor badges.

Team Response: Visitors who have access to the parking garage may enter after signing in on the IPAD. They do not have to check in at the Front Desk, but should obtain their badge at the IPAD.

Suggestion: In the dining room, I thought take out container were not allowed. I noticed more and more residents bringing their own foil, Ziplock or containers to take out their food. The question is, why can't we bring in our own foil, Ziplock or containers to take out leftovers? The extra charges to the residents for foil, containers or paper plates are outrageous.

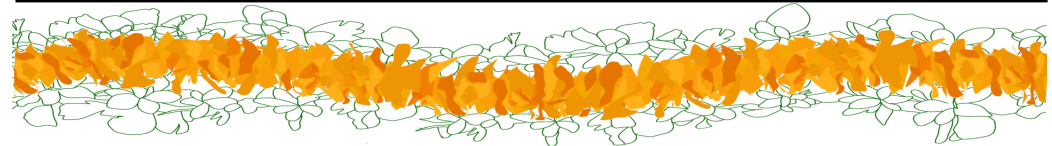
Team Response: Due to sanitation purposes, we are unable to allow residents to use their own foil, Ziplock or other containers for leftovers. We do remind those that we see bringing in such items and will continue to do so.

Suggestion Box Timelines for Responses:

We try our best to answer suggestions the week they are submitted. Some suggestions require vetting before we can thoughtfully answer, so for more complex suggestions please allow 2-3 weeks for the team to respond.

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.



BULKY ITEM PICK-UP

Please be advised our next resident bulky item pick up is scheduled for **Wednesday, 1/17/24**. If you have items for bulky pick-up, please call the Front Desk to do a work-order and your item will be picked up on the evening of **Tuesday, 1/16/24** at the earliest. Please note there will be a nominal charge for the bulky item pick-up.

If you have any questions, you may call Jan at (808)203-5769 or Ashley at (808) 983-4426 for more information.

