

THIS WEEK'S FITNESS CLASSES & ACTIVITIES

SUNDAY, JANUARY 28

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

MONDAY, JANUARY 29

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)
Fitness Center: 11:30 AM (Fitness Room)
Bingo: 1:00 PM (MPR)
Weekly Movie: "Where the Tracks End"
 6:00 PM (Game Room)



Synopsis: In rural Mexico, a teacher named Georgina is determined to make a difference in the lives of the young, bright students she educates in a railcar classroom.

TUESDAY, JANUARY 30

Blood Pressure Clinic:
8:00 AM (B2 Lobby)
Dance: 8:30 AM (CANCELLED)
Strong Posture L2: 9:15 AM (MPR)
Strong Beginnings: 10:30 AM
 (MPR & Ch. 901)
Fitness Center: 11:30 AM (Fitness Room)
January Birthday Celebration:
 1:00 PM (MPR)
Yoga: 2:30 PM (MPR)
Qi Gong: 3:30 PM (MPR)
Thomas Chock Ukulele:
 6:00 PM (MPR)



WEDNESDAY, JANUARY 31

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

THURSDAY, FEBRUARY 1

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)
Arts & Crafts with Faye Inter. Class: 1:00 PM & 2:00PM
 (Crafts Room)
Blood Pressure Clinic (walk ins accepted): 3:00 PM (B2 Lobby)

FRIDAY, FEBRUARY 2

DEADLINE: FELT COFFEE CUP SLEEVE CRAFT!
Blood Pressure Clinic (walk ins accepted): 8:00 AM (B2 Lobby)
Dance: 8:30 AM (CANCELLED)
Strong Posture L2: 9:15 AM (MPR)
Strong Beginnings: 10:30 AM
 (MPR & Via Ch. 901)
Fitness Center: 11:30 AM (Fitness Room)
Yoga: 2:30 PM (MPR)
Qi Gong: 3:30 PM (MPR)
UH Men's Basketball vs. Cal State Fullerton: 5:00 PM (Game Room)



SATURDAY, FEBRUARY 3

DEADLINE: FAMILY GAME DAY!
Taiko Ball Fitness: 8:45 AM (MPR)
Water Exercise: 9:30 AM (Pool)
Strong Posture Level 1:
 10:30 AM (MPR)
Fitness Center: 11:30 AM (Fitness Room)
Automatic Golf Putting: 3:00 PM (MPR)



One Kalakaua Senior Living Association Weekly News



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January 28, 2024

REOPENING

Dining and activities are resuming Sunday, January 28. Masking will still be required in indoor common areas.



CONGRATULATIONS F&B ON RECEIVING THE GREEN PLACARD



On Thursday, January 25th, we had a surprise inspection by the Dept. of Health for our Kitchen & Food Storage Area and passed with flying colors and was issued the Green Placard. Congratulations F&B!

HAPPY BIRTHDAY

TUESDAY, JANUARY 30 AT 1:00 PM IN THE MPR

All residents are welcome to join & enjoy a piece of cake as we celebrate our January Birthday celebrants.



Arlene Lee-Williams	1/1	Amy Kubo	1/16
Jane Uyehara	1/5	Joycelyn Lumsdaine	1/17
Kay Inouye	1/7	Ruby Siu	1/29
Dorothy Shigekuni	1/16	Grace Koizumi	1/31

Family Game Day

Friday, February 16—3:30 PM — Poolside

Sign Up by: Friday, February 2

Invite your family on down for a fun family day filled with games and snacks.



FELT COFFEE CUP SLEEVE CRAFT (ADVANCED)

MONDAY, FEBRUARY 12 AT 3:00 PM — MPR

SIGN UP BY: THURSDAY, FEBRUARY 1





One Kalakaua Library Newsletter

By Resident Librarian: Joyce Lumsdaine

We recently received five paperbacks in the **Cat in the Stack Mystery Series**. Miranda James, the author, is actually the pseudonym of Dean James, a librarian at the University of Mississippi Medical Center. He owns four cats.



CAT IN THE STACK MYSTERY SERIES

Many of the characters and situations have similarities to the author's life. Charlie, a widowed librarian in a college town, owns Diesel, a Maine coon cat ("large, loving, loyal, and intelligent") who walks on a leash. The books we have are:

Classified as Murder - Charlie is hired to inventory the rare book collection of an elderly eccentric with numerous treacherous relatives.

File M for Murder - Charlie's daughter is a suspect in a crime involving her old flame, a playwright noted for his sharp tongue and womanizing.

The Silence of the Library - A cast of characters converge in the town when a popular mystery writer makes a rare appearance. One collector will stop at nothing to get some rare books.

No Cats Allowed - Oscar Reilly is the new library director. He makes unpopular decisions to cut costs, and he bans 4-legged creatures, e.g. Charlie's cat, from the stacks. A crime is committed, and Charlie's close friend is the chief suspect.

Claws for Concern - A seemingly kind, elderly man comes from out of town to visit the library to research genealogy. Charlie lets him stay at his place. Then he learns that his houseguest may have been the killer in a cold case in town.



Hawaii's Plantation Village Tour—Tuesday, February 6th

Meet in the Lobby at 9:00 AM—Cost: \$11

Hawaii's Plantation Village is an outdoor museum that tells the story of life on Hawaii's Sugar Plantations (1850-1950). The Village includes restored buildings and replicas of plantation structures such as houses of various ethnic groups, community buildings such as the plantation store, infirmary, community bathhouse, and manager's office. Hawaii's Plantation Village shares the story of Hawaii's various cultures, including Hawaiian, Chinese, Portuguese, Puerto Rican, Japanese, Korean, and Filipino.

Please be aware that this is a walking tour. If you have a walker or wheel chair please bring your own caregiver. There may be limited seating & long periods of walking. Please bring a hat, as the heat may be a factor.

Please sign up at the Front Desk by Friday, January 26. Space is limited.

RESIDENT SUGGESTION

Suggestion: To follow-up to the last suggestion in the January 21 weekly news: Follow up on low AC temperature settings for other areas:

- 1) Level B-1...68.4* in the Elevator lobby on Jan. 2024
- 2) Level B-2...67.9* in the main hallway
69.4* in the Library
71 to 72* in other areas.

Team Response: Thank you for bringing this to our attention. We do want our residents to remain comfortable when in the building and at the same time keep efficiency in mind. We have adjusted the thermostats around the building to 72*.

U.S. POSTAL RATE CHANGES

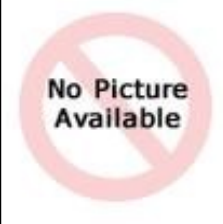
Effective January 21, the United States Postal Services increased their postage rates as follows:

Product	Previous Prices	New Prices
First-Class Mail Letters (1 oz)	\$0.66	\$.068
First-Class Mail Letters (metered 1	\$.063	\$.064
First-Class Mail Postcards	\$.051	\$.053
Single-piece First-Class Mail Letter	\$.024	No change
International Postcards and Letters	\$1.50	\$1.55
USPS Ground Advantage		5.4% average
Priority Mail Service		5.7% average
Priority Mail Express Service		5.9% average

WELCOME NEW RESIDENTS



Vernon Chock
unit 408



Shirley Chock,
unit 408

THOMAS CHOCK UKULELE PERFORMANCE

**TUESDAY,
JANUARY 30,
6:00 P.M.—MPR**



Join Thomas and sing along as he plays some of your favorite tunes.