

THIS WEEK'S FITNESS CLASSES & ACTIVITIES

SUNDAY, FEBRUARY 11

Arts & Crafts with Faye Inter. Class:
1:00 PM (Crafts Room)
Superbowl LVIII: 1:30 PM (MPR)



MONDAY, FEBRUARY 12

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)
Felt Coffee Cup Sleeve Craft:
3:00 PM (MPR)
Movie "Love Is a Many Splendored Thing": 6:00 PM (MPR)



Synopsis: In Hong Kong in 1949, Mark Elliot (William Holden) is an American reporter covering the Chinese civil war. Undergoing a trial separation from his wife, he meets beautiful Dr. Han Suyin (Jennifer Jones), a widowed physician from mainland China. As the pair fall in love, they encounter disapproval from both her family and his friends about interracial romance.

TUESDAY, FEBRUARY 13

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)

WEDNESDAY, FEBRUARY 14

DEADLINE: MAHJONG

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



Open Gardening: 8:30 AM
Healthy Heart Walk: 9:00 AM (Lobby)
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)
Bible Study: 11:00 AM (Crafts Room)
Arts & Crafts with Faye Inter. Class: 1:00 PM & 2:00PM (Crafts Room)
Blood Pressure Clinic (walk ins accepted): 3:00 PM (B2 Lobby)
Music With Glenn & Les:
3:00 PM (MPR)



THURSDAY, FEBRUARY 15

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 & 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 Poly:
5:00 PM (Game Room)



FRIDAY, FEBRUARY 16

Taiko Ball Fitness: 8:45 AM (MPR)
Water Exercise: 9:30 AM (Pool)
Strong Posture Level 1:
10:30 AM (MPR)
Family Game Day: 3:30 PM (Poolside)



SATURDAY, FEBRUARY 17

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

One Kalakaua Senior Living Association Weekly News

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February 11, 2024

COVID UPDATE

This past week we had 4 active cases of COVID. Hawaii Department of Health has advised that we continue masking. Once we have no new cases for 5 consecutive days, mandatory masking will change to option. In the meantime, thank you for your continued compliance with DOH. All other activities are in full swing.

SEASON'S ALOHA FROM THE UTILITIES CONSERVATION COMMITTEE

"What is the Utilities Conservation Committee (UCC) and what does it do?"

One Kalakaua (1K) commissioned Hawaii Energy Systems (HES) to do an ASHRAE Level 2 Energy Audit to identify potential energy conservation measures which was completed in March 2023. The UCC was established as an advisory committee to the One Kalakaua Board of Directors (1KBOD) to prioritize the findings in the report and to present those findings to the Board.

The Audit found that 1K could save 96,283 kWh, or approximately \$39,876 in electricity costs each year, or \$3,323 per month. To effect this positive change, the UCC has been working with Jan April and has drawn up a list of ten priorities based on the report. The UCC Chair also presented data to the 1KBOD at its November 10, 2023, meeting.

Of the ten priorities, *Priority 3: HOKA LED Lighting* and *Priority 6: Pool Spa Transformer* were January 2024. *Priority 5: Dining Room Exterior Door Weather Strip* has been partially completed as the private dining room still needs done. The other eight priorities are in process.

The UCC feels that *Priority 4: Beauty Shop Lighting* has gone beyond the preview of the committee as 1K is now trying to find an architect not a contractor for the job.

1K has gotten two contractor bids for *Priority 1: Sub-metering Cost Benefit Study* and is waiting for a third to adhere to the procurement process. Additionally, two estimates have been obtained for *Priority 8: Kitchen Rangehood Replacement* which will be used to generate an RFP.

There has been a lot of discussion on *Priority 2: Replace Thermostats in Common Areas*. As of now, the 1K Administration has stated that all public area thermostats have been set at 72 degrees but is still in the process of identifying contractors. The new door is on Oahu to complete *Priority 7: Freezer Door Replacement*. However, 1K needs to rent a refrigerated truck as well as schedule the installation with a contractor.

A meeting with Steve Norstrom was held on November 1, 2023, via Zoom and a pamphlet was distributed to residents to meet *Priority 9: Board of Water Supply Audit*. Additionally, the UCC is hoping to schedule *Priority 10: HECO Energy Conservation Presentation* in March.

So, you can see that the UCC has been busy. Help the UCC make 2024 a banner year for utility conservation at 1K. We want your input on further projects and ideas of how 1K can utilize its utilities more efficiently. Our meetings are the first Wednesday of every month or more frequently if necessary. Please stop by and give your input, it will be appreciated.

Resident Survey Responses

The Resident Survey was sent out in section of topics. One of the sections focused on the Lobby.

What's working: Many of the resident spoke of being happy with the cleanliness, and decorations. Feedback stated its welcoming and festive. Residents were happy that the puzzle table and the daily newspaper being put out are back.



How can we improve?: One suggestion pointed out is that the thermostats are set to 68 degrees in the lobby and dinning room. Thank you for the feedback. This has been addressed and all thermostats in the common areas have been moved up to a set point of 73 degrees.



Another request was to have pianist utilize the lobby for the enjoyment of all. If you can play piano or know of anyone who would like to play in the lobby, please let Linda know and we can place the performance on the calendar for all to enjoy. We are actively looking for both pianist and harpist for resident's enjoyments. There is a practice piano in the lobby of B2 and it is available for both to residents and their guests as well.

If you have activities that you would like added to the lobby such as specific games, decorations or open activities, please let us know. We will do our best to accommodate. Our lobby is a special hub for casual encounters, merriment and mingling. The more opportunities we can create to build community, the better.

ROSES FROM AARP & WISH OF A LIFETIME



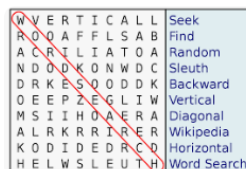
Each resident will be receiving a rose for Valentine's Day on behalf of AARP and Wish of a Lifetime. Wish of a Lifetime is a charitable affiliate of AARP and their mission is to grant life-changing wishes to older adults and inspires people to redefine aging in America.



Your Cupid Crew will be delivering a rose to you on February 14th around 1pm to your unit. Please note we are unable to save roses so please be home to receive your rose.

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, February 16, 2024. Two winners will be selected by random drawing.



RESIDENT SUGGESTION

Suggestion: There are lots of OKSL residents who use the cross walk adjacent to our driveway on Young St. to get to Ala Moana Shopping Center, Walmart, Don Quijote, McDonalds, etc. 3 times this week while in the cross walk I almost was run over by vehicles who refuse to stop. Is it possible to have a crosswalk light or speed bumps installed so we can be safe using this crosswalk?

Team Response: Thank you for your suggestion. We will contact the C&C to see what they can do.

"LEARN HOW TO PLAY HANAFUDA"

Friday, March 8 at 1:30 PM in the MPR

Sponsored by: Hanafuda Hawaii

Sign-up by Friday, February 23



MUSIC WITH GLENN & LES WEDNESDAY, FEBRUARY 14

3:00 PM IN THE MPR

Join us this Valentines Day and sing along with Glenn & Les (retired teachers) as they play some popular oldies love songs for you.



TECHNOLOGY SUPPORT

Friday, February 23, 10:00 am—2:00 pm

Library or In Unit



Need help with your computer, email, smart phone, or other device? Tech Savvy Teens can help you in the library for email set up, phone and software training. If you need help with devices in your unit, they can go up as well. Please call or email to schedule: Tiffany Kaspo 808.983.1098 tiffany@onekalakaua.net. There is no cost, however if you would like to make a donation to the non-profit, please make checks out to Tech Savvy Teens.

WELCOME NEW RESIDENT



LOST & FOUND

The following items have been turned in to lost and found. If this is your item, please see the Front Desk to claim your item. You must be able to describe the item. All items must be claimed by February 16.

- Hawaiian Apron
- Id card (Daniel Bailey)
- Cherry Blossom mask
- Sun/eye glasses
- Watches
- Surface mount box
- Phone cord
- Bracelet
- Simplex card
- Keys
- Wixela
- Earrings
- Lunch bag
- Flasks
- Audio book
- Books
- Death & taxes book
- Earrings
- Exercise band
- Safety goggles
- Light Bulb

