

THIS WEEK'S FITNESS CLASSES & ACTIVITIES

SUNDAY, FEBRUARY 4

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

MONDAY, FEBRUARY 5

DEADLINE: HEALTHY HEART WALK!

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)

TUESDAY, FEBRUARY 6

DEADLINE: CHINESE NY PAU HANA!

Blood Pressure Clinic (walk ins accepted): 8:00 AM (B2 Lobby)
Dance: 8:30 AM (MPR)
Strong Posture L2: 9:15 AM (MPR)
Hawaii Plantation Village: 10:00 AM (Meet in lobby at 9:00 AM)
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 7

DEADLINE: TURN IN YOUR SUPERBOWL GUESS!

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)

Arts & Crafts with Faye

Inter. Class: 1:00 PM & 2:00PM
(Crafts Room)

Afternoon Snack "Chocolate Dipped Strawberries": 2:30 PM (MPR)

Blood Pressure Clinic (walk ins accepted): 3:00 PM (B2 Lobby)

Weekly Movie: "Flower Drum Song"
6:00 PM (Game Room)



Synopsis: In this adaptation of the 1958 Rodgers and Hammerstein Broadway musical, Chinese immigrant Mei Li (Miyoshi Umeki) is betrothed to nightclub boss Sammy Fong (Jack Soo), but he wants to marry showgirl Linda Low (Nancy Kwan). To get out of the arrangement, Sammy pawns her off to wealthy master Wang (Benson Fong) as a fiancée for his son, Wang Ta (Victor Sen Yung). Mei Li falls in love with Wang, but he wants to pursue Linda, who takes advantage of his affections to test Sammy's love.



THURSDAY, FEBRUARY 8

DEADLINE: LUNCH BUNCH CAFÉ JULIA!

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)

FRIDAY, FEBRUARY 9

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)
Dr. Yamaguchi Podiatrist (by appt.):
1:00 PM (B2 Clinic)

Sing Along "Love Songs": 1:00 PM (MPR) (Pick-up song sheets at FD)



SATURDAY, FEBRUARY 10

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 4, 2024

COVID Update

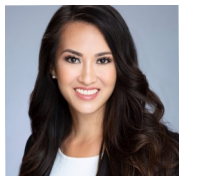
Thank you for your support with the COVID restrictions. The number of active COVID cases in the building has substantially decreased. Also those who were previously ill have safely recovered. We still have a few new cases, so we ask you to continue to mask while occupying our indoor common areas. Please feel free to enjoy the outdoors, mask-free while social distancing. Our team is thoughtfully working to balance infection control protocols with our need for community, social interactions and finding a sense of enjoyment and normalcy. The staff will continue with frequent deep cleaning of our common areas. If you are having symptoms or have been exposed to COVID, please call RCS so we can best assist you.

Resident Survey

Weeks back many of you sent in your responses to a Resident Survey. Thank you for your time and thoughtfully sharing your feedback. Though there is always areas to improve, the sentiment from our residents who responded is one of positivity, optimism, and reflected warm relations with the staff. I will share a full summary in my next Executive Directors report at our February 22 Board meeting. In the mean time we'll dive into the feedback and what we are doing to continuously improve One Kalakaua in our Weekly Newsletters. If you have more to share or would like to sit down on specific items, please feel free to call me, set up a time to chat or if my door is open, please just come on in.

Mahalo,

Leina Ijadic



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.

SUPER BOWL 58 SUNDAY, FEBRUARY 11 AT 1:30 PM



KANSAS CITY CHIEFS
VS.
SAN FRANCISCO 49ERS

WATCH THE SUPER BOWL IN YOUR HOME OR COME ON DOWN TO THE MPR **(LIMITED TO 40 PEOPLE)*

SEE YOUR LOBBY FLOOR FOR OUR CONTEST AND A CHANCE TO WIN!

GUESSES ARE DUE BY WEDNESDAY, FEBRUARY 7TH.



LUNCH BUNCH "CAFÉ JULIA @YWCA"
WEDNESDAY, FEBRUARY 21 AT 11:00 AM
MEET IN LOBBY AT 10:30 AM



SIGN UP AT FRONT DESK BY FEBRUARY 8. LIMITED TO 15 RESIDENTS.

A popular venue for weddings & events. Café Julia at YWCA opened its doors in 2013 and has been a staple of the downtown community since then.

Sign up and join us for a flavor explosion experience with a grand atmosphere that'll have you going "Wow!"

Cost for your meal including 20% tip/tax will be billed to your account. Any cancellations after deadline date may incur a \$10 cancellation fee and/or cost of meal. Pick up menu at Front Desk. Transportation is provided. Masks are recommended.

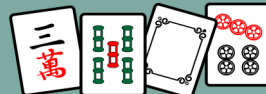
HEALTHY HEART WALK



Wednesday, February 14 at 9:00 am
Meet in in the lobby by: 8:45 AM
Sign up by: Monday, February 5
Join us as we walk around the block.



MAHJONG



Wednesday, February 28 at 3:00 PM—MPR

Come on down and play Mahjong with the Associated Chinese University Women. Whether you are a beginner, intermediate or advance player, come on down and play. Please sign-up at the Front Desk and indicate your level of skill by: Wed., February 14.

RESIDENT SUGGESTION

Suggestion: The blank "meal take out forms" box located on each floor really saves us time & the use of the elevator. I suggest that you also include a box for us to place our completed "Meal Take out forms" on each floor. This would save us time and use of the elevator.

Team Response: Thank you for your suggestion. We encourage our residents to be out and about, walking, socializing and enjoying each other's company. Coming down for small errands provides this opportunity. If you are having health issues or need assistance, we can surely support. Please let RCS know.

Suggestion: Inform residents of anniversary dates and birthdates of employees via newsletter. We used to get it through employee newsletter, but since we no longer get it we would like to still know their birthdates and anniversary dates.

Team Response: We can surely add this to the weekly newsletters. See below for January.

Birthdays:

- Jennifer Simpson
- Ako Moenoa
- Brittney Higa
- Autumn Reynolds
- Lorna Ancheta
- Faye Tsukamoto
- Jocel Nones
- Wendee Nishimura
- Leo Escala

Anniversary:

- Loveriann "Nad" Pelep – 1 year
- Nelia Tangonan – 2 years
- Maybelle Del Rosario – 26 years
- Natelyn Barruga – 4 years
- Lute Manumanu – 9 years
- Aaron Yuen – 19 years

MONTHLY GENERATOR TESTING

Thursday, February 15, 2024
2:00pm to 2:30pm



We will be conducting the monthly generator transfer testing. Please note during testing, you may smell fumes and/or hear noises from the generator. Please keep your windows closed during this time.

Both elevators will be in normal operations, but there will be about a 5-10 minutes delay before and after the generator transfer.

If you have any questions, please call Ashley at 808.983.4426.

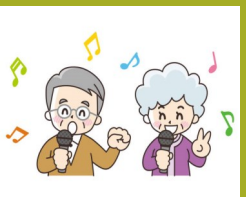
WELCOME NEW RESIDENT



Jacob Hee
Unit 1413

AFTERNOON SNACK CHOCOLATE DIPPED STRAWBERRIES

Wednesday,
February 7
2:30 PM
MPR



SING-ALONG

FRIDAY,
FEBRUARY 9 AT
1:00 P.M. IN THE
MPR

Join us for sing-along. Pick-up the sing-along song sheets at the front desk. This month's theme will be "Love Songs."