


THIS WEEK'S FITNESS CLASSES & ACTIVITIES

SUNDAY, MARCH 10


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

MONDAY, MARCH 11

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)
Automatic Golf Putting:
3:30 PM (MPR) 
Weekly Movie: "Made in Italy" 6:00 PM
 (Game Room) See Bulletin Board for synopsis.



TUESDAY, MARCH 12

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)
Lunch Take-Out "Jolene's": 
12:00 PM (MPR)
Fitness Center: 11:30 AM (Fitness Room)
Yoga: 2:30 PM (MPR)
Qi Gong: 3:30 PM (MPR)

WEDNESDAY, MARCH 13

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) 
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 & Anna (Oldies Show): 3:00 PM (MPR)

THURSDAY, MARCH 14

DEADLINE: MANOA MARKETPLACE FARMER'S MARKET SHOPPING EXCURSION

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, MARCH 15

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):
1:00 PM (MPR)
Farewell Dee Robinson: 
2:00 PM (Game Room)
Easter Tea Party Pau Hana—Entertainment by Ruth Freedman 
Harpist: 3:00 PM (MPR)
(Tea and tea sandwiches to be served)

SATURDAY, MARCH 16

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

One Kalakaua Senior Living Association Weekly News

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March 10, 2024



FAREWELL

DEE ROBINSON

FRIDAY, MARCH 15 2:00 PM - 3:00 PM
GAME ROOM

Please join us as we bid adieu to our Administrator Dee Robinson. Dee has dedicated 27 years to One Kalakaua. We would like to thank her for her hard work, dedication, guidance, and knowledge. We appreciate the legacy she leaves behind. The Administrator function will be moving to Leina Ijacic. We wish Dee all the best in all her future endeavors & adventures. Light pupus to be served.

Casting Call

We will be filming a short commercial of One Kalakaua to show our magic to the broader Hawaii community. We will be featuring our amenities and a few resident units. We are looking to feature residents in our art classes, hanging out in the lobby, swimming in the pool, enjoying a meal in the dining room, having their blood pressure taken in their unit, and in fitness classes. If you are open to being featured, please reach out to Leina at lijacic@onekalakaua.net.



ACTIVITY SIGN-UPS

Please note effective Monday, March 11, Monday—Friday from 8:30a—11a, the activity sign-ups will be done in the MPR. Please see Damon or Joann.

MONTHLY GENERATOR TESTING
Thursday, March 21, 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.

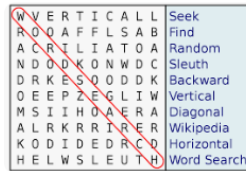
BULKY ITEM PICK-UP

Please be advised our next resident bulky item pick up is **Wednesday, 3/20/24**. 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, 3/19/24** 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 Ashley at (808)983-4426 for more information.



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, March 15, 2024. Two winners will be selected by random drawing.



RESIDENT FIRE EVACUATION DRILL

Friday, 3/15/24 at 10:00am—Floors 3, 4, 5

The Maintenance staff will be conducting a Fire Evacuation Drill for all residents on Floors 3, 4, and 5. If you live on these floors, please listen for the announcement which will provide you instructions on how to participate in this drill.

We strongly encourage you to be home at this time to learn how to evacuate in the event of a fire. To participate, please open your door and go to the nearest fire stairwell. A staff will be by there to provide additional instructions. Thank you for your participation in this evacuation drill.

Estimated Times

- 10:00 AM—5th Floor**
- 10:15AM—4th Floor**
- 10:30AM—3rd Floor**

RESIDENT SUGGESTION

Suggestion: The Osso Buco had an unusual taste—sauce even looked different. Not good, another patron also noticed. Just for your info.

Team Response: Thank you for notifying us about the dish. Our normal Chef that cooks this item is out at this time, but should be back soon. We will look into improving this dish the next time.



Honolulu Fire Department
"Fire & Life Safety"



Monday, March 18 at 3:00 PM in The MPR

Please join us on a special talk about "Fire & Life Safety" with officer Thomas Inouye from the City and County Honolulu Fire Department.

Automatic Golf Putting



MONDAY, MARCH 11
3:30 PM IN THE MPR

MUSIC WITH GLENN, LES & ANNA
WEDNESDAY, MARCH 13
3:00 PM IN THE MPR

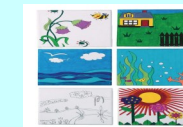


Join us and sing along with Glenn & Les (retired teachers) along with Anna as they play some popular Hawaiian/Oldies tunes for you.

PREPRINTED CANVAS PAINTING CRAFT
(INTERMEDIATE)



FRIDAY, APRIL 5 AT 2:30 PM IN THE MPR
SIGN UP BY: FRIDAY, MARCH 22
NOTE: CANVAS DESIGNS VARY



WELCOME NEW RESIDENT



Roxane
 Kaneshiro-Sasaki,
 Unit #1007

RESIDENT ACTIVITIES



Larry & Jane enjoying their burritos from the Burrito Kid Food Trailer.



Vernon & Joan enjoying their mocktails and getting to know each other at our Sip & Social.



Janey, Doris & Laurene enjoying the food and fellowship with the Management at Café Julia.

