

THIS WEEK'S FITNESS CLASSES & ACTIVITIES

SUNDAY, MARCH 3

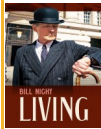
CHECK YOUR INHOUSE BOX FOR A GIRL'S DAY TREAT!




Royal Hawaiian Band: 1:00 PM (MPR)
Arts & Crafts with Faye Inter. Class:
 1:00 PM (Crafts Room)

MONDAY, MARCH 4

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)
Afternoon Snack "Manju": 
 2:30 PM (MPR)
Weekly Movie: "Living" 6:00 PM
 (Game Room) See Bulletin Board for synopsis.



TUESDAY, MARCH 5



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)
Sing Along "Irish/Spring Songs":
 1:00 PM (MPR) *Pick up song sheets at F.* 
Yoga: 2:30 PM (MPR)
Qi Gong: 3:30 PM (MPR)

WEDNESDAY, MARCH 6

DEADLINE: EASTER TEA PARTY PAU HANA

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)

HECO Energy Conservation & Energy Report: 1:00 PM (MPR) 
Blood Pressure Clinic (walk ins accepted): 3:00 PM (B2 Lobby)
Special Board of Directors Meeting (Owners Only): 
 3:00 PM (Game Room)

THURSDAY, MARCH 7

DEADLINE: FOSTER BOTANICAL GARDENS
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 8

Taiko Ball Fitness: 8:45 AM (MPR)
Water Exercise: 9:30 AM (Pool)
Foster Botanical Garden Self-Guided Tour Excursion: 10:00 AM 
 (Meet in lobby at 9:30 AM)
Strong Posture Level 1:
 10:30 AM (MPR)
Fitness Center: 11:30 AM (Fitness Room)
Learn to Play Hanafuda: 
 1:30 PM (MPR)

SATURDAY, MARCH 9

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 3, 2024

ONE KALAKAUA SENIOR LIVING SPECIAL BOARD OF DIRECTORS MEETING

The specially scheduled meeting of the Board of Directors of One Kalakaua Senior Living will be held on:

DATE: Wednesday, March 6, 2024
 TIME: 3:00 p.m.
 PLACE: Game Room

Owners may attend in person

General business to conduct: Approval of FY 2023 Annual Report

If any Director is unable to attend this meeting, please contact Jaycelin Oliva, Hawaiiana Management, at (808) 792-0504.

Intermittent Hot Water

Saturday, 3/2/24

We will be experiencing intermittent hot water while contractors work on the heat pump start up. They are scheduled to work on it Saturday morning and it will likely be through lunch time.

Sorry for the inconvenience and mahalo for your understanding.



LUNCH BUNCH TAKE-OUT: JOLENE'S HAWAII



TUESDAY, MARCH 12 12:00 PM IN THE MPR

SIGN UP EXTENDED TO: WEDNESDAY, MARCH 6

PICK UP YOUR MENU AT THE FRONT DESK TO MAKE YOUR SELECTIONS.



PLEASE TURN IN COMPLETED MENU TO THE FRONT DESK BY WEDNESDAY, MARCH 6.

YOU ARE WELCOME TO TAKE YOUR MEAL HOME OR ENJOY YOUR MEAL IN OUR MPR.

MEAL COST AND 10% TIP WILL BE CHARGED TO YOUR MONTHLY BILLING.



EASTER TEA PARTY PAU HANA



Friday, March 15 at 3:00 PM in the MPR

Sign up extended to: Wednesday, March 6



Please join us as we enter into the Spring season for delicious tea sandwiches and a spot of tea. Come dressed in your favorite Spring attire, relax with friends and listen to the sweet medley of musical arrangement by our angelic harpist Ruth Freedman!

SING-ALONG

TUESDAY, MARCH 5 AT 1:00 P.M. IN THE MPR

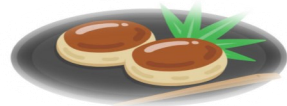


Join us for sing-along. Pick-up the sing-along song sheets at the front desk. This month's theme will be "Irish/Spring Songs."



AFTERNOON SNACK "MANJU"

MONDAY, MARCH 4 AT 2:30 PM IN THE MPR



NOTE:

- 1) Snacks will be given to attendees. Then to those wanting take out on an as available basis as we estimate the amount of residents that will come down for the snack.
- 2) Residents will have the opportunity to come down to the snack event to stay and socialize or take-out. Caregivers may come down to pick-up for a resident.
- 3) After 30 minutes, remaining snacks will be distributed for second servings, on a first-come first-serve request, while supplies last.

Hawaiian Electric: Energy Conservation Wednesday, March 6 1:00 PM in the MPR



Presented by: Aaron Jay

(Commercial Client Manager– Healthcare Sector)

Along with an Energy Report

by Jan April, One K Facilities Operation Manager

...all you wanted to know about electricity in Hawaii — history, how power gets to you, energy saving measures including the new "time of use" program and how you the customer can help with energy conservation. How does usage affect Maintenance Fees?

How does One Kalakaua fare in the scheme of things: what percent of our expenses is attributed to electric usage? Is usage decreasing? What efforts have we made?

WELCOME NEW RESIDENTS



Barbara Hiraga,
Unit #309



Mary Kano,
Unit #1414



Bertha Pang received the blessings from our Chinese New Year Pau Hana



Reggie Young on tour of the Hawaii Plantation Village

MANOA MARKETPLACE FARMER'S MARKET



THURSDAY, MARCH 28

10:00 AM MEET IN LOBBY AT 9:45 AM

PLEASE BRING YOUR BAGS AND CASH/CREDIT CARDS FOR YOUR PURCHASES.

SIGN UP BY: THURSDAY, MARCH 14

STORES: Safeway, Kay's Crackseed, L&L Hawaiian BBQ, Longs Drugs, Le Crepe Café, Manoa Nails, Manoa Sushi, McDonalds, Subway, BRUG Bakery, Island Manapua, Coffee Bean & Tea Leaf, and more...