

One Kalakaua Senior Living Association Weekly News

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April 21, 2024

RESIDENT FORUM

WEDNESDAY, APRIL 24 AT 2:00 P.M. IN THE MPR

TOPIC: "FOOD & BEVERAGE"

Let's chat about what you enjoy and how we can improve the quality of our food offerings. We will be discussing proposed new menu items and how new items will be introduced.



Hui Ku Maoli Ola Plant Nursery & Lunch Bunch Kizuna Sushi Bar & Grill

WEDNESDAY, MAY 8 AT 10:00 AM

MEET IN LOBBY BY 9:00 AM

SIGN UP BY: MONDAY, APRIL 29

COST: MEAL (TO BE CHARGED TO YOUR ACCOUNT)



Please sign up and join us for a fun filled and eventful day to the Hui Ku Maoli Ola Native Hawaiian Plant Nursery. They are Hawaii's largest nursery specializing in Native Hawaiian plants. Staff have been working to beautify One Kalakaua to create magical spaces for your enjoyment and raise property values. We will be purchasing plants to fill in spaces on One Kalakaua grounds and would love the input of those attending. Feel free to also personally shop and we can help transport your purchases back home.

Then we'll head to Kizuna Sushi Bar & Grill to dine on delicious sushi, teppanyaki and other Japanese dishes. Menus at the Front Desk.
*Remember to bring **cash** for shopping at the nursery. They only take cash!



ONE KALAKAUA COMMERCIAL VIEWING



Join us on Monday, April 22nd at 2:00 p.m. in the MPR to view our One Kalakaua Senior Living Commercial that has aired on Hawaii News Now.

NAME THAT TUNE & DO YOU KNOW THE LYRICS



You think you know music well?



Join us for "Name That Tune?" and "Do You Know the Lyrics?"

Residents will have the opportunity to listen to a song, name the song, or say the missing lyrics. The first resident to name the correct song title or missing lyrics will be the winner (other rules may apply).

This month's theme will be "Elements of the Earth" Prizes to be awarded.

EMERGENCY SYSTEM REBOOT

The emergency system (including all pendants and your in unit smoke detectors) will be shut down briefly on 4/23/24 for about 5-15 minutes between 8:30a-9:00a. Do not press any of your pendants during the outage, instead call the Front Desk at (808)983-4400 if you need emergency assistance. An announcement will be made overhead prior to and at the end of the testing.

UH FELLOWS TALK WITH DR. JENNY DAVILA

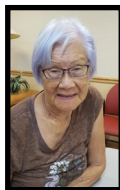


**FRIDAY, APRIL 26 AT 1:00 P.M.
IN THE MPR**



PUZZLEWINNERS

Congratulations to our puzzle winners:

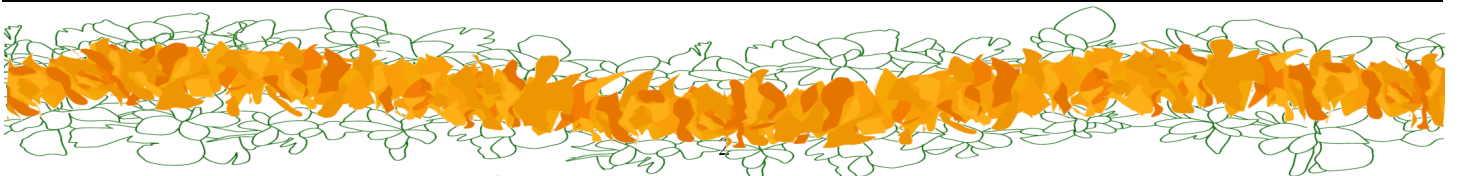


DORIS CHUN



TOM AKAMU

W	V	E	R	T	I	C	A	L	L	Seek
R	O	O	A	F	F	L	S	A	B	Find
A	C	R	T	L	I	A	T	O	A	Random
N	D	O	D	K	O	N	W	D	C	Sleuth
D	R	K	E	S	O	O	D	D	K	Backward
O	E	E	P	Z	E	G	L	I	W	Vertical
M	S	I	I	H	O	A	E	R	A	Diagonal
A	L	R	K	R	R	I	R	E	R	Wikipedia
K	O	D	I	D	E	D	R	C	D	Horizontal
H	E	L	W	S	L	E	U	T	H	Word Search



RESIDENT SUGGESTION

Suggestion: So what is happening with our ping pong table request?

Team Response: Due to lack of a covered area to play and area to store the table when not in use, we are going to hold off. We surely can purchase other outdoor games. Please feel free to provide other activities suggestions as we do want to have more options available.

Suggestion: Darcy's presentation on Beyond the Table and buy local was excellent. The presentation on the screen not so good. Didn't matter if you sat close, you couldn't see the screen. Her bringing in samples to see, taste and giveaways were brilliant.

Suggestions: Bigger fonts for screen. Put it on One K's website for the residents who couldn't make it or for the residents who came to go over it again. It had lots of great information. Have the presenter wear a head microphone so she can move around freely. Instead of fumbling with the hand microphone and showing her samples. All in all excellent presenter and presentation.

Another subject: Can pies and cobblers be on the menu for desserts? Like, peach, cherry, pear, apricot, etc.

Team Response: We will definitely let Darcy know how much you enjoyed her presentation. We will also give her your feedback on using larger fonts for her presentation as well as using a head microphone so she can better prepare for future talks. We will need to check with Darcy on whether she is willing to allow her information to be published on our website and if she allows it will be posted.

As for the pies, we will check with our vendor on available supplies and look into offering a variety of different fruit pie selections.

(NOTE: As a reminder, please know that we sometimes receive several suggestions in a week and are unable to publish all at once. Some may require further discussion / research before we can respond.)

BEER BASH

FRIDAY, APRIL 26 AT 3:30 PM IN THE MPR



Come down, meet someone new and get to know one another. Let's socialize and enjoy some fun games. Non-Alcoholic beer will be served. You are free to bring your own alcohol or other beverages to the event as well.

RESIDENT ACTIVITIES



Mahalo to HFD Chief Thomas Inouye for teaching us about Fire & Life Safety.



Linda enjoying the tour of the U.H. Kabuki exhibit.



Paul practicing his golf game at our automatic golf putting.

THIS WEEK'S FITNESS CLASSES & ACTIVITIES

SUNDAY, APRIL 21

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

MONDAY, APRIL 22

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)



One K Commercial Viewing:

2:00 PM (MPR)

TUESDAY, APRIL 23

Blood Pressure Clinic (walk ins accepted): 8:00 AM (B2 Lobby)

Dance: 8:30 AM (MPR)

Strong Posture L2: **(CANCELLED)**

Strong Beginnings: **(CANCELLED)**

Fitness Center: 11:30 AM (Fitness Room)



Name that Tune & Do You Know

Lyrics: 1:00 PM (MPR)

Yoga: 2:30 PM (MPR)

Qi Gong: 3:30 PM (MPR)

WEDNESDAY, APRIL 24

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

Beginner's Class: 1:00 PM & 2:00PM
(Crafts Room)

Resident Forum "Food & Beverage" 2:00 PM (MPR)



Blood Pressure Clinic (walk ins

accepted): 3:00 PM (B2 Lobby)

Weekly Movie: "Toscana"

6:00 PM (Game Room)



Movie Synopsis: A Danish chef goes to Tuscany, Italy, to sell the goods he inherited from his father, but he meets an inspiring woman who makes him rethink life and love.

THURSDAY, APRIL 25

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) **(CANCELLED)**

Fitness Center: 11:30 AM **(CANCELLED)**



Volunteer Appreciation: 12:00 PM
(MPR) *(Invited Guest Only)*

Yoga: 2:30 PM (MPR)

Qi Gong: 3:30 PM (MPR)

FRIDAY, APRIL 26

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)

U.H. Fellows Talk "Stroke:

Dr. Jenny Davila": 1:00 PM (MPR)

Beer Bash: 3:30 PM (MPR)



SATURDAY, APRIL 27

Tai Chi: 7:30 AM (MPR)

Beginning Tai Chi: 8:15 AM (MPR)