

# One Kalakaua Senior Living Association Weekly News



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April 7, 2024

## ONE KALAKAUA COMMERCIAL

A big Mahalo to all residents/owner who volunteered to act in our One Kalakaua Commercial soon to air on Hawaii News Now. Everyone looked fabulous and did a great job and we will be sure to let you know what day and time the commercial will air! We are estimating it to air in about two weeks.



## SING-ALONG

TUESDAY, APRIL 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 **"Elements of the Earth."**



## FAMILY & FRIENDS POPCORN & MOVIE NIGHT

### "ELEMENTAL"

FRIDAY, APRIL 12 AT 6:00 P.M. IN THE MPR

**Come on down and invite the whole family. All ages are welcome from the little ones to the older ones. Let's all have fun with the gang with some popcorn and toons.**



Movie synopsis: In a city where fire, water, land, and air residents live together, a fiery young woman and a go-with-the-flow guy discover something elemental: how much they actually have in common.



## TECHNOLOGY SUPPORT

Friday, April 19, 10:00 am—2:00 pm

Library or in Your 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](mailto: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.

## PAPER TOWELS, SOAP, & HAND SANITIZERS

We are here to take care of our residents, however taking paper towels, soap, and hand sanitizers from the common areas for home or outside use both drives up maintenance costs and leaves these areas short on supplies. Please do not bring containers to fill up to take for personal use. Instead, ask RCS to help you with a supply run for a nominal fee or join us for Bingo for your chance to win free supplies. Mahalo!

## FRONT DESK MAIL SERVICES

Need a package mailed? Ran out of postage stamps? The Front Desk is here to assist. The Front Desk has mailing services for you such as postage stamp books, individual mailing of envelopes, packages, certified returned receipt mail and flat rate boxes.

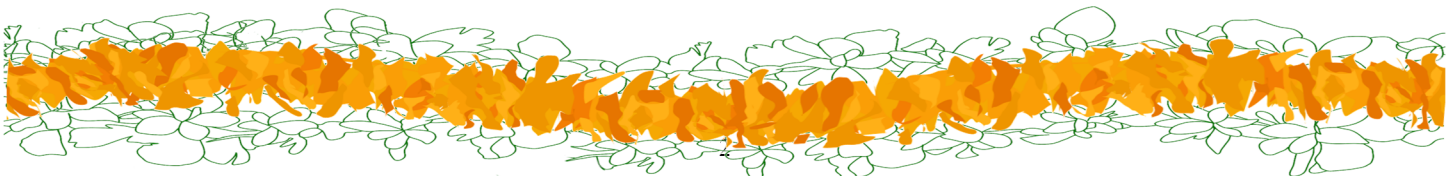


## ANNUAL DEEP CLEANING REMINDER

On 3/23/24, the Annual Deep Cleaning Memo was distributed to residents on the **15<sup>th</sup> and 14<sup>th</sup> floors**. The apartments on those floors are scheduled to be cleaned in the upcoming week. This is a reminder to refer to the memo for your scheduled date, time and cleaning tasks. If you have not done so, please make sure to complete the Confirmation and Authorization to Enter (ATE) form immediately, please return completed form to the Front Desk.

## RESIDENTIAL TRASH ROOM REMINDER

For your safety, please remember to break down all cardboard boxes before you bring it to the trash room. We have also included **a bin each for Glass Bottles, Plastic Bottles/Cans and Newspapers Only**. All other trash must be bagged and disposed into the trash chute. Please help us keep the trash room safe for all to use. Mahalo for your kokua!



## RESIDENT SUGGESTION

**Suggestions:** 1) The perfume in elevators are too strong. 2) Is it possible to install a air freshener in the trash rooms? The one in the elevator makes our rides so refreshing.

**Team Response:** Thank you for the two suggestions regarding the air fresheners. We have removed the air freshener in the elevator as it seems to be too strong for some. In addition, we do have air fresheners in the trash room and they are replaced every 3 months.

**Suggestion:** Couple of spiked floor mats near the main entrance and both garage entrances for residents and visitors to clean/brush-off dirt, mud, etc. from the slippers or shoes so as to not track these particles into the condo. Too often while walking around the streets surrounding this building, you see and try to avoid dirt, mud, rubbish, dropping on the sidewalk and we don't need these track into the condo. Access to a water spicket would help also! Too many droppings around too!

**Team Response:** We currently have the heavy duty mats at all the garage entrances to brush off dirt, etc. For safety reasons, we are unable to use a water spicket for shoe cleaning.

## 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, April 19, 2024. Two winners will be selected by random drawing.

VERTICAL	Seek
ROADFLSAB	Find
ACRLIATO	Random
NDOKONWC	Sleuth
DRKESODDK	Backward
DEEPZGLIW	Vertical
MSIHDQER	Diagonal
ALRRRTRE	Wikipedia
KODIDEDRC	Horizontal
HELWSLEUT	Word Search

## RESIDENT ACTIVITIES



Laurene and Linda enjoying their time shopping at Manoa Marketplace.



Dede, Barbara, Beverly, and Kay taking a break after shopping at Manoa Marketplace.

## WELCOME NEW RESIDENTS



SHARON SAITO  
UNIT 802



JOANN YAMAGUCHI  
UNIT 802



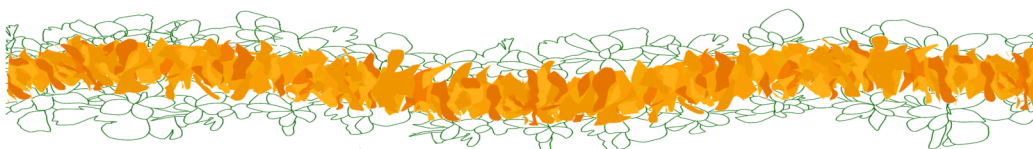
## AFTERNOON SNACK "PINWHEELS" FRIDAY, APRIL 12 2:30 PM IN THE MPR

Come on down and enjoy a delicious snack. A tortilla wrap stuffed with veggies, cheese and deli meat all rolled up into a cute pinwheel. A perfect small snack that you can't resist.



**NOTE:**

- 1) 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.
- 2) After 30 minutes, remaining snacks will be distributed for second servings, on a first-come first-serve request, while supplies last.



# THIS WEEK'S FITNESS CLASSES & ACTIVITIES


## SUNDAY, APRIL 7

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


## MONDAY, APRIL 8

**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)  
 **HFD "Fire & Life Safety":**  
3:00 PM (MPR)

## TUESDAY, APRIL 9

**Blood Pressure Clinic (walk ins accepted):** 8:00 AM (B2 Lobby)  
**Dance:** 8:30 AM (MPR)  
**Strong Posture L2:** 9:15 AM (CANCELLED)  
**Strong Beginnings:** 10:30 AM (CANCELLED)  
**Fitness Center:** 11:30 AM (Fitness Room)  
**Sing Along "Elements of the Earth":**  
 1:00 PM (MPR)  
**Yoga:** 2:30 PM (MPR)  
**Qi Gong:** 3:30 PM (MPR)

## WEDNESDAY, APRIL 10

**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 Beginning Class:** 1:00 PM & 2:00PM (Crafts Room)

**Blood Pressure Clinic (walk ins accepted):** 3:00 PM (B2 Lobby)  
**Music with Glenn, Les & Anna (Hawaiian & Oldies):**  
3:00 PM (MPR)



## THURSDAY, APRIL 11

**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, APRIL 12

**Taiko Ball Fitness:** 8:45 AM (MPR)  
**Water Exercise:** 9:30 AM (Pool)  
**Strong Posture Level 1:**  
10:30 AM (MPR)  
 **U.H. East West Center Kabuki Exhibit Excursion:** 10:00 AM (Meet in lobby at 9:20AM)  
**Fitness Center:** 11:30 AM (Fitness Room)  
**Dr. Yamaguchi (Podiatrist) by appt.:** 1:00 PM (Fitzpatrick Clinic)  
**Afternoon Snack "Pinwheels":**  2:30 PM (MPR)  
**Family Movie Night and Popcorn:**  
 "Elemental" 6:00 PM (MPR)  
See Bulletin Board for synopsis. 

## SATURDAY, APRIL 13

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