

# One Kalakaua Senior Living Association Weekly News



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May 12, 2024

  
**FRANK DE LIMA  
COMEDIAN SHOW**  
**TUESDAY, MAY 14**  
**6:00 PM IN THE MPR**  
   
**COME ON DOWN AND HAVE SOME FUN. LET'S LAUGH ALONG  
WITH HAWAII'S ONE & ONLY FRANK DE LIMA.**

**SUMMER FUN WEEK**  
**DECORATE KITE CRAFT**  
**MONDAY, JUNE 3**  
**SIGN UP BY: TUESDAY, MAY 21**  
**ARE YOU READY FOR SUMMER?**  
**PLEASE SIGN UP & JOIN US. LET'S CONSTRUCT AND DECORATE A  
KITE TOGETHER. ONE THAT YOU AND YOUR FAMILY MEMBERS  
CAN FLY AND HAVE FUN WITH THIS SUMMER.**  
**FISHING FARMS EXCURSION**  
**WEDNESDAY, JUNE 5 AT 10:00 AM**  
**MEET IN LOBBY AT: 9:00 AM**  
**SIGN UP BY: WEDNESDAY, MAY 22**  
**COST: \$22+ TAX ENTRY FEE TO FISH OR  
\$6+ TAX ENTRY FEE NO FISHING**  
**SEE FLYER ON BULLETIN BOARD**

## ANNUAL DEEP CLEANING REMINDER

On 5/3/24, the Annual Deep Cleaning Memo was distributed to residents on the 10<sup>th</sup> floor.

According to our records, 10<sup>th</sup> floor apartments 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.

Please contact Jan at (808) 203-5769 or Ashley at (808) 983-4426 for questions.

## AUTOMATIC GOLF PUTTING

FRIDAY, MAY 17 AT 3:30 PM IN THE MPR

COME DOWN AND PLAY SOME GOLF. WHAT A GREAT WAY TO START YOUR WEEKEND ON A ALOHA FRIDAY.



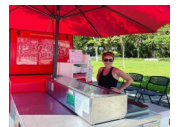
## AFTERNOON SNACK "CAKE POPS"

**WEDNESDAY, MAY 15 AT 2:30 PM IN THE MPR**

WHO SAYS IT HAS TO BE YOUR BIRTHDAY TO ENJOY CAKE.



## Kababa Mama FOOD TRAILER



Tuesday, May 14 from 10:30 AM - 12:30 PM

Front Parking Entry (Handicap Stalls)

Cash & Card Accepted

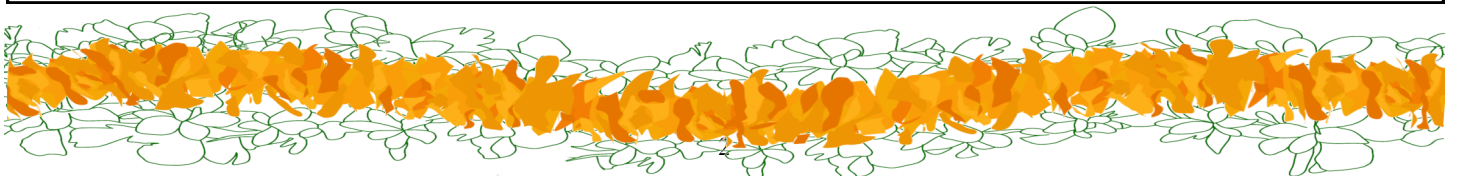
Menus are available at the Front Desk

\*Seating will be available in the lobby

Kababa Mama is a new food trailer that opened in October 2023. It is run by Lana, who's originally from Ukraine, & her husband, who's a Hawaii local.

Growing up Lana was introduced to a lot of middle eastern inspired cuisine by her grandparents. This is why she named her business "Kababa Mama" to pay as an homage to her grandma "mama" and her grandpa "baba."

Kababa Mama uses only the freshest produce and traditional recipes handed down through generations, with a modern twist. Come try it for yourself.



## RESIDENT SUGGESTION

**Suggestion:** There is no hot water feed into the shower in the men's locker room. Please make it work as cold showers are very uncomfortable after swimming in the warm pool.

**Team Response:** We apologize for the inconvenience. The hot water will be intermittent for the next month. We are in the final stage of commissioning the new hot water system set for completion in the end of June due to contractor's availability.

**Suggestion:** I want to congratulate Lind and her team for 2 very successful events:

The Volunteer Appreciation (VA) & Beer Bash (BB) events.

The VA included musicians who perform here regularly, all of us residents really appreciate having them help us recall the wonderful music of yester year.

The BB event got us residents together to find out about each other in a funny, delightful way. We want more events like these. Thanks to all the staff who made it possible.

**Team Response:** Thank you for your kind words. We are happy that residents enjoyed the two events. We will definitely continue to strive to bring events that help you to reminisce, are purposeful, fun and entertaining.

**Suggestion:** Thank you for inviting ALL residents to the forum on "Dining". Suggestions for meals: loco moco, fried rice with egg and corned beef hash, sweet sour spare ribs (brown sugar), chicken adobo, clam linguine and other pasta dishes, fried noodles, spam musubi, teri beef, teri pork, beef broccoli, chicken stir fry.

**Team Response:** Those are great suggestions! Please come down for breakfast as we do serve fried rice and corn beef during breakfast service. As we work on changes to our menu, we will be sure to add some of those.

## RESIDENT ACTIVITIES



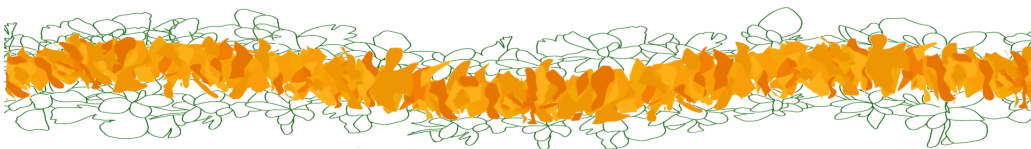
Linda and Vernon with their home-made air freshener.



Thank you to our residents for assembling the Boy's Day goodie bags.



Resident's enjoyed the education tour on native Hawaiian plants at Hui Ku Maoli Ola Native Hawaiian Plant Nursery & dined at Kizuna Sushi Bar.



# THIS WEEK'S FITNESS CLASSES & ACTIVITIES

## SUNDAY, MAY 12



### **HAPPY MOTHER'S DAY!**


**Arts & Crafts with Faye**  
**Beginner's Class:** 1:00 PM  
(Crafts Room)

## MONDAY, MAY 13


**Tai Chi:** 7:30 AM (Via Ch. 901)  
**Beginning Tai Chi:** 8:15 AM (Via Ch. 901)  
**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)  
**Weekly Movie "Terms of**  
**Endearment":** 6:00 PM (Game Room)  
See Flyer for synopsis



## TUESDAY, MAY 14

**COVID Clinic:** 8:00 AM (MPR)   
**Blood Pressure Clinic (walk ins**  
**accepted):** 8:00 AM (CANCELLED)  
**Dance:** 8:30 AM (CANCELLED)  
**Strong Posture L2:** 9:15 AM (CANCELLED)  
**Strong Beginnings:** 10:30 AM  
(CANCELLED)  
**Kababa Mama Food Trailer:**   
10:30 AM (Guest Parking)  
**Fitness Center:** 11:30 AM (Fitness Room)  
**Yoga:** 2:30 PM (MPR)  
**Qi Gong:** 3:30 PM (MPR)  
**Frank De Lima, Comedian:**   
6:00 PM (MPR)

## WEDNESDAY, MAY 15

**Tai Chi:** 7:30 AM (CANCELLED)   
**COVID Clinic:** 8:00 AM (MPR)  
**Beginning Tai Chi:** 8:15 AM (CANCELLED)  
**Open Gardening:** 8:30 AM

**Physician's Clinic Dr. Yazawa (by appt.):**  
9:00 AM (B2 Clinic)

**Taiko Ball Fitness:** 9:45 AM (CANCELLED)  
**Strong Posture Level 1:** 10:30 AM  
(CANCELLED)

**Arts & Crafts with Faye**  
**Intermediate Class:** 1:00 PM & 2:00 PM  
(Crafts Room)


**Afternoon Snack "Cake Pops":**   
2:30 PM (MPR)

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

## THURSDAY, MAY 16

**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, MAY 17

**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)  
**Automatic Golf Putting:**   
3:30 PM (MPR)

## SATURDAY, MAY 18

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