

ONE KALAKAUA
April 2024 Resident Activities



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>FITNESS CLASSES WILL ONLY BE SHOWN ON CH. 901 FOR STRONG BEGINNINGS OR WHEN INSTRUCTOR IS NOT AVAILABLE.</p>	<p>1 7:30A - Tai Chi 8:15A - Beginning Tai Chi 8:30A - Open Gardening 9:15A - Weekly Announcements Via Ch. 901 9:30A - Water Exercise 10:30A - Strong Posture Level 1 11:30A - Fitness Center 1:00P - BINGO- MPR</p>	<p>2 8:00A - Blood Pressure Clinic (walk ins accepted) 8:30A - Dance 9:15A - Strong Posture Level 2 10:30A - Strong Beginnings MPR & Ch. 901 11:30A - Fitness Center 2:30P - Yoga 3:30P - Qi Gong</p>	<p>3 <i>Deadline: Casino Royale Pau Hana</i> 7:30A - Tai Chi 8:15A - Beginning Tai Chi 8:30A - Open Gardening 9:00A - Physician's Clinic - Dr. Yazawa (by appt.) 9:45A - Taiko Ball Fitness 10:30A - Strong Posture Level 1 10:30A - "Veek Food Truck" - Front Entry 1:00P & 2:00P - Arts & Crafts w/Faye Inter. Class* - Crafts Room 3:00P - Blood Pressure Clinic (walk ins accepted) 6:00P - Weekly Movie: "Singing in the Rain" - Game Room</p>	<p>4 8:00A - Blood Pressure Clinic (walk ins accepted) 8:30A - Dance 9:15A - Strong Posture Level 2 10:30A - Strong Beginnings MPR & Ch. 901 11:30A - Fitness Center 2:30P - Yoga 3:30P - Qi Gong</p>	<p>5 <i>Deadline: Lunch Bunch "The Old Spaghetti Factory"</i> 8:45A - Taiko Ball Fitness 9:30A - Water Exercise 10:30A - Strong Posture Level 1 11:30A - Fitness Center 2:30P - Preprinted Canvas Painting Craft* - MPR</p>	<p>6 7:30A - Tai Chi 8:15A - Beginning Tai Chi 9:00A - Emily Lee Pianist - Lobby 10:00A - Dog's Day - MPR</p>		
<p>7 1:00P - Arts & Crafts w/Faye Intermediate Class* - Crafts Room</p>	<p>8 7:30A - Tai Chi 8:15A - Beginning Tai Chi 8:30A - Open Gardening 9:15A - Weekly Announcements Via Ch. 901 9:30A - Water Exercise 10:30A - Strong Posture Level 1 11:30A - Fitness Center 1:00P - BINGO - MPR 3:00P - HFD "Fire & Life Safety" - MPR</p>	<p>9 8:00A - Blood Pressure Clinic (walk ins accepted) 8:30A - Dance 9:15A - Strong Posture Level 2 (CANCELLED) 10:30A - Strong Beginnings (CANCELLED) 11:30A - Fitness Center 1:00P - Sing Along "Elements of the Earth" (p/u song sheets at FD) - MPR 2:30P - Yoga 3:30P - Qi Gong</p>	<p>10 7:30A - Tai Chi 8:15A - Beginning Tai Chi 8:30A - Open Gardening 9:00A - Physician's Clinic - Dr. Yazawa (by appt.) 9:45A - Taiko Ball Fitness 10:30A - Strong Posture Level 1 11:00A - Bible Study - Crafts Room 1:00P & 2:00P - Arts & Crafts w/Faye Inter. Class* - Crafts Room 3:00P - Blood Pressure Clinic (walk ins accepted) 3:00P - Music with Glenn & Les Oldies Show (Hawaiian & Oldies) - MPR</p>	<p>11 8:00A - Blood Pressure Clinic (walk ins accepted) 8:30A - Dance 9:15A - Strong Posture Level 2 10:30A - Strong Beginnings MPR & Ch. 901 11:30A - Fitness Center 2:30P - Yoga 3:30P - Qi Gong</p>	<p>12 8:45A - Taiko Ball Fitness 9:30A - Water Exercise 10:30A - Strong Posture Level 1 10:00A - U.H. East West Center Kabuki Exhibit Excursion* 11:30A - Fitness Center 1:00P - Dr. Yamaguchi—Podiatrist (by appt.) 2:30P - Afternoon Snack "Pinwheels" - MPR 6:00P - Family Movie Night & Popcorn "Elemental" - MPR</p>	<p>13 7:30A - Tai Chi 8:15A - Beginning Tai Chi</p>		
<p>14 1:00P - Arts & Crafts w/Faye Beginner's Class* - Crafts Room</p>	<p>15 7:30A - Tai Chi 8:15A - Beginning Tai Chi 8:30A - Open Gardening 9:15A - Weekly Announcements Via Ch. 901 9:30A - Water Exercise 10:30A - Strong Posture Level 1 11:30A - Fitness Center 1:00P - Ada Duo- MPR 6:00P - Weekly Movie "The Good Liar" - Game Room</p>	<p>16 8:00A - Blood Pressure Clinic (walk ins accepted) 8:30A - Dance 9:00A - Dr. Sowers—Podiatrist(by appt.) 9:15A - Strong Posture Level 2 10:30A - Strong Beginnings MPR & Ch. 901 11:00A - Lunch Bunch "The Old Spaghetti Factory" 2:30P - Yoga 3:30P - Qi Gong</p>	<p>17 7:30A - Tai Chi 8:15A - Beginning Tai Chi 8:30A - Open Gardening 9:00A - Physician's Clinic - Dr. Yazawa (by appt.) 9:45A - Taiko Ball Fitness 10:30A - Strong Posture Level 1 1:00P & 2:00P - Arts & Crafts w/Faye Inter. Class* - Crafts Room 1:00P - Bingo 3:00P - Blood Pressure Clinic (walk ins accepted) 3:30P - Automatic Golf Putting - MPR</p>	<p>18 8:00A - Blood Pressure Clinic (walk ins accepted) 8:30A - Dance 9:15A - Strong Posture Level 2 10:30A - Strong Beginnings MPR & Ch. 901 11:30A - Fitness Center 2:30P - Yoga 3:30P - Qi Gong</p>	<p>19 8:45A - Taiko Ball Fitness 9:30A - Water Exercise 10:30A - Strong Posture Level 1 11:30A - Fitness Center 3:00P - Casino Royale Pau Hana - MPR</p>	<p>20 7:30A - Tai Chi 8:15A - Beginning Tai Chi</p>		
<p>21 1:00P - Arts & Crafts w/Faye Intermediate Class* - Crafts Room</p>	<p>22 7:30A - Tai Chi 8:15A - Beginning Tai Chi 8:30A - Open Gardening 9:15A - Weekly Announcements Via Ch. 901 9:30A - Water Exercise 10:30A - Strong Posture Level 1 11:30A - Fitness Center 1:00P - BINGO- MPR</p>	<p>23 8:00A - Blood Pressure Clinic (walk ins accepted) 8:30A - Dance 9:15A - Strong Posture Level 2 (CANCELLED) 10:30A - Strong Beginnings (CANCELLED) 11:30A - Fitness Center 1:00P - Name that Tune & Do You Know the Lyrics- MPR 2:30P - Yoga 3:30P - Qi Gong</p>	<p>24 7:30A - Tai Chi 8:15A - Beginning Tai Chi 8:30A - Open Gardening 9:00A - Physician's Clinic - Dr. Yazawa (by appt.) 9:45A - Taiko Ball Fitness 10:30A - Strong Posture Level 1 11:00A - Bible Study - Crafts Room 1:00P & 2:00P - Arts & Crafts w/Faye Beg. Class* - Crafts Room 2:00P - Resident Forum "Dining"- MPR 3:00P - Blood Pressure Clinic (walk ins accepted) 6:00P - Weekly Movie "Toscana" - Game Room</p>	<p>25 8:00A - Blood Pressure Clinic (walk ins accepted) 8:30A - Dance 9:15A - Strong Posture Level 2 10:30A - Strong Beginnings MPR & Ch. 901 11:30A - Fitness Center 12:00P - Volunteer Appreciation - MPR 2:30P - Yoga 3:30P - Qi Gong</p>	<p>26 8:45A - Taiko Ball Fitness 9:30A - Water Exercise 10:30A - Strong Posture Level 1 11:30A - Fitness Center 1:00P - UH Fellows Talk "Stroke: Dr. Jenny Davila" - MPR 3:30P - Beer Bash - MPR</p>	<p>27 7:30A - Tai Chi 8:15A - Beginning Tai Chi</p>		
<p>28 1:00P - Arts & Crafts w/Faye Intermediate Class* - Crafts Room</p>	<p>29 <i>Deadline: Excursion - "Hui Kū Maoli Ola Native Hawaiian Plant Nursery & Lunch Bunch Kizuna Sushi Bar & Grill"</i> 7:30A - Tai Chi 8:15A - Beginning Tai Chi 8:30A - Open Gardening 9:15A - Weekly Announcements Via Ch. 901 9:30A - Water Exercise 10:30A - Strong Posture Level 1 11:30A - Fitness Center 1:00P - BINGO- MPR 3:00P - Guest Speaker - Hawaii SHIP— "Medicare vs. Medicaid" - MPR 6:00P - Weekly Movie "Jules" - Game Room</p>	<p>30 8:00A - Blood Pressure Clinic (walk ins accepted) 8:30A - Dance 9:15A - Strong Posture Level 2 10:30A - Strong Beginnings MPR & Ch. 901 11:30A - Fitness Center 1:00P - April Birthday Celebration - MPR 2:30P - Yoga 3:30P - Qi Gong 6:00P - Thomas Chock Ukulele - MPR</p>	<p>Activities w/Sign Up (notated with *) Special Events Music/Dance Snacks Health/Wellness Games/Movies/TV Religious</p>			<p>Preprinted Canvas Painting Craft, Sign up by: 3/22 (Event Day: 4/5) U. H. East West Center Kabuki Exhibit, Sign up by: 3/27 (Event Day: 4/12) Casino Royale Pau Hana, Sign up by: 4/3 (Event Day: 4/19) Lunch Bunch "The Old Spaghetti Factory", Sign up by: 4/5 (Event Day: 4/16) Excursion: "Hui Kū Maoli Ola Native Hawaiian Plant Nursery & Lunch Bunch Kizuna Sushi Bar & Grill", Sign up by: 4/29 (Event day: 5/8) Craft Class w/Faye: Deadlines for Wednesday class is the Wednesday prior, deadlines for Sunday class is the Sunday prior.</p>		