

ONE KALAKAUA
December 2023 Resident Activities



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Kahala Mall Shopping Excursion, Sign up by: 11/30 (Event Day 12/7) Christmas Headband Craft, Sign up by: 12/1 (Event Day: 12/8) Trolley Rides, Sign up by: 12/5 (Event Day: 12/12) "Honolulu Hale Wreath Display & Plumeria Beach House", Sign up by: 12/6 (Event Day: 12/21). New Year's Eve Pau Hana, Sign up by: 12/15 (Event Day: 12/29) Craft Class w/Faye: Deadlines for Wednesday class is the Wednesday prior, deadlines for Sunday class is the Sunday prior.</p>		<p>FITNESS CLASSES WILL ONLY BE SHOWN ON CH. 901 FOR STRONG BEGINNINGS OR WHEN INSTRUCTOR IS NOT AVAILABLE.</p>	<p>Activities w/Sign Up (notated with *) Special Events Music/Dance Snacks Health/Wellness Games/Movies/TV Religious</p>		<p>1 <i>Deadline Christmas Headband Craft*</i> 8:45A - Taiko Ball Fitness (CANCELLED) 9:30A - Water Exercise 10:30A - Strong Posture Level 1 (CANCELLED) 11:30A - Fitness Center (CANCELLED) 2:00P - OKEAF - MPR</p>	<p>2 7:30A - Tai Chi 8:15A - Beginning Tai Chi</p>
<p>3 1:00P - Arts & Crafts w/Faye Intermediate Class* - Crafts Room</p>	<p>4 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 3:30P - Automatic Golf Putting - MPR 6:00P - Weekly Movie: "Falling for Christmas" - Game Room</p>	<p>5 <i>Deadline Trolley Rides*</i> 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 - Sing Along "Christmas Sing Along" (p/u song sheets at FD & come dressed in something festive) - MPR 2:30P - Yoga 3:30P - Qi Gong</p>	<p>6 <i>Deadline Wreath Display & Plumeria Beach House*</i> 7:30A - Tai Chi Via Ch. 901 8:15A - Beginning Tai Chi Via Ch. 901 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 2:30P - Afternoon Snack "Coco Puffs" - MPR 3:00P - Blood Pressure Clinic (walk ins accepted)</p>	<p>7 8:00A - Blood Pressure Clinic (walk ins accepted) 8:30A - Dance 9:15A - Strong Posture Level 2 10:00A - Excursion: "Kahala Mall Shopping"* 10:30A - Strong Beginnings MPR & Ch. 901 11:30A - Fitness Center 2:30P - Yoga 3:30P - Qi Gong</p>	<p>8 8:45A - Taiko Ball Fitness (CANCELLED) 9:30A - Water Exercise (CANCELLED) 10:30A - Strong Posture Level 1 (CANCELLED) 11:30A - Fitness Center (CANCELLED) 1:00P - Dr. Yamaguchi—Podiatrist (by appt.) 3:00P - Christmas Headband Craft* - MPR</p>	<p>9 7:30A - Tai Chi 8:15A - Beginning Tai Chi</p>
<p>10 1:00P - Arts & Crafts w/Faye Beginner's Class* - Crafts Room</p>	<p>11 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 - Music with Glenn & Les Oldies Show (Hawaiian & Oldies) - MPR</p>	<p>12 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 11:30A - Fitness Center 2:30P - Yoga 3:30P - Qi Gong 6:30P - Trolley Rides* 8:00P - Trolley Rides*</p>	<p>13 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 3:00P - Blood Pressure Clinic (walk ins accepted) 3:00P - Terrance Tom, Pianist - MPR 6:00P - Weekly Movie "A Very Murray Christmas" - Game Room</p>	<p>14 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>15 <i>Deadline New Year's Eve Pau Hana*</i> 8:45A - Taiko Ball Fitness 9:30A - Water Exercise 10:30A - Strong Posture Level 1 11:30A - Fitness Center 11:30A - Food Truck "Voyage by Chef Amin" (Front Entry)</p>	<p>16 7:30A - Tai Chi 8:15A - Beginning Tai Chi</p>
<p>17 1:00P - Arts & Crafts w/Faye Intermediate Class* - Crafts Room</p>	<p>18 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 6:00P - Weekly Movie "Bells of St. Mary's" - Game Room</p>	<p>19 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 - Name that Tune & Do You Know the Lyrics "Christmas" - MPR 2:30P - Yoga 3:30P - Qi Gong</p>	<p>20 7:30A - Tai Chi 8:15A - Beginning Tai Chi 8:30A - Open Gardening (CANCELLED) 9:00A - Physician's Clinic - Dr. Yazawa (by appt.) 9:45A - Taiko Ball Fitness (CANCELLED) 10:30A - Strong Posture Level 1 via Ch. 901 1:00P & 2:00P - Arts & Crafts w/Faye Beg. Class* - Crafts Room 3:00P - Blood Pressure Clinic (walk ins accepted)</p>	<p>21 8:00A - Blood Pressure Clinic (walk ins accepted) 8:30A - Dance (CANCELLED) 9:15A - Strong Posture Level 2 Ch. 901 10:30A - Strong Beginnings Ch. 901 11:30A - Fitness Center (CANCELLED) 2:30P - Yoga 3:30P - Qi Gong 4:30P - Honolulu Hale Wreath Display & Dinner Bunch: "Plumeria Beach House"*</p>	<p>22 8:45A - Taiko Ball Fitness 9:30A - Water Exercise 10:30A - Strong Posture Level 1 11:30A - Fitness Center 3:00P - Keiki Kani Choir (MPR)</p>	<p>23 7:30A - Tai Chi 8:15A - Beginning Tai Chi</p>
<p>24/31 1:00P - Arts & Crafts w/Faye Intermediate Class* - Crafts Room (CANCELLED)</p>	<p>25 CHRISTMAS DAY One K Offices Closed NO ACTIVITIES/CLASSES</p>	<p>26 8:00A - Blood Pressure Clinic (walk ins accepted) 8:30A - Dance 9:15A - Strong Posture Level 2 10:45A - Strong Beginnings MPR & Ch. 901 11:30A - Fitness Center 1:00P - December Birthday Celebration - MPR 2:30P - Yoga 3:30P - Qi Gong 6:00P - Thomas Chock Ukulele - MPR</p>	<p>27 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 3:00P - Blood Pressure Clinic (walk ins accepted) 6:00P - Weekly Movie "Castle For Christmas" - Game Room</p>	<p>28 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>29 8:45A - Taiko Ball Fitness 9:30A - Water Exercise 10:30A - Strong Posture Level 1 11:30A - Fitness Center 3:00P - New Year's Eve Pau Hana "Ginny Tiu"* - MPR</p>	<p>30 7:30A - Tai Chi 8:15A - Beginning Tai Chi</p>