



ONE KALAKAUA  
February 2024 Resident Activities



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Hawaii Plantation Village Excursion, Sign up by: 1/26 (Event Day 2/6)  
Felt Coffee Cup Sleeve Craft, Sign up by: 2/1 (Event Day: 2/12)  
Healthy Heart Walk, Sign up by: 2/5 (Event Day: 2/14)  
Family Game Day, Sign up by: 2/2 (Event Day: 2/16)  
Superbowl Guess: 2/7  
Chinese New Year Pau Hana, Sign up by: 2/6 (Event Day: 2/19)  
Lunch Bunch "Café Julia", Sign up by: 2/8 (Event Day: 2/21)  
Mahjong, Sign up by: 2/14 (Event Day: 2/28)  
Learn to Play Hanafuda, Sign up by: 2/23 (Event Day: 3/8)  
Craft Class w/Faye: Deadlines for Wednesday class is the Wednesday prior, deadlines for Sunday class is the Sunday prior.

**1 Felt Coffee Cup Sleeve Craft\***  
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  
5:00P - UH Men's Basketball vs. Cal State Fullerton - Game Room

**2 Deadline Family Game Day\***  
8:45A - Taiko Ball Fitness  
9:30A - Water Exercise  
10:30A - Strong Posture Level 1  
11:30A - Fitness Center  
3:00P - Automatic Golf Putting - MPR

**3**  
7:30A - Tai Chi  
8:15A - Beginning Tai Chi  
5:00P - UH Men's Basketball vs. UC Irvine - Game Room

**4**  
1:00P - Arts & Crafts w/Faye Intermediate Class\* - Crafts Room

**5 Deadline Healthy Heart Walk\***  
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 Deadline Chinese New Year Hana\***  
8:00A - Blood Pressure Clinic (walk ins accepted)  
8:30A - Dance  
9:15A - Strong Posture Level 2  
10:00A - Excursion: "Hawaii Plantation Village"  
10:30A - Strong Beginnings MPR & Ch. 901  
11:30A - Fitness Center  
2:30P - Yoga  
3:30P - Qi Gong

**7 Deadline to turn in your Super Bowl guess\***  
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  
2:30P - Afternoon Snack "Chocolate Dipped Strawberries" - MPR  
3:00P - Blood Pressure Clinic (walk ins accepted)  
6:00P - Weekly Movie: "Flower Drum Song" - Game Room

**8 Deadline Lunch Bunch "Café Julia"**  
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

**9**  
8:45A - Taiko Ball Fitness  
9:30A - Water Exercise  
10:30A - Strong Posture Level 1  
11:30A - Fitness Center  
1:00P - Dr. Yamaguchi—Podiatrist (by appt.)  
1:00P - Sing Along "Love Songs" (p/u song sheets at FD) - MPR

**10**  
7:30A - Tai Chi  
8:15A - Beginning Tai Chi

**11**  
1:00P - Arts & Crafts w/Faye Beginner's Class\* - Crafts Room  
1:30P - Superbowl LVIII - MPR  
CHIERS vs. 49ERS

**12**  
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 - Felt Coffee Cup Sleeve Craft\* - MPR  
6:00P - Weekly Movie "Love is a Many Splendored Thing" - Game Room

**13**  
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

**14 Deadline Mahjong\***  
7:30A - Tai Chi  
8:15A - Beginning Tai Chi  
8:30A - Open Gardening  
9:00A - Healthy Heart Walk\* - Lobby  
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

**15**  
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  
5:00P - UH Men's Basketball vs. Cal Poly - Game Room

**16**  
8:45A - Taiko Ball Fitness  
9:30A - Water Exercise  
10:30A - Strong Posture Level 1  
11:30A - Fitness Center  
3:30P - Family Game Day\* - Poolside

**17**  
7:30A - Tai Chi  
8:15A - Beginning Tai Chi

**18**  
1:00P - Arts & Crafts w/Faye Intermediate Class\* - Crafts Room

**19**  
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  
3:00P - Chinese New Year Pau Hana\* - MPR  
Entertainment: Gee Yung Lion Dance

**20**  
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  
1:00P - Name that Tune & Do You Know the Lyrics- MPR  
2:30P - Yoga  
3:30P - Qi Gong  
6:00P - Thomas Chock Ukulele - MPR

**21**  
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 - Lunch Bunch: "Café Julia"  
1:00P & 2:00P - Arts & Crafts w/Faye Beg. Class\* - Crafts Room  
1:30P - BINGO - MPR  
3:00P - Blood Pressure Clinic (walk ins accepted)  
6:00P - Weekly Movie "Farha" - Game Room

**22**  
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 - Board of Directors Meeting (Owners Only) - MPR  
2:30P - Yoga (CANCELLED)  
3:30P - Qi Gong (CANCELLED)

**23 Deadline Learn to Play Hanfuda\***  
8:45A - Taiko Ball Fitness  
9:30A - Water Exercise  
10:30A - Strong Posture Level 1  
11:30A - Fitness Center  
1:00P - UH Fellows Talk - MPR  
3:30P - Sip & Social - MPR

**24**  
7:30A - Tai Chi  
8:15A - Beginning Tai Chi

**25**  
1:00P - Arts & Crafts w/Faye Intermediate Class\* - Crafts Room

**26**  
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  
10:30A - Da Burrito Kid Food Trailer  
11:30A - Fitness Center  
1:30P - BINGO - MPR  
6:00P - Weekly Movie & Popcorn "Mama Mia Here We Go Again" - Game Room

**27**  
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 - February Birthday Celebration - MPR  
2:30P - Yoga  
3:30P - Qi Gong

**28**  
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 - Mahjong\* - MPR

**29**  
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  
4:00P - UH Men's Basketball vs. UC Davis - Game Room

**FITNESS CLASSES WILL ONLY BE SHOWN ON CH. 901 FOR STRONG BEGINNINGS OR WHEN INSTRUCTOR IS NOT AVAILABLE.**

**Activities w/Sign Up (notated with \*)**  
**Special Events**  
**Music/Dance**  
**Snacks**  
**Health/Wellness**  
**Games/Movies/TV**  
**Religious**