

ONE KALAKAUA
January 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 NEW YEAR'S DAY <i>One K Offices Closed</i></p> <p>NO ACTIVITIES/CLASSES</p>	<p>2 Deadline Rail Transit Excursion* 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 Ch. 901 3:30P - Qi Gong Ch. 901</p>	<p>3 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: The Great Magician" - 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 5:00P - UH Basketball vs. CSU Bakersfield - Game Room</p>	<p>5 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.) 3:00P - Chinese Drum Craft* - MPR</p>	<p>6 7:30A - Tai Chi 8:15A - Beginning Tai Chi 3:00P - UH Basketball vs. CSun - Game Room</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 - Music with Glenn & Les Oldies Show (Hawaiian & Oldies) - MPR</p>	<p>9 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 "Inspirational Songs" (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 (CANCELLED) 9:00A - Physician's Clinic - Dr. Yazawa (by appt.) 9:45A - Taiko Ball Fitness (CANCELLED) 10:30A - Strong Posture Level 1 (CANCELLED) 11:00A - Bible Study - Crafts Room 1:00P & 2:00P - Arts & Crafts w/Faye Inter. Class* - Crafts Room 2:30P - Afternoon Snack "Mochi w/Custard" - MPR 3:00P - Blood Pressure Clinic (walk ins accepted) 6:00P - Weekly Movie: The Magic of Ordinary Days" - Game Room</p>	<p>11 Deadline Lunch Bunch Happy Day's* 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 Deadline Chinese NY Pau Hana* 8:45A - Taiko Ball Fitness 9:30A - Water Exercise 10:00A - Excursion: "Rail Transit"* 10:30A - Strong Posture Level 1 11:30A - Fitness Center</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 MARTIN LUTHER KING DAY 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 "Glory" - Game Room</p>	<p>16 8:00A - Blood Pressure Clinic (walk ins accepted) (CANCELLED) 8:00A - RSV Clinic (MPR) 8:30A - Dance (CANCELLED) 9:15A - Strong Posture Level 2 (CANCELLED) 10:30A - Strong Beginnings MPR & Ch. 901 11:30A - Fitness Center 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 - RSV Clinic (MPR) 1:00P & 2:00P - Arts & Crafts w/Faye Inter. Class* - Crafts Room 3:00P - Blood Pressure Clinic (walk ins accepted) (CANCELLED)</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 5:00P - UH Basketball vs. Long Beach State - Game Room</p>	<p>19 8:45A - Taiko Ball Fitness 9:30A - Water Exercise 10:30A - Strong Posture Level 1 11:30A - Fitness Center 4:00P - Sip & Social - MPR</p>	<p>20 7:30A - Tai Chi 8:15A - Beginning Tai Chi 2:00P - UH Basketball vs. UC San Diego - Game Room</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 3:00P - HFD "Fire & Life Safety" - MPR</p>	<p>23 8:00A - Blood Pressure Clinic (walk ins accepted) 8:30A - Dance 9:15A - Strong Posture Level 2 10:30A - Strong Beginnings 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 3:00P - Blood Pressure Clinic (walk ins accepted) 3:30P - Automatic Golf Putting - MPR 6:00P - Weekly Movie "The Secret: Dare to Dream" - Game Room</p>	<p>25 8:00A - Blood Pressure Clinic (walk ins accepted) 8:30A - Dance 9:15A - Strong Posture Level 2 10:30A - Lunch Bunch "Happy Day's (Chinese Dim Sum)"** 10:30A - Strong Beginnings MPR & Ch. 901 11:30A - Fitness Center 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 3:00P - Chinese New Year's Pau Hana*</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 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 "Where the Tracks End" - Game Room</p>	<p>30 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 - January Birthday Celebration - MPR 2:30P - Yoga 3:30P - Qi Gong 6:00P - Thomas Chock Ukulele - MPR</p>	<p>31 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)</p>	<p>Chinese Drum Craft, Sign up by: 12/29 (Event Day: 1/5) Excursion, Sign up by: 1/2 (Event Day 1/12) Lunch Bunch "Happy Day's", Sign up by: 1/11 (Event Day: 1/25). Chinese NY Pau Hana, Sign up by: 1/12 (Event Day: 1/26) Craft Class w/Faye: Deadlines for Wednesday class is the Wednesday prior, deadlines for Sunday class is the Sunday prior.</p>		<p>Activities w/Sign Up (notated with *) Special Events Music/Dance Snacks Health/Wellness Games/Movies/TV Religious</p>