

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

St. Patrick's Day Coaster Craft, Sign up by: 2/26 (Event Day 3/1)
 Learn to Play Hanafuda, Sign up by: 2/23 (Event Day: 3/8)
 Foster Botanical Gardens Self-Guided Tour, Sign up by: 2/29 (Event Day: 3/8)
 Lunch Take-Out "Jolene's", Sign up by: 3/1 (Event Day: 3/12)
 Easter Tea Party Pau Hana, Sign up by: 3/4 (Event Day: 3/15)
 Manoa Marketplace Farmer's Market Shopping Excursion, Sign up by: 3/14 (Event Day: 3/28)
 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: 4/10)
 Craft Class w/Faye: Deadlines for Wednesday class is the Wednesday prior, deadlines for Sunday class is the Sunday prior.

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

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

1 **Deadline: Lunch Take-Out "Jolene's"**
 8:45A - Taiko Ball Fitness
 9:30A - Water Exercise
 10:30A - Strong Posture Level 1
 11:30A - Fitness Center
 3:00P - St. Patrick's Day Coaster Craft* - MPR

2
 7:30A - Tai Chi
 8:15A - Beginning Tai Chi
 3:00P - UH Men's Basketball vs. UC Riverside - Game Room

3 **Happy Girl's Day**
 Pick-up a snack in your inhouse box
 1:00P - Arts & Crafts w/Faye Intermediate Class* - Crafts Room
 1:00P - Royal Hawaiian Band - MPR

4 **Deadline: Easter Tea Party Pau Hana***
 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
 2:30P - Afternoon Snack "Manju" - MPR
 6:00P - Weekly Movie: "Living" - Game Room

5
 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 "Irish/Spring Songs" (p/u song sheets at FD) - MPR
 2:30P - Yoga
 3:30P - Qi Gong

6
 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 - HECO Presentation "Energy Conservation & Energy Report" - MPR
 3:00P - Blood Pressure Clinic (walk ins accepted)
 3:00P - Special Board of Directors Meeting (Owners Only) - Game Room

7
 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

8
 8:45A - Taiko Ball Fitness
 9:30A - Water Exercise
 10:00A - Foster Botanical Garden Self-Guided Tour Excursion*
 10:30A - Strong Posture Level 1
 11:30A - Fitness Center
 1:30P - Learn to Play Hanafuda* - MPR

9
 7:30A - Tai Chi
 8:15A - Beginning Tai Chi

10
 1:00P - Arts & Crafts w/Faye Beginner's Class* - Crafts Room

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
 3:30P - Automatic Golf Putting - MPR
 6:00P - Weekly Movie "Made in Italy" - Game Room

12
 8:00A - Blood Pressure Clinic (walk ins accepted)
 8:30A - Dance
 9:15A - Strong Posture Level 2
 10:30A - Strong Beginnings MPR & Ch. 901
 12:00P - Lunch Take-Out "Jolene's"
 11:30A - Fitness Center
 2:30P - Yoga
 3:30P - Qi Gong

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
 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

14 **Deadline: Manoa Marketplace Farmer's Market Shopping 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
 3:30P - Qi Gong

15
 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 - Easter Tea Party Pau Hana Entertainment: by Ruth Freedman, Harpist - MPR

16
 7:30A - Tai Chi
 8:15A - Beginning Tai Chi

17 **St. Patrick's Day**
 1:00P - Arts & Crafts w/Faye Intermediate Class* - Crafts Room

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
 3:00P - HFD "Fire & Life Safety" - MPR

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- MPR
 2:30P - Yoga
 3:30P - Qi Gong

20
 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 Beg. Class* - Crafts Room
 2:00P - Annual Meeting (Owners Only) - MPR
 3:00P - Blood Pressure Clinic (walk ins accepted)
 6:00P - Weekly Movie "The Field" - Game Room

21 **Easter Scavenger Hunt**
 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
 7:00P - Calistoga High School Band Performance - MPR

22 **Deadline: Preprinted Canvas Painting Craft***
 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

23
 7:30A - Tai Chi
 8:15A - Beginning Tai Chi

24/31 **HAPPY EASTER**
 1:00P - Arts & Crafts w/Faye Intermediate Class* - Crafts Room

25
 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 & Popcorn "The Greatest Story Ever Told" - Game Room

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 - March Birthday Celebration - MPR
 2:30P - Yoga
 3:30P - Qi Gong
 6:00P - Thomas Chock Ukulele - MPR

27 **Deadline: UH Kabuki Exhibit***
 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)
 3:30P - Nutrition News with Darcy Ho "Beyond the Table - National Nutrition Month" - MPR

28
 8:00A - Blood Pressure Clinic (walk ins accepted)
 8:30A - Dance
 9:15A - Strong Posture Level 2
 10:00A - Manoa Marketplace Farmer's Market Shopping Excursion*
 10:30A - Strong Beginnings MPR & Ch. 901
 11:30A - Fitness Center
 2:30P - Yoga
 3:30P - Qi Gong

29 **Good Friday Holiday OneK Offices Closed**
 8:45A - Taiko Ball Fitness
 9:30A - Water Exercise
 10:30A - Strong Posture Level 1
 11:30A - Fitness Center

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

ONE KALAKAUA
 March 2024 Resident Activities

