

ONE KALAKAUA
May 2024 Resident Activities



SUNDAY

MONDAY



















TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>Air Freshener Craft, Sign up by: 4/30 (Event Day: 5/3) Excursion: "Hui Kū Maoli Ola Native Hawaiian Plant Nursery", Sign up by: 4/29 (Event Day: 5/8) May Day Pau Hana, Sign up by: 5/1 (Event Day: 5/10) Excursion: "Kilohana Hula Show", Sign up by: 5/8 (Event Day: 5/22) Decorate Kite Craft, Sign up by: 5/21 (Event Day: 6/3) Excursion: Fishing Farms of HI, Sign up by: 5/22 (Event Day: 6/5) Summer Fun Pau Hana, Sign up by: 5/26 (Event Day: 6/7) 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>4</p> <p>7:30A - Tai Chi (CANCELLED) 8:15A - Beginning Tai Chi (CANCELLED) 9:00A - Emily Lee, Pianist - Lobby</p> 
<p>5 HAPPY BOY'S DAY! Pick-up a snack in your inhouse box</p> <p>1:00P - Arts & Crafts w/Faye Intermediate Class* - Crafts Room</p> 	<p>6</p> <p>7:30A - Tai Chi Via Ch. 901 8:15A - Beginning Tai Chi Via Ch. 901 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 - Operations Committee (Game Room) 6:00P - Weekly Movie: "Oppenheimer" - MPR</p>	<p>7</p> <p>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 "Women/Mother's" (p/u song sheets at FD) - MPR 2:30P - Yoga 3:30P - Qi Gong</p> 	<p>8 Deadline: Kilohana Hula Show</p> <p>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 (CANCELLED) 10:00A - Excursion: "Hui Kū Maoli Ola Native Hawaiian Plant Nursery" & Lunch Bunch "Kizuna Sushi Bar & Grill" 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 3:00P - Blood Pressure Clinic (walk ins accepted) 3:00P - Music with Glenn & Les Oldies Show (Hawaiian & Oldies) - MPR</p>   	<p>9</p> <p>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 - Finance Committee (Game Room) 2:30P - Yoga 3:30P - Qi Gong</p>	<p>10</p> <p>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 - May Day Pau Hana* Entertainment to be determined</p> 	
<p>12 HAPPY MOTHER'S DAY!</p> <p>1:00P - Arts & Crafts w/Faye Beginner's Class* - Crafts Room</p>	<p>13</p> <p>7:30A - Tai Chi Via Ch. 901 8:15A - Beginning Tai Chi Via Ch. 901 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 "Terms of Endearment" - Game Room</p>	<p>14</p> <p>8:00A - COVID Clinic - MPR 8:00A - Blood Pressure Clinic (walk ins accepted) CANCELLED 8:30A - Dance (CANCELLED) 9:15A - Strong Posture Level 2 (CANCELLED) 10:30A - Strong Beginnings (CANCELLED) 10:30A - Kababa Mama Food Trailer - Guest Parking 11:30A - Fitness Center 2:30P - Yoga 3:30P - Qi Gong 6:00P - Frank Delima, Comedian - MPR</p>   	<p>15</p> <p>7:30A - Tai Chi (CANCELLED) 8:00A - COVID Clinic - MPR 8:15A - Beginning Tai Chi (CANCELLED) 8:30A - Open Gardening 9:00A - Physician's Clinic - Dr. Yazawa (by appt.) 9:45A - Taiko Ball Fitness (CANCELLED) 10:30A - Strong Posture Level 1 (CANCELLED) 1:00P & 2:00P - Arts & Crafts w/Faye Inter. Class* - Crafts Room 2:30P - Afternoon Snack "Cake Pops" - MPR 3:00P - Blood Pressure Clinic (walk ins accepted)</p>  	<p>16</p> <p>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 - COVID Clinic - MPR 2:30P - Yoga (CANCELLED) 3:30P - Qi Gong (CANCELLED)</p>  	<p>17</p> <p>8:45A - Taiko Ball Fitness 9:30A - Water Exercise 10:30A - Strong Posture Level 1 11:30A - Fitness Center 3:30P - Automatic Golf Putting - MPR</p>	
<p>19</p> <p>1:00P - Arts & Crafts w/Faye Intermediate Class* - Crafts Room</p>	<p>20</p> <p>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 - Talk on the Honouliuli Internment Camp by Jay Sturdevant - MPR</p> 	<p>21 Deadline: Decorate Kite Craft</p> <p>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</p> 	<p>22 Deadline: Excursion Fishing Farms</p> <p>7:30A - Tai Chi 8:15A - Beginning Tai Chi 8:30A - Open Gardening 9:00A - Physician's Clinic - Dr. Yazawa (by appt.) 9:30A - Excursion "Kilohana Hula Show" 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) 6:00P - Weekly Movie "I Can Only Imagine" - Game Room</p>  	<p>23</p> <p>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) 2:30P - Yoga (CANCELLED) 3:30P - Qi Gong (CANCELLED)</p> 	<p>24</p> <p>8:45A - Taiko Ball Fitness 9:30A - Water Exercise 10:30A - Strong Posture Level 1 11:30A - Fitness Center 1:00P - UH Fellows Talk "Exercise: Dr. Kapono Chang" - MPR</p> 	
<p>26 Deadline: Summer Fun Pau Hana</p> <p>1:00P - Arts & Crafts w/Faye Intermediate Class* - Crafts Room</p>	<p>27 Memorial Day Holiday One K Offices Closed</p> <p>7:30A - Tai Chi (CANCELLED) 8:15A - Beginning Tai Chi (CANCELLED) 8:30A - Open Gardening (CANCELLED) 9:15A - Weekly Announcements Via Ch. 901 9:30A - Water Exercise 10:30A - Strong Posture Lvl 1 (CANCELLED) 11:30A - Fitness Center 1:00P - BINGO - MPR (CANCELLED) 6:00P - Weekly Movie "Saving Private Ryan" - Game Room</p>	<p>28</p> <p>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 - May Birthday Celebration - MPR 2:30P - Yoga 3:30P - Qi Gong 6:00P - Thomas Chock Ukulele - MPR</p>  	<p>29</p> <p>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 - Captel Presentation by Susan Jung - MPR 1:00P & 2:00P - Arts & Crafts w/Faye Beg. Class* - Crafts Room 3:00P - Blood Pressure Clinic (walk ins accepted)</p> 	<p>30</p> <p>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>31</p> <p>8:45A - Taiko Ball Fitness 9:30A - Water Exercise 10:30A - Strong Posture Level 1 11:30A - Fitness Center 6:00P - Family Movie Night & Popcorn "Family Switch" - MPR</p> 	
<p>Activities w/Sign Up (notated with *) Special Events Music/Dance Snacks Health/Wellness Games/Movies/TV Religious</p>						