

ONE KALAKAUA  
November 2023 Resident Activities



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Decorative Cupcake Craft, Sign up by: 10/25 (Event Day: 11/3) Lunch Bunch "Spice Up House of Indian Cuisine", Sign up by: 11/1 (Event Day: 11/9). Philippines Pau Hana, Sign up by: 11/1 (Event Day: 11/10) Rail Transit Excursion, Sign up by: 11/10 (Event Day: 11/29) Craft Class w/Faye: Deadlines for Wednesday class is the Wednesday prior, deadlines for Sunday class is the Sunday prior.</p>			<p><b>1</b> <i>Deadline Lunch Bunch Spice Up &amp; Philippines Pau Hana*</i> 7:30A - Tai Chi Ch. 901 8:15A - Beginning Tai Chi 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 &amp; 2:00P - Arts &amp; Crafts w/Faye Inter. Class* - Crafts Room 3:00P - Blood Pressure Clinic (walk ins accepted) 3:00P - Weekly Movie: "Finding Agnes" - MPR</p>	<p><b>2</b> 8:00A - Blood Pressure Clinic (walk ins accepted) 8:30A - Dance 9:15A - Strong Posture Level 2 10:30A - Strong Beginnings MPR &amp; Ch. 901 11:30A - Fitness Center 2:30P - Yoga 3:30P - Qi Gong</p>	<p><b>3</b> 8:45A - Taiko Ball Fitness 9:30A - Water Exercise 10:30A - Strong Posture Level 1 11:30A - Fitness Center 3:00P - Decorative Cupcake Craft* - MPR</p>	<p><b>4</b> 7:30A - Tai Chi (CANCELLED) 8:15A - Beginning Tai Chi (CANCELLED) 10:00A - UH Football vs. Nevada - MPR</p>
<p><b>5</b> 1:00P - Arts &amp; Crafts w/Faye Intermediate Class* - Crafts Room</p>	<p><b>6</b> 7:30A - Tai Chi (Ch. 901) 8:15A - Beginning Tai Chi (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 3:30P - Music with Glenn &amp; Les Oldies Show (Hawaiian &amp; Oldies) - MPR</p>	<p><b>7</b> 8:00A - Blood Pressure Clinic (walk ins accepted) 8:30A - Dance 9:15A - Strong Posture Level 2 10:30A - Strong Beginnings MPR &amp; Ch. 901 11:30A - Fitness Center 1:00P - Sing Along "Disco" (p/u song sheets at FD &amp; come dressed in your disco outfit) - MPR 2:30P - Yoga 3:30P - Qi Gong</p>	<p><b>8</b> 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 11:00A - Bible Study - Crafts Room 1:00P &amp; 2:00P - Arts &amp; Crafts w/Faye Inter. Class* - Crafts Room 3:00P - Blood Pressure Clinic (walk ins accepted) 6:00P - Weekly Movie: "Keys to the Heart" - MPR</p>	<p><b>9</b> 8:00A - Blood Pressure Clinic (walk ins accepted) 8:30A - Dance 9:15A - Strong Posture Level 2 11:00A - Lunch Bunch: "Spice Up House of Indian Cuisine"* 10:30A - Strong Beginnings MPR &amp; Ch. 901 11:30A - Fitness Center 2:30P - Yoga 3:30P - Qi Gong</p>	<p><b>10</b> <i>Deadline for Rail Transit*</i> 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.) 3:30P - Philippine Pau Hana Entertainment: Desiree &amp; Wayland Quintero - MPR*</p>	<p><b>11</b> <i>VETERAN'S DAY</i> 7:30A - Tai Chi (CANCELLED) 8:15A - Beginning Tai Chi (CANCELLED) 6:00P - UH Football vs. Air Force - MPR</p>
<p><b>12</b> 1:00P - Arts &amp; Crafts w/Faye Beginner's Class* - Crafts Room</p>	<p><b>13</b> 7:30A - Tai Chi (Ch. 901) 8:15A - Beginning Tai Chi (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 3:30P - Automatic Golf Putting - MPR</p>	<p><b>14</b> 8:00A - CV Booster 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) 11:30A - Fitness Center 2:30P - Yoga 3:30P - Qi Gong</p>	<p><b>15</b> 7:30A - Tai Chi (Ch. 901) 8:15A - Beginning Tai Chi (Ch. 901) 8:30A - Open Gardening 9:00A - Physician's Clinic - Dr. Yazawa (by appt.) 9:30A - Strong Posture Level 1 9:45A - Taiko Ball Fitness (CANCELLED) 12:00P - CV Booster Clinic - MPR 1:00P &amp; 2:00P - Arts &amp; Crafts w/Faye Inter. Class* - Crafts Room 3:00P - Blood Pressure Clinic (walk ins accepted) (CANCELLED) 6:00P - Weekly Movie "Live to 100 - Secrets of the Blue Zone" - MPR</p>	<p><b>16</b> 8:00A - CV Booster 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) 11:30A - Fitness Center 1:00P - Board of Directors Meeting - MPR 2:30P - Yoga (CANCELLED) 3:30P - Qi Gong (CANCELLED)</p>	<p><b>17</b> 8:45A - Taiko Ball Fitness 9:30A - Water Exercise 10:30A - Strong Posture Level 1 11:30A - Fitness Center 2:30P - Afternoon Snack "Lumpia" - MPR</p>	<p><b>18</b> 7:30A - Tai Chi (CANCELLED) 8:15A - Beginning Tai Chi (CANCELLED) 9:00A - UH Football vs. Wyoming - MPR</p>
<p><b>19</b> 1:00P - Arts &amp; Crafts w/Faye Intermediate Class* - Crafts Room</p>	<p><b>20</b> 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 - Zachary Espino "Hawaii - Philippines Relationship" - MPR 6:00P - Weekly Movie "Once Upon A Star" - MPR</p>	<p><b>21</b> 8:00A - Blood Pressure Clinic (walk ins accepted) 8:30A - Dance 9:15A - Strong Posture Level 2 10:30A - Strong Beginnings MPR &amp; Ch. 901 11:30A - Fitness Center 1:00P - Name that Tune &amp; Do You Know the Lyrics (Disco Theme)- MPR 2:30P - Yoga 3:30P - Qi Gong</p>	<p><b>22</b> 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 - (CANCELLED) 1:00P &amp; 2:00P - Arts &amp; Crafts w/Faye Beg. Class* - Crafts Room 2:00P - Play Konane - MPR 3:00P - Blood Pressure Clinic (walk ins accepted)</p>	<p><b>23</b> <i>THANKSGIVING DAY</i> <i>OneK offices closed</i>  <i>No Activities/Classes/Clinics</i></p>	<p><b>24</b> 8:45A - Taiko Ball Fitness 9:30A - Water Exercise 10:30A - Strong Posture Level 1 11:30A - Fitness Center</p>	<p><b>25</b> 7:30A - Tai Chi 8:15A - Beginning Tai Chi 6:00P - UH Football vs. Colorado State - MPR</p>
<p><b>26</b> 1:00P - Arts &amp; Crafts w/Faye Intermediate Class* - Crafts Room</p>	<p><b>27</b> 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 - MPR Tree Decorating 11:30A - Fitness Center 1:00P - Bingo - MPR 2:30P - Lobby Tree Decorating &amp; Egg Nog</p>	<p><b>28</b> 8:00A - Blood Pressure Clinic (walk ins accepted) 8:30A - Dance 9:15A - Strong Posture Level 2 10:45A - Strong Beginnings MPR &amp; Ch. 901 11:30A - Fitness Center 2:30P - Yoga 3:30P - Qi Gong 6:30P - Thomas Chock Ukulele - MPR</p>	<p><b>29</b> 7:30A - Tai Chi 8:15A - Beginning Tai Chi 8:30A - Open Gardening 9:00A - Rail Transit Excursion* 9:00A - Physician's Clinic - Dr. Yazawa (by appt.) 9:45A - Taiko Ball Fitness 10:30A - Strong Posture Level 1 1:00P &amp; 2:00P - Arts &amp; Crafts w/Faye Inter. Class* - Crafts Room 3:00P - Blood Pressure Clinic (walk ins accepted) 6:00P - Weekly Movie "Tall Girl" - MPR</p>	<p><b>30</b> 8:00A - Blood Pressure Clinic (walk ins accepted) 8:30A - Dance 9:15A - Strong Posture Level 2 10:30A - Strong Beginnings MPR &amp; Ch. 901 11:30A - Fitness Center 1:00P - November Birthday Celebration - MPR 2:30P - Yoga 3:30P - Qi Gong</p>	<p><b>FITNESS CLASSES WILL ONLY BE SHOWN ON CH. 901 FOR STRONG BEGINNINGS OR WHEN INSTRUCTOR IS NOT AVAILABLE.</b></p> <p><b>ALL ACTIVITIES IN THE MPR HAVE A 55 PERSON ROOM LIMIT!</b></p> <p><b>Activities w/Sign Up (notated with *)</b> <b>Special Events</b> <b>Music/Dance</b> <b>Snacks</b> <b>Health/Wellness</b> <b>Games/Movies/TV</b> <b>Religious</b></p>	