

THIS WEEK'S FITNESS CLASSES & ACTIVITIES

SUNDAY, DECEMBER 31

Arts & Crafts with Faye Inter. Class:
1:00 PM (CANCELLED)

MONDAY, JANUARY 1



NO ACTIVITIES/CLASSES SCHEDULED

TUESDAY, JANUARY 2

Blood Pressure Clinic (walk ins accepted) : 8:00 AM (B2 Lobby)

Dance: 8:30 AM (MPR)

Strong Posture L2: 9:15 AM (MPR)

Strong Beginnings: 10:30 AM
(MPR & Ch. 901)

Fitness Center: 11:30 AM (Fitness Room)

Yoga: 2:30 PM (Ch. 901)

Qi Gong: 3:30 PM (Ch. 901)

WEDNESDAY, JANUARY 3

Tai Chi: 7:30 AM (MPR)

Beginning Tai Chi: 8:15 AM (MPR)

Open Gardening: 8:30 AM

Physician's Clinic Dr. Yazawa (by appt.):
9:00 AM (B2 Clinic)

Taiko Ball Fitness: 9:45 AM

Strong Posture Level 1: 10:30 AM (MPR)

Arts & Crafts with Faye Inter. Class:
1:00 PM & 2:00PM (Crafts Room)

Blood Pressure Clinic (walk ins accepted) : 3:00 PM (B2 Lobby)

Weekly Movie: "The Great Magician":
6:00 PM (Game Room)



Synopsis: In the years after the Revolution that overthrew the Qing Dynasty in China and established the Republic, China was broken up into fiefdoms held by warlords, who are busy fighting each other. A lieutenant is using magic to scare convicts into joining a warlord's army. His warlord has imprisoned a girl and wants her to be his seventh wife, but he's too honorable to force her. The local revolutionaries want to kill the warlord and bring back the republic. The lieutenant is secretly a member of the Qing Dynasty Remnant and wants to bring back the Empire. The local Japanese businessman is actually trying to take over with help of the local Blackhawk gang. Into this chaos, a stranger returns from abroad with mastery of magic, and is back to recover the girl he loved (daughter of his master/teacher). Who is tricking whom and who will win at the end?

THURSDAY, JANUARY 4

Blood Pressure Clinic (walk ins accepted) : 8:00 AM (B2 Lobby)

Dance: 8:30 AM (MPR)

Strong Posture L2: 9:15 AM (MPR)

Strong Beginnings: 10:30 AM
(MPR & Ch. 901)

Fitness Center: 11:30 AM (Fitness Room)

Yoga: 2:30 PM (Via Ch. 901)

Qi Gong: 3:30 PM (Via Ch. 901)

UH Basketball vs. CSU Bakersfield:
5:00 PM (Game Room)

FRIDAY, JANUARY 5

Taiko Ball Fitness: 8:45 AM (MPR)

Water Exercise: 9:30 AM (Pool)

Strong Posture Level 1: 10:30 AM
(MPR & Ch. 901)

Fitness Center: 11:30 AM (Fitness Room)

Dr. Yamaguchi—Podiatrist (by appt.):
1:00 PM (B2 Clinic)

Chinese Drum Craft: 3:00 PM (MPR)

SATURDAY, JANUARY 6

Tai Chi: 7:30 AM (MPR)

Beginning Tai Chi: 8:15 AM (MPR)

UH Basketball vs. CSun:
3:00 PM (Game Room)

One Kalakaua Senior Living Association Weekly News

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December 31, 2023

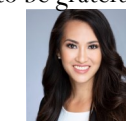
Aloha Residents,

Hau'oli Makahiki Hou or Happy New Year! As we usher in the promise of a new year, I extend my warmest wishes to you and your loved ones. May the coming month bring you prosperity, joy and meaningful moments. As we embark on this year together, you are encouraged to embrace resolutions that foster both personal and community growth such as:

- Physical wellness**—consider a daily 15 minute workout in our gym, join one of our fitness classes, invite family to the pool, or a neighbor for a walk around the block.
- Mental wellness**—consider reading books (our library being a great source), help out at the puzzle table, learn new computer skills by calling Tiffany to schedule a Tech Savvy Teen visit, or join one of our committees.
- Emotional wellness**—Good Housekeeping Magazine's #1 recommendation to build a happy and healthy life is to start a gratitude journal to keep track of things, people and events that you're grateful for. Dr. Robert Emmons, a professor of psychology at UC Davis says, "It literally breathes new life into us. It recharges and it rejuvenates." The magazine also recommends practicing mindfulness by doing everything you can to be grateful for what you have in the moment, appreciate where you are in life, and who you are now.

May 2024 be a year of resilience, community building and growth!

Mahalo, Leina



WORKOUT WITH INSTRUCTOR JOANN GOLDNER

SEATED CHEST PRESSES

3 sets - 10 repetitions per set

- Sit on a chair or bench with a resistance band or tube wrapped behind your upper back and under your armpits, grasping one end of the band in each hand. Bend your arms so that your elbows are against your sides and your hands are close to your chest.
- With your hands just below shoulder height, push straight out until your arms are fully extended, but without locking your elbows.
- Return to starting position and repeat.
- I will demonstrate this exercise during my scheduled Monday - Friday classes.



If you need an exercise band contact Joann Goldner via the front desk.

You can also watch the Strong Beginnings exercise classes on Channel 901 Tuesdays and Thursdays at 10:30 am.

ONE K 2024 RSV VACCINE CLINIC

Times Pharmacy in conjunction with the RCS Dept. will be sponsoring a RSV (Respiratory Syncytial Virus) clinic. Clinics will be held in the MPR and are by appointment only. **You must be 60 years of age or older to receive the vaccination.** Please note a change in our clinic dates. Clinics will now be held on:

- 1/16/23 8a-11a
- 1/17/23 1p-4p



RCS will begin taking appointments from 10a-2p on 1/2/24 (Mondays - Fridays only). Please ONLY contact RCS during these days/times.

Deadline to make your appointment is 1/12/24. You should have received an informational memo in your mailboxes. Extra copies are available at the Front Desk.

RSV usually causes mild symptoms however in older adults it can cause severe infection. Similar to COVID, RSV is a highly contagious virus that can be easily spread by touching a contaminated surface, or if an infected person coughs or sneezes and their droplets contact another person's eyes, nose or mouth.



UNIVERSITY OF HAWAII MEN'S BASKETBALL GAMES



The University of Hawaii Men's Basketball Games that are shown on ESPN+ will be shown in the GAME ROOM for all of you to enjoy. These are the upcoming games listed:

- Thursday, January 4 at 5:00 p.m. (CSU Bakersfield)
- Saturday, January 6 at 3:00 p.m. (CSun)
- Thursday, January 18 at 5:00 p.m. (Long Beach State)
- Saturday, January 20 at 2:00 p.m. (US San Diego)
- Thursday, February 1 at 5:00 p.m. (Cal State Fullerton)
- Saturday, February 3 at 5:00 p.m. (UC Irvine)
- Thursday, February 15 at 5:00 p.m. (Cal Poly)
- Thursday, February 29 at 4:00 p.m. (UC Davis)
- Saturday, March 2 at 3:00 p.m. (UC Riverside)
- March 13—16 Big West Championship (*may be shown depending on time of game*)



Derek singing on the Trolley and Joan joining in wearing her head band she made at craft.

Janey and Leilani with their Christmas Cracker Craft. 12.14.23



RAIL TRANSIT EXCURSION FRIDAY, JANUARY 12 AT 9:30 AM MEET IN LOBBY AT 9:15 AM

Due to the unforeseen weather during the original planned date, we rescheduled the HART Skyline Rail Transit to January 12.

**This rescheduled excursion only applies to those who have originally signed up prior to the cancellation. No need to sign up. We will personally contact you to reconfirm your participation. If accompanied with a caregiver please reconfirm your attendance as well.*

NOTE: Holo Cards have been purchased for those who previously indicated that they needed one and will be charged the \$5 fee.

Thank you for your patience and cooperation. We're very excited and hope you will still be able to accompany us.

Cancellations after reconfirmation will be charged \$10 for a partial cost of the trip.

***Must be cleared by RCS to attend**

*** If you are using a wheel chair please indicate when reconfirming. You will need to provide your own escort (caregiver) to accompany you.**

RESIDENT SUGGESTION

Suggestion: How do I get Channel 901? Spectrum said to ask One Kalakaua and One Kalakaua said to ask Spectrum. No one seems to know the answer. Please help me with Channel 901.

Spectrum

Team Response: Please give Linda a call at 983-4429 if you need assistance. It is likely that if you are not getting the Ch. 901 on your TV, but the rest of your cable channels work, we will need a Spectrum technician to come out and support.