

## THIS WEEK'S FITNESS CLASSES & ACTIVITIES

### SUNDAY, DECEMBER 17

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

### MONDAY, DECEMBER 18

**Tai Chi:** 7:30 AM (MPR)  
**Beginning Tai Chi:** 8:15 AM (MPR)  
**Open Gardening:** 8:30 AM (CANCELLED)  
**Weekly Announcement :** 9:15 AM (Ch.901)  
**Water Exercise:** 9:30 AM (CANCELLED)  
**Strong Posture Level 1:** 10:30 AM (Ch.901)  
**Fitness Center:** 11:30 AM (CANCELLED)  
**Bingo:** 1:00 PM (MPR)  
**Weekly Movie: "The Bells of St. Mary":**  
6:00 PM (Game Room)



Synopsis: Father O'Malley is transferred to the Roman Catholic inner-city school St. Mary's, where he quickly falls into conflict with its headmistress, Sister Mary. Their primary disagreement has to do with the deteriorating school itself.

Father O' Malley feels it should be abandoned and the children sent to other schools. Sister Mary and the other nuns, however, believe there is still hope, possibly in the form of charity from a wealthy business owner.

### TUESDAY, DECEMBER 19

**Blood Pressure Clinic (walk ins accepted) :** 8:00 AM (B2 Lobby)  
**Strong Posture L2:** 9:00 AM (MPR)  
**Fitness Center:** 10:00 AM (Fitness Room)  
**Name that Tune & Do You Know the Lyrics:** 1:00 PM (MPR)  
**Yoga:** 2:30 PM (MPR)  
**Qi Gong:** 3:30 PM (MPR)

### WEDNESDAY, DECEMBER 20

**Tai Chi:** 7:30 AM (MPR)  
**Beginning Tai Chi:** 8:15 AM (MPR)  
**Open Gardening:** 8:30 AM (CANCELLED)  
**Physician's Clinic Dr. Yazawa (by apt.):**  
9:00 AM (B2 Clinic)  
**Taiko Ball Fitness:** 9:45 AM (CANCELLED)  
**Strong Posture Level 1:** 10:30 AM (Ch. 901)  
**Arts & Crafts with Faye Inter. Class:**  
1:00 PM & 2:00PM (Crafts Room)  
**Blood Pressure Clinic (walk ins accepted) :** 3:00 PM (B2 Lobby)

### THURSDAY, DECEMBER 21

**Blood Pressure Clinic (walk ins accepted) :** 8:00 AM (B2 Lobby)  
**Dance:** 8:30 AM (CANCELLED)  
**Strong Posture L2:** 9:15 AM (CANCELLED)  
**Strong Beginnings:** 10:30 AM (CANCELLED)  
**Fitness Center:** 11:30 AM (CANCELLED)  
**Yoga:** 2:30 PM (MPR)  
**Qi Gong:** 3:30 PM (MPR)  
**Honolulu Hale Wreath Display & Dinner**  
**Bunch Plumeria Beach House:**  
Meet in lobby at 4:30 PM

### FRIDAY, DECEMBER 22

**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)  
**Keiki Kani Choir:** 3:00 PM (MPR)

### SATURDAY, DECEMBER 23

**Tai Chi:** 7:30 AM (MPR)  
**Beginning Tai Chi:** 8:15 AM (MPR)

# One Kalakaua Senior Living Association Weekly News

1314 Kalakaua Avenue • Honolulu, Hawaii 96826  
808.983.4400 • lvares@onekalakaua.net



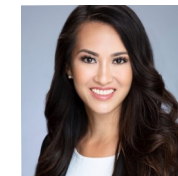
December 17, 2023

## Resident Surveys

Your mana'o and feedback are important to improving One Kalakaua. A resident survey was placed in your mailbox. We have extended the due date to December 22 as your voice matters and we humbly ask you to participate.

- If you need help writing your comments, please come down to the admin offices on B2 and we can assist. If you need another copy, please see the front desk for assistance.
- We have begun to read your feedback. Changes requested such as IT support, use of email for communication, having documents online, dining suggesting and more are under way. Please keep the thoughtful feedback coming so changes can be made.
- Please feel free to speak openly and propose possible solutions. We are working hard to build a culture of trust, a safe space to share ideas and environment free of retaliation. We can improve together!

If there is an item you would like to discuss in more detail, please call 808.983.4541 or email me at [lijacic@onekalakaua.net](mailto:lijacic@onekalakaua.net) and we can surely set up a time.



Mahalo,  
Leina Ijacic

## TECHNOLOGY SUPPORT

Need help with your computer, email, smart phone, or other device? Tech Savvy Teens can help you in the library for email set up, phone and software training. If you need help with devices in your unit, they can go up as well. Please call or email to schedule: Tiffany Kaspo 808.983.1098 [tiffany@onekalakaua.net](mailto:tiffany@onekalakaua.net). There is no cost, however if you would like to make a donation to the non-profit, please make checks out to Tech Savvy Teens.



## OneK 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.



- 1/23/24 8a-11a
- 1/24/24 1p-4p

**RCS will begin taking appointments from 10a-2p beginning on 1/2/24 (Mondays - Fridays only).** Deadline to make your appointment is 1/17/24. More information will be coming soon in your resident mailboxes.

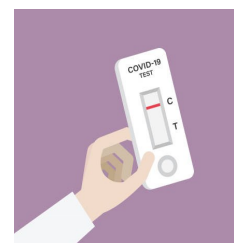
*RSV usually causes mild symptoms however in older adults it can cause severe infection. Similar to COVID, RSV is a highly contagious virus that can be easily spread by touching a contaminated surface, or if an infected person coughs or sneezes and their droplets contact another person's eyes, nose or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

## Emergency System Reboot

The emergency system (including all pendants and your in unit smoke detectors) will be shut down briefly on **12/19/23** for about 5-15 minutes between **8:30a-9:00a**. Do not press any of your pendants during the outage, instead call the Front Desk at (808)983-4400 if you need emergency assistance. An announcement will be made overhead prior to and at the end of the testing.



## ANTIGEN KITS



If you, a family member or friend are in need of COVID antigen test kits, please feel free to pick-up a kit(s) at the Front Desk. We have overstock and would like to share with everyone. You do need to take the entire box given to you (6 kits per box) as we will not break boxes into individual kits as Abbott has extended the expiration dates and the new extended expiration is written on the outside of the box.

## MEAL DELIVERY POLICY CHANGE

For residents who authorized the Food and Beverage Department to enter their unit for meal delivery service, effective January 1, 2024, OneK will go back to delivering meals to the front door of the apartment, knocking to notify the resident, and placing the meal on the door handle. The goal of this change is to promote privacy and to reduce the need of the Food and Beverage staff to have apartment unit keys. If you have any questions or concerns, please contact Wendee at 808.439.8099. Thank you!



## *Keiki Kani Choir*

Friday, December 22  
3:00 PM - MPR



The KEIKI KANI CHOIR is a community choir performing group currently composed of college students and working and retired adults from all over Oahu. Some of the choir members began their voice studies as children at Keiki Kani; all had previous music study and chose to sing with Keiki Kani to continue developing their vocal skills. The choir is trained in voice technique and stage production; self-confidence and poise are developed through performance. The KEIKI KANI CHOIR has been making music and musicians for over 30 years.

## WELCOME NEW RESIDENTS

**Clyde Hamai,  
unit 411**

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**Gail Hamai,  
unit 411**



**Lorraine Araki,  
unit 606**

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