

"TALK STORY"

November 12, 2023 - November 18, 2023

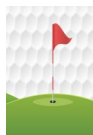
Activity list is available by calling Ext. 4491 or by viewing Channel 900 on your TV. Some programs may be viewed on Channel 901.

WEEKLY ACTIVITIES

UH FOOTBALL!



Come down and cheer on our U.H. Football team as they take on Wyoming on Saturday, November 18 at 9a.m. in the MPR
Feel free to bring a potluck item



AUTOMATIC GOLF PUTTING

MONDAY, NOVEMBER 13

3:30 PM IN THE MPR

*Come on down and lets enjoy some golf.
Do you think you've got what it takes?
Show us your skills.*

MISSING BOOKS



A few books have not been signed out for and have recently gone missing from the library:

- 1) WAIT—Don't Die Yet! (Annette Kam)
- 2) The Associate (John Grisham)
- 3) Silence (Shusaku Endo)

Please check your home for any possible books/items/DVDs that are from the library and have not been returned and turn them into the library. Thank you.

Mid-Week Movie

"Live to 100—Secrets of the Blue Zone"

Wednesday, November 15 at 6:00 p.m.
in the MPR



In *Live to 100: Secrets of the Blue Zones*, author and National Geographic explorer Dan Buettner looks for the secrets of longevity, categorizing common features of life in different regions of the world where people's lifespans are longest.

ONE KALAKAUA SENIOR LIVING BOARD OF DIRECTORS REGULAR MEETING

The regularly scheduled meeting of the Board of Directors of One Kalakaua Senior Living will be held on:

DATE: Thursday, November 16, 2023

TIME: 1:00 p.m.

PLACE: Lobby Level, MPR

VENUE: Owners may attend in person

- Election of Secretary
- Reauthorization of Utilities Conservation Committee
- Umbrella and Flood Insurance Quotes
- 2024 Meeting Calendar
- Proposed Committee Structure

If any Director is unable to attend this meeting, please contact Jaycelin Oliva, Hawaiiana Management, at (808) 792-0504.

REALTOR BREAKFAST & AMENITY PREVIEW

Please feel free to alert your Realtors about our Realtor Breakfast and Amenity Preview on November 15 at 7:30am.

They will have the opportunity to preview our amenities, meet our team and take a tour of our facility to better market our fee-simple condominium with first-hand knowledge. See flyer on our Bulletin Board for more information and have them RSVP with Linda at lvares@onekalakaua.net.



FITNESS SCHEDULE FOR NOVEMBER 13—NOVEMBER 18

FITNESS CLASSES WILL BE HELD IN THE MPR. ONLY STRONG BEGINNINGS
WILL ALSO BE SHOWN ON CH. 901.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30AM TAI CHI	8:30AM DANCE CANCELLED	7:30AM TAI CHI (CH. 901)	8:30AM DANCE CANCELLED	8:45AM TAIKO BALL FITNESS	CANCELLED 7:30AM TAI CHI
8:15AM BEG. TAI CHI	9:15AM CANCELLED STRONG POSTURE L2	8:15AM (CH. 901) BEG. TAI CHI	9:15AM CANCELLED STRONG POSTURE L2	9:30AM WATER EXERCISE	CANCELLED 8:15AM BEG. TAI CHI
9:30AM WATER EXERCISE	10:30AM CANCELLED STRONG BEGINNINGS	9:45AM CANCELLED TAIKO BALL FITNESS	10:30AM CANCELLED STRONG BEGINNINGS	10:30AM STRONG POSTURE L1	
10:30AM STRONG POSTURE L1	11:30AM FITNESS CENTER	10:30AM STRONG POSTURE L1	11:30AM FITNESS CENTER	11:30AM FITNESS CENTER	
11:30AM FITNESS CENTER	2:30PM YOGA		2:30PM YOGA CANCELLED		
	3:30PM QI GONG		3:30PM CANCELLED QI GONG		

Afternoon Snack "Banana Lumpia"

Friday, November 17

2:30 pm in the MPR



Come on down and enjoy a popular Filipino sweet crispy snack. A must have at any Filipino party. Similar to a Chinese eggroll but a dessert version. Also known as Banana Turon.

WORD PUZZLE GAMES



Want something to do from the comfort of your home?

Pick-up a word puzzle on the corner table near the lobby restrooms.

Turn in your completed puzzle to the front desk for a chance to win a prize no later than 8am on Friday, November 17, 2023.

Two winners will be selected by random drawing.

FITNESS ROOM CLOSURE

Saturday, November 25, 2023

9am to 3pm

This was rescheduled from 10/30/23. We will be replacing the window tinting. Fitness room will be closed at this time. Sorry for any inconvenience this may cause.

Thank you for your understanding. Please call Jan April at (808)203-5769 if you have any questions.

MONTHLY GENERATOR TESTING

Wednesday November 15, 2023

2:00pm to 2:30pm



We will be conducting the monthly generator transfer testing. Please note during testing, you may smell fumes and/or hear noises from the generator. Please keep your windows closed during this time.

Both elevators will be in normal operations, but there will be about a 5-10 minutes delay before and after the generator transfer.

If you have any questions, please call Ashley at (808)983-4426



**UH VOLLEYBALL GAME
IN THE MPR**



Friday, November 17th, at 7:00pm join in and watch UH Volleyball vs. UC San Diego.

THIS WEEK'S SUGGESTION(S): Below are suggestions we have received and our responses:

SUGGESTION: Can we invest in a ping pong table? (Table Tennis) There are conversion tops for pool tables.

TEAM RESPONSE: That sounds like a fun activity. We will look into this further and get back to you.