

"TALK STORY"

November 19, 2023 - November 25, 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 25 at 6p.m. in the MPR



TALK ON HAWAII-PHILIPPINES RELATIONSHIP
WITH GUEST SPEAKER: ZACHARY ESPINO
MONDAY, NOVEMBER 20
AT 3:30PM IN THE MPR

Zachary Espino is the Executive Administrative Officer (EAO) in the Office of the President for East-West Center. Zachary provides strategic direction and management support to the President and Executive Leadership Team (ELT), which includes the Vice President and Chief Operating Officer. As EAO, he is responsible for managing various organizational initiatives across the Center on behalf of the ELT to ensure alignment with strategic priorities. He is also responsible for monitoring progress of projects across programs that affect the objectives and strategic goals of the Center.

Let's Play Konane
"Hawaiian Checkers"
Wednesday, November 22
2 PM in the MPR



Let's have some fun!
Strategize & test your skills.

NAME THAT TUNE &
DO YOU KNOW THE LYRICS!
TUESDAY, NOVEMBER 21 AT
1:00 PM IN THE MPR



The first resident to name the correct song title or missing lyrics will be the winner (other rules may apply). Prizes will be awarded.
This month's theme will be Disco.

CHRISTMAS TROLLEY RIDE
TUESDAY, DECEMBER 12

FIRST TRIP: 6:30PM 2ND TRIP: 8:00PM



Enjoy rides through Downtown Honolulu, see the beautiful lights at Honolulu Hale and take a trip through Waikiki. (*NOTE: We do not get off the trolley*)

Meet in lobby 15 minutes before your departure time. Reservations are on a first come, first serve basis. Residents only.

Sign up at the front desk by December 5.

Mid-Week Movie
"Once Upon a Star"

Monday, November 20 at 6:00 p.m.
in the MPR



The members of a travelling pharmacinema troupe go on the road to spread the joy of live-dubbed movies, all while overcoming difficulties, deceits and reaching for their dreams. CAST: Sukollawat Kanarot, Jirayu La-ongmanee, Smart Payakaroon and Nuengthida Sophon.

Emergency System Testing/Reboot

The emergency system (including all pendants and your in unit smoke detectors) will be shut down briefly on 11/21/23 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.

FITNESS SCHEDULE FOR NOVEMBER 20—NOVEMBER 25

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	7:30AM TAI CHI	8:30AM DANCE CANCELLED	8:45AM TAIKO BALL FITNESS	7:30AM TAI CHI
8:15AM BEG. TAI CHI	9:15AM STRONG POSTURE L2	8:15AM BEG. TAI CHI	9:15AM CANCELLED STRONG POSTURE L2	9:30AM WATER EXERCISE	8:15AM BEG. TAI CHI
9:30AM WATER EXERCISE	10:30AM STRONG BEGINNINGS	9:45AM 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 CANCELLED 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		

**ARTS & CRAFTS CLASS WITH
FAYE**



PLEASE NOTE FAYE'S ARTS
& CRAFT CLASS FOR NO-

WORD PUZZLE GAMES

Congratulations to:
Jim Williams & Deanna Chang
for winning this month's word puzzle games.



**Shopping Morning
"Kahala Mall"**

Thursday, December 7th at 10am

Meet the lobby at 9:30am

Join us and get your Christmas Shopping done. Great stores such as Macy's, Ross Dress for Less, Longs, See's Candy, Whole Foods Market, etc.

SPACE IS LIMITED. Please sign up at the Front Desk by Thursday, November 30.

RSV Vaccine Clinic Coming in January!

In conjunction with Times Pharmacy, we will be offering an RSV clinic this January, 2024. More information and dates to come in the next few weeks. RSV (Respiratory Syncytial Virus) is a common, contagious virus. It 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. **You must be 60 years of age or older to receive the vaccination.**

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

SUGGESTION: The Administration should look into how residents can be able to get a table to sit in the Dining Room before visitors. Residents at One Kalakaua pay for 1 meal/day even though we do not eat a meal daily.

TEAM RESPONSE: Thank you for your suggestion. We do try to accommodate residents as best as we can. Residents are allowed to bring in guest/visitors to dine with. All seating is on a first-come first-serve basis unless you have a larger party and make a reservation.

SUGGESTION: A suggestion was received that whoever takes the cart should sign out and note the time!

TEAM RESPONSE: We will place a reminder in the talk story to residents to remind them to be courteous and return the cart as soon as they can. Please note that there are two small carts at the Front Desk as well as carts by the B1 and B2 doors leading to the garage.