

"TALK STORY"

November 26, 2023 - December 2, 2023

WEEKLY ACTIVITIES

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

THOMAS CHOCK PERFORMANCE

TUESDAY, NOVEMBER 28

6:30 PM IN THE MPR

Playing an arrangement of ukulele music for your entertainment.



ONE KALAKAUA SENIOR LIVING BOARD OF DIRECTORS SPECIAL MEETING

This specially scheduled meeting of the Board of Directors of One Kalakaua Senior Living will be held on:

DATE: Tuesday, November 28, 2023

TIME: 3:00 p.m.

PLACE: B2, Game Room

Restricted to Board Members Only

AGENDA

- Personnel Issue

Please note this agenda item will be discussed in Executive Session. If any Director is unable to attend this meeting, please contact Jaycelin Oliva, Hawaiiana Management, at (808) 792-0504.

ALL NEW ONE KALAKAUA WEBSITE!



Please check out our newly updated One Kalakaua website. It features more information on our facility and services.

www.onekalakaua.net

Mid-Week Movie "Tall Girl"

Wednesday, November 29 at 6:00 p.m.
in the MPR



After years of slouching through life, 6-foot-1 teen Jodi resolves to conquer her insecurities and gets caught up in a high school love triangle.

COVID Vaccine Clinic



Last week Times administered 100 vaccinations at our COVID vaccine clinic. The winner of the lucky drawing for those residents that participated is:

Merle Miyamoto

HOLIDAY TREE DECORATING

Monday, November 27



10:30 AM MPR

2:30 PM Lobby



Lets get into the Holiday Spirit. Please come on down and join us in our Annual Tree decorating activity.

Feel free to bring your own personal ornaments and we'll add it onto our ONE K Christmas tree in the MPR where it will be showcased to all. We'll listen to some holiday classics, do some sing-a-longs, have some egg-nog in the afternoon and just have fun as we all gather together decorating our Christmas tree's in the most wonderful time of the year.

HOLIDAY HEADBAND CRAFT



FRIDAY, DECEMBER 8

3:00 PM IN THE MPR

SIGN UP BY FRIDAY, DECEMBER 1

UH FOOTBALL!

Come down and cheer on our U.H. Football team as they take on Colorado State on Saturday, November 25 at 6p.m. in the MPR



FITNESS SCHEDULE FOR NOVEMBER 27—DECEMBER 2

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 | 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 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 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 | | |
| | 3:30PM QI GONG | | 3:30PM QI GONG | | |



NOVEMBER BIRTHDAY CELEBRATION

Please Join us on Thursday, November 30
From 1:00pm - 1:30pm in the MPR



All Residents are welcome to attend, come enjoy a slice of cake and sing happy birthday to our birthday residents.

| | |
|-----------------------|--------------|
| Kotaro Koizumi | 11/01 |
| Wayne Masuda | 11/01 |
| Doris Chun | 11/02 |
| Clyde Chun | 11/08 |
| Linda Yuen | 11/10 |
| James Williams | 11/14 |
| Setsuko Soga | 11/20 |
| Caroldine Lum | 11/23 |
| Linda Uyechi | 11/29 |

Intermittent Hot Water Update & Fitness Room Closure



We continue to experience intermittent hot water throughout the building due to parts on back order. When you turn on your hot water faucet, please allow the water to run for at least 5 minutes. If it is still cold to the touch, please call Front Desk. The boiler will be reset and allow at least 20 minutes for the hot water to stabilize. Sorry for the inconvenience and mahalo for your understanding.

11/25/23: Fitness Room is closed all day for window tinting work. Thank you for your understanding.

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

SUGGESTION: As I recall, there was a survey where potential classes for residents were listed in which ukulele and hula classes were proposed. What became of the results.

TEAM RESPONSE: Yes, a survey for those interested in having a hula class was done. It was decided not to move forward with hula classes as only a handful of residents were interested. As for ukulele classes, we are looking into the cost for an instructor.

SUGGESTION: Where does the report on residents attendance go? What is the purpose of taking names and unit number? More efficient to just get a count of number attending for inventory/planning purposes?

TEAM RESPONSE: We take attendance to track activity participation so that we can monitor how well the programs we offer are meeting the needs/likes of our residents as well as ensure that we meet the social needs of our assisted living residents who may not be as functionally able to participate in programs that are geared only for independent residents.

SUGGESTION: Follow-up on Dining Room sitting: On Sunday, Nov. 12, because of visitors some residents had to wait a long time before they could get a table. At some tables there were only visitors. I over heard from a table with only visitors praising how cheap it was (\$7.50) to dine at One Kalakaua. If nothing is done we residents we'll be without a private dining room. The Administration should look into how residents can get a table before visitors. Restaurants require advance reservations for a table. One Kalakaua should require visitors to make advance reservations.

TEAM RESPONSE: Those with parties of 5 or more do need to make a reservation at the Front Desk in advance. Visitors do attend dining **with** a resident/non-resident owner. The cost of \$7.50 is the Sunday guest meal surcharge so the total cost is \$25.50 for guests on Sunday.