

# "TALK STORY"

November 5, 2023 - November 11, 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 SPORTS & POTLUCK!



Come down and cheer on our U.H. Football team as they take on San Air Force on Saturday, November 11 at 6p.m. - MPR

**NOTICE: BOARD OF DIRECTORS MEETING**  
**THURSDAY, NOVEMBER 16 AT 1:00 P.M.**  
**IN THE MPR (FOR OWNERS ONLY).**  
**(Note Yoga & Qi Gong will be cancelled)**

### MUSIC WITH GLENN & LES OLDIES SHOW

MONDAY, NOVEMBER 6 AT 3:30PM,  
IN THE MPR

Join us and sing along with Glenn & Les as they play and sing some Hawaiian & Oldies music for you. Remember to social distance.



### EMPLOYEE NEWSLETTERS AND OTHER PUBLICATIONS

We are looking to combining our weekly talk story and monthly newsletter into one weekly publication and have it be available online in addition to given to residents. To better tailor our communications, we will be discontinuing the distribution of our employee newsletters to residents/owners.

### SING-ALONG

TUESDAY, NOVEMBER 7 AT  
1:00 P.M. IN THE MPR



Join us for sing-along. Pick-up the sing-along song sheet at the front desk. This month's theme will be "**Disco.**"

**Come on down and feel free to dress up in your disco outfit.**



### OTC EYE DROPS ARE BEING RECALLED

Please note OTC eyedrops are being recalled. Please see a list of affected products on the bulletin board.



**VETERAN'S DAY  
RECOGNITION**  
**FRIDAY, NOVEMBER 10 AT  
3:30PM IN THE MPR**

If you are a veteran of the Armed Forces, please join us at our Pau Hana event on Friday, November 10 at 3:30p.m. to be recognized for your dedication and service. Please call Michelle at (808)983-4412 to let her know if you plan to attend. Mahalo!

**Mid-Week Movie "Keys to the Heart"**  
**Wednesday, November 8 at 6:00 p.m.**  
**in the MPR**



KEYS to the HEART

The story of a down-and-out boxer reconnecting with his estranged, younger brother who is a gifted pianist with savant syndrome.

### COVID-19 UPDATES

- **ONEK COVID-19 CASE COUNTS.** We currently have **0** active resident cases. Our total resident case count since the onset of the pandemic is 34 residents (26 Independent and 8 Assisted Living).

**FITNESS SCHEDULE FOR NOVEMBER 6—NOVEMBER 11**

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 (CH. 901)	8:30AM DANCE	8:45AM TAIKO BALL FITNESS	CANCELLED 7:30AM TAI CHI
8:15AM BEG. TAI CHI	9:15AM STRONG POSTURE L2	8:15AM (CH. 901) BEG. TAI CHI	9:15AM STRONG POSTURE L2	9:30AM WATER EXERCISE	CANCELLED 8:15AM BEG. TAI CHI
9:30AM WATER EXERCISE	10:30AM (CH. 901) STRONG BEGINNINGS	9:45AM TAIKO BALL FITNESS	10:30AM (CH. 901) 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		

**UH VOLLEYBALL GAMES TO BE SHOWN  
IN THE MPR**

When available on OC16, we will show the UH Volleyball game in the MPR (as long as it does not conflict with another event)



This Saturday, November 4th, at 7:00pm join in and watch UH Volleyball vs. UC Santa Barbara.



**SAFETY ALERT**

Recently one of our residents was approached/ threatened at 7-11 by a homeless person. If you are at 7-11 or nearby and need assistance due to this type of incident, please call and one of our staff will walk over and escort you back to the property. A best practice is to have a buddy when you go walking.



**RAIL TRANSIT EXCURSION  
WEDNESDAY, NOVEMBER 29 AT 9:00 AM  
MEET IN LOBBY AT 9:00 AM**



**COST OF TRIP: \$5.00 Including HOLO Card & Ride Fare**

Sign-up at the Front Desk by Friday, November 10. Limited to 15 residents.  
Transportation to and from the rail will be provided.

*\*If you have your own HOLO card please let Front Desk know that you will be bringing your own card and will be responsible to pay for your own ride fare prior to excursion day. Please indicate if you will be using a wheelchair. If so, please be sure to sign-up your caregiver as well who will be accompanying you.*

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

**SUGGESTION:** Photos (framed) of flowers are in the resident hallways. I was told a staff member named Rena was the photographer. It would be wonderful to give Rena credit for the photos – with a note for the photos – on each floor the photos are displayed! The photos are so lovely!

**TEAM RESPONSE:** I agree the flower photos are lovely. We would love to give credit to the staff who have taken the flower photos as well as other photos on the floors, but unfortunately, we don't have information on who did which photo. Several staff members participated in this project/contest.