

"TALK STORY"

December 10, 2023 - December 16, 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.



MUSIC WITH GLENN & LES
MONDAY, DECEMBER 11
3:00 PM IN THE MPR

Join us and sing along with Glenn & Les (retired teachers) as they play some popular Hawaiian and Oldies tunes for you.

VOYAGE BY CHEF AMIN -
FOOD TRUCK" (Take-out)
Friday, December 15
11:00 am—1:00 pm



Front Entry Parking (Handicap Stall)
Open to residents and staff.
Bring down your cash and
order your food to take home or eat together in the
MPR.



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.

Mid-Week Movie

"A Very Murray Christmas"
Wednesday, December 13 at 6:00 p.m.
in the Game Room



A 2015 American Christmas musical comedy film directed by Sofia Coppola and cowritten by Bill Murray, Mitch Glazer, and Coppola.

Terrance Tom, Pianist

Wednesday, December 13

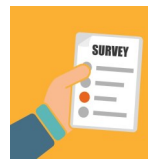
3:00 PM in the MPR



A blind man who defies the odds. Terrance (Terry) Tom was born premature and placed in an incubator which unfortunately made him lose his sight. Terry, however, never gave up and instead of calling his situation a disability he considers it more as an inconvenience. Throughout his lifetime Terry has made adjustments and always pushed himself to greatness. He successfully became a lawyer with his own practice and became one of the first blind men in the nation to pass the bar exam through brail in 1973. He also became a state representative in 1982 and served for 16 years.

When not practicing law, Terry plays piano on a regular basis and shares his talent and love for music while also spreading his message of hope. "The motto I always lived by was to reach for the stars and dream big. Don't ever give up. Because if I can do it, I know you can."

RESIDENT SURVEY



A Resident Survey was distributed in your inhouse box this week. Please share your feedback by Friday, December 15th. If more space is needed, please feel free to add a paper. Turn in surveys to the Front Desk.



TROLLEY RIDES

If you signed up for the Trolley Rides on December 12th, please be sure to bring a jacket as it can get cold as it is an open trolley. Feel free to bring a seat cushion if you'd like. Please be on time as we will need to leave on schedule. Meet in lobby at 6:15p for 6:30p trolley ride and 7:45p for 8:00p trolley ride.



FITNESS SCHEDULE FOR DECEMBER 11—DECEMBER 16

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		

CHRISTMAS CRACKER CRAFT

BY: DR. LAURIANNE CHUN

THURSDAY, DECEMBER 14

1:00 PM IN THE MPR

SIGN UP BY:

TUESDAY, DECEMBER 12

Come and make a personalized gift for yourself or for a family/friend. Learn a little bit about the culture and history of the Christmas Cracker.



FRIENDLY REMINDERS: DINING ROOM SERVICE

Please be sure to wait for the host to seat you when entering the dining room. This way, the host is made aware of your presence and will alert the serving staff that you are seated for dining. If you seat yourself, the servers may believe you have already been assisted. Thank you for your kokua.



WORD PUZZLE GAMES

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, December 15, 2023. Two winners will be selected by random drawing.



Front Door Decorating

If you wish to make the entrance to your home unique and inviting by decorating your apartment door, such decoration shall be subject to the following:

1. You may place a decoration or artificial wreath on your door. Please use a wreath hanger, fish line, or suction cup. Please do not place a nail, adhesive tape or screw in your door or on the walls beside your apartment door.
2. The decoration may not be political in nature and must be in good taste.
3. As a reminder, please remove all Holiday decorations on your door, the day has been extended to January 10th.



HOSPITALITY, UTILITIES COMMITTEES & CHINESE NEW YEAR

We are in need of a few more residents to join our Hospitality Committee and Utilities Committee. The Hospitality Committee welcomes new residents and assist with their transition. The Utilities Committee looks for ways to reduce our utility cost. We are also in need of a couple people to join a Chinese New Year planning committee. If you have great ideas on entertainment, food, etc. for Chinese New Year, please join in on the planning process. Please contact Linda at (808) 983-4429 if you are interested in either Committee.