

"TALK STORY"

December 3, 2023 - December 9, 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.

Afternoon Snack "Coco Puffs"

Wednesday,
December 6

2:30 PM in the MPR



EMAILS NEEDED

If you have not already been contacted by our Front Desk staff, please call the Front Desk at (808)983-4400 to give them your current email address. We will be using email as a way to communicate with you to distribute urgent and important information.

ALL NEW ONE KALAKAUA WEBSITE!



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

<https://onekalakaua.net/>

Mid-Week Movie "Falling for Christmas"
Monday, December 4 at 6:00 p.m.
in the MPR



A young, newly engaged heiress has a skiing accident in the days before Christmas. After she is diagnosed with amnesia, she finds herself in the care of the handsome cabin owner and his daughter.

SING-ALONG

TUESDAY, DECEMBER 5 AT

1:00 P.M. IN THE MPR



Join us for sing-along. Pick-up the sing-along song sheets at the front desk. This month's theme will be "Christmas." Come on down dressed in something festive.

Automatic Golf Putting

MONDAY, DECEMBER 4

3:30 PM IN THE MPR



New Year's Eve Dau Hana

With Ginny Tiu

3:00 PM in the MPR

Sign up by: Friday, December 15



As 2023 comes to an end please and join the celebration with guest performer *Ginny Tiu Hawaii's local pianist*. Let's enjoy some food, party and have fun as we close this year and welcome 2024!

RSV Vaccine Clinic

Please complete the RSV vaccine survey distributed in your inhouse mailboxes so that we can make sure that we have enough interested residents to participate/hold a clinic. **Surveys are due to the Front Desk by 12/11/23.** RSV (Respiratory Syncytial Virus) is a contagious virus that usually causes mild symptoms however in older adults it can cause severe infection. RSV 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.**

FITNESS SCHEDULE FOR DECEMBER 4—DECEMBER 9

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 (CANCELLED) 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 (CANCELLED) 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 (CANCELLED) STRONG POSTURE L1	
10:30AM STRONG POSTURE L1	11:30AM FITNESS CENTER	10:30AM STRONG POSTURE L1	11:30AM FITNESS CENTER	11:30AM (CANCELLED) FITNESS CENTER	
11:30AM FITNESS CENTER	2:30PM YOGA		2:30PM YOGA		
	3:30PM QI GONG		3:30PM QI GONG		

UH MEN'S BASKETBALL GAMES



Join in and cheer on the University of Hawaii Men's Basketball team! We will be showing some of the games in our game room. See the Bulletin Board for upcoming games!

Intermittent Hot Water Update



Boiler repair works has been completed as of 11/30. We will continue to monitor the water temperature as we are still waiting on parts for the "big" fix. The kitchen will be monitoring water temperatures, however if your water is not hot, please let the front desk know so we can address the issue. Thank you for your patience and understanding these past months. Please do not hesitate to contact Jan April at (808)203-5769 if you have any questions.

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

SUGGESTION: One K should find a way to help the Beauty Salon find a way to notify residents that have an appointment scheduled for the day that they have to close because of the "hot Water Issue" or any other issues. It's disappointing when you go down expecting to have your hair done but the salon is closed and you were not notified..

TEAM RESPONSE: We apologize that you were not notified about your appointment being cancelled. We will speak with the salon owner and request that she be sure to notify her scheduled appointments when she needs to cancel.

SUGGESTION: Bravo and Mahalo to Linda Vares and Joann Goldner and staff and all our fine musicians and singers for both Christmas tree lighting events. So very special. Let us all make a conscious conservation effort in 2024 by reducing our carbon footprint. Let us gather staff and residents who are interested in building a music library and decide upon appropriate music and song books to purchase for our performances.

TEAM RESPONSE: Thank you Jane Uyehara for your kind words. That sounds like a great idea! Linda Vares will work with you to see how we can get this accomplished and purchase a few books to add to our music library.

SUGGESTION: Please give a little bit more history/explanation when answering suggestions. For the Leisure attendance suggestion, we understand now why One K needs to do this, but would like to recommend that you consider doing the following:

- Take the Assisted Living list of residents and circle their names if they attend
- For Independent Living just do a headcount

TEAM RESPONSE: We will strive to give more history/explanation when needed. Thank you for the additional recommendations in taking attendance at events. We will take that into consideration and write back after we have more fully discussed the regulatory requirements with the leadership team.