



Hawaii Kai

RETIREMENT AND ASSISTED
LIVING COMMUNITY

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At *Hawaii Kai* you will find a comfortable, gracious community full of friendly residents and helpful staff. We offer spacious studio, one- and two-bedroom apartments, as well as deluxe two- and three-bedroom apartments and cottages. Numerous amenities are included in your monthly rent, and you will never be asked to sign a lease or pay a buy-in fee.



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Large screen TV lounge

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Community kitchen • Craft room • Exercise area

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Private dining room for special occasions, and more!

Assisted Living Services Available Such As:

Communicating with physicians • Assistance with
bathing, grooming, dressing & personal laundry

Managing medications

Monthly rents start

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at **\$2,540!**

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Personal Tour!* 808-396-0720

446 Kawaihae St., Honolulu, HI 96825

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HALE MAUKA INDEPENDENT LIVING
WEEKLY ACTIVITIES FOR AUGUST 20 – AUGUST 26
***SUBJECT TO CHANGE**

<p>SUNDAY AUGUST 20 LEMONADE (1630)</p>	<p>9:00 LOCAL CHURCH (BUS) / *9:30 VIDEO EXERCISE CLASS (PHI-GR) <u>*9:30 CHURCH SERVICE WITH REV. CHRIS MCGEE (CHP)</u> / *11:00 HOLY COMMUNION (PHI-MPR) <i>1:00 Jin Shin Jyutsu Workshop with Yukimi (MR)</i> *2:00 Sunday Drive / *2:00 POKER (GR) / *3:00 Aquacise with Karen Kei (KK) <u>*3:30 "LUCKY BINGO" WITH NIKKI (PHI-MPR)</u> *HI 5 FOR H.K.R.C. ACTIVITIES! LET'S KEEP OUR RECYCLING PROGRAM GOING. KEEP SAVING ALL OF THOSE "HI-5" RECYCLABLES. FEEL FREE TO CONTACT H & N FOR A PICK-UP AT YOUR DOOR.</p>
<p>MONDAY AUGUST 21 VINEGAR DAY</p>	<p>8:00-3:00 MEDICAL APPTS. (BUS) / 9:30 EXERCISE & POKER WALK (MR) *10:00 Resident Crochet Club W/ Nikki (PHI-AR) ~Baby Beanie Project for local hospitals~ *10:30 JAPANESE CLASS (LIB) / *10:30 CREATIVE WRITING CLASS (PHI-MPR) <u>*11:00 Hula Buck Trade-In with Nikki (PHI-BDR)</u> *2:00 H.K SHOPPING CENTER WITH POST OFFICE DROP-OFF (BUS) / 2:00 POKER (GR) 7:00 POKER (PHI-MPR) / 7:00 SCRABBLE (PHI-LIB)</p>
<p>TUESDAY AUGUST 22 BE AN ANGEL DAY</p>	<p>8:00-3:00 MEDICAL APPTS. (BUS) / 9:30 EXERCISE & POKER WALK (MR) *10:00 BEGINNER'S UKULELE CLASS WITH NATHANIEL (PHI-MPR) *10:00 Hanafuda with Elaine (AL) / *10:30 Resident / Manager Meeting (PHI-BDR) <u>*1:30 "Flow-Chi" Stretch Class with Dawn (MR) ~New Class!! Give it a try!~</u> 1:00 CREATIVE PROJECTS WITH ANNE (PHI-AR) 2:00 BINGO (GR) / 2:00 H.K. TOWNE CENTER WITH POST OFFICE DROP-OFF (BUS) *3:00 Waterworks (KK) *3:30 BINGO WITH OLIVE! (PHI-MPR) / 6:30 PARTY BRIDGE (GR)</p>
<p>WEDNESDAY AUGUST 23 PEACH MONTH</p>	<p><u>*9:30 OUTDOOR ADVENTURE (BUS): Chinatown ~bus will leave Chinatown @ 1:00pm~</u> 9:30 EXERCISE & POKER WALK (MR) *10:30am OBON FOR EXERCISE WITH KAREN KEI (MR) / *1:00pm OBON FOR EXERCISE WITH KAREN KEI (PHI-BDR) *1:00 "MAH-JONG" (PHI-BDR) / 2:00 POKER (GR) / 4:10 RELAXATION BREATHING (MR) 7:00 POKER (PHI-MPR) / 7:00 UPWORDS (PHI-LIB)</p>
<p>THURSDAY AUGUST 24 WAFFLE IRON DAY</p>	<p>8:00-3:00 MEDICAL APPTS. (BUS) / 9:30 EXERCISE & POKER WALK (MR) *10:00 Kukui Nut Dangle Earrings W/ Nikki (for pierced ears) (PHI-AR) / 10:30 BILL LEE'S EXERCISE CLASS (PHI-GR) <u>*10:30 Resident / Manager Meeting (MR)</u> 2:00 – 4:00 KOKO MARINA CENTER WITH LIBRARY DROP-OFF (BUS) / *2:00 BLACK JACK (GR) *2:30 Computer Lab with Karla (TVRm) *3:00 Blood Pressure Check (MR) / *3:00 Waterworks (KK) / *3:30 BINGO WITH OLIVE (PHI-MPR) 4:10 RELAXATION BREATHING (MR) / 6:30 RESIDENT SING-ALONG GROUP (MR)</p>
<p>FRIDAY AUGUST 25 NATIONAL GOLF MONTH</p>	<p>8:00-3:00 MEDICAL APPTS. (BUS) / 9:30 EXERCISE & POKER WALK (MR) *9:30 Free Hearing Tests W/ Russell Jones ~No Appointment Necessary~ (CHP) <u>*10:30 Hula Buck Trade-In with Heather (MP)</u> *1:00 "SKIP-BO" CARD GAME (PHI-BDR) / *2:00 "GENTLE YOGA" FOR SENIORS W/ DAWN KATTENGAL (MR) *2:00 H.K SHOPPING CENTER WITH POST OFFICE DROP-OFF (BUS) / *3:00 "Lucky Bingo" W/ Heather (GR) 4:10 RELAXATION BREATHING (MR) / 6:30 PARTY BRIDGE (GR) / 7:00 POKER (PHI-MPR) / 7:00 SCRABBLE (PHI-LIB)</p>
<p>SATURDAY AUGUST 26 NATIONAL DOG DAY</p> <p>HAVE A WONDERFUL WEEKEND!</p>	<p><u>*9:30 The Great Commission (CHP)</u> / *9:30 VIDEO EXERCISE CLASS (MR) *10:00 Art with Heather (AR) ~Pastel Landscape & Seascape~ <u>*10:30 STATE ID APPLICATION PROCESSING @ Kalani High School (BUS)</u> *2:00 BLACK JACK (GR) / *3:00 HANAFUDA (PHI-LIB) / 5:00 HOLY NATIVITY (PHI-MPR) / 7:00 POKER (PHI-LIB) *7:00 MOVIE: "DREAMER" (4 STARS – 2006, TRUE STORY (PHI-TVrm) KURT RUSSELL & DAKOTA FANNING Ben Crane was once a great horseman, whose gifts as a trainer, were wasted on making other men's fortunes. Sonya was once a great horse, whose promising career on the racetrack was cut short, suddenly, by a broken leg. Considered as good as dead to her owner—who also happens to be Ben's boss—Sonya is given to Ben as his severance pay, along with his walking papers. Now, it will take the unwavering faith and determination of Ben's young daughter, Cale, to bring these two damaged souls together in a quest for a seemingly impossible goal: to win the Breeders' Cup Classic. However, the true miracle might be that, in helping this injured horse, what they are actually healing is their own family.</p>

