

# ISLAND HOMES

## COLLECTION

WHERE YOUR DREAM BECOMES REALITY

### KAHALA

Why this premier neighborhood  
is so loved by its residents

# Luxury on a lagoon

Relish all that is good in life in this  
enchanted waterfront estate home

ing stitches, even foreign objects that got stuck in a keiki's nose or ear.

"A lot of times, when a person gets sick or injured, they can't wait a week or two to get in to see their own doctor," he says. "We have x-rays, we can do some lab work — some in 5 to 10 minutes or if we have to send out for it, maybe a couple of hours."

"It's nice to know there is a place to go when you're not entirely sure an emergency room visit is necessary," said one Yelp post.

"If you need medical care in a hurry, Island Urgent Care across from the mall is great," says a nearby resident.

In 2013, Ruggieri opened up a second clinic in Hawaii Kai.

"So far, we see around 25 patients a day at our Hawaii Kai clinic, next to Roy's," he adds. "Sometimes Kahala residents come to Hawaii Kai for a shorter wait."

Wait times vary, he says.

"The biggest delay is just filling out the forms. Usually, by the time you're done filling out the forms, we can see you."

Located across from the former Barnes & Noble bookstore at Kahala Mall. Open 7 days a week, Monday through Friday from 9 a.m. to 8 p.m., and on weekends from 8 a.m. to 5 p.m. Holiday hours are from 9 a.m. to 5 p.m.



## YMCA Kaimuki-Wai'alaie

4835 Kilauea Avenue  
(808) 737-5544

The Kaimuki-Wai'alaie YMCA has served the community for more than 61 years. With its convenient location, just diagonally across from Kahala Mall next to Assagios, the center also coordinates three A+ program sites, two afterschool programs for teens and a variety of adult fitness classes.

Monthly rates are reasonable — ranging from \$22 a month for teens 13 to 18 years old, \$33 a month for young

adults 19-26 years old, to \$47 a month for seniors 65 and older and \$51 for adults. There are also family rates.

This location has a swimming pool for lap swimming, as well as fitness classes all day long, including yoga, Tai Chi, Zumba, water aerobics, and classes specifically for seniors, one for those with Parkinson's, Jazzercise, a class called Arthritis Tai Chi, Qi Gong, Step, Body Sculpting, and personal trainers.

"I like this Y because it is really nice," says one Kahala resident and YMCA member. "There are a lot of classes for older folks."

