Inside This Issue:

**ROTARY CLUB RENOVATES LIBRARY**

- Message from Mui 2
- Upcoming Events 3
- Cultural Club Updates 3
- Birthdays 4
- Mahalo to our Donors 6
- Class and Club Schedule 7
- Calendar and Contact 8
Aloha! Have you visited our Library recently? It looks so nice and comfy. We were fortunate to be selected by the Rotary Club of Honolulu’s RAT (Rotary Action Team) Pack Project which helps non-profit organizations do renovation work. The Rotarians sacrificed their Father’s Day and a few weekends to give the Library a total make-over: new fans, new wall fixtures, new carpet tiles, and new cabinets, etc. Mahalo to the Rotary Club of Honolulu!

I also want to give a Mahalo to Alika Andrade who temporarily took on the Program Specialist’s duties, and went above and beyond. We wish him the best in his future endeavors. Aloha Alika!

Come meet our new Program Specialist, Riva Torno.

She has a Bachelor's degree in Family Resources. She previously worked for CCH for over 2 years with the Statewide Resource Families (SRF) Program. Welcome Riva!

Mui Kong
Program Coordinator

Welcome New Members!

Kimie Aihara
Minoru Arakaki
Louise Cuba
Kayoko Hand
Alfonsa Hokulani
Elsie Hummel

Carolina Jacinto
Edna Jackson
Paullette Kim
Patsy Kobayashi
Stanford Miike
Yoko Miyashiro

Carl Nakamura
Peter Nakanishi
Florence Puu
Niniek Roosman
Suzan Santiago
Kathy Yoshimoto
OKINAWA NENCHOSHA CLUB UPDATE

Exercising with Arthritis and More!

The month of June was another busy, fun-filled month. On June 2nd “Take Control of your ARTHRITIS” was the subject of a session led by Ms. Schon Harunaga, an instructor from the Kalihi YMCA. Bottles of water were distributed before the session to use as weights for some of the exercises. At one point we were instructed to drink the water to keep our bodies hydrated. All exercises were done while sitting so everyone could participate. It was a good introduction to helping those of us who suffer from arthritis.

The Lynn Nakasone Dance Academy entertained us on June 9th with a wonderful variety program of dances which included the instructors as well as children who were on summer break. Traditional as well as contemporary numbers were performed by dancers in beautiful, colorful kimonos which added to the performances. Ippe Nifei Debiru to Sensei Lynn Nakasone and her group that accommodated us with an encore number.

We celebrated Father’s Day and June birthdays on June 16 with Kay Tomomitsu (91) and Yoneko Tsuchiyama (90) as special honorees. God bless all our June celebrants with continued good health. Many thanks to Derek Shiroma and his group who provided a wonderful cultural program and to our special Nenchosha Club dancers led by President Jane Higa who performed “Shimanchu Nu Takara” to add a special touch to our celebration of Father’s Day ending with the kachashi and a delicious bento lunch.

On June 23rd we were entertained by the Paranku Club of Hawaii. In addition to the numbers done by the paranku drummers, we enjoyed familiar Okinawan favorites like Bashofu and Asatoya Yunta and participated in a sing-along of oldies and familiar children’s songs accompanied by ukulele. Participating in dancing the Ashibinaa and kachashi ended the wonderful program.

Okinawan Proverb: “Kamuru ussaa mii nayun.” (The more you eat, the more you gain)

Coming up this month!

HPH Healthy Living
With Dr. Kalani Brady
July 11, 2016 | 9:00 am
Sign up at the front desk now to reserve your bento!

Candidates Fair
July 22, 2016 | 8:30 am
Come and meet your candidates for office!
Sign up at the front desk now!

7/7 Performers from Okinawa
7/14 Bon Dance
7/21 Birthdays & Taiko Okinawa
7/28 FUN Day!
Just a gentle reminder that summer is upon us and we need to be aware of the health hazards that arise as a result of the hot and humid weather. If you suddenly feel dizzy and lightheaded, it could be caused by dehydration. So drink plenty of water to replace fluids you lost while you were sweating it out during your vigorous aerobics exercise—or, well, maybe while you were sitting and doing your chair exercise. Be aware of other health issues such as sunburns (while you were sunbathing at the beach). Have a great and wonderful summer!

We had a funfilled time in June. First, we viewed a video of Jake Shimabukuro entitled "A Million Miles Away" recorded during his humble beginnings. On the 13th, we listened to Ms. Kiyoko Ing from the Senior Medicare Patrol who reminded us to Protect, Detect and Report if we find unusual activities in our medicare statement or any billing errors. If anyone is interested, we have additional packets which includes educational information about medicare. On the 20th, Elsie Kawamoto’s karaoke students performances brought smiles to our faces, especially when some lucky members received "envelopes" when they answered certain questions correctly. On the same day, our June birthday celebrants enjoyed their special day with cake and "envelopes" from Elsie Kawamoto's students. On the 27th, we had so much fun running around like young kids playing games and winning prizes during our indoor picnic. Minna-sama, gokurosama deshita.

July Happy Birthday wishes to the following 90+ members: Maria Artis; John Kitashiro; Alice Masuda; and Lillian Yajima.

7/4 Holiday
7/11 HPH Fair with Dr. Kalani Brady
7/18 Birthdays; Sing-Along and Line Dancing
7/25 Fusao Nishibun “Real Estate Tax Relief”
Filipino Cultural Club Update

Thank you, members, for your participation! Our fundraising was a success. (Banos – Filipino Fish)

Members who sold the most (Letty Dolor, Moana Gray, Lourdes Sumaoang) received a personalized gift made by Helmer Dela Cruz.

7/9 Meeting and Guest Speakers
7/23 Birthday Celebrations

Portuguese Cultural Club Update

Bom dia! June was a quiet month. Members were educated about Medicare and its benefits – it was very well presented! Mahalo to our guest speakers! Makino Chaya was scored a “2” (new cooks?). Food was cold and desserts unchewable – price was right, though.

Our new Club menu for August’s Show n’ Sell will surprise all! Stay hydrated! Summer means HOT, HOT! Like Bruce Li says, “Wātāh!”

7/6 Meeting
7/20 Kahuku Shrimp Excursion

Chinese Cultural Club
MEETINGS 7/1, 7/8, 7/15, & 7/29
No meeting on July 22

Korean Cultural Club
MEETINGS 7/7, 7/14, 7/21, & 7/28

August Moon Festival Country Fair
Thursday, August 4
Admission is free! Stop by our front desk now to inquire or to sign up and reserve your spot!

Hawaiian Cultural Club Update

We remembered former members: Kenneth Nip, Larry Tulba, Betty Garcia, and Ann Hinch at our recent Memorial Day Program. We also made beautiful origami boxes with the help of Sister Rosalinda of Kailua. Sister spent two Tuesdays sharing her skills with us. She has much confidence in our group hoping to create a lovely swan or vase when she returns from the Philippines in a few months. We were in awe of the beautiful projects she showed us.

Club members look forward to our July 12 outing. We will see part of the rail construction as we holoholoand lunch at Makino Chaya.

7/5 BINGO
7/19 Game/Crafts
7/12 Outing
7/26 Meeting
PIKAKE ($1,000+)
Mrs. Shizue Ishihara

KAHILI GINGER ($250-$499)
Mrs. Mary Sueda

HIBISCUS ($100+)
Mrs. Nobu Gray
Mrs. Elaine Hirashiki
Ms. Hester Inouye
Ms. Janet Miyashiro
Mr. & Mrs. Roy Nagamine
Mrs. Doris Nakamura
Mr. & Mrs. Harry Nakasone
Mrs. Misayo Nihei
Ms. Shirley Nishizawa
Mr. & Mrs. Jerry Ojiri
Mr. & Mrs. Kurt Sekiya
Mrs. Kiyoko Shimoyama
Mrs. Alice Shiroma
Mr. & Mrs. Daly Stevens
Mr. & Mrs. Joe Sugihara
Mr. Noboru Taketa
Ms. Doris Wauke

ANTHRURIUM ($49 & UNDER)
Mrs. Tsuneko Aki
Mrs. Margaret Amano
Mr. Charles Amor
Mrs. Eleanor Arakaki
Mr. Minoru Arakaki
Mrs. Yasuko Arakawa
Mrs. Jane Asato
Mrs. Tan Fung Chan
Ms. Sylvia Ching
Mr. Jeff Cockett
Mrs. Suzuko Demola
Mrs. Francisca Gascon
Mrs. Takako Goya
Mrs. Janet Ginoza
Ms. Kayoko Hand
Mrs. Rose Ho
Mrs. Yasuko Horio
Ms. Dorine Ichikawa
Ms. Nancy Ichikawa
Mrs. Toshiko Inouye
Mrs. Elsie Ishiki
Mrs. Violet Kagawa
Mrs. Shizue Kakazu
Mrs. Diana Kawaguchi
Mrs. Eiko Kido
Mrs. Koong Ja Kim
Mrs. Joan Kina
Mrs. Kikuko Kumamoto
Ms. Jane Kwon

Mr. Neng Li
Mrs. Zhao Fang Liu
Mrs. Gladys Matsuda
Mrs. Yasuko Miyasawa
Mrs. Keiko Nakama
Ms. Alicia Nagasawa
Mrs. Yoneko Nakasone
Mr. Seiji Oshiro
Mrs. Alice Sasano
Ms. Jean Sugiyama
Mr. Richard Tada
Mrs. Amy Tari
Mrs. Sumiko Teruya
Mr. Richard Thi
Mrs. Mitsuko Toguchi-Nakasone
Mrs. Chieko Tokuda
Mrs. Nishie Tomiyama
Mrs. Kay Tomomitsu
Mrs. Sharon Tulba
Ms. Jane Wong
Mr. Glenn Yamasaki
Mrs. Emiko Yasuda
Mrs. Nancy Yeda
Mrs. Ellen Yi
Ms. Emiko Yoshida
Mr. Run Tian Zhong
NARFE

BIRD OF PARADISE ($50+)
Mrs. Jean Akamine
Mrs. Edith Fujihara
Mr. & Mrs. Richard Fujimoto
Mr. Takejiro Higa
Mrs. Tomie Higa
Mrs. Elsie Hummel
Mrs. Tsuyako Iwamoto
Mrs. Itsuko Kaneshiro
Mr. & Mrs. Mitchell Kong
Mrs. Lorraine Kusumoto
Mr. Masato Matsui
Mrs. Rose Miyashiro
Mrs. Rieko Morikawa
Mrs. Peggy Nakamoto
Mrs. Sally Nakata
Mrs. Irene Nitta
Mrs. Nobuko Oshiro
Mrs. Emmie Otake
Mrs. Elizabeth Parker

IN-KIND GIFTS
Close, Lee Ann
Ho, Walter & Violet
Isara, Evelyn
Kainuma, Carolyn
Kaneshiro, Itsuko
Kawasaki, Mariko
Koyama, Florence
Matsui, Masato
Nagamine, Sandra
Nagamine, Tsuruko
Okuma, Stella
Takamiya, James
Tsutsumi, Alice
Vance, Virginia
Wauke, Doris
Yamashita, Irene

Mahalo
Thank you so much for your generosity!
<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INSTRUCTOR</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am</td>
<td>Walking Group</td>
<td>Group</td>
<td>Library</td>
</tr>
<tr>
<td>9:00am</td>
<td>Japanese Cultural Club</td>
<td>Sueda</td>
<td>Lanai/Activity Room</td>
</tr>
<tr>
<td>9:30am</td>
<td>Beg. Taisho Koto</td>
<td>Takeuchi/Sueda</td>
<td>Library</td>
</tr>
<tr>
<td>10:00am</td>
<td>Lei-Making Group</td>
<td>Tsutsumi</td>
<td>Craft Room</td>
</tr>
<tr>
<td>10:30am</td>
<td>Harmony's Hula</td>
<td>Brighter</td>
<td>Dance Studio</td>
</tr>
<tr>
<td>11:00am</td>
<td>Tai Chi for Health</td>
<td>Lau</td>
<td>Library Annex</td>
</tr>
<tr>
<td>11:00am</td>
<td>Novice Ukulele</td>
<td>Ojiri</td>
<td>Sewing Room</td>
</tr>
<tr>
<td>12:00pm</td>
<td>Intro to Yoga</td>
<td>Hasagawa</td>
<td>Lanai</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MONDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30am</td>
</tr>
<tr>
<td>8:00am</td>
</tr>
<tr>
<td>8:30am</td>
</tr>
<tr>
<td>9:00am</td>
</tr>
<tr>
<td>9:30am</td>
</tr>
<tr>
<td>10:00am</td>
</tr>
<tr>
<td>10:15am</td>
</tr>
<tr>
<td>10:15am</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TUESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am</td>
</tr>
<tr>
<td>8:30am</td>
</tr>
<tr>
<td>9:00am</td>
</tr>
<tr>
<td>9:30am</td>
</tr>
<tr>
<td>9:30am</td>
</tr>
<tr>
<td>10:00am</td>
</tr>
<tr>
<td>11:00am</td>
</tr>
<tr>
<td>11:00am</td>
</tr>
<tr>
<td>11:00am</td>
</tr>
<tr>
<td>11:00am</td>
</tr>
<tr>
<td>11:00am</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am</td>
</tr>
<tr>
<td>9:00am</td>
</tr>
<tr>
<td>9:00am</td>
</tr>
<tr>
<td>11:00am</td>
</tr>
<tr>
<td>11:00am</td>
</tr>
<tr>
<td>11:00am</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00am</td>
</tr>
<tr>
<td>9:30am</td>
</tr>
<tr>
<td>10:00am</td>
</tr>
<tr>
<td>10:30am</td>
</tr>
<tr>
<td>11:00am</td>
</tr>
<tr>
<td>11:00am</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00am</td>
</tr>
</tbody>
</table>
Let’s Keep in Touch
1640 Lanakila Avenue
Honolulu, HI 96817
(808) 847-1322
www.catholiccharitieshawaii.org

Center Hours
Monday-Friday 7:30am-3:00pm
Saturday (2x/month) 8:30am-11:30am