Dear Volunteers,

Aloha! April is Volunteer Appreciation Month. I want to take this opportunity to thank our volunteers who has made Lanakila Multi-Purpose Senior Center a fun, friendly and fabulous place for our seniors. They are our instructors, receptionists, greeters, kitchen helpers, thrift shop cashiers, paperwork organizers, callers, and many many more who are behind the scene. Quite a few of them even wear multiple hats. They contribute over 20,000 hours of service every year to the Center. With their generosity and dedication, the Center can uphold our motto, “We Learn, We Play, We Serve.” Let’s thank them for making a difference.

In May, in addition to Show & Sell and Memorial Day Program, we will also have Silver Foxes Musical Event and HPD Senior Fair. Please check the info below on this page, and posted flyers in the Center. Aloha!

Silver Foxes Musical Event & Catholic Charities Clarence T.C. Ching Campus Tour
Date: Friday, May 6th, 2016
Time: 9:00 am – 12:30 am
Be ready at the Center by 8:15 am for transportation. Lunch will be provided

Show N’ Sell sponsored by Japanese Cultural Club
Date: Tuesday, May 10th, 2016
Time: 8:00 am-11:00 am

Honolulu Police Department Senior Fair
Date: Monday, May 23rd, 2016
Time: 9:00 am – 11:00 am
Smart 911 sign-up, Kupuna ID, and MORE...

Memorial Day Program
Date: Tuesday, May 24th, 2016
Time: 9:00 am – 10:00 am

Visit us online at: www.CatholicCharitiesHawaii.org & look for our link to Lanakila Multi-Purpose Senior Center (LMPSC)
NEW MEMBERS!
Estrella Favor
Stephanie Hashimoto
Sharon Hayashi
Juliana Iniba
Toyo Nishimura
Gary Park
Almeda Pasion
Lenora Springer
Kathleen Vance
Eufemia Vicente
Consuelo Villanueva
Maria Villanueva

In-Kind Donations
Received: November 21 ~ December 20, 2015

Arakaki, Sally
Campos, Emelita
Chang, Grace
Duvachelle, Maile
Fukuda, Sandy
Furukawa, Sumie
Hamada, Nobuko
Higashi, Sumiko
Kawada, Masako
Kawasaki, Mariko
Kopeke, Mary
Koyama, Florence
Miyashiro, Walter
Nagamine, Doris
Nhomi, Mieko
Nihei, Misayo
Okuma, Stella
Sueda, Mary
Takakuwa, Mii
Takara, Doris
Tanaka, Aileen
Tomiyama, Nishie
Tsutsumi, Alice
Wauke, Doris
Yanagawa, Rose
Yi, Ellen
Yoshida, Emiko

Donations
Received: November 2015—December 2015

PIKAKE ($1000+)

OHIA A LEHUA: (500+):
Japanese Cultural Club

HIBISCUS ($100+)
Ms. Shirley Nishizawa
Mrs. Lorraine Sawai
Mr. and Mrs. Daly Stevens

BIRD OF PARADISE ($50+)
Ms. Florence Koyama
Mrs. Irene Nitta

ANTHURIUM ($49 & UNDER)
Mrs. Jean Ishihara
Ms. Diana Kawaguchi
Mrs. Jennie Kawasaki
Mrs. Yoneko Tsuchiyama
Mrs. Stephanie Underwood
Mr. Glenn Yamasaki

Thank you for your generosity!

Volunteer Appreciation Celebration

Date: Wednesday, April 20th, 2016
Time: 9:30 A.M. to 10:30 A.M.
R.S.V.P.
Invited volunteers, please kindly reply by calling 847-1322 or stopping by the Front Desk by Tuesday, April 12th, 2016
It’s a new Class Session. Please Check to Make Sure Your Name is on the Sign In for All the Classes You Registered for!
If Your Name is NOT on the Sign In Sheet, Please See the Front Desk.
Cultural Club News

Chinese Cultural Club

by Dorothy Mau

No Report


Japanese Cultural Club

by Clarice Kumura

Happy Spring!  Yup, Spring means flowers blooming, birds chirping, perfect weather and of course, spring cleaning. So bring out your Bon Ami (didn't hear that for a long time, huh). But before we hit the floor scrubbing, let's pull out our recipe for a happy life. One cup of Smile, 2 cups of Positive Attitude and a gallon full of Gratitude, mix well and you'll have enough energy to last until winter. Happy Spring Cleaning!

On March 7, everyone enjoyed celebrating Hinamatsuri (Girl's Day) with keikis from Lanakila Headstart. Activities included demonstration of fabric doll; demonstration of proper handwashing, demonstration of crayon rubbing of Hello Kitty characters; Girl's Day doll display; and audience singing of various Girl's Day songs. The following week, we had an enlightening education on Identity Theft from Angela Kaiwiku-moohoihou from the Dept. of the Attorney General. On March 21, we heard angelic singing from our JCC members during our members variety show. Call our agent, Doris Wauke, if you want to hire this group for your next party. On March 28, we heard from Raina Itagaki, consultant with Healthcare about Medicare and how we can understand our options. You can call her anytime to make an appointment for a one-on-one consultation.

Celebrating her 90th birthday is Madeline Kageno. 90+ years' celebrants are Takejiro Higa, Shizue Ishihara, and James Ogata. Celebrating her 101 birthday is Gladys Goka and she looks amazing. Tanjoubi Omedetou Gozaimasu!

Events:  
April 4 - HPD "Smart 9ll"  
April 11 - Fusao Nishibun to speak on Real Estate Tax Reduction  
April 18 - Birthday/Moana Gray and her Ukulele Group  
April 25 - Hosoi Garden Mortuary "Funeral Planning"

Korean Cultural Club

by Toni Lee

No Report

Events: 4/7 — Meeting  4/14 — Meeting  4/21 — Meeting  4/28 — Meeting

Portuguese Cultural Club

by Puna Frank

Bom dia…March winds blew in the April showers, watch the mango trees flourish!

Let me not forget to thank Moana, Marty, Jane, Alice, Rose, and Ellen for manning the February Show and Sell tables. Mahalos to those who donated garage sale items and soup ingredients, be it produce or monetary.

On March 16 Catholic Charities Van Driver, Ray, a resident of Kahuhipa St. in Kaneohe gave us an awesome tour of Ho’omaluhia Botanical Garden. Exotic fauna and a family of seven wild boars grazing was a surprising experience. Members lunched at Windward Mall’s Food Court...ono-licious and always a great way to end a wonderful day with friends!

Ate ja!

Events: 4/6 — Meeting  4/20 — Birthday Outing

April is National Distracted Driving Awareness Month. In 2014, 3,179 people were killed & 431,000 were injured in distracted driving crashes. Driving distractions include:

<table>
<thead>
<tr>
<th>Texting</th>
<th>Using cell phone</th>
<th>Eating &amp; drinking</th>
<th>Talking to passengers</th>
<th>Using GPS</th>
<th>Reading</th>
<th>Grooming</th>
<th>Watching video</th>
<th>Adjusting audio</th>
</tr>
</thead>
</table>

Knowing how well your car “fits” you is also important for safe driving. Our center is going to hold a CarFit event. Trained staff will share information with you to ensure your car “fits” you properly for maximum comfort and safety. More information coming soon.
Hawaiian Cultural Club
By Betty Parker

The Hawaiian Club continues to work on parts of the Ho'oponopono Process with help from Garriss Akiona. We learned through the Telephone Game a few common ways miscommunication occurs: hearing difficulties, unclear messages, noisy environment, distractions, and disinterest. So pay attention and be alert when you are in a conversation. We spent a fun time dyeing and decorating eggs at our last meeting. Many of us haven’t done it for such a long time and this brought out some nostalgic memories of Easter Baskets, egg hunts, candy bunnies, and egg salad sandwiches.

Celebrities for this quarter are Gregory Jeong, John Burrows, Sharon Tulba, Cecilia Kapua Lindo, Gertrude Werilli, and Millie Kawaa.

Events: 4/5—Meeting  4/12—Meeting  4/19—Craft  4/26—Bingo

Filipino Cultural Club of Honolulu
By Helen Castillon

Welcome new members Juliana Iniba, Almeda Pasion, Estrella Favor, and Eufemia Vicente. (Thank you Letty Dolor for signing them up).

Guests at our meetings were Mary, Connie and Al Villanueva. On March 5th members voted Letty Dolor as mother of the year.

We celebrated Felicitas Luna’s Birthday and many more to come. Easter hat contestants were Letty Dolor, Trini Ramento, and Puna Frank. The winner judged by Program Specialist Justin Trubiani was Puna Frank. Everyone enjoyed music by Puna Frank. There was lots to eat and thank you to Lourdes who made Bihon upon my request. Very Tasty!

Letty Dolor was not feeling well but still managed to make it to the meeting. Everyone please take care and stay well.

Events: 4/2—Meeting with Documentary  4/16—Bingo

Okinawan Nenchosha Club
By Irene Yamashita

March was an eventful month starting with Girls’ Day on March 3rd. To remind us to keep physically fit, the “Tai Chi” class from the Nuuanu “Y” came with leader Tom Amina to teach us some of their routines. This is an excellent way to help us maintain our balance to prevent falls.

We were entertained on March 10 by the Na Leo Nahenahe singers and dancers accompanied by guitars and other instruments. The talent show interspersed with familiar songs, featured hula dances (Hawaiian, Japanese and Filipino) plus a spirited version of “Ka Uluwehi O Ke Kai” by Bob Kato and the women dancers. Mahalo to these talented kupuna for a delightful morning.

Professional singers from Okinawa who were here to perform a concert over the weekend, came to do a mini-concert for us on March 17. They helped us celebrate our March birthdays. Our eight birthday celebrants included special honorees Jerry Ojiri (94) and two women, Doris Higa and Esther Ramones (both 93). Ippe Nifee Deebiru to Eric Wada and Norman Kaneshiro for making the arrangements for the special entertainment.

On March 24 we enjoyed playing Bingo to keep our minds engaged and give out prizes to some lucky winners. Everyone received a dorayaki to end a fun morning.


Left Photo: Program Coordinator Mui Kong dances and enjoys a wonderful Okinawan music performance with the Okinawan Nenchosha Club.
Right Photo: Puna Frank’s winning hat from the Filipino Club’s Best Easter Hat Competition
Lanakila Multi-Purpose Senior Center had a busy March with a lot of informational and entertaining events happening. On March 4th, a group of Lanakila Seniors went on a fun and educational excursion to Hawaii News Now to watch and experience how the news is made. They got to see a live broadcast and even go on set and take pictures with the news anchors and the pet of the week.

On March 17th the Okinawan Nenchosha Club hosted a fantastic guest band, Misako Koja & Unaigumi from Okinawa. The band was visiting and conducted a free performance for our members before performing several shows around Oahu. All the members had great fun listening and dancing to the awesome music.
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<thead>
<tr>
<th>Time</th>
<th>Class Title</th>
<th>Instructor/Leader</th>
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<tbody>
<tr>
<td>Mbr</td>
<td>Walking Group</td>
<td>Suga</td>
<td>Library</td>
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<td>8:00</td>
<td>Japanese Cultural Club</td>
<td>Usami</td>
<td>Library Annex</td>
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<td>8:30</td>
<td>Lei Making Group</td>
<td>Lai</td>
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<td>8:30</td>
<td>Tai Chi</td>
<td>Higa/Sueda</td>
<td>Activity Room</td>
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<td>Stretch and Tone</td>
<td>Higa</td>
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<td>8:30</td>
<td>Sahm Bo Dahn</td>
<td>Katahira/Higuchi</td>
<td>Lanai</td>
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<td>9:00</td>
<td>Japanese Cultural Club</td>
<td>Higa</td>
<td>Lanai</td>
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<td>9:00</td>
<td>Hawaii Quilt, etc.</td>
<td>Hiashiki/Takamoto</td>
<td>Library</td>
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<td>9:00</td>
<td>Novice Ukulele</td>
<td>Higa</td>
<td>Library Annex</td>
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<tr>
<td>9:00</td>
<td>Novice Ukulele</td>
<td>Takauchi/Sueda</td>
<td>LA Activity Room</td>
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<td>9:00</td>
<td>Intro to Yoga</td>
<td>Kikuchi</td>
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<td>Portuguese Cultural Club</td>
<td>Hasegawa</td>
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<td>9:00</td>
<td>Advanced Line Dance</td>
<td>Lau</td>
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<td>9:00</td>
<td>Happy Seniors Scenaders</td>
<td>Usami</td>
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<td>9:00</td>
<td>Tai Chi for Health</td>
<td>Takauchi/Sueda</td>
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<td>Tahiti Dance</td>
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<td>9:00</td>
<td>New Novice Ukulele</td>
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<td>9:00</td>
<td>Exercise with Karate</td>
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<td>9:00</td>
<td>Fusion Exercise</td>
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<td>Chinese Cultural Club</td>
<td>Koepke/Matin</td>
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<td>9:00</td>
<td>Tap Dance</td>
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<td>Folk Sing Along</td>
<td>Gudinchman</td>
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<td>Chinese Cultural Club</td>
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<td>DoE-funded Classes</td>
<td>Katahina/Higuchi</td>
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<td>9:00</td>
<td>Basic Japanese Language</td>
<td>Katahina/Higuchi</td>
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<td>AARP Taxes (8:00)</td>
<td>Blood Pressure Screenings</td>
<td>Kupuna Power at State Capitol (8:30)</td>
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<tr>
<td>AARP Taxes (8:00)</td>
<td>Blood Pressure Screenings</td>
<td>Program Committee (8:30)</td>
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<td>Blood Pressure Screenings</td>
<td>Volunteer Appreciation Day (9:30)</td>
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<td></td>
<td></td>
<td>Blood Pressure Screenings</td>
<td>New Member Orientation (9:00)</td>
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**Center Hours**

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

**Center Staff**

Catholic Charities Hawaii
Lanakila Multi-Purpose Senior Center
1640 Lanakila Avenue
Honolulu, Hawaii 96817

WE PLAY, WE LEARN, WE SERVE