Gourmet Lunch Club

Wednesday, June 1
11:00 am

- This month, we will be taking a trip out for a special lunch at Honey’s at Ko‘olau Golf Course. Come and join us!

Please sign up at the front desk

Excursion to the Hawai‘i Potters Guild

Wednesday, June 22nd
10:00 am

- Join us for a trip to visit the Hawai‘i Potters Guild!

Please sign up at the front desk

Walk-in Registration Week for Summer Session

Monday-Thursday,
June 6th—June 9th
8:00 am—10:30 am

Please see Iris to update your membership form if it is over a year old.

Message from Yuet Mui Kong, Program Coordinator

Aloha! Check out the photo below. Can you spot a new face? Yes, he is Alika Andrade. Some of you may remember that he was the emcee for our Volunteer Appreciation Program in April. He did such a great job. We are lucky to have his help again. He is temporarily covering some of the Program Specialist’s duties. Say aloha to him when you see him in the Center.

Another new face in the Center is our Social Worker, Dorenda Schmidt. She also helped us in the Volunteer Appreciation Program. She is now stationed here every Monday and Wednesday. Welcome Dorenda!

June is National Safety Month, and the theme is SafeForLife. According to the National Safety Council, everyday, 107,000 injuries occur in the U. S., and 100% are preventable. The #1 cause of preventable death for older Americans is falls. (Drowning for age 1 to 4 and car crashes for teenager)

Staying healthy in mind and body can reduce the leading causes of injury in our homes and communities, on the roads and at work. An ounce of prevention is worth a pound of cure! So come to the Walk-in Registration Week in June to sign up for classes and activities that are good for our mind and body. Let’s stay SafeForLife!
NEW MEMBERS!

Teruko Fujioka
Yasuko Horio
Toshihiro Matsuda
Stephen McClaran
Stanley Yamamoto

In-Kind Donations
Received: April 21 ~ May 20, 2016

Aoki, Karen
Chang, Grace
Hamada Nobuko
Kainuma, Carolyn
Kaneshiro, Itsuko
Kawakami, Diane
Morreira, Jane
Nagasawa, Alicia
Naholowaa, Victoria
Nakahodo, Harry & Hisae
Nakama, Keiko
Ogata, James
Ojiri, Donald

Okuma, Stella
Sasano, Alice
Shimabukuro, Sally
Shiohira, Jeanette
Sueda, Mary
Suemori, Craig
Tanaka, Aileen
Takara, Doris
Tatsuta, Jane
Tomomitsu, Kay
Tsutsumi, Alice
Wauke, Doris
Wong, Joyce
Yanagawa, Rose

Thank you for your generosity!
Laura Abat
Jean Akamine
Tokiko Akuna
Anavilla Alfonzo
Dorothy Alvarado
June Alves
Yoshiko Arakaki
Jane Arakawa
Yaeko Arashiro
Erna Cabral
Simeon Campado
Inocencia Caneso
Rosita Cardenas
Clifford Chan
Stephen Cheah
Ethel Chow
Adelaida Del Banco
Frances Della Cruz
Emine Dial
Edna Estrella
Puna Frank
Cherie Frankes
Doreen Fujita
Ronald Gabriel
Alejandrina Gonong
Moana Gray
Bong Ok Ha
Edward Hanaumi
Stephanie Hashimoto
Robert Hee
Aileen Hifumi
Robert Hee
Aileen Hifumi
John Higa
Betty Ho
Lucy Ige
Philip Ige
Koren Ihara
Sadako Imoto
Theresa Kaneshiro
Ralph Kawano
Elaine Kim
Hyang In Kim

Koongja Kim
Louise Kim
Mary Kishimoto
Shinyu Kiyuna
Mary Koepke
Ellen Kong
Yoshiko Kumura
Meriam Ladrillon
J. Kukea Lee
Kum Yeon Lee
Gui Qun Li
Lai Ngor Li Chow
Edna Low
Elizabeth Lum
My Fong Lum
Elinor Masuda
Pauline Mationg
Michael Means
Shigeo Minamoto
Carolyn Miyashiro
Kenneth Miyazono
Roy Motokane
Florence Murata
Carl Naito
Karen Nakachi
Grace Nakahashi
Gayle Nakama
Keiko Nakama
Irene Nakamoto
Nancy Nakao
Yoneko Nakasone
Sakae Nakata
Gladys Nakoa
Lillian Nauka
Mary Nazarino
Hideo Nebres
Melvin Nishiyama
Frances Oda
Kenneth Oshiro
Melvin Oshiro
Sadako Oshiro
Amy Pang
Anthony Polansky
Eva Ralar
Trinidad Ramento
Sumiko Reinertson
Setsuko Ritter
Nancy Ruiter
Martha Ann Sacoto
Betsy Sakihara
Teresa Sasaki
Alice Sasano
Adelina Shigaki
Albert Shinkawa
Jeanette Shiohira
Lenora Springer
Jerald Sumida
Mildred Suzuki
James Takamiya
Kenneth Tamashiro
Betty Teruya
Lillian Teruya
Hideko Toguchi
Carolyn Tokunaga
Franklin Toma
Nishie Tomiyama
Kay Tomomitsu
Yoneko Tsuchiya
Siri Tsuda
Tak Ming Tsui
Ruth Tsukayama
Alice Tsutsumi
Elaine Ushiro
Jane Uyetake
Virginia Vance
Eufemia Vincente
Ji Qin Wang
Doris Wauke
Betsy Wong
Florence Wong
Robert Wong
Yong Tang Xie
Jin Lian Zhang

Membership
Donation Drive
Date: June 1st-30th, 2016
You make a difference! Please help to support Center’s programs. Your contribution is tax deductible as allowed by law and your tax situation. The Center is a program of Catholic Charities Hawaii, so please make checks out to: Catholic Charities Hawaii

Coming Soon in July
Hawai’i Pacific Health
Presents:
HEALTHY LIVING
Hosted by Dr. Kalani Brady
Date: Monday, July 11th, 2016
Come and join us!

Candidates’ Fair
Date: Friday, July 22nd
Time: 8:00 am to 11:00 am
Meet candidates running for US Senate, US House of Representatives, State Senate, State House of Representatives, Mayor, Prosecuting Attorney, City Council, and OHA.
Bom dia! Much mahalo to Show n' Sell menehune: Moana, Marty, Rose, Jane, and Puna. We did great and are looking forward to August's Show n' Sell.

Birthday babies for May and June will dine at Makino Chaya (Yes! Again!) on the 15th. Join us!

Our venture to Tree Tops in Manoa was an experience...sorta “pricey”. On a scale of 1 to 5 (best), Makino Chaya is a 5, Maple Garden 3, Fook Yuen 3, Royal Palace (Salt Lake) 4 1/2. For local seniors, you gotta have a variety of dishes, tasty dishes, and priced right...budget, budget, budget! A reminder: check your bill! Gratuity/tip 15% is usually included.

Events:
- 6/6 — Senior Medicare Patrol Reading your Medical statement
- 6/13 — Honolulu Fire Dept.
- 6/20 — Birthday/ Sensei Elsie Kawamoto karaoke singers
- 6/27 — JCC Indoor Picnic

(H) Our Enka Group performs Sen No Kaze for the attendees of the May 24th Memorial Program.

(R) After our Memorial Program, attendees released (biodegradable) balloons with seeds inside of them, symbolizing a new kind of life emerging from death.
On May 7th, Letty Dolor, our Mother of the Year, along with all mothers, celebrated Mothers’ Day. Ms. Dolor had invited guests to help us celebrate. My niece, Gwen Ilaban, who was visiting from out of town, was also a special guest at our party—how special! She even helped with set-up and clean-up, too! Ms. Dolor provided us with plenty of food, and we had music by Bong with lots of dancing. Our own Helmer Dela Cruz provided video.

We finalized our fundraising project on May 21st, and it is ready for pick-up on June 4th. Members got to watch a video of our Mothers’ Day event, thanks to Helmer. Members really enjoyed seeing themselves having a good time!

Events: 6/4—Fathers’ Day, Birthday Celebrations | 6/18—No meeting

Filipino Cultural Club of Honolulu

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Okinawan Nenchosha Club

We bid “Aloha” to Program Specialist Justin Trubiani on April 28 in true Okinawan style with the kachashi, after presenting him with a pile of leis and a gift. He said his first day on the job 2 years ago was a Thursday when he was introduced to the club by doing the kachashi. No doubt he left with some great memories. We were then entertained by energetic Faye Murata who always brings her fantastic variety show of singing, dancing and audience participation, complete with costumes. Mahalo for keeping us young with laughter and exercises doing Oya ma no Saru and Osakana Tengu among others.

We celebrated Mother’s Day on May 5 by being entertained by Frances Nakachi Sensei and her dancers dressed in beautiful kimonos, performing a variety of Okinawan dances.

On May 12, Kiyoko Sano of Radio Station KZOO entertained us along with her talented karaoke singers. On the front page of the Star-Advertiser that day, an interesting article entitled “A Legacy of Uncommon Bravery” with a picture of “The Nisei Soldier Congressional Gold Medal”, the highest civilian award given to a person who had an impact on American history and culture, began with: ”Ninety-three-year-old Takejiro Higa, who served as a Japanese interpreter during the Battle of Okinawa 71 years ago, still recalls when he had to interrogate both his middle school teacher and two of his Okinawa classmates who were taken as prisoners by U.S. forces.” It was the day they unveiled an online digital exhibition by the Smithsonian, which will preserve as part of the National Museum of American History for future generations, the bravery and heroics of Japanese-American Nisei Soldiers of WWII. You can view the website at cgm.smithsonianapa.org.

We celebrated birthdays on May 19th for 9 members with Ruth Onaga (94), Lorraine Kusumoto (91) and Doris Nakamura (91) as special honorees. Many thanks to our Variety Show participants Eleanor Arakaki, Karen Takemoto, Diane Kawakami, Frank Toma, Janet Ito, Kubagawagawa dancers (Takako Goya, Yaeko Miyahira, Yoshiko Kumura & Chieko Tokuda), Joyce Kishimoto, & Flora Nakasone for sharing your talents, as well as MC Richard Tada and guest performer Cookie Irving.

We ended the month playing Bingo on May 26 with prizes for all due to the last-minute cancellation of the scheduled program.

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Okinawan Proverb: “Uya yushi kwa yushi” (Parents and children teach one another.)

Events:

(Left) Pictured here is the choir “Voices of Aloha Musical Group” performing for our Japanese Cultural Club. The music was very beautiful and moving!
Memorial Service: On Tuesday, May 24th, we remembered all of our friends and members from the Center who passed away in the last year. (1) Attendees bowing their heads in prayer and remembrance. (2) Pastor Brad Toyama of Kalihi Union Church (grand-nephew of members Jane Higa, Janet Ito, and Sally Joyce) delivered our memorial message. (3) Pictured with Pastor Toyama (left) are, from left to right, members, Harry and Flora Nakasone and Pastor Stan Miyamoto, singing a song titled, God Bless You. Mr. & Mrs. Nakasone also sang, “It is Well With My Soul” with Pastor Miyamoto earlier in the program. (4) Japanese Cultural Club President, Mary Sueda read the names of members being remembered. (5) Members placed flowers and offered prayers in memory of their friends who have passed away.

HPD Fair: On Monday, May 23rd, HPD hosted a fair at our center that introduced seniors from around the community (not just members!) to almost 20 different programs that can aid them. (6) Attendees listened to one of the presentations. (7) Seniors signed up for Smart 911 with HPD, giving them information that will facilitate a faster and better response to any future 911 calls. Now, many seniors will be able to get the help they need!
<table>
<thead>
<tr>
<th>Time</th>
<th>Class Title</th>
<th>Instructor/Leader</th>
<th>Location</th>
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<tbody>
<tr>
<td>8:00</td>
<td>Walking Group</td>
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<td>Library</td>
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<td>9:00</td>
<td>Japanese Cultural Club</td>
<td>Sueda</td>
<td>Lanai/Activity Room</td>
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<td>10:00</td>
<td>Lei Making Group</td>
<td>Tsutsumi</td>
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<td>10:00</td>
<td>Harmony’s Hula♦</td>
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<td>Tai Chi For Health</td>
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<td>Library Annex</td>
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<td>10:30</td>
<td>Novice Ukulele</td>
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<td>9:30</td>
<td>Beg. Taisho Koto</td>
<td>Takeuchi/Sueda</td>
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<td>11:00</td>
<td>Intro to Yoga</td>
<td>Hasegawa</td>
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<td>8:00</td>
<td>Walking Group</td>
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<td>Stretch and Tone</td>
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<td>Sewing by Nakasone</td>
<td>Nakasone/Ito</td>
<td>Craft Room/Sewing Room</td>
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<td>Intro to Yoga</td>
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<td>Portuguese Cultural Club</td>
<td>Frank</td>
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<td>10:00</td>
<td>Adv. Beg. Line Dance</td>
<td>Wauke/Chang</td>
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<td>Happy Seniors Serenaders</td>
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<td>Summer Session Starts</td>
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Center Hours
Monday - Friday
7:30 am - 3:00 pm
Saturday (2x/month)
8:30 am - 11:30 am

CATHOLIC CHARITIES HAWAI'I
Lanakila Multi-Purpose Senior Center
1640 Lanakila Avenue
Honolulu, Hawaii 96817

WE PLAY, WE LEARN, WE SERVE

Center Staff
Yuet Mui Kong…… Program Coordinator
A lika Andrade .......... Program Specialist
Iris Hiramoto.........Membership Specialist
Cookie Irvine……..Program Support Asst.
Dorenda Schmidt…………Social Worker
Lodi Tapawan………………Custodian