Message from Yuet Mui Kong, Program Coordinator

Aloha! We had a great time at our Volunteer Appreciation Program on April 20th, 2016. Over 170 volunteers got together and enjoyed the music performance, magic show, and photo booth. Check out the photos in this newsletter. Thanks to everyone who made this program a success.

UH MSW practicum student, Garriss Akiona, completed his internship in April at LMPSC. Our Program Specialist, Justin Trubiani, is moving back to the Mainland in May. Thanks for their hard work & dedication to the Center. We wish them all the best in their future endeavors. Aloha Garriss, & Justin!

Good News! A social worker will be stationed here at the Center two days a week to serve our seniors. Please stay tuned for further information.

Wish you have a Happy Mother’s Day & Boy’s Day!

Aloha!
**NEW MEMBERS!**

Mae Hong
Laraine Koga
Donna Koki
Yeu Tsu Margaret Lee
Charlotte Luhiau
Wendy Shimoda
Alyce Soranaka
In Sook Takara

**In-Kind Donations**
Received: March 21st ~ April 20th, 2016

Burrows, John
Close, Lee Ann
Harano, Caroline
Joyce, Sally
Kageno, Madeline
Katahira, Helen
Kim, Koong Ja
Koepke, Mary
Koyama, Florence
Koyama, Renee
Miyazawa, Yasuko
Nakata, Sakae
Nhomi, Mieko
Oda, Karen
Okuma, Stella
Sasano, Alice
Shiohira, Jeanette
Tomomitsu, Kay
Wauke, Doris
Wong, Charlotte
Wong, Jane
Yamamoto, Jean
Yoshida, Mark

**Donations**
RECEIVED: March ~ April, 2016

**HIBISCUS ($100+)**
Mrs. Rose Loui
Mr. and Mrs. Daly Stevens

**BIRD OF PARADISE ($50+)**
Mrs. Ann Kinoshita

**ANthurium ($49 & under)**
Mrs. Jeanette Akamine
Mr. Glenn Fukuda
Mrs. Roseline Ho
Mrs. Hatsuko Nakata
Mrs. Wendy Shimoda
Mr. Glenn Yamasaki

**Thank you for your generosity!**

**Mahalo!**

LMPSC’s Senior Companions, June (left) & Lovyna (right) were recognized at the Senior Companion Program’s Volunteer Appreciation Luncheon. June also performed an Okinawan Dance at the Luncheon!
Show N' Sell
sponsored by
Japanese Cultural Club
Date: Tuesday, May 10th, 2016
Time: 8:00 am—10:30 am

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

Walk-in Registration Week for Summer Session
Date: Monday—Thursday, June 6th—June 9th
Time: 8:00 am to 10:30 am
Please see Iris to update your membership form if it is over a year.
Ate ja!

Events:
5/4  —  Meeting
5/18  —  Meeting

Portuguese Cultural Club
by Puna Frank

Gladys Celebrated her 101th birthday with Japanese Cultural Club

Enka Singing Class and Okinawan Nenchosha Club gave Justin a farewell with surprises: cake, dance, song, and a lot leis!
**Hawaiian Cultural Club**

By Betty Parker

We are sad to bid a fond farewell to Garriss Akiona. He has brought many ideas and thoughts to help our club grow. We wish him well in his studies, and hope he will visit us when his busy schedule permits, even as a guest speaker.

Come and visit our section on May 10 Show n’ Sell. On sale will be our popular pickled onions and Hawaiian plate. Check out our white elephant articles, also.

Events: 5/3—Meeting  5/10—Show & Sell  5/17— Craft  5/24—Memorial Program  5/31—Meeting

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**Filipino Cultural Club of Honolulu**

By Helen Castillon

On April 2nd a documentary of the Philippines was provided by Helmer Dela Cruz. Interesting and educational for I have never been there. I got to see where my mom and dad grew up. Helmer has documentaries of different parts of the world. More to see in the coming months, thank you Helmer. Invited guests Mary and John Sueda also shared and enjoyed time with our club.

April 16th ticket sale went well. Thank you members for coming together. Good Job Trini and Helmer. Members had fun playing bingo, thank you for all the food, snacks,(Puna, Trini, Helmer and Tony). Thank you to my set up and clean up team, Lourdes, Marty, Tony and members for helping.

Events: 5/7—Celebrating Mother Of the Year  5/21 -  Bingo/ Documentary

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**Okinawan Nenchosha Club**

By Irene Yamashita

Congratulations to our two hard-working Board members, Richard Tada and Diane Kawakami, who graced the cover of the April/May issue of the Generations Magazine, bringing welcomed publicity to our Lanakila Senior Center. Nifee deebiru!

On March 31st we listened to Kendall Ching from the Honolulu Fire Dept. who reminded us again how important it is to practice Fire Safety: Be “kitchen-wise” and never leave the kitchen if you’re cooking; don’t overload electrical circuits; clear all hallways and rooms of “stuff”, etc.

Following up with fire safety, Walk Wise SMP’s Deni Tyler spoke about “Pedestrian Safety” on April 7. As part of her presentation, a young woman (victim-survivor) shared her testimony. She was in a marked cross-walk but was struck by a car in the 2nd lane, emphasizing the importance of making sure that the driver in each lane sees you before you step out. Hawaii is ranked #1 in the nation for traffic fatalities with 28 last year and we already had 15 fatalities this year.

On April 14 we enjoyed a couple of past champions of KZ00’s Karaoke contests from Craig Shimizu Studios. One of them played a kutsuzumi drum rather than a sanshin which caught my attention.

April birthdays were celebrated on April 21 with the help of karaoke singers from Nelson Yoshioka’s “Shinshu Kyokai Karaoke Club”. The wonderful program of song and dance was emceed by Midori Trent. God bless our six birthday celebrants with many more happy years. Special honorees were Takejiro Higa (93), and three women, Madeline Kageno, Doris Nagamine and Rita Nakasone (90).

Okinawan Proverb: “Aramun jooguu ya duu ganjuu” (One who eats plain food is healthy.)

Events: 5/5-Mother's Day/Nakachi  /12-Kiyoko Sano  5/19-Birthday & Variety Show  5/26-Medication Management

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Our 3 seniors featured on the Generations Magazine Apr/May issue had an autograph session on April 14th. They have also been sharing with the public about LMPSC’s programs and activities. They were interviewed by the Generations radio show on KHNR 690 AM. They will be interviewed by KITV4 Morning News on Saturday, May 7th. Remember to turn on your TV that morning to support them and the Center.
The Center’s seniors showed support for CCH President & CEO, Jerry Rauckhorst, who received the 2016 Daniel Kahikina Akaka Award for Outstanding Senior Service on April 6th at Kupuna Power Day.

On April 27th, our volunteer, Jean Sugihara shared her 15-year volunteer experience at LMPSC with the guests, staff, and volunteers from the other programs in the agency in the Catholic Charities Volunteer Appreciation Event.

At the April 20th Volunteer Appreciation Day, volunteers enjoyed a morning of photo booth, music performance, magic show, and door prizes. They had a lot of fun! Thank you, volunteers!
<table>
<thead>
<tr>
<th>Time</th>
<th>Class Title</th>
<th>Instructor/Leader</th>
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<th>Time</th>
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<tbody>
<tr>
<td>8:00</td>
<td>Walking Group</td>
<td>Group</td>
<td>Library</td>
<td>7:30</td>
<td>Mah Jong</td>
<td>Sugihara</td>
<td>Library</td>
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<td>9:00</td>
<td>Japanese Cultural Club</td>
<td>Sueda</td>
<td>Lanai/</td>
<td>8:00</td>
<td>Fan Tai Chi</td>
<td>Koike</td>
<td>Lanai</td>
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<td>Activity Room</td>
<td>8:30</td>
<td>Needle &amp; Thread Workshop</td>
<td>Sueda</td>
<td>Sewing Room</td>
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<td>10:00</td>
<td>Lei Making Group</td>
<td>Tsutsumi</td>
<td>Crafts Room</td>
<td>8:30</td>
<td>Hawaiian Quilt, etc.</td>
<td>Hirashiki/Takamoto</td>
<td>Crafts Room</td>
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<tr>
<td>10:00</td>
<td>Harmony’s Hula♦</td>
<td>Brighter</td>
<td>Dance Studio</td>
<td>9:00</td>
<td>Thai Chi</td>
<td>Koike/Hee</td>
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<td>10:30</td>
<td>Tai Chi For Health</td>
<td>Lau</td>
<td>Library Annex</td>
<td>9:30</td>
<td>Hawaiian Cultural Club</td>
<td>Dela Cruz</td>
<td>Activity Room</td>
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<td>10:30</td>
<td>Novice Ukulele</td>
<td>Ojiri</td>
<td>Sewing Room</td>
<td>10:00</td>
<td>Harmony's Hula♦</td>
<td>Brighter</td>
<td>Dance Studio</td>
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<td>9:30</td>
<td>Beg. Taisho Koto</td>
<td>Takeuchi/Sueda</td>
<td>Library</td>
<td>10:00</td>
<td>Hawaiian Calligraphy</td>
<td>Usami</td>
<td>Sewing Room</td>
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<td>11:00</td>
<td>Intro to Yoga</td>
<td>Hasegawa</td>
<td>Lanai</td>
<td>10:15</td>
<td>Sahm Bo Dahn</td>
<td>Katahira/Higuchi</td>
<td>Lanai</td>
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<td>8:00</td>
<td>Walking Group</td>
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<td>Library</td>
<td>8:30</td>
<td>Arts &amp; Crafts</td>
<td>Perry</td>
<td>Sewing Room</td>
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<td>8:30</td>
<td>Stretch and Tone</td>
<td>Werle</td>
<td>Lanai</td>
<td>9:00</td>
<td>Okinawa Nenchosha Club</td>
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<td>Activity Room</td>
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<td>9:00</td>
<td>Sewing by Nakasone</td>
<td>Nakasone/Ito</td>
<td>Craft Room/</td>
<td>9:00</td>
<td>Korean Dance/Club</td>
<td>Lee</td>
<td>Dance Studio/Craft</td>
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<td>Sewing Room</td>
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<td>Intro to Yoga</td>
<td>Hasegawa</td>
<td>Dance Studio</td>
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<td>Enka Class</td>
<td>Arakaki/Kishimoto</td>
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<td>9:00</td>
<td>Portuguese Cultural Club</td>
<td>Frank</td>
<td>Activity Room</td>
<td>9:00</td>
<td>Taisho Koto</td>
<td>Takeuchi/Sueda</td>
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<td>10:00</td>
<td>Adv. Beg. Line Dance</td>
<td>Wauke/Chang</td>
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<td>10:00</td>
<td>Ellen’s Ukulele</td>
<td>Kong/Tangonan/Lindo</td>
<td>Library</td>
<td>11:00</td>
<td>Okinawan Dance</td>
<td>Nakasone/Kawaguchi</td>
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<td>10:00</td>
<td>Happy Seniors Serenaders</td>
<td>Ojiri/Ko</td>
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<td>Tai Chi for Health</td>
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<td>11:00</td>
<td>New Novice Ukulele</td>
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<td>Exercise with Karate</td>
<td>Kellett</td>
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<td>9:00</td>
<td>Folk Sing Along</td>
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<td>Library Annex</td>
<td>9:00</td>
<td>Filipino Cultural Club of</td>
<td>Castillon</td>
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<td>9:00</td>
<td>Fusion Exercise</td>
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<td>Chinese Cultural Club</td>
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<td>10:30</td>
<td>Tap Dance</td>
<td>Koepke/Martin</td>
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<td>1:00</td>
<td>Basic Japanese Language</td>
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### May 2016

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<th>Sun</th>
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<td>Blood Pressure Screenings</td>
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<td>GLC</td>
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<td>Silver Foxes Musical &amp; Catholic Charities Ching Campus Tour (8:45)</td>
<td>FCC(8:30)</td>
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<td>Blood Pressure Screenings</td>
<td>Show &amp; Sell (JCC) (8:00)</td>
<td>Program Committee (8:30)</td>
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<td>Blood Pressure Screenings</td>
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<td>CENTER CLOSED: CCH Staff Conference</td>
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<td>FCC(8:30)</td>
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<td>HPD Senior Fair (9:00)</td>
<td>Memorial Program (9:00)</td>
<td>New Member Orientation (9:00)</td>
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<td>Blood Pressure Screenings</td>
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<td>CENTER CLOSED: Memorial Day</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**

Yuet Mui Kong...... Program Coordinator  
Vacant ................. Program Specialist  
Iris Hiramoto...........Membership Specialist  
Cookie Irvine............Program Support Asst.  
Lodi Tapawan...............Custodian

**Catholic Charities Hawai‘i**

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

**WE PLAY, WE LEARN, WE SERVE**