Inside This Issue:

Learn about the HPHA School St. Redevelopment

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Reminder: Tuesday, Nov. 8th is a Holiday and the Center will be Closed. But please remember to VOTE!

Join Us on Wed., 11/30, 9:30 a.m.: To learn about the planning of the Hawaii Public Housing Authority (HPHA) to redevelopment their School St. offices next door into new offices, affordable housing, commercial space and more! Find out about potential impact for Lanakila. Come to listen, ask questions, and give input.

Where Were You on Dec. 7, 1941? During this 75th anniversary of the attack on Pearl Harbor, our VISTA worker, Kori, is asking members to describe their remembrances of that fateful day in history.

Share Your Blessings: Nonperishable, canned goods are being collected at the Front Desk through 11/18 to share with those in need via a neighborhood food pantry.

“Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving” W. T. Parkiser

MEETING FOR ALL MEMBERS:
Hawaii Public Housing Authority’s School St. Redevelopment
Wednesday, 11/30/16, 9:30 a.m.

New Members!
Susan Asuncion
Melba Bantay
Yukie Maielua
Lovyna Mae Maynes
Elton Ogoso

Benjamin Ramos
Lorraine Ramos
Ayako Sasahara
Karen Suehiro
Alfredo Tagab
Thankful for Our Club

It’s already November and Thanksgiving is on our minds. There is so much to be thankful for. Every day is a blessing and coming to Lanakila Senior Center on Thursdays to enjoy the wonderful programs at the Okinawa Club is one of them. We also learn from the educational sessions that are presented at least monthly. On Sept. 29 we learned from representatives of Kaiser Permanente about the benefits of Tai Chi, the Chinese Marshal Art, for preventing falls and even helping with arthritis. Then on Oct. 6, John Cummings from Civil Defense, Dept. of Emergency, spoke about how to prepare for the different types of emergencies: Tsunami, Hurricane and Disasters. Basic preparation would be to have at least 7 days’ supply of water and food plus a list of medications for seniors. Informational fliers were handed out at both sessions.

On Oct. 13 we were entertained by the Frances Nakachi dancers. Mahalo to Nakachi Sensei for the wonderful program that ended with the kachashi for all to participate.

Eight October birthday celebrants were honored on Oct. 20 with the two eldest being Masato Matsui (96) and Tomie Higa (93). God bless all our celebrants with continued good health. Special entertainment was provided by Marion Arakaki Sensei and one of her “professional” Karaoke classes. She started the program by singing “My Blue Heaven” in her deep melodic voice as line dancers performed on stage. That was followed by Sensei Elsie Kawamoto and karaoke singers Frank Murakawa, Nancy Young, Masa Hirayama, Amy Hagihara and Stan Miike. Many thanks to Sensei Marion for the wonderful program and surprising us with bags of chips for everyone.

We will meet only twice in November as there will be no meetings on Nov. 3 and Nov. 24 (holiday). Have a Happy Thanksgiving holiday and count your blessings!

11/3 No Meeting (UH Student Nurses’ Fair)
11/10 Kupuna Care
11/17 Birthday/ Hui Laulima/ Thanksgiving
11/14 HOLIDAY- Thanksgiving

Okinawan Proverb: “Miinai chichi nai” (We learn by watching and listening.)
People often ask whether they celebrate Thanksgiving in Japan. They do and although their celebration is not as festive as Hawaii, it is called "Kinrokanshahi" or Labor Thanksgiving Day. It is a National Holiday to express gratitude to one another for work done throughout the year. Children in Japan make thank you cards and gifts to municipal workers such as police, firefighters and hospital workers. So whether you're celebrating Thanksgiving Day in Hawaii or Japan, have a great Thanksgiving holiday!

On October 3, we heard great singing from the Mellow Friends karaoke group who entertained us with a variety of patriotic, Japanese and American songs. On Oct. 10, Kiyoko Ing gave us an education on Protecting Ourselves Against Medicare Advantage Marketing Abuses. Flyers on this matter are available with JCC club officers. On Oct. 17, it was birthday celebration, special hula performance by Jordan Yogi, granddaughter of Judi Yogi, and entertainment by Sensei Kiyoko Sano and her KZOO champion karaoke singers. On October 24, we learned a lot about Dementia/Alzheimer's from Debbie and Russell Pang who talked about this progressive illness through first-hand experience. We learned that early detection is important so that you can plan to do the things that can result in a good quality of life.

Shizue Kakazu is our 90+ birthday celebrant for November. Apologies for not including the 90+ celebrants in our October Kupuna News. They are: Kikuo Kageno, Mae Kuboyama and Masato Matsui. Happy Birthday to all of you!!!

**11/7 Small World Harmonica Band**  
**11/14 Birthday/Na Kupuna O Makua Alli, Lorraine Stringfellow**  
**11/21 LMPSC Thanksgiving Program**  
**11/28 Iida Store Presentation**

**HAPPY BIRTHDAY!**

Peggy Agnew  
Jeanette Akamine  
Priscilla Amarino  
Alma Antonio  
Leopoldo Antonio  
Kazuko Arakaki  
Casper Arashiro  
Nancy Asato  
Shigeko Asato  
Melvin Berengue  
Mayuree Brozek  
Rosemary Bucknam  
Severa Cacal  
Emelita Campos  
Azucena Capuchino  
Gloria Chang  
Wei Chien Chang  
Yuet Kuen Chang  
Vivian Chee  
Shu-Ho Chen  
Yuan Kun Chen  
Margaret Chiu  
In Soon Choi  
Walter Chun  
Sumie Consillio  
Ellen Cruz  
Thomas Duvauchelle  
Teruko Fujioka  
Dennis Goo  
Amy Hagihara  
Elsie Hasegawa  
Akiko Higa  
Yoshiko Higuchi  
Elaine Hirashiki  
Elliot Iha  
Florence Imai  
Charles Inatsuka  
Shizue Kakazu  
Mabel Kam  
Nancy Kang  
Sadie Kaya  
Savina Kim  
Yeoung Hei Kim  
Yong Hui Kim
HI everyone at LMPSC- hope everyone is in good health. Holidays are coming up so we all need to be ready for it by taking care of ourselves.

For upcoming events, we are planning on two dances for our Christmas Party, Lanakila’s Halloween event is Friday, Oct. 28, UH Health Fair is on Nov. 3, Show & Sell on Nov. 15, and we plan to go to PBS Hawaii on Nov. 29.

An activity on gift card holders was conducted by Janet M. A presentation was done by Janice Olbrich from American Red Cross, on evacuation and what we should bring with us. Great things to know for a hurricane or tsunami.
Mahalo

Thank you so much for your generosity!

**HIBISCUS ($100+)**
- Mrs. Jane Higa
- Mrs. Nancy Kang
- Mr. Gary Shimabukuro IMO:
  - Doris Wauke
  - M/M Daly Stevens
- Mrs. Mii Takakuwa
- Mr. Kenneth Tashiro
- Mrs. Annie Wong

**BIRD OF PARADISE ($50+)**
- Mrs. Sharon Isa
- M/M Shigeru Kaneshiro
- Ms. Patsy Tamashiro

**ANTHURIUM ($49 & UNDER)**
- Ms. Eiko Ching
- Mrs. Christy Fujii
- Mrs. Jane Miyabe
- Mrs. Ayako Sasahara
- Mrs. Hisako Yamaoka
- Mr. Glenn Yamasaki

**IN-KIND GIFTS**
- Chang, Grace
- Dudoit, Maryann
- Fujita, Henry & Bev
- Hamada, Nobuko
- Higa, Alice
- Kang, Nancy
- Kina, Joan
- Ko, Sin Cha
- Nakata, Sakae
- Nitta, Irene
- Ojiri, Donald
- Perry, Gwen
- Shimabuku, Dennis
- Shiohira, Jeanette
- Tomomitsu, Kay

Important news flash! Voting for 2017 officers is happening on Nov. 2. Please be on time to participate. Make changes in & around you bubble! Become an officer! Be a doer! It is not difficult when you’re in the company of supportive members.

On Nov. 16, find us visiting Ala Moana Center. Come join us! Just make sure you are registered to ride the CCH van.

Revisiting Royal Palace was a plus! Onolicious buffet dining! A must for buffet hunters! Until then... ate ja!

11/2 Meeting
11/16 Excursion
<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>
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<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>
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<tr>
<td>10:00am</td>
<td>Lei-Making Group</td>
<td>Tsutsumi</td>
<td>Craft Room</td>
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<tr>
<td>10:30am</td>
<td>Harmony's Hula</td>
<td>Brighter</td>
<td>Dance Studio</td>
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<tr>
<td>9:00am</td>
<td>Tai Chi for Health</td>
<td>Lau</td>
<td>Activity Room</td>
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<tr>
<td>11:00am</td>
<td>Intro to Yoga</td>
<td>Hasagawa</td>
<td>Lanai</td>
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<tr>
<td>12:00pm</td>
<td>Basic Japanese Language</td>
<td>Tcheou</td>
<td>Library</td>
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<tr>
<td>7:30am</td>
<td>Mah Jong</td>
<td>Sugihara</td>
<td>Library</td>
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<tr>
<td>8:00am</td>
<td>Fan Tai Chi</td>
<td>Koike</td>
<td>Lanai</td>
</tr>
<tr>
<td>8:30am</td>
<td>Needle &amp; Thread Workshop</td>
<td>Sueda</td>
<td>Sewing Room</td>
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<tr>
<td>9:00am</td>
<td>Hawaiian Quilt, Etc.</td>
<td>Hirashiki/Takamoto</td>
<td>Craft Room</td>
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<tr>
<td>9:30am</td>
<td>Tai Chi</td>
<td>Koike/Hee</td>
<td>Lanai</td>
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<tr>
<td>10:00am</td>
<td>Hawaiian Cultural Club</td>
<td>Dela Cruz</td>
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<tr>
<td>10:00am</td>
<td>Harmony's Hula</td>
<td>Brighter</td>
<td>Dance Studio</td>
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<tr>
<td>10:30am</td>
<td>Japanese Calligraphy</td>
<td>Usami</td>
<td>Sewing Room</td>
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<tr>
<td>10:15am</td>
<td>Sahm Bo Dahn</td>
<td>Katahira/Higuchi</td>
<td>Lanai</td>
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<tr>
<td>8:00am</td>
<td>Walking Group</td>
<td>Group</td>
<td>Library</td>
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<tr>
<td>8:30am</td>
<td>Stretch &amp; Tone</td>
<td>Werle</td>
<td>Lanai</td>
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<tr>
<td>9:00am</td>
<td>Sewing by Nakasone</td>
<td>Nakasone/Ito</td>
<td>Craft Room/Sewing Room</td>
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<tr>
<td>9:30am</td>
<td>Portuguese Cultural Club</td>
<td>Frank</td>
<td>Activity Room</td>
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<tr>
<td>10:00am</td>
<td>Intro to Yoga</td>
<td>Hasegawa</td>
<td>Dance Studio</td>
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<tr>
<td>10:00am</td>
<td>Line Dance</td>
<td>Chang</td>
<td>Lanai</td>
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<tr>
<td></td>
<td>Ellen’s Ukulele</td>
<td>Kong/Tansonan/Lindo</td>
<td>Library</td>
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<tr>
<td></td>
<td>Happy Seniors Serenaders</td>
<td>Ojiri/Ko</td>
<td>Sewing Room</td>
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<tr>
<td>11:00am</td>
<td>Tai Chi for Health</td>
<td>Lau</td>
<td>Activity Room</td>
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<tr>
<td></td>
<td>Exercise with Karate</td>
<td>Kellett</td>
<td>Dance Studio</td>
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<tr>
<td>8:30am</td>
<td>Arts &amp; Crafts</td>
<td>Perry</td>
<td>Sewing Room</td>
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<tr>
<td>9:00am</td>
<td>Okinawa Nenchosha Club</td>
<td>Higa</td>
<td>Lanai/Activity Room</td>
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<tr>
<td></td>
<td>Korean Dance/Club</td>
<td>Lee</td>
<td>Dance Studio/Craft</td>
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<tr>
<td></td>
<td>Enka Class</td>
<td>Arakaki/Kishimoto</td>
<td>Library Annex</td>
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<tr>
<td></td>
<td>Taisho Koto</td>
<td>Takeuchi/Sueda</td>
<td>Library</td>
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<tr>
<td>11:00am</td>
<td>Okinawan Dance</td>
<td>Nakasone/Kawaguchi</td>
<td>Lanai</td>
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<tr>
<td>9:00am</td>
<td>Folk Sing Along</td>
<td>Group</td>
<td>Library Annex</td>
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<td></td>
<td>Fusion Exercise</td>
<td>Gittelman</td>
<td>Lanai</td>
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<tr>
<td>9:30am</td>
<td>Chinese Cultural Club</td>
<td>Mau</td>
<td>Activity Room</td>
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<tr>
<td>10:00am</td>
<td>Sahm Bo Dahn</td>
<td>Katahira/Higuchi</td>
<td>Lanai</td>
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<tr>
<td>10:30am</td>
<td>Tap Dance</td>
<td>Koepke/Martin</td>
<td>Dance Studio</td>
</tr>
<tr>
<td>11:00am</td>
<td>Crafts by Florence</td>
<td>Tamura</td>
<td>Sewing Room</td>
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<tr>
<td>9:00am</td>
<td>Filipino Cultural Club</td>
<td>Castillon</td>
<td>Lanai/Activity Room</td>
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# November 2016

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
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<tr>
<td></td>
<td>1</td>
<td>2 GLC to Bakery &amp; Table</td>
<td>3 UH Nursing Students’ Health Fair (8:00 am)</td>
<td>4</td>
<td>5 FCC (8:30 am)</td>
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<tr>
<td>6</td>
<td>7</td>
<td>8 CENTER CLOSED: Election Day</td>
<td>9</td>
<td>10</td>
<td>11 CENTER CLOSED: Veterans Day</td>
<td></td>
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<tr>
<td>13</td>
<td>14</td>
<td>15 Show &amp; Sell (8:30 am)</td>
<td>16 Walk-in Registration (8-10:30am)</td>
<td>17 Walk-in Registration (8-10:30am)</td>
<td>18 Walk-in Registration (8-10:30am) CSS Mtg (Center Closes 2pm)</td>
<td>19 FCC &amp; NARFE (8:30 am)</td>
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<tr>
<td>20</td>
<td>21 Walk-in Registration (8-10:30am) LMPSC Thanksgiving Prog. (9:30 am)</td>
<td>22 Walk-in Registration (8-10:30am)</td>
<td>23</td>
<td>24 CENTER CLOSED: Thanksgiving</td>
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<tr>
<td>27</td>
<td>28</td>
<td>29 New Member Orientation (9:00 am)</td>
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## Canned Food Drive
Nov. 1-18 @ front desk

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**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

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**Center Staff**

<table>
<thead>
<tr>
<th>Vacant</th>
<th>Program Coordinator</th>
<th>Rm 7</th>
<th>Ext. 29</th>
</tr>
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<tbody>
<tr>
<td>Riva Torno</td>
<td>Program Specialist</td>
<td>Rm 3</td>
<td>Ext. 22</td>
</tr>
<tr>
<td>Iris Hiramoto</td>
<td>Membership Specialist</td>
<td>Rm 4</td>
<td>Ext. 24</td>
</tr>
<tr>
<td>Cookie Irvine</td>
<td>Program Support Asst.</td>
<td>Rm 7</td>
<td>Ext. 28</td>
</tr>
<tr>
<td>Cyan Curtis, MSW &amp; Brandi Sanpei (BSW student)</td>
<td>Case Management Staff</td>
<td>Rm 6</td>
<td>Ext. 26</td>
</tr>
<tr>
<td>Lodi Tapawan</td>
<td>Custodian</td>
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Catholic Charities Hawaii
YOU ARE INVITED
to an information session on

Hawaii Public Housing Authority’s
School St. Redevelopment

Wednesday, November 30, 2016
9:30 a.m. – 11:00 a.m.
Lanakila Multi-Purpose Senior Center
1640 Lanakila Avenue

- Come to listen and to ask questions about the exciting plans of our neighbor, HPHA, to rebuild.

- Find out how this will impact on Lanakila Multi-Purpose Senior Center & the neighboring community.

- Meet the redevelopment team, including the Retirement Housing Foundation

The Lanakila Multi-Purpose Senior Center is a program of Catholic Charities Hawai’i and is funded in part by the State of Hawai’i via contract with the State Executive Office on Aging (EOA) and the C&C of Honolulu, Elderly Affairs Division, and a Persons In Need grant from the May Templeton Hopper Fund of the Hawai’i Community Foundation.