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VOLUNTEERS ARE THE HEART OF OUR CENTER!

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A program of Catholic Charities Hawai‘i funded in part by the State of Hawaii 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.
A MESSAGE FROM SUSIE

Dear Lanakila Multi-Purpose Senior Center Ohana and Friends:

A big mahalo to the LMPSC cultural club officers and class instructors for doing a super job creating new and exciting opportunities for Center members to learn, have fun, stay active and be healthy. Club Presidents and class instructors Marion Arakaki, Liwayway Asis, Harmony Brighter, Lori Chang, Frances Dela Cruz, Puna Frank, Dan Gittelman, Suzie Hasegawa, Robert Hee, Jane Higa, Robert Higuchi, Elaine Hirashiki, Janet Ito, Jack Katahira, Diana Kawaguchi, Mel Kellett, Joyce Kishimoto, Sin Cha Ko, Ken Koike, Mary Koepke, Ellen Kong, Randy Lau, Toni Lee, Cecilia Lindo, Gladys Martin, Dorothy Mau, Flora Nakasone, Jerry Ojiri, Donald Ojiri, Gwen Perry, Mary Sueda, Jean Sugihara, Yasuko Takeuchi, Florence Tamura, Victor Tangonan, Yuriro Tcheou, Alice Tsutsumi, Hideko Usami, Denise Werle, and Misako Yagi give of their time, talent and leadership to organize and teach others. We are very grateful for their service.

Heartfelt mahalo to the LMPSC class performers and cultural club members. Your singing, dancing and community service projects bring much joy to so many people in our community. Hurray, 77 Center members have given generously the first two weeks of the Membership Fund Drive. 100% participation of our 1,500 members by June 2017 would be fantastic. Every gift is appreciated!!

The Center thanks AARP volunteers Steve Arashiro, John Awakuni, Bill Beadle, Leonard Chow, Barbara Dove, Lucille Holzgang, Walter Lau, Jadine Lee, and Yuka Sunohara for providing free tax preparation for our seniors. Also, mahalo to Sin Cha Ko, Jane Kwon, Dale Okuda and Jean Sugihara for assisting Iris Hiramoto with calling, greeting and preparing the taxpayers for the AARP service. We are grateful to Susan Tamanaha, Wayne Fernandes, Ledward Kalani, and Leslie Tanoue, volunteers from VITA, who helped people on our waitlist on a Saturday, even though the Center was closed that day. Mahalo to Iris Hiramoto for her generous heart.

Norman Oshiro and Teri June Amuro from MOA Hawaii taught our Gardening Class about nature farming. They helped construct a raised garden bed near our large kitchen. Gardening is a great outdoor activity and provides nourishment for our souls. Special mahalo to Walter Miyashiro for taking care of the gardens in the courtyard and front yard. He has added much beauty to our campus.

We will honor our 270 volunteers at the Volunteer Appreciation Day on Wednesday, April 26, 2017, from 10 a.m. to 1 p.m. for their outstanding service to our Center.

April 26 is also Administrative Professionals Day. Hugs to Iris Hiramoto, Cookie Irvine, Lodi Tapawan, and Riva Torno for being dedicated, hardworking employees of our Center. Mahalo Gracie Baluyot from SCSEP and Kori Higdon from Americorp Vista for their outstanding kokua! Much appreciation to Social Workers Cyan Curtis and Brandi Sanpei and Jon Barona, Guy Curry, Stacey Gaspar, John Hancock, Carnation Naki, Tala Tuafiaiva, and Scott Walker from the Transportation Program for their commitment to seniors.

Special thanks to David Young for helping our staff count money and our front door, reception and kitchen volunteers Mona Bernardo, Dennis Goo, Mary Jones, Elaine Kim, Nobuko Hamada, Diane Kawakami, Helen Palama, Mary Sueda, Jean and Joe Sugihara, Doris Takara, Aileen Tanaka, Kay Tomomitsu, and Rose Yanagawa.

Me ke aloha pumehana (with warmest love),
Susie

Welcome New Members!

Carmen Apis
John Awakuni
Monica (Mona) Bernardo
Janice Date
Judy Furuikawa
Donald Hirai

Katherine Hirai
Terry Ishihara
Dorothea Komine
Xiao Dong Liu
Hong Mei Ma
Douglas Maynes
Jane Miyagi

Donna Tokuda
June Tokuda
Ronald Tokuda
Kiyoko Shinsato
Sumie Sueishi
OKINAWAN NENCHOSHA CLUB UPDATE
By Irene Yamashita

Welcome on Board!

“Ukimi So Chi” (Good morning). ‘Chaganju” (“How are you?) As members of the Okinawan Nenchosha Club, we will begin learning some words and phrases in “Uchinaguchi”, thanks to President Jane Higa. Stay tuned for more words and phrases.

We enjoyed some great entertainment in March as Kiyoko Sano’s Karaoke students performed for us on March 2nd and the Pearl City Community Church blessed us for the first time on March 9th with a terrific variety show. The program began with a hula of the “Lord’s Prayer” followed by a mix of religious and old favorite songs in a sing-along. Popular hula performances included “Haole Hula” and “Nada Sou Sou”. A surprise impersonation of Elvis Presley’s “Don’t Be Cruel” by Toa was impressive as he danced energetically through the aisles with his “youthful” moves. Hana Hou!

Birthdays were celebrated on March 16 for five of our members with Esther Ramones and Doris Higa (both 94) as special honorees. God bless each one of you with continued good health. An excellent birthday program by Naleo Nahe Nahe, led by Rosemary Duncan, featured a variety of hula numbers as well as soloists who were accompanied by musicians on guitar and ukulele. Two guys joined the lovely women for some of the hula numbers, adding an extra touch to the performances which included a number with the ipu.

On March 23rd the Nuuanu “Y” Tai Chi class with instructor Tom Amina introduced us to tai chi with a video that we could follow to practice some basic movements. The class members then demonstrated some of what they do in class if any seniors are interested in this form of martial art to help them with their balance and fall prevention.

With two vacancies on the Board as we started the new year, we were happy to welcome Patricia Takeuchi as our new Corresponding Secretary and Laraine Koga as our new Membership Chair. Sally Kageyama who served as our Corresponding Secretary for many years, recently lost her husband and our deepest sympathy and condolences go to her and her family. Betty Kotani who was our Membership Chair for 20 years “retired” at the end of last year. We want to thank both women for their years of faithful service to the Club. Ippe Nîfe Debiru!!

4/6 FAYE MURATA
4/13 KALIHI Y. FITNESS EXERCISE
4/20 BIRTHDAY/NELSON YOSHIOKA
4/27 KAISER PERMANENTE

Okinawan Proverb: “Yii kutoo isugi” (Do good things quickly.)
Spring is here!

Spring is finally here. Flowers are blooming, bees are buzzing and the days are longer. Soon you will be attending baseball games, soccer, basketball, etc. to watch grandchildren play. We barely got over our new year’s cleaning done and now we’re ready for spring cleaning. Not only is it a good idea to de-clutter and organize your house, but take time to recharge your mind and evaluate your social and work schedule to make time for yourself. Get active outdoors, eat healthy, smell the flowers and be happy!

On March 6, we celebrated Girls’ Day with the keiki’s from the Lanakila Head Start program and enjoyed the magical tricks by magician, Ron Ishimaru. On the 13th, we were fortunate to have performers from Japan who were here for the Honolulu Festival. Their exciting performances included shamisen, koto, taishokoto and singing. It was a real treat for all of us. On the 20th, karaoke singers from the group called Mellow Friends lead by Gary Shimabukuro was a big hit with our members. They sang a variety of English and Japanese songs.

Members celebrating their 90+ birthday in April are: Takejiro Higa, Shizue Ishihara, Madeline Kageno, Mii Takakuwa. Celebrating her 90th birthday is Jane Wong.
Enjoy your special day.

4/3 HMSA- LAUGH SING & MOVE
4/10 OUTREACH EDUCATION CAPTIONED TELEPHONE- SUSAN JUNG
4/17 BIRTHDAY & ELSIE KAWAMOTO’S KARAOKE GROUP
4/24 HAWAII’S DE-CLUTTERING SPECIALISTS- CYNTHIA ARNOLD
Bom dia... Spring has sprung! May your garden thrive with lots of aloha. Smell the hono-hono orchids!

Our trip in March to Fort Street Mall was a “different” experience. Remember, Kress Store, Ritz, Kim Chow’s Shoe Store, Kramers, McInerny’s, Woolworth, Ciro’s & Liberty House? Yep! They came and went. Visually, it’s sorta “shabby” and “aromatic”...too much homeless clientele? Just sit in McDonalds and watch the funny things that transpire while you dine-in. We were able to enjoy Vicky’s Filipino Restaurant, McDonalds, and Thai food.

Next month we’ll probably end up at Sugoi’s, located in Kapalama City Square near Young’s Fish Market, Kam Bakery, Pancakes & Waffles, and the C&C Traffic Division.) Their garlic chicken is the BEST! Come join us!

4/5 MEETING 4/19 EXCURSION

It’s April already! Things are moving along slowly, but the important thing is, we’re moving along!

On March 18th, we were entertained by Tekniqlingz Dance Crew by Gabriel Torno, who is the brother of Riva, our Program Specialist. Gabriel is also a 2016 graduate of Chaminade University with a Master in Business. His dance crew performed traditional Filipino dances and mixed modern techniques which resulted in awesome, jaw-dropping type of moves. You may have seen them on KIKU TV.

In April, our guest speaker Leticia Wilson of Mountain Pacific Health will educate us about diabetes. Come with your questions. Ms. Wilson also speaks Tagalog!

4/8 MEETING 4/22 MEETING

As many know, our Vice President, Betty Parker passed away. Our President, Francis Dela Cruz, represented the club at her services. John Burrows will resume her duties.

At our meetings, hula and song is shared by our members Tommy, Moana, Gertrude, Wolfgang, Ellen, and Janet. On March 28th, Frances shared an article on the akulikuli kule. This plant has culinary & nutritional uses. It contains antioxidants and omega 3 oils.

4/4 MEETING 4/11 MEETING 4/18 MEETING 4/25 MEETING

Additional Upcoming Club Meetings

Chinese Cultural Club
Meetings 4/7, 4/21, 4/28

Korean Cultural Club
Meetings 4/6, 4/13, 4/20, 4/27
Thank you to our 77 donors who participated in our Annual Membership Donation Drive! With your help, we were able to collect a total of $4,656! If you are still interested in donating, envelopes are available at the front desk.

**PIKAKE ($1000+)**
Yamashita, Irene

**KAHILI GINGER ($250+)**
Japanese Cultural Club
Vance, Virginia

**HIBISCUS ($100+)**
Anonymous
Arapaki, Marion
Chun Oakland, Suzanne
Close, Lee Ann
Gima, Lillian
Isara, Henry & Evelyn
Kishimoto, Warren & Joyce
Kotani, Betty
Nagamine, Doris
Stevens, M/M Dale
Tanaka, Drusilla
Yim, Joyce
Young, David

**BIRD OF PARADISE ($50+)**
Dizon, Sally
Higa, Tomie E.
Koyama, Florence
Madigan, Bill
Nishida, Jean
Nitta, Irene
Otake, Emmie
Shimabukuro, Annie
Sugihara, Joe & Jean
Takai, Yurie
Takeuchi, Patricia
Tsukayama, Grace
Yamaguchi, Ethel
Young, Geraldine

**ANTHURIUM ($49 & UNDER)**
Akamine, Jeanette
Amano, Margaret
Awakuni, John
Demola, Suzuko
Ganeku, Violet
Ginoza, Janet
Gray, Moana
Goya, Takako
Goo, Dennis
Frank, Puna
Fukuda, Glenn
Inouye, Toshiko
Isara, Stella
Ishihara, M/M Robert
Kaili, Marty
Kaneshiro, Ellen
Kaneshiro, Yoshiko
Kim, Koongja
Kimura, Grace
Kiyon, Ralph
Kuhns, Irene
Lee, Ann
Martin, Gladys
Matsuda, Gladys
Miyahira, Yaeko
Nagasawa, Alicia
Nakagawa, Etsuko
Nakamura, Brigid
Nakasone, Yoneko
Nakata, Hatsuko
Nishihara, Hiroko
Okahara, James
Okuma, Grace
Oshiro, Seiji
Runyon, Michiko
Sueishi, Sumie
Takahashi, Sachiko
Tanaka, Lillian
Tanouye, Grace
Tokuda, Chieko
Tomomitsu, Kay
Tsuchiyama, Yoneko
Umemoto, Julie
Underwood, Stephanie
Wasa, Harry & Betty
Yamasaki, Glenn
Yasuda, Emiko
Yi, Ellen
Yu, Jin Suk
NARFE

**IN-KIND GIFTS**
Chang, Grace
Duvauchelle, Maile
Hamada, Nobuko
Kainuma, Carolyn
Kim, Elaine
Liang, Susan
Matusda, Gladys
Nakata, Sakae
Otake, Emmie
Paik, Grace
Shimabukuro, Sally
Sugiyama, Jean
Takara, Doris
Tanaka, Aileen
Tatsuta, Setsuo
Tokuda, Chieko
Tomomitsu, June
Yanagawa, Rose
Yasuda, Emiko
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<tr>
<th>TIME</th>
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<th>INSTRUCTOR</th>
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<tr>
<td>8:00am</td>
<td>Walking Group</td>
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<td>Library</td>
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<td>9:00am</td>
<td>Japanese Cultural Club</td>
<td>Sueda</td>
<td>Lanai/Activity Room</td>
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<td>Beg. Taisho Koto</td>
<td>Takeuchi/Sueda</td>
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<td>10:00am</td>
<td>Lei-Making Group</td>
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<td>Harmony’s Hula</td>
<td>Brighter</td>
<td>Dance Studio</td>
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<td>Tai Chi for Health</td>
<td>Lau</td>
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<td>11:00am</td>
<td>Intro to Yoga</td>
<td>Hasegawa</td>
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<td>12:00pm</td>
<td>Basic Japanese Language</td>
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<td>Mah Jong</td>
<td>Sugihara</td>
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<td>Fan Tai Chi</td>
<td>Koike/Hee</td>
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<td>Needle &amp; Thread Workshop</td>
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<td>Hawaiian Cultural Club</td>
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<td>Brighter</td>
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<td>Japanese Calligraphy</td>
<td>Usami</td>
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<td>Sahm Bo Dahn</td>
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<tr>
<td>8:00am</td>
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<td>8:30am</td>
<td>Stretch &amp; Tone</td>
<td>Werle</td>
<td>Lanai</td>
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<td>9:00am</td>
<td>Sewing by Nakasone</td>
<td>Nakasone/Ito</td>
<td>Craft Room/Sewing Room</td>
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<td>Portuguese Cultural Club</td>
<td>Frank</td>
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<td>9:30am</td>
<td>Intro to Yoga</td>
<td>Hasegawa</td>
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<td>10:00am</td>
<td>Line Dance</td>
<td>Chang</td>
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<td>Ellen’s Ukulele</td>
<td>Kong/Tanona/Lindo</td>
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<td>Happy Seniors Serenaders</td>
<td>Ojiro/Ko</td>
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<td>Exercise with Karate</td>
<td>Kellett</td>
<td>Dance Studio</td>
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<td>9:00am</td>
<td>Okinawa Nenchosha Club</td>
<td>Higa</td>
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<td>Korean Dance/Club</td>
<td>Lee</td>
<td>Dance Studio/Craft</td>
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<td>Enka Class</td>
<td>Arakaki/Kishimoto</td>
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<td>Taisho Koto</td>
<td>Takeuchi/Sueda</td>
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<td>11:00am</td>
<td>Okinawan Dance</td>
<td>Nakasone/Kawaguchi</td>
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<td>Crafts by Florence</td>
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<td>Folk Sing Along</td>
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<td>Fusion Exercise</td>
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<td>Yui Buyo</td>
<td>Yagi</td>
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<td>Chinese Cultural Club</td>
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<td>10:00am</td>
<td>Sahm Bo Dahn</td>
<td>Katakura/Higuchi</td>
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<td>Tap Dance</td>
<td>Koepke/Martin</td>
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<td>Filipino Cultural Club</td>
<td>Asis</td>
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## April 2017

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<td>GLC to Bellini Bistro</td>
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<td>Senior Fun Walk</td>
<td>FCC (8:30 am)</td>
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<td>Prog. Comm. Mtg (8:30 am)</td>
<td>Kupuna Power at State Capitol</td>
<td>CENTER CLOSED: Good Friday</td>
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<td>New Member Orientation (9:00 am)</td>
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<td>LMPSC Excursion to Hawaii State Art Museum</td>
<td>FCC &amp; NARFE (8:30 am)</td>
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<td>Volunteer Appreciation Day (10:00 am)</td>
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### Center Staff

- **Suzanne Chun Oakland**: Program Coordinator, Rm 7, Ext. 29
- **Riva Torno**: Program Specialist, Rm 3, Ext. 22
- **Iris Hiramoto**: Membership Specialist, Rm 4, Ext. 24
- **Cookie Irvine**: Program Support Asst., Rm 7, Ext. 28
- **Cyan Curtis, LSW & Brandi Sanpei (BSW Student)**: Case Management Staff, Rm 6, Ext. 26
- **Lodi Tapawan**: Custodian
- **Kori Higdon**: VISTA Worker

### 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