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REMEMBERING OUR FRIENDS AT MEMORIAL DAY PROGRAM

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A MESSAGE FROM SUSIE

Aloha everyone!

April flew by ... start of new classes, many cultural club activities, new members joining, tax season ending, and seniors advocating at the State Legislature.

Little birdies told me that there was someone who did not want her name on paper as an instructor for the beginner ukulele class, but she has devoted years of service in this capacity. Mahalo a nui loa, Moana Gray! Much thanks to her and Janet Miyashiro for helping Jerry Ojiri with this class. We will miss Jerry as a class instructor and friend and express our deepest sympathy to his family.

Mahalo to Pearl City Elementary School 5th Graders for visiting LMPSC and planting a beautiful puakenikeni tree with Center members to honor our kupuna. Thanks to Phil Chun for donating the tree. Mahalo also to Lanakila Elementary School students for inviting Center members to a Spring Luncheon at their school on May 11, 2017. Please sign up if you want to go. They want to honor our seniors.

The raised garden that MOA Hawaii helped us start (near our large kitchen) is doing well. Mahalo to the Garden Club members for helping plant red lettuce, Romaine lettuce, gai choi, onions, and green onions using natural farming techniques. Thank you to Puna Frank for the three baby avocado trees, Alice Sasano for the lemon grass, Cookie Irvine for the sage and sweet basil, and Teri June Amuro for papaya and calamansi trees to add to our Center garden. Mahalo to Lodi and Gracie for faithfully watering the plants daily. Center members are welcome to cut the outer leaves of the leafy vegetables to enjoy! Please don’t pull plants out of the soil.

On April 26th, we had our 2017 Volunteer Appreciation Day (VAD) to pay tribute to the 270 volunteers, who truly make our Senior Center run so smoothly and help make it such a special place to be. Mahalo to our Victor Tanganan and other Center members for being so fun-loving and singing during the VAD reception. Much appreciation to Catholic Charities Hawaii CEO Terry Walsh, Master of Ceremonies Augie Tulba (Center Member Sharon Tulba’s son), Gerald Ting and Norma Parado, Angie Chock (Center Member Florence Menor’s daughter) and Royal School Bell Choir, Lorna Kaeck and May Parker Au, Allan Silva, Jade Glover (Center Members Kurt and Lynn Sekiya’s daughter), and Susan Ishida and the Royal Hawaiian Band Glee Club for being a special part of the program. Thanks to Richard Tada & Frank Toma for helping us with the sound system and Moana Gray for leading us in Hawaii Aloha.

Mahalo a nui loa to 15 Craigside, Consolidated Theatres, Costco Wholesale Honolulu, Generations Magazine, Good Neighbor Pharmacy, Hawaii USA Federal Credit Union, Islander Group, Kamehameha Schools, Kids Hurt Too, kukui Children’s Foundation, Jamba Juice, Lorraine Chang, McDonald’s Restaurants, Nu’uanu Congregational Church, Pagoda Floating Restaurant and Catering, Pancake and Waffles, Starbucks, Pizza Hut, Spent Threads, Taco Bell, University of Hawaii, and Waipahu Aloha Club for the special items in the volunteer gift bags. A big mahalo to the Hawaii State Teachers Association for their generous cash donation that helped defray the cost of the pupus, lunch, and desserts.

Mahalo to Evan Ching for taking beautiful pictures and Celeste Imamura for creating the great slide show. Our appreciation to Gracie Baluyot, Melba Bantay, Phil Chun, Maureen Caracciolo, Ashley Guieb, Kori Higdon, Kellie Kawamoto, Peter Reyes, Brandi Sanpei, Judy Taketa, and Diane Terada for their hard work setting up for VAD. Cookie, Iris, Riva, Lodi and me express our deepest thanks for all you do to make the lives of our seniors truly happy with your beautiful hearts.

Show and Sell will be on Tuesday, May 9, 2017, from 8 to 10:30 a.m. Ono sushi bowl, Portuguese bean soup, saimin, inari sushi, clothing, household items, figurines, bags, crafts and more are for sale!

Finally, please come to our Memorial Day Services on Thursday, May 25, 2017, from 9 to 10 a.m. We have loss so many dear friends this past year and we would like to honor them and their families.

Me ke aloha pumehana,

Susie Chun Oakland
Program Coordinator

Welcome New Members!

| Judy Dibianco       | Faye Rainey       |
| Shizuko Holm       | Kate Shigetani   |
| Hideo Kobayashi    | Florence Takemoto|
| Bing Kwan Ng       | Susan Tamura-Boyd|

ANNOUNCEMENT

If you are a volunteer and were not able to attend our Volunteer Appreciation Day on Wed., 4/26/17, please stop by the reception desk. We would like to present you with a token of our appreciation. Mahalo!

-LMPSC Staff
Be Street Smart on the Road

On March 30 we welcomed Officer Martinez from the Kalihi District of HPD to remind us about pedestrian safety and driver safety for those who still drive. Stiff fines are imposed for jaywalking and other violations starting at $130 and even court appearances for some violations. Please keep safe even in marked crosswalks.

Faye Murata and her group entertained us on April 6 with their fun exercises for all to participate in whether sitting or standing. Appropriate costumes for the chicken dance, fish (sakana) and black bird dances added smiles to the exercises. Support of husband Robert Murata’s singing “My Way” for a dancer added to the program. Everyone joined in Asatoya Yunta, ending with some “mental” finger exercises. Mahalo for a fun morning.

To help us stay physically fit, an instructor from the Kalihi YMCA came on April 13 with cases of water bottles to introduce us to the classes available there. One of the keys to good health is hydration, thus the water bottles that were used for weights as well as for drinking at the end of the session. It is important to “feed” the cells in our bodies to eliminate impurities. After the hour’s session, information on classes to develop a healthy lifestyle plus their Group Exercise Schedule were distributed.

Ishihara (96) and Takejiro Higa (94) were the special honorees with three women, Madeline Kageno, Doris Nagamine and Rita Nakasone all celebrating 91 years. May you all continue to be blessed with good health. Many thanks to the singers and dancers for the wonderful program of birthday entertainment emceed by Midori Trent.

There is always something new to learn about the aging process to keep us safe and healthy. On April 27, two representatives from Kaiser Permanente made a presentation on Senior Health which included doing a few basic exercises to improve our balance, and also provided us with several fliers filled with information and tips on “Fall Prevention”, “Improving your Balance” and “Standing Strong Against Osteoporosis”, that we can share with friends and relatives.

5/4 STAN MIIKE (Ukulele)
5/11 MOTHER’S DAY- FRANCES NAKACHI
5/18 BIRTHDAY- VARIETY SHOW
5/25 MEMORIAL DAY PROGRAM

Okinawan Words & Phrases:
Hasai (Hello)
“Chyura kagi” (Good looking or beautiful)
“Dushigua” (Friend)
“Mensore” (Welcome, please come in)
Happy Kodomo-no-hi (Children’s Day)!

May 5th is Boys’ Day Festival (now called Children’s Day). Traditionally, families with boys displayed samurai dolls or suits of armor in their homes and flew carp-shaped streamers outdoors. This is called Koi nobori which represent carp swimming upstream. Parents hope their sons will overcome obstacles as they grow up and become men. It was a time to pray for their sons to grow up to be healthy and brave. Nowadays people honor both boys and girls on this day. Let’s celebrate with our children on Kodomo-no-hi!

Just a reminder - Show and Sell on Tuesday, May 9 at 8am. JCC is selling Sushi Rice Bowl for $5.00. Check it out and support our club. Thanks to all our hardworking club members, we hope to have another successful event.

On April 3, Mr. Steve McCall from HMSA gave us a health education workshop where we sang our hearts out, learned to be an orchestra conductor and moved like we never moved before. That was so much fun. On the 10th, we heard from Susan Jung from Outreach Education Captioned Telephone. She can be reached at 225-4211 to help you install a captioned telephone if you have difficulty hearing. On the 17th, we enjoyed hearing the talented karaoke singers from Sensei Elsie Kawamoto’s students. Many of you were lucky to draw the purple eggs with the words "winner" and won $5. Then on the 24th we learned a lot from Cynthia Arnold of De-clutter Hawaii on how to downsize and de-clutter years of personal belongings. The idea is to S.O.R.T. or Sell, Offer, Retain and Toss your belongings.

Birthday celebrants for the month of May are: Sally Nakata (90+); Sally Shimabukuro (90+); Tsuyako Iwamoto (90) and Karen Takemoto (90). Have a wonderful birthday!

JAPANESE CULTURAL CLUB UPDATE
By Clarice Kumura

5/1 BOYS’ DAY - ROBERT IIDA- Lanakila Headstart Keikis
5/8 ETHEL YAMAGUCHI- Health Foods
5/15 BIRTHDAY/VOICES OF ALOHA
5/22 WALK-WISE KUPUNA
5/29 MEMORIAL DAY HOLIDAY

Rosko Aisek
Florence Anagaran
Henry Arakaki
Frances Asato
May Asato
Misao Asato
Maxima Braceros
Fredrico Capuchino
Susan Caswell
George Chan
Jane Chang
Siu Ling Chen
Yu Jun Chen
Yu Jun Chen
Lam Siu Cheng
Yvonne Chin
May Ching
Sylvia Ching
C. Frances Chun
Lee Ann Close
Felicidad De Jesus
Leticia Dullin
Hyun Sil Enomoto
Manuel Espeleta
Mary Espina
Cheryl Feagins
Margarita Flores
Carol Fong
Patrick Fujioka
Judy Furukawa
Violet Ganeku
Bonifacia Genova
Florence Goh
Alma Goo
Betsy Hall
Gladys Harada
Quing Ren He
Roddy Higa
Roy Higa
Pok Ye Hirata
Roseline Ho
Bonnie Hokama
Kenneth Hu
Helen Ibara
Hyeong Bock Im
Juliana Iniba
Amy Ishikawa
Elsie Ishiki
Tsuyako Iwanoto
Sylvia Iwasaki
Keiko Kai
Lilu Kaneshiro
Margaret Kaulukukui
Jennie Kawasaki
May Kawasaki
FILIPINO CULTURAL CLUB UPDATE
By Puna Frank

Salamat to all who attended April’s meetings. Board members are already planning the 43rd anniversary party. Tentative date for Saturday, Aug. 26, 2017 at Pacific Beach Hotel from 8am to 12pm. Cost is $35 a ticket with parking at $5 all day. Remember this is just tentative info. You can keep in touch by becoming a member or getting in touch with one.

Queen Letty Dolor and her 8 pre-selected princesses will host and grace our stage and dance floor. Keep your culture alive! Join the club and support this event! Your presence will be greatly appreciated.

Lastly, sympathy to the family of Pauline Mationg. A staunch member, and past president. Also, to Peter Acosta, Sr., a long time member. Thank you for allowing us the opportunity to have been a part of their lives. Rest Peacefully. Mabuhay & Me ka aloha pumehana!

PORTUGUESE CULTURAL CLUB UPDATE
By Puna Frank

Bom dia...It’s already May and it’ll be gone before you know it! Get up, and come on down to Lanakila and join a club, an exercise or craft class, or ukulele class! There’s so many choices available here to keep you mentally & physically fit & well! At our wonderful age, we need to be alert about what’s happening internally & environmentally.

Here’s what’s been happening: our members enjoyed an $11 buffet lunch at Makino Crab House Waikiki…again! As long as the food & service continues to be above average, we will continue to support this restaurant. (Look for coupons in Mid-Week). Kahuku Shrimp will be our next field trip.

On April 26th, volunteers were celebrated with a bento & gift bag. Of course Augie T emceed thanks to mom and Lanakila member, Sharon. Mahalo staff & friends for this enjoyable day.

Additional Upcoming Club Meetings

Chinese Cultural Club
Meetings 5/5, 5/12, 5/26

Hawaiian Cultural Club
Meetings 5/2, 5/16, 5/23, 5/30

Korean Cultural Club
Meetings 5/4, 5/11, 5/18, 5/25

HAPPY BIRTHDAY!

(Continued)

Beatrice Tom
Mildred Toma
Tomi Trubee
Mae Tsukamoto
Julie Umemoto
Clara Uyechi
May Watanabe
Nancy Weisner

Asano Yahiku
May Yamachika
Takeshi Yamane
Doris Yamashiro
Frances Yamauchi
Xiao Ping Yang
Janet Yasumatsu
Nancy Yeda

Wilma Yee
Betty Yomono
Choon Mae Yoon
Audrey Young
Motoko Young
Thank you so much for your generosity!

KAHILI GINGER ($250+)
Katahira, Jack & Helen
Sueda, Mary

HIBISCUS ($100+)
Bernardo, Mona
Bulda, Leonardo & Gorgonia
Hamada, Nobuko
Higa, Tomie
Miyashiro, Janet
Nakasone, Mitsuko
Nakasone, Rita
Sekiya, Kurt & Lynn
Takemoto, Karen
Toma, Frank & Kay
Yoshimori, Jeannette

BIRD OF PARADISE ($50+)
Akamine, Jean
Fujihara, Edith
Isa, Sharon
Kawaguchi, Diana
Koga, Laraine
Lee, Toni
Mau, Dorothy
Nakata, Sally
Shiohira, Jeanette
Teruya, Yoshino
Yamamoto, Jean
Yoshihara, Jean

ANTHURIUM ($49 & UNDER)
Abreu, Sharn
Dano, Glennell
Dibianco, Judy
Hasegawa, Anita
Hirai, Donald
Hong, Mae
Huang, Yu Kun
Inatsuka, Lillian
Kawakami, Diane
Kina, Joan
Lee, Lillian
Li, Gui Qun
Li, Lai Ngor Chow
Liu, Zhao Ping
Nago, Gail
Oka, Irene
Pasalo, Rosita
Sumaong, Lourdes
Takahashi, Sachiko
Tari, Amy
Yamasaki, Glenn
Yim, Mee Ying
Young, Geraldine
NARFE
Stretch & Tone Class

IN-KIND GIFTS
Bernardo, Mona
Bulda, M/M
Burrows, John
Campos, Emilina
Chang, Lori
Goo, Dennis
Hamada, Nobuko
Higashi, Sumiko
Joyce, Sally
Kainuma, Carolyn
Kawada, Masako
Kim, Elaine
Lee, Toni
Lindo, Cecelia
Ma, Hong Mei
Madigan, Bill
Morreira, Jane
Nagamine, Stanley
Nhomi, Mieko
Nitta, Irene
Ojiri, Donald
Okuma, Stella
Pang, Carol
Park, Grace
Shigetani, Kate
Takara, Doris
Yamada, Valerie
Yanagawa, Rose
Young, Amy

CHECK OUT WHAT’S NEW!

Happy Healthy Exercise
Tuesdays at 10:00 am
Library Annex
*recommended for those using walkers/canes or
would like additional exercising techniques for
balance and strength

Understanding Lab Results
Workshop
Wednesdays at 11:00 am
Sewing Room

Gardening
Last Fridays of the month at 10:30 am
Outside Garden

Reminder
As many have you noticed, it’s starting to get hot around the
center. Please make sure you
stay hydrated during and in-
between your classes. We
recommend bringing your own
water bottle or stop by our
water fountain to fill up!

Mahalo for your help to raise food
for Hawaii’s hungry! LMPSC donated
about 400 pounds of canned goods
to the Hawaii Foodbank!

Also, thank you again in supporting
LMPSC’s Membership Drive. We’ve
now raised a total of $7,781!
<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>FACILITATOR</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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<td>9:00am</td>
<td>Japanese Cultural Club</td>
<td>Sueda</td>
<td>Lanai/Activity Room</td>
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<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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<td>10:30am</td>
<td>Harmony’s Hula</td>
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<td>Dance Studio</td>
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<td>11:00am</td>
<td>Tai Chi for Health</td>
<td>Lau</td>
<td>Activity Room</td>
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<td>12:00pm</td>
<td>Intro to Yoga</td>
<td>Hasegawa</td>
<td>Lanai</td>
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<td>Basic Japanese Language</td>
<td>Techeou</td>
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<td>7:30am</td>
<td>Mah Jong</td>
<td>Sugihara</td>
<td>Library</td>
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<td>8:00am</td>
<td>Fan Tai Chi</td>
<td>Koike/Hee</td>
<td>Lanai</td>
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<td>8:30am</td>
<td>Needle &amp; Thread Workshop</td>
<td>Sueda</td>
<td>Sewing Room</td>
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<td>Hawaiian Quilt, Etc.</td>
<td>Hirashiki</td>
<td>Craft Room</td>
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<td>9:00am</td>
<td>Tai Chi</td>
<td>Koike/Hee</td>
<td>Lanai</td>
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<td>Hawaiian Cultural Club</td>
<td>Dela Cruz</td>
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<td>Harmony's Hula</td>
<td>Brighter</td>
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<td>Japanese Calligraphy</td>
<td>Usami</td>
<td>Sewing Room</td>
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<td>10:15am</td>
<td>Sahm Bo Dahn</td>
<td>Katalahra/Higuchi</td>
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<td>Stretch &amp; Tone</td>
<td>Werle</td>
<td>Lanai</td>
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<td>Sewing by Nakasone</td>
<td>Nakasone/Ito</td>
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<td>Portuguese Cultural Club</td>
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<td>Intro to Yoga</td>
<td>Hasegawa</td>
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<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/Tanogan/Lindo</td>
<td>Library</td>
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<td>Happy Seniors Serenaders</td>
<td>Ojiri/Ko</td>
<td>Sewing Room</td>
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<td>11:00am</td>
<td>Tai Chi for Health</td>
<td>Lau</td>
<td>Activity Room</td>
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<td>Exercise with Karate</td>
<td>Kellett</td>
<td>Dance Studio</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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<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>
<td>Library Annex</td>
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<td>Taisho Koto</td>
<td>Takeuchi/Sueda</td>
<td>Library</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>
<td>Tamura</td>
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<td>9:00am</td>
<td>Folk Sing Along</td>
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<td>Fusion Exercise</td>
<td>Gittelman</td>
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<td>Yui Buyo</td>
<td>Yagi</td>
<td>Dance Studio/Activity Room</td>
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<td>Chinese Cultural Club</td>
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<td>Library</td>
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<td>10:00am</td>
<td>Sahm Bo Dahn</td>
<td>Katalahra/Higuchi</td>
<td>Lanai</td>
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<td>11:00am</td>
<td>Tap Dance</td>
<td>Koepke/Martin</td>
<td>Dance Studio</td>
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<tr>
<td>9:00am</td>
<td>Filipino Cultural Club</td>
<td>Asis</td>
<td>Lanai/Activity Room</td>
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## May 2017

<table>
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<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
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<tr>
<td></td>
<td>The Plaza Waikiki Tour</td>
<td>GLC to Gen Korean BBQ</td>
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<td>FCC (8:30 am)</td>
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<td>Show &amp; Sell (8:00 am)</td>
<td>Prog. Comm. Mtg (8:30 am)</td>
<td>Spring Luncheon at Lanakila Elem. School</td>
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<td>CENTER CLOSED: CCH Staff Conference</td>
<td>FCC &amp; NARFE (8:30 am)</td>
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<td>Memorial Day Ti-Leaf Lei Making (1:00 pm)</td>
<td>New Member Orientation (9:00 am)</td>
<td>Memorial Day Program</td>
<td>La’au Workshop (10:30 am)</td>
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<td>CENTER CLOSED: Memorial Day</td>
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### Center Staff

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<tr>
<td>Suzanne Chun Oakland</td>
<td>Program Coordinator</td>
<td>Rm 7</td>
<td>Ext. 29</td>
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<tr>
<td>Riva Torno</td>
<td>Program Specialist</td>
<td>Rm 3</td>
<td>Ext. 22</td>
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<tr>
<td>Iris Hiramoto</td>
<td>Membership Specialist</td>
<td>Rm 4</td>
<td>Ext. 24</td>
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<tr>
<td>Cookie Irvine</td>
<td>Program Support Asst.</td>
<td>Rm 7</td>
<td>Ext. 28</td>
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<tr>
<td>Cyan Curtis, LSW</td>
<td>Case Management</td>
<td>Rm 6</td>
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<tr>
<td>Lodi Tapawan</td>
<td>Custodian</td>
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<td>Kori Higdon</td>
<td>VISTA Worker</td>
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<tr>
<td>Gracie Baluyot</td>
<td>CSCEP Worker</td>
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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