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A TIME OF GRATITUDE

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A MESSAGE FROM SUSIE

Happy Spring to all of you! This is month GRATITUDE. We are having Volunteer Appreciation Day on Wednesday, April 18, 2018, from 8:30 to 11:00 a.m. This past year, over 400 special individuals who devoted their personal time and talent to making our center a fun, educational, safe, supportive, exciting and beautiful place to be and contributed to the quality of life for others in our community! Members, not all of you submitted your volunteer slips. I encourage you to do so throughout the year. The volunteer slips can be found at the front counter. Please fill it out and place it in the “Filled Slips” section of the box.

On behalf of Catholic Charities Hawaii and the staff of Lanakila Multi-Purpose Senior Center, we express our deep and sincere appreciation to the following volunteers: our devoted club officers and assistants; instructors of our 40 classes and groups; photographer, researcher, front desk, kitchen, facility and grounds maintenance, entertainment, sound and technical support, money counter, lei/craft making, blood pressure taking, and manicure volunteers. Our sincere gratitude to the members of the Center’s Program Committee and Policy Advisory Board and the many quiet acts of giving by Lanakila Seniors every day!

We also express our mahalo a nui loa to the community volunteers that helped with the 1st Annual Health and Wellness Fair, Memorial Day Program, Ti Leaf Lei Making Workshop for Memorial Day, Going Green Recycling Service Project, painting, Eagle Scout Project, renovation of our Go Room, Hawaii Pacific Health Fair, Homeowners Real Property Tax Workshop, legal and mediation workshops, Yamaguchi Prefectural University event, Halloween Spooktacular, Sand Bag Project, American Red Cross Alarm Installation Campaign, Children and Youth Day Goodie Bag Preparation and Food Service, University of Hawaii Health and Wellness Fair, Thanksgiving Celebration, Christmas Program, Leadership Conference, Sony Open, HMSA Health and Wellness Classes, AARP Tax Preparation Assistance Program, VITA Tax Preparation, Hepatitis C Awareness Campaign, Valentine’s Day Program, renovation of the Sewing Room Storage Area, Car Fit event, Bingo Game, De-cluttering Workshop, and free haircuts. Thank you to Wilfred Sasaki and Pat Young-Sasaki for helping us build new cabinet doors for the Sewing Room Storage Area.

On April 25th, it is Administrative Professionals Day, so I would like to take this opportunity to thank our hardworking and devoted staff: Cookie, Gracie, Iris, Lodi and Riva. Words cannot express our thanks for their tireless efforts on behalf of our Center members.

Starting on April 21, 2018, the Center will “go live” with the new sign-in process. Paper sign-up sheets will not be used. Center members should have their new green-color Lanakila card. If you do not, please see Iris Hiramoto and she will give you your assigned card. Place it on your key chain or something that you always have with you daily. Until April 21, please practice using your green Lanakila card and the computer touch screen monitor, but continue to sign in on our paper sign-in sheets.

Each day, show the card’s bar code to the scanner at the front door. You’ll hear a beep, the touch screen computer monitor will acknowledge you as a member, and then begin gently touching the screen to “sign-in” to the clubs, classes, workshops, and special events you are attending for the day. If you forget your card, you still can sign-in by providing your first name and phone number. All guests visiting the Center can press the “Guest” button on the computer screen and indicate that they are visiting the center. Don’t worry, staff and volunteers will be available to help you.

Me ke aloha pumehana (with warmest love) and have a wonderful Easter,
Susie Chun Oakland, Program Coordinator

Welcome New Members!

Eric Arincoranyan  Yoshiko Ishiki  Joyce Oshiro
Herman Berger  Janice Itsuno  Karen Scheiber
Edna Chang  Shirley Kaneshiro  Verna Schubert
Peggy Duenas  Mildred Miike  Lucille Sanchez
Betty Honma  Judy Nakamura  Lie Jun Wu
Perpetuating the Okinawan Culture

On March 1 we were privileged to hear from Officer Malloy of the Honolulu Police Dept. Among other subjects of interest to seniors, he covered City ordinances regarding loud (nuisance) noise complaints. Did you know that trash pick-ups cannot start before 6:00 a.m.? Especially helpful was the Q&A period that answered many of our questions. It was enlightening to hear that under the leadership of new Police Chief Ballard, her main initiative is being transparent in the community. Officers are to treat the public with “aloha” and build relationships within the community and work together to combat crime, e.g., neighborhood security watches, etc.

The Pearl City Community Church entertained us on March 8 with six hula dancers performing a variety of numbers beginning with the Lord’s Prayer. The variety show included dances to Hawaiian, Japanese, Okinawan, Country Western and religious songs. We all enjoyed the sing-along of old favorites and participating in one line dancing number.

Okinawans are well known for their longevity. As evidence of that, on March 15 we sang Happy Birthday to nine of our members including Yukiko Murata who attained the milestone age of 102. God bless all of our birthday celebrants with many more birthdays. Special birthday entertainment was provided by the karaoke students of Sensei Kiyoko Sano. Many thanks to the singers who shared their musical talents: Ben Matsumoto, Hatsuko Nakazato, Akemi Mcdermott, Saori Ogura and Yoshiko Sickels.

On March 22 we were treated to a special program as students were on their Spring Break. Jon Itomura, Director of the Hawaii Okinawa Creative Arts, brought six of his student lion dancers ranging in age from preschool to college. The organization was formed in 2012 to help perpetuate, promote and preserve the Okinawan culture in Hawaii. Mr. Itomura explained that unlike the Chinese lion dance, the shishimai, (Okinawan style of lion dance) mixes traditional and modern elements, including contemporary dance, eisa (Okinawa drums), and sanshin (Okinawan version of the Japanese Shamisen). Two cute Sarus (children dressed as monkeys) accompanied the two shishi dogs and provided some of the sound effects as the shishi dogs performed on stage snapping at each other and rolling over in their shaggy rope coat & mane. More excitement as the shishi dogs trotted off stage and made their way through the audience and folks were able to “feed” them for good luck. To conclude an awesome program, the six dancers performed an energetic number resembling quick marshal arts movements. No doubt the younger generation will carry on the Okinawan culture, thanks to folks like Jon Itomura.

What the Heck is Cholesterol?

April 13, 2018
11:00 am – 12:00 pm
Sign up at the front desk!

VOLUNTEER APPRECIATION DAY

April 18, 2018
8:30 am – 11:00 am

OKINAWA NENCHOSHA CLUB UPDATE
By Irene Yamashita

Remember when...
You could get a candy bar for 5 cents?
Easter is Here!

If you’re still snacking on gingerbread cookies and candy canes, you must be wondering how in the world did Easter get here already. Beyond the religious significance, people still associate Easter with food, family, friends and Easter egg hunt. So put on your comfortable shoes and get ready for a real Easter egg hunt. Well, maybe not like running around looking behind trees and bushes, but sitting and someone will bring the eggs to you. It’s a high tech Easter egg hunt for us Seniors. So come to our gathering on April 2 and JCC members will be able to look for the Gold, Silver and Bronze eggs. Have a Happy Easter! (even if the event is over by the time you’re reading this).

Since the three prizes for the Easter egg hunt has to do with what we sell at the next Show and Sell, this gives us the opportunity to remind you that JCC is hosting the Tuesday, May 8 Show and Sell event. So be sure to attend and support not only JCC but the other clubs who are selling their specialties.

On March 5, we celebrated Hinamatsuri with the adorable keikis from the Headstart program. They entertained us with their cute singing and dancing led by JCC member Puna Frank. On March 12, we heard from Ms. Laurie Kaneshiro representing AARP, who educated us on smart solutions for making our home comfortable, safe and a great fit so that we can turn it into a "lifelong home". Then on March 19, we were entertained by Sensei Nelson Yoshioka’s karaoke group who sang familiar Japanese songs such as Futari De Osaka, Jinsei Ichirou, Bashofu, Ai San San and many others.

Birthday celebrants for the month of April are: Shizue Ishihara (90+); Madeline Kageno (90+); Gladys Miyata (90+); Mii Takakuwa (90+) and Jane Wong (90+). Tanjoubi Omedetou Gozaimasu!
Chinese Cultural Club
Meetings 4/6, 4/13, 4/20, 4/27

Filipino Cultural Club
Meetings 4/7, 4/21

Portuguese Cultural Club
Meetings 4/4, 4/18

Hawaiian Cultural Club
Meetings 4/3, 4/10, 4/17, 4/24

Korean Cultural Club
Meetings 4/5, 4/112, 4/19, 4/26

Reminder
If you would like to participate in our many excursions that use the Catholic Charities Van for transportation, please remember you need to get assessed with the City & County Elderly Affairs Division first. Please call 768-7700 to schedule your assessment.

Check it out! Mahalo to Wilfred Sasaki and Pat Young-Sasaki for donating their time and service for making closet doors for your clubs!
Mahalo
Thank you so much for your generosity!

PIKAKE ($1000+)
Honda, Winnie IMO: Kameko Miyashiro
Okinawa Nenchosha Club

KAHILI GINGER ($250+)
Damien Memorial School

HIBISCUS ($100+)
Anonymous
Bernardo, Mona
Bulda, Leonardo M/M
Duvauchelle, Thomas
Isara, Henry M/M
Kawano, Ralph
Sawai, Lorraine
Stevens, Daly M/M
Tanoue, Noboru
Young, David

BIRD OF PARADISE ($50+)
Masuda, Marion
Nakamoto, George M/M
Tsukayama, Grace
Williams, Grace IMO: Mae Dang
IMO: Eddie Ah Yat
IMO: Joe Sugihara

ANTHURIUM ($49 & UNDER)
Kumura, Yoshiko
Martin, Gladys
NARFE
Nishihara, Hiroko
Oshiro, Joyce
Wong, Joyce
Yamasaki, Glenn

IN-KIND GIFTS
Alvarado, Dorothy
Antonio, Diana
Asao, Bryan
Bratt, Amy
Burrows, John
Chang, Grace
Ching, Jo
Ching, Sylvia
Clarke, Eileen
Corn, Sarita
Damien Memorial School
Leo Club
Furukawa, Sumie
Hirai, Donald
Hong, Mae
Isa, Dr. Lei Ahu
Kainuma, Michi
Kawakami, Diane
Kawasaki, Mariko
Kobashigawa, Sharon
Koepke, Mary
Kushima, Jo Anne
Larson, Betty Lou
Lau, Shirley
Mau, Dorothy
Minobe, Russell
Moms on a Mission
Nhomi, Mieko
Octairo, Gloria ??
Okinawa Nenchosha Club
Okuma, Grace
Olayan, Gilbert
Perry, Gwen
Segawa, Mary Jo
Sekiya, M/M
Springer, Lenora
Suk, Yu Jin
Tamashiro, Kathleen
Tamura-Boyd, Susan
Tsutsumi, Alice
United Laundry Services
Vance, Virginia
Y., Gail
Yamada, Valerie
Yashima, Sue
Young, Patrick

How To Use The Automated Check-In System

The new system is easy to use! Here’s how it works:

Welcome!
Please have your green LMPSC card ready to sign in.

Scan your card over the scanner. The scanner will flash red, and you will hear a beep.

All classes will appear for the day. During the current session, a green check mark should already appear for classes you have registered for. Verify your class(es), and touch ‘Finish.’

If you forgot your card, hit the button that says ‘Sign In I don’t have my card’ and type in your first name and phone number (start with area code).

If you have not registered for the current session or have not received your new green Lanakila membership card, please see the front desk. Mahalo!
<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>
</tr>
<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></td>
<td>Basic Ukulele</td>
<td>Nishiyama</td>
<td>Go Room</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></td>
<td>Harmony's Hula</td>
<td>Brighter</td>
<td>Dance Studio</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>Intro to Yoga</td>
<td>Hasegawa</td>
<td>Lanai</td>
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<tr>
<td></td>
<td>Brain Exercise</td>
<td>Oh</td>
<td>Go Room</td>
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<tr>
<td>12:00pm</td>
<td>Basic Japanese Language</td>
<td>Tcheou/Sasahara</td>
<td>Library</td>
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<tr>
<td></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/Hee</td>
<td>Lanai</td>
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<tr>
<td>8:30am</td>
<td>Needle &amp; Thread Workshop</td>
<td>Sueda/Hirashiki</td>
<td>Sewing Room</td>
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<tr>
<td>9:00am</td>
<td>Basic Ukulele</td>
<td>Nishiyama</td>
<td>Library Annex</td>
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<tr>
<td></td>
<td>Tai Chi</td>
<td>Koike/Hee</td>
<td>Lanai</td>
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<tr>
<td></td>
<td>Hawaiian Cultural Club</td>
<td>Dela Cruz</td>
<td>Activity Room</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></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></td>
<td>Portuguese Cultural Club</td>
<td>Frank</td>
<td>Activity Room</td>
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<tr>
<td>9:30am</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/Tangonan/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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<tr>
<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>Sato</td>
<td>Dance Studio</td>
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<tr>
<td>11:15am</td>
<td>Health &amp; Life Circle</td>
<td>Young-Sasaki</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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<td></td>
<td>Korean Dance/Club</td>
<td>Lee</td>
<td>Dance Studio/Craft</td>
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<td></td>
<td>Enka Class</td>
<td>Arakaki</td>
<td>Library Annex</td>
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<td></td>
<td>Taisho Koto</td>
<td>Takeuchi/Sueda</td>
<td>Library</td>
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<tr>
<td>10:30am</td>
<td>Hanafuda</td>
<td>Hagihara</td>
<td>Sewing Room</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></td>
<td>Crafts by Florence</td>
<td>Tamura</td>
<td>Sewing Room</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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<td>Yui Buyo</td>
<td>Yagi/Sugai</td>
<td>Dance Studio</td>
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<tr>
<td>9:30am</td>
<td>Chinese Cultural Club</td>
<td>Mau</td>
<td>Library</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>11:15am</td>
<td>American Sign Language</td>
<td>Macdonald/Mizusawa</td>
<td>Library</td>
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<tr>
<td>11:30 am</td>
<td>Tap Dance</td>
<td>Koepke/Martin</td>
<td>Dance Studio</td>
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<tr>
<td>11:45 am</td>
<td>Zumba Gold</td>
<td>Wrathford</td>
<td>Lanai</td>
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<tr>
<td>12:00pm</td>
<td>Filipino Cultural Club</td>
<td>Asis</td>
<td>Lanai/Activity Room</td>
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### Center Staff

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Room</th>
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</thead>
<tbody>
<tr>
<td>Suzanne Chun Oakland</td>
<td>Program Coordinator</td>
<td>Rm 7</td>
</tr>
<tr>
<td>Riva Torno</td>
<td>Program Specialist</td>
<td>Rm 3</td>
</tr>
<tr>
<td>Iris Hiramoto</td>
<td>Membership Specialist</td>
<td>Rm 4</td>
</tr>
<tr>
<td>Cookie Irvine</td>
<td>Program Support Asst.</td>
<td>Rm 7</td>
</tr>
<tr>
<td>Cyan Curtis, LSW</td>
<td>Case Management</td>
<td></td>
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<tr>
<td>Lodi Tapawan</td>
<td>Custodian</td>
<td></td>
</tr>
<tr>
<td>Gracie Baluyot</td>
<td>CSCEP Worker</td>
<td></td>
</tr>
</tbody>
</table>

**If you're interested in joining any of our presentations & activities at the Center, please sign up at the front desk. Don’t forget to also check our bulletin boards in the hallway for many community events and information!**

**Open to the public, please sign up at the front desk**

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**Let’s Keep in Touch**

1640 Lanakila Avenue  
Honolulu, HI 96817  
(808) 847-1322  
[www.catholiccharitieshawaii.org](http://www.catholiccharitieshawaii.org)  
Email: suzanne.oakland@catholiccharitieshawaii.org

**Center Hours**

Monday-Friday 7:30am-3:00pm  
Saturday (2x/month) 8:30am-3:00pm