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JOIN US FOR HEALTH & WELLNESS

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Dear Lanakila Multi-Purpose Senior Center Members and Ohana:

In May, we expressed our love to our moms, grandmothers, great grandmothers, and many others who have played such wonderful, loving role in our lives. This month, we have the opportunity to honor and express our thanks to our dads, grandpas, great grandpas and all those who took good care of us. Thank you for making a difference in a child’s life. Children will always remember the thoughtful, kind and caring moments that you, as a parent or adult mentor, shared with your children, grandchildren, nieces, nephews, hanai children, and others. These happy life experiences will sustain them and inspire them to do well throughout their lives. Happy Mother’s and Father’s Day, everyone!

The Draft Environmental Impact Statement (EIS) for the Hawaii Public Housing Authority’s (HPHA) School Street Administrative Offices and 800 units of Affordable Senior Housing has been completed. A formal letter response to Catholic Charities Hawaii’s concerns and questions has been received from PBR Hawaii. If you would like to see a copy, it is posted on the Center’s bulletin board. A schedule to start construction is forthcoming.

The Show and Sell was held on Tuesday, May 8, 2018. The Lanakila clubs, classes and Senior Center appreciates the community for coming to our event. A heartfelt mahalo to all the people who helped to donate clothing, household goods, and much more to this fun Center activity. The proceeds will be used to support the many activities the Center sponsors for seniors throughout the year.

Mahalo to our center members for making beautiful lei to adorn the gravestones of our veterans laid to rest at Punchbowl and Kaneohe. We appreciate Cisco Del Campo, Jr., from Foster Botanical Gardens for teaching us how to make the ti leaf lei on Tuesday, May 22, 2018.

The Memorial Day Program on Thursday, May 24, 2018, beautifully remembered our center members who recently passed away. We truly miss their presence, but will always hold them dearly in our hearts. Mahalo to all the Center’s Cultural Clubs for donating refreshments, Jean Sugihara and Kay Tomomitsu’s Family for donating the exquisite floral arrangements, Sensei Takeuchi and the Taisho Koto Group for performing, Mary Sueda for being our Mistress of Ceremonies, Pastor Brad Toyama from Kalihi Union Church for his memorial message, Performers Chantel Ikehara, Travis Oshiro, Diane Kawakami, Jane Higa, Jean Sugihara, and Joyce Kishimoto, Richard Tada and Frank Toma for assisting with the sound system; and Japanese Cultural Club and Okinawa Nenchosa Clubs for assisting with the overall program. Mahalo also to Dancetta Feary for donating 17 beautiful monarch butterflies that were set free with wishes from their families and our center to their loved ones. Finally, a big mahalo to all the kitchen and front desk volunteers for always being there for these special occasions!

On May 26, 2018, the Oahu Contractors Association, the Men’s and Women’s Shed Program, and other volunteers helped to renovate the Center’s greenhouse. They will complete the renovation on Saturday, June 2nd. A big mahalo to PASHA Hawaii and Ken Takeya for donating funds to purchase the materials for this renovation.

The Honolulu Community Action Program (HCAP) conducted a LIHEAP Application Day at LMPSC, where they helped many people fill out applications to receive funding to help defray some of their household energy expenses.

The 2nd Annual LMPSC Health and Wellness Fair will be on Friday, June 15, 2018 from 9 to 11 a.m. There are over 40 organizations that will be providing interactive, educational and fun activities that promote health and wellness, a fresh produce sale, and delicious lunch options available for purchase. A California performance group, Upstage Production, will culminate the Fair with a half-hour medley of songs and dance from 11 to 11:30 a.m. at LMPSC.

A huge MAHALO to AARP Hawaii, Aloha Care, Aloha Independent Living Hawaii, Alzheimer’s Association, Aloha Chapter, Audibel Hearing Center, Captioncall, State Department of Commerce and Consumer Affairs-Office of Securities Commissioner, State Department of Health, West Honolulu Public Health Nursing Section, City’s Department of Parks and Recreation, City’s Department of Transportation Services, Hawaii Academy of Nutrition and Dietetics (HAND), Farrington High School’s Health Academy, Hawaii Family Caregiver Coalition, Hawaii Institute of Integrative Health d.b.a. Hawaii Health Foundation, Hawaii Neurotrauma Registry, Hawaii USA Federal Credit Union, Helping Hands Hawaii - SNAP Outreach Program, HMSA, Honolulu Fire Department, Honolulu Police Department, Islands Hospice & Supportive Care, Kalihi YMCA, Kalihi-Palama Health Center, Kalihi-Palama Health Center, Kokua Kalihi Valley, Kukini Health System, Lanakila Elementary School, Maluhia Adult Day Health Center, Maluhia Geriatric Physicians Medicine Services, Massage Therapists Association of Hawaii, Mediation of the Pacific, Mental Health America of Honolulu, MOA Hawaii (Mokichi Okada Assn.), Natsumono Tea House, Ohana Health Plan, Oral Health for Kupuna Project, Palolo Chinese Home, Pohai Nani Home Services, Premiere Benefit Consultants United Healthcare, Project DANA, Project VISION Hawaii, Rehabilitation Hospital of the Pacific, Senior Medicare Patrol - Executive Office on Aging, Sounding Joy Music Therapy, Roots Café, Territorial Savings Bank, Volunteer Legal Services Hawaii, and Randal Lau for their willingness to share their knowledge and talent with all of us. Center members are encouraged to attend and volunteer to help with set up and clean up. We would also like to thank members of the AARP Community Service Committee, Honolulu Business Professional Women, Lions Club, Roosevelt High School Leo Club, and Territorial Savings for providing manpower alongside our LMPSC members and staff. Please feel free to invite others from the community to learn, laugh, and enjoy!

On June 16, 2018, Girl Scout Troop 383 will be coming to our Senior Center to have a “Camp Remake”, Trivia, Variety Show, Lip Sync and Bingo from 9:00 to 11:00 a.m. Please sign up at the front desk.

On June 19, 2018, Mr. Fusao Nishibun from the City’s Department of Fiscal Services, Division of Treasury, will have a Seminar/Workshop at LMPSC, “Helping Senior Homeowners Reduce Their Real Property Taxes”, by filling out Homeowner Real Property Tax Credit forms starting at 11 a.m. Anyone interested in applying for this tax credit should bring their 2017 tax return file. Mr. Nishibun and his staff will be assisting you with completing your application. Please call the Tax Relief Section at 768-3205 if you have any questions on this Seminar/Workshop or about the real property tax credit program. The public is invited.

The Hawaii State Legislature funded $125,000 as a grant-in-aid for 2018-2019 to LMPSC. Our deepest thanks to all State legislators for their support. A special mahalo to Senator President Ron Kouchi, Speaker of the House Scott Saiki, Ways and Means Chair Donovan Dela Cruz, WAM Vice Chair Michelle Kidani, Grant-in-Aid Chair Senator Gil Keith-Agaran, Senators Karl Rhoads, Brickwood Galuteria, Donna Kim, Brian Taniguchi, and Les Ibara, Jr. and Finance Chair Sylvia Luke, Vice-Chair Ty Cullen, Grant-in-Aid Chair Representative Nicole Lowen, State Representatives Takashi Ohno, Romy Cachola, Daniel Holt, John Mizuno, Della Au Belatti, Gregg Takayama, and Aaron Johanson for their kokua.

LMPSC had its Annual Center Donation Drive during the month of May. We cannot express our gratitude to all the members of our Center for your generosity and devotion to your senior center. Mahalo a nui loa!!!!

Me ke aloha pumehana,

Susie Chun Oakland
Program Coordinator
Be Safe on the Roads This Summer

Walk Wise Hawaii is a Pedestrian Safety program of the Hawaii Department of Transportation. This program is being promoted out of concern for the increase in pedestrian fatalities among seniors. On May 3rd we were privileged to have Speaker Lance Rae come to help us become more aware of what we need to do to stay safe. As visuals helped to get his points across, he enlisted four volunteers (thank you, Diana, Harry, Frank and Henry) to help with the large signs that were held up for all to see. Fliers were also distributed listing the Seven Steps to Safety. If you were not present, these are the steps: 1) Always cross the street at a crosswalk or at a corner if there is no crosswalk. 2) Be vigilant and always look to the left and right even while crossing. 3) Do not enter the crosswalk if the light starts blinking. Count down is for those already in the crosswalk. 4) Never run when crossing the street. 5) Wear bright or reflective clothing between dusk and dawn so you can be seen. 6) Always watch for vehicles backing out of driveways or parking stalls. 7) If there is no sidewalk, walk on the side of road facing the traffic. Hopefully we can remember most of these reminders.

We celebrated Mother’s Day on May 10th with Frances Nakachi Sensei’s group entertaining us. It was special to have Derek Shiroma Sensei play his sanshin and sing for the dancers. Adding to the performances were the beautiful kimonos the dancers were dressed in. It was interesting to hear about the background of the dance as each one told a story about the everyday life in the rice fields or traveling about the countryside. Of course all special occasions in our culture ends with the kachashi which members enjoyed participating in. Special Mother’s Day bentos were also a treat.

Birthdays for the month were celebrated on May 17 with seven members being honored. They were Sylvia Ching, Laraine Koga, Lorraine Kusumoto, Doris Nakamura, Sally Nakata, Alice Shiroma and Karen Takemoto. Happy birthday and God bless you with many more. Wonderful birthday entertainment was provided by Craig Shimizu. His karaoke group of four singers led by emcee Tevita Apina dressed in a kimono and carrying on in nihongo were fantastic. What a nice surprise to hear Tevita sing Haleiwa in his amazing falsetto voice. Other songbirds were Sandy Yamada, Amy Katsumoto and Janice Terakawa who sang many of our favorites like Bashofu and Nada Sou Sou, and then Island hopping to Kauai (Hanalei Moon), Oahu (Waikiki) and then to Maui and the slopes of Mauna Kea. The last karaoke number was done by the group with each one singing a couple of lines which was different and well coordinated. Mahalo for an enjoyable morning.

6/7 GARY SHIMABUKURO
6/14 FATHER’S DAY/DEREK SHIROMA
6/21 BIRTHDAY/LYNNE NAKASONE
6/28 KAISER EXERCISE

Remember when...
You could get a loaf of bread for 7 cents?
JAPANESE CULTURAL CLUB UPDATE
By Clarice Kumura

SUMMER’S HERE- STAY HYDRATED

June is a month full of activities such as graduations, weddings, vacations and of course Father’s Day. While this should be a fun month when the children are out of school, and we also spend a lot of time gardening, we should be aware of heat exhaustion. It’s important for all seniors to stay hydrated. As it gets warmer, it is more difficult to stay hydrated. The heat makes us sweat more, meaning we need to make up for this by drinking more water. So enjoy the summer with cool drinks!

On May 7, we celebrated Boy’s Day with the children from Lanakila Head Start program where we had fun playing games and interacting with the children. Of course it’s always a treat to have the children sing and dance for us. On May 14, for our Mother’s Day program, we all enjoyed the professional koto playing by Ayako Rigg and Mitsuko Noji. The dancing was awesome and very much appreciated. Of course, Sensei Marion Arakaki did a terrific job in leading us to sing-along with the koto music. Our thanks to Sensei Yuriko Tcheou for introducing her group to us.

Then on May 21, Nelson Yoshioka’s karaoke group sang Japanese songs such as Midare Gami, Ai Sarete Itai, Jusayan, and many others. The very versatile Midori Trent was the MC, sang a beautiful rendition of Anata and also gave us a quick lesson on using the Ipu instrument.

Happy Birthday! to Alice Sasano who will be celebrating her (90+) birthday on June 16.
May you have many more healthy years.

6/4 KE OLA MAMO “HEART HEALTH” MONITORING YOUR BLOOD PRESSURE; MEDICARE MESSAGE
6/11 HOLIDAY- KAMEHAMEHA DAY
6/18 FATHER’S DAY CELEBRATION- BARBARA SASAHARA “ZENI DAIKO” & NA LEO NAHENAHE O’ KUPUA HULA HALAU
6/25 JCC INDOOR PICNIC

Additional Upcoming Club Meetings

Chinese Cultural Club
Meetings 6/1, 6/8, 6/22, 6/29

Filipino Cultural Club
Meetings 6/2, 6/16

Hawaiian Cultural Club
Meetings 6/5, 6/12, 6/19, 6/26

Korean Cultural Club
6/7, 6/14, 6/21, 6/28

Laura Abat
Young Acopan
Jean Akamine
Tokiko Akuna
Anavilla Alfonzo
Dorothy Alvarado
June Alves
Harry Arakaki
Minoru Arakaki
Yoshiko Elsie Arakaki
Jane Arakawa
Yasuko Arakawa
Yaeko Arashiro
Benjamin Asato
Monica (Mona) Bernardo
Simeon Campoado
Inocencia (Cencia) Caneso
Rosita Cardenas
Clifford Chan
Stephen Cheah
Richard Cheong
Ethel Chow
Adelaida (Adia) Del Banco
Trinidad (Trini) Dela Cruz
Emine Dial
Edna Estrella
Elouise (Puna) Frank
Richard Fujimoto
Doreen Fujita
Norene Furutani
Ronald Gabriel
Alejandrina Gonong
Jane (Moana) Gray
Bong Ok Ha
Stephnie Hashimoto
Robert Hee
Aileen Hifumi
John Higa
Nancy Hirano
Amy Ibara
Lucy Ige
Philip Ige
Koren Ihara
Hermina Imamura
Sadako Imoto
Mitsuko Ishihara
Janice Itsuno
June Kamioka-Fuller
Theresa (Terry) Kaneshiro
Ralph Kawano
Elaine Kim
Hyang In Kim
Koongja Kim
Mary Kishimoto
Mary Koepke
Ellen Kong
Yoshiko Kumura
Meriam Ladrillono
Stephen Lai
J. Kukea Lee
Kum Yeon Lee
Pau Man Lau Lee
PORTUGUESE CULTURAL CLUB UPDATE
By Puna Frank

Bom dia to all you wonderful Portuguese and non Portuguese seniors! By the time you read this, our club members have enjoyed the long ride to Kahuku to feast on Giovanni’s scrumptious Italian sautéed shrimp! Here’s to wishing everyone a safe summer and who knows where we’ll be visiting next! Drink water & be well!

6/6 MEETING
6/20 MEETING

Welcome New Members!

Young Acopan
Lynda Asato
Rodney Flores
Sharon Isa
Bonnie Lee
Sylvia Louie

Rio Martell
Dexter Maunakea
Janet Nakamura
Betty Ann Querido
Leonarda Ramirez
Estelita Sarmiento

Karen Seward
Lester Stigar
Merry Taira
Yun Hie Taniguchi
Carol Yamamoto

Lanakila Senior Center member Yukiko Murata has been nominated by the Honolulu Police Department for its 2018 Citizenship Award. The award recognizes the display of outstanding citizenship that contributes to the achievement of HPD goals and objectives.

Lanakila Senior Center member Douglas Maynes featured in the Kupuna Connections TV Series on Olelo channel 53 at 9am on July 4, 11, 18, 25 and also may be uploaded from the St. Francis Healthcare system website.
Thank you so much for your generosity!

KAHILI GINGER ($250+)
Chun, Randall
Nagamine, Roy M/M
Sueda, Mary
Vance, Virginia
Yamashita, Irene

HIBISCUS ($100+)
Antonio, Diana
Arakaki, Marion
Bernardo, Mona
Boy Scout Troop 777
Doughty, Doris
Endo, Edith
Higa, Jane
Hirashiki, Elaine
Iwamoto, Tsuyako
Joyce, Sally
Kamioka-Fuller, June
Kotani, Betty
Lindo, Cecilia
Locations Foundation
Miyashiro, Giselle
Miyashiro, Janet
Nagasawa, Alicia
Nakai, Sharon
Nakanishi, Peter M/M
Nihei, Misayo
Ojiri, Donald
Sekiya, Kurt M/M
Shiohira, Wayne
Shiroma, Alice
Shiroma, Edwin
Stevens, Daly M/M
Takara, Doris
Takemoto, Karen
Toma, Frank M/M
Young, David
Young, Patrick

BIRD OF PARADISE ($50+)
Choy, Chow Fook M/M
Furutani, Norene
Goya, Helen
Higa, Tomie E.
Hirai, Donald
Kaneshiro, Shirley
Kashiwamura, Tamie
Kawaguchi, Diana
Kimura, Grace
Maunakea, Dexter
Michinaka, Roy
Miyazawa, Yasuko
Nakamura, Doris
Nakata, Sally
Otake, Emmie
Querido, Betty Ann
Shiohira, Jeanette
Shiraki, Sharon
Sickels, Yoshiko
Takaki, Alexander
Tatsuta, Jane
Toguchi Nakasone, Mitsuko
Uejo, Kazue
Yamaguchi, Ethel
NARFE

ANTHURIUM ($49 & UNDER)
Amor, Charles
Chun, Hui Ying
Demola, Suzuko
Ginoza, Janet
Goya, Takako
Hagihara, Amy
Huang, Yu Kun
Inatsuka, Lillian
Kaneshiro, Ellen
Kaneshiro, Cathy
Kaneshiro, Yoshiko
Kumamoto, Kikuko
Lau, Shirley
Li, Lai Ngor
Liao, Miao Feng
Liu, Zhao Fang
Lum, Carolyn
Lum, Sau Yue
Mau, Dorothy
Minami, Yoshiko
Miyahira, Yaeko
Miyashiro, Yoko
Momota, Setsuo
Morimoto, Akiyo
Nagamine, Sandra
Nakagawa, Etsuko
Nakamura, Brigid
Nakamura, George
Oshiro, Nobuko
Palama, Helen
Rainey, Faye
Ramos, Julita
Shimabukuro, Fujiko
Smith, Yaeko
Springer, Lenora
Stigar, Suzanne
Sugiyma, Jean
Tanouye, Grace
Tari, Amy
Tsuchiyama, Yoneko
Uejo, Katherine
Yamasaki, Glenn
Yokooji, Janice
FCC Club Donation
PCC Club Donation

IN-KIND GIFTS
Arakaki, Marion
Asato, Jane
Asato, Lynda
Bratt, Amy
Burrows, John
Chow, Leonard
Clark, Richard
Feary, Dancetta
Fukuda, Sandy
Hashimoto, Stephanie
Hirano, Caroline
Ichikawa, Dorine
Kainuma, Michi
Kamalu, Carol Mae
Kamioka, June
Kim, Elaine
Kishimoto, Joyce
Lee, Ann
Lee, Toni
Lum, Elizabeth
Lum, Madeline
Madigan, Bill
Matsumoto Mae
Miyaasato, Alice
Nagamine, Doris
Nitta, Irene
Ogata, James
Shiohira, Jeanette
Saito, Lisa
Takai, Yurie
Takeya, Ken
Tominaga, Sunny
Tanaka, Lillian
Takaki, Steven
Tatsuta, Jane
Underwood, Stephanie
Yogi, Karen
Wong, Charlotte
Wong, Joyce
Yamaguchi, Ethel
Yamashita, Irene
Yashima, Sue
Yeda, Nancy
Young, Amy
Zukemura, Nancy

Lee, Ann
Lee, Toni
Lum, Elizabeth
Lum, Madeline
Madigan, Bill
Matsumoto Mae
Miyaasato, Alice
Nagamine, Doris
Nitta, Irene
Ogata, James
Shiohira, Jeanette
Saito, Lisa
Takai, Yurie
Takeya, Ken
Tominaga, Sunny
Tanaka, Lillian
Takaki, Steven
Tatsuta, Jane
Underwood, Stephanie
Yogi, Karen
Wong, Charlotte
Wong, Joyce
Yamaguchi, Ethel
Yamashita, Irene
Yashima, Sue
Yeda, Nancy
Young, Amy
Zukemura, Nancy
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<th>TIME</th>
<th>CLASS</th>
<th>FACILITATOR</th>
<th>LOCATION</th>
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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>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>
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<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>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>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/Hee</td>
<td>Lanai</td>
</tr>
<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>
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<td>Hawaiian Cultural Club</td>
<td>Antonio</td>
<td>Activity Room</td>
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<td>Harmony's Hula</td>
<td>Brighter</td>
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<td></td>
<td>Japanese Calligraphy</td>
<td>Usami</td>
<td>Sewing Room</td>
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<td>Sahm Bo Dahn</td>
<td>Katahira/Higuchi</td>
<td>Lanai</td>
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<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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<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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<td>Veteran's Club Talk Story</td>
<td>Yashima</td>
<td>Go Room</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>Tagonan/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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<tr>
<td></td>
<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>12:30pm</td>
<td>Men &amp; Women's Shed</td>
<td>Maynes</td>
<td>Activity 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>Korean Dance/Club</td>
<td>Lee</td>
<td>Dance Studio/Craft</td>
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<td>Enka Class</td>
<td>Arakaki</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>10:30am</td>
<td>Hanafuda</td>
<td>Hagihara</td>
<td>Sewing Room</td>
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<td></td>
<td>Okinawan Dance</td>
<td>Nakasone/Kawaguchi</td>
<td>Lanai</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>
<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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<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>Mizusawa/Inatsuka</td>
<td>Library</td>
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<td>11:30am</td>
<td>Tap Dance</td>
<td>Koepke/Martin</td>
<td>Dance Studio</td>
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<tr>
<td>11:45am</td>
<td>Zumba Gold</td>
<td>Wraithford</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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**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!**
Go Green Day #150
E-Waste Recycling
Saturday, July 14, 2018
8:30-11:00 AM - 1640 Lanakila Ave

Please save your recyclable waste for this date and help turn trash into cash for community programs. Please bring canned goods and clothing! Mahalo

Acceptable Items
- Computers, printers, scanners - no limit
- 1 TV per car
- HI-5 beverage containers
- Used household cooking oil
- Batteries, all kinds
- Canned goods for Hawaii Food Bank
- Usable clothing, household items
- Used eye glasses and hearing aids
- Prom dresses, accessories
- Women business suits, accessories
- Pet food, towels, blankets
- Free towing of unwanted cars, call 291-6151

Sorry, we cannot accept: metal, tires, paint, microwave ovens, motor oil, hazardous fluids, cardboard, paper, plastics, wood, and bulky items.

For information contact: Suzanne Chun Oakland @ 847-1322
For questions contact: Rene Mansho @ 291-6151 / renemansho@hawaii.rr.com

Mahalo for recycling!
Lanakila Multi-Purpose Senior Center’s

Senior Health & Wellness Fair

Friday, June 15, 2018
9:00 — 11:00 a.m.
Lanakila Multi-Purpose Senior Center
1640 Lanakila Avenue

Join us for this FREE event of fun & educational activities!

Topics Include:
Flower Therapy | Tea Therapy | Fire Extinguisher Demonstration | Kupuna IDs | Advance Care Planning | Blood Pressure Screening | Exercise & Dancing | Hearing & Vision Screening | Nutrition | Falls-Risk/Balance | Legal Check Up | Pain Reduction and Relaxation | Massage Therapy | Star Tracing | Meditation | Oral Health | Medicare | Interactive Music with Percussion Instruments | Dr. Shintani Presentations: Less Medication and More Health (9am), Control Pain and Inflammation with Less Drugs (9:30am), You Have More Control Over Not Getting Cancer (10am), 7 Steps to Anti-Aging (10:30am), Fresh Produce, and MORE!

For more info, please call 847-1322

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