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THANKFUL FOR OUR SENIOR CENTER

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A MESSAGE FROM SUSIE

Aloha everyone:

Happy Veteran’s Day and Happy Thanksgiving!! To our veterans, we remember your service to our country and express our gratitude for your sacrifice and devotion to Hawaii and the nation.

Our center continues offering many special events, cultural club activities, a variety of classes and a place to be with friends and family. In October, we held our quarterly Show and Sell event on Tuesday, October 30th. Mahalo to the Hawaiian Cultural Club, the Portuguese Cultural Club, Crafts by Florence, Happy Senior Serenaders, Men’s and Women’s Shed, Sewing by Nakasone, the Walking Group, and our many center volunteers for such a fun and successful event. We hope you enjoyed the good food, all the beautiful holiday decor, clothes, plants and household goods we had for sale. We are grateful for the generosity of the community and center members.

On October 17, 2018, the Honolulu Authority for Rapid Transportation partnered with Lanakila Senior Center and invited all Center Members and others from the public, who are bus riders or want to become bus riders, to a meeting to discuss a pilot project launching the new HOLO card to ride the bus and Handi-Van as well as access to the rail in the future. The next community gathering at LMPSC for the HOLO card will be in March 2019. For more info, you may visit the website, which will be up on Nov. 1st: www.holocard.net or call the center line at 808-768-HOLO which will be operational with the start of the Pilot on Dec. 1st.

Our deepest thanks to Dale Evans, owner of Charley’s Taxi, for providing the transportation for our educational tour to Aloun Farms on October 24th. Her generosity is much appreciated. The senior center members and staff had a wonderful time and was able to receive free pumpkins from Aloun Farms for our Halloween party. Mahalo to Mike Moefu and the Aloun Farm ohana.

What a good spirited group of seniors who participated in the LMPSC Halloween Costume and Bake Contests and Lanakila's Spooktacular Lunch on Halloween Day. A big mahalo to Damien Memorial School Leo Club Members for planning the fun games and making great goodie bags. Congratulations to Lanakila’s Halloween Bake Contest and Costume Contest winners. All the entries were yummy-licious! Mahalo to Sing Cheong Yuan Bakery for helping us make the delicious lunch.

There will be a Dementia Friends class held on November 2, 2018 at Lanakila Multi-Purpose Senior Center starting at 10 a.m. I would like all of our Center members and the broader community to be well trained and have a good understanding of how we can good friends of our family, friends, and acquaintances who may have some form of dementia. Jody Mishan, a consultant of the Hawaii Alzheimer’s Disease Initiative with the University of Hawaii’s Center on Aging and Mary Gadam from Windward Oahu Public Nursing will be providing this training.

For those who want to learn about gout, the Arthritis Foundation will be hosting a workshop on Wednesday, November 7, 2018, from 9 to 11 a.m. at Lanakila Senior Center’s Activity Room. Please sign up at the front desk or call 847-1322. There will be complimentary bentos served, so we need a head count.

All center members and community volunteers who help Lanakila Senior Center throughout the year are invited to enjoy a Thanksgiving Program and Lunch on Wednesday, November 14th, from 9 to 11 a.m. There will be a pre-program from 8 to 9 a.m. with Folk Sing Along and Happy Senior Serenaders. At 9 a.m., Catholic Charities Hawaii CEO Terry Walsh and HawaiiUSA Federal Credit Union President Karl Yoneshige will share messages of gratitude. Our mahalo a nui loa to HawaiiUSA Federal Credit Union for sponsoring the lunch for all the seniors. Norma Parado and Gerald Ting will be performing, accompanied by Sanjeet Gellman on piano; St. Theresa’s School Choir, and Lorraine Chang’s Line Dancing Group will perform. At 10 a.m., Nao Iwata, owner of Kahai Kitchen, will prepare a delicious meal for everyone and the AARP Service Committee members will assist with service.

(Cont’d on pg. 3)
AARP Hawaii in partnership with Farrington High School will be offering iPhone, iPad, Apple Computer, and Android Technology workshops to help people learn how to use their technology devices. The classes will be held on Saturdays, December 15, 2018, and January 19, 2019, from 9 a.m. to 11 a.m.

This year, I hope we will have a number of days where we can take center members to see Honolulu City Lights both in the day and night time. There are sign-up sheets at the front desk with various days and times to go by CCH vans soon. You can also meet the LMPSC group by catching the bus, driving or other forms of transportation at any of these times.

Please remember that our Annual Christmas Program will be on Friday, December 14, 2018, from 9 to 1 p.m. at the Japanese Cultural Center. We hope you will join us to celebrate this special time of the year. If anyone would like to donate gift cards as door prizes for this event, please get in touch with Susie Chun Oakland. We look forward to all the great performances that are being prepared by our clubs and classes for this celebration.

We hope you and loved ones will be in good health and spirit throughout the holidays! We join with you to celebrate and give thanks for the bounty that we enjoy, the beautiful place that we live - Hawaii -, and the family and friends that are a part of our lives. It is a time to reflect and express our gratitude to those we love and care about. On behalf of the staff, volunteers and members of Lanakila, our heartfelt Mahalo to all of you for your kindness and care.

With much aloha and thanks,

The Lanakila Multi-Purpose Senior Center Staff
(Cookie Irvine, Iris Hiramoto, Lodi Tapawan, Riva Torno, and Susie Chun Oakland)
Laugh it Out

We participated in one of HMSA’s most popular workshops on Sept. 27 as Stephen McCall led us to Laugh, Sing and Move. Not only were we entertained by his humor, antics and energy, but had fun participating throughout the morning. The session started by everyone fake laughing hilariously for no reason which in itself was funny. It is the first step to good health: Laughter. What is our second step to good health? Sing. Accompanied by Mr. McCall at the keyboard, it was fun singing many nostalgic songs, some that we had to pull out of our memory banks as it’s been awhile since we’ve heard them. Brought back some wonderful memories of days gone by. The third step to good health: Exercise. Although we didn’t do much in this area physically, we pretended to be music or choir directors leading with a chopstick, and exercising our arms, as we sang some songs, keeping time to the music.

Another sing-along session on Oct. 4 was a little different as Brian Suzuki’s karaoke group provided our entertainment. A large screen was set up on stage for the audience to view the karaoke words and background scenes as we sang karaoke songs. Words to songs in Japanese were flashed on the screen as well as songs in English. Familiar favorites were “You Are My Sunshine”, “What a Wonderful World” and “Let Me Call You Sweetheart”. Several mikes were handed out to different members in the audience to utilize the musical talents of our audience.

On Oct. 11 we got out the bingo cards again and played Bingo. Besides having fun participating as everyone was engaged, we all ended up as “winners” because we left with snacks and bottled water. Many thanks to Madeline Kageno for donating the cases of bottled water.

We celebrated our monthly birthdays on Oct. 18 and recognized seven members: Lillian Gima, Toshiko Inouye, Sharon Kobashigawa, Masato Matsui, Yasuko Takeuchi, Irene Yamashita, and Emiko Yasuda. God bless each of you with many more happy birthdays. Special birthday entertainment was provided by Marion Arakaki’s Enka singers, including Marion Sensei. Others who performed were: Sharon Nakai, Elsie Kawamoto, Jane Yamada, Mildred Murakami, and our talented “sound men” Richard Tada and Frank Toma.

On Oct. 25 we enjoyed a variety show by Nahe Nahe O’ Kupuna, a talented group of seniors who perform regularly, like professionals, at care homes, day cares, and various functions. The talented group of singers, dancers and guitar & ukulele instrumentalists had something for everyone as songs and hula numbers included Hawaiian, Japanese, Chinese and Filipino numbers in their repertoire. Mahalo Nui Loa for a very entertaining morning.

Remember when...
Oranges were 69 cents for 2 dozens?
JAPANESE CULTURAL CLUB UPDATE
By Clarice Kumura

Giving Thanks

OMG, Thanksgiving is here. This is the time to reflect on what makes us most grateful for and express appreciation to people we’re fortunate to be around. In addition to the festivities, it gives us time to think about what lessons we learned, how we can spread happiness and look back at all the people who came into our lives. It is so wonderfully full of traditions, with our favorite recipes, rituals and loved ones all around us. So raise your glasses and have a Thanks-tastic Day!

October was such a hectic month. On the 1st, we enjoyed the Okinawan dances by Sensei Misako Yagi’s Yui Buyo group. Of course we all joined in the bon dancing at the end of the program. On the 8th, we had Stephen McCall teaching us how to eat healthy and yet stay slender. On the 15th, we heard beautiful karaoke singing and a magician singer from Barbara Sasahara and her friends. On the 22nd, Terry Johnson from AARP spoke about "Disrupt Aging" which is redefining what it means to age. Here’s an inspirational quote from Jo-Ann Jenkins, CEO of AARP - "The experiences that have gotten you to this moment in life make you who you are. Own them." So let’s get started!

Tanjoubi Omedetou Gozaimasu! to Shizue Kakazu (90); and Doris Takara (90+). May you both have many more healthy years.

11/5- ADVANCED TECHNOLOGIES WHICH MAY AID SENIORS
11/12- HOLIDAY
11/19- BIRTHDAY AND MIDORI TRENT AND KARAOKE SINGERS
11/26- IRIS GUSHIKUMA SEINO- INFO ON DEMENTIA

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Additional Upcoming Club Meetings

**Chinese Cultural Club**
Meetings 11/2, 11/9, 11/16, 11/23, 11/30

**Filipino Cultural Club**
Meetings 11/3, 11/17

**Hawaiian Cultural Club**
Meetings 11/13, 11/20, 11/27

**Korean Cultural Club**
11/1, 11/8, 11/15, 11/29

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**Portuguese Cultural Club**
Meetings 11/7, 11/21

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Frances Abaya  
Peggy Agnew  
Jeanette Akamine  
Priscilla Amarino  
Alma Antonio  
Leopoldo Antonio  
Carmen Apis  
Kazuko Arakaki  
Casper Arashiro  
Shigeko Asato  
John Awakuni  
Mayuree Brozek  
Rosemary Bucknam  
Severa Cacal  
Emelita Campos  
Azucena Capuchino  
Gloria Chang  
Yuet Kuen Chang  
Vivian Chee  
Yuan Kun Chen  
Margaret Chiu  
Sumie Consillio  
Ellen Cruz  
Thomas Duvauchelle  
Edith Endo  
Teruko Fujioka  
Amy Hagihara  
Elsie Hasegawa  
Akiko Higa  
Jane T. Higa  
Robert Higa  
Yoshiko Higuchi  
Irene Hino  
Elaine Hirashiki  
Elliot Iha  
Florence Imai  
Charles Inatsuka  
Alice Ishihara  
Nancy Kang  
Sadie Kaya  
Savina Kim  
Yeoung Hei Kim  
Yong Jin Kim  
Alyson Kimura  
Grace Kimura  
Noni Ko  
Violet Kondo  
So Pun Ku  
Veronica Ku  
Irene Kuhns  
Peggy Lee  
Sandra Lee  
Soon Sik Lee  
Susanna Lee  
Bao Yuan Lei  
Susan Leigh  
Hui Chan Li  
Lin Zhen Li  
Jean Lin
Guo Mei Liu
Dorothy Loftin
Dan Luxan
William Madigan
Walter Manriki
Rufina Marzan
Margaret Matayoshi
Nobue Matsumiya
Beverly Mau
Yoshiko Mier
Sadako Miyamoto
Akiko Miyasaki
Miki Miyasato
Toshiko Miyazato
Renee Morioka
Lei-Jayne Moy
Junko Murphy
Gail Yaeko Nago
Judy Nakamura
Clarence Nakasone
Mieko Nhomi
Adelina Noces
Stella Okuma
Evan Omoto
Shizu Oshiro
Leonarda Ramirez
Roswita Ramiro
Chanara Richmond
Norman Sahara
Robert Sakata
Toshiko Sato
Janet Shigemura
Terue Shimabuku
Annie Shimabukuro
Juliet Shimabukuro
Michiko Shimabukuro
Young Nyun Shin
Ann Shiroma
Edwin Shiroma
Sen Sunagawa
Myrtle Takaesu
Susan Takamura
Doris Takara
Emiko Takemoto
Patricia Takeuchi
Susan Tamura-Boyd
Yoshiharu Tengan
Richard Thi
Mariko Toliiver
Kacy Troy
Clemente Villanueva
Jane Wakukawa
Karen White
Charles T. H. Wong
Jean Yamamoto
Hisako Yamaoka
Zhongwu Yang
Suit Ngo Yap
Dancette Yockman

HAPPY BIRTHDAY!
(continued)

Judith Yogi
Lillian Yogi
Eileen Yoshimoto
Jenny Yoshimura

Amy Young
Rowena Young
Jin Suk Yu
Hui Xian Zhao

Hello

Welcome New Members!

Pauline Baba
Su Lan Chen
Donna Compton
Margaret Fong
Sandra Gorski-Brough
Rebecca Ho

Lauren Mineshima
Diane Mizushima
Ellen Murai
Lynn Nakada
Lillian Odo
Eva Sekimoto

Stephanie Sims
Carol Takayama
Edith Tomei
Ruby Uehara
Dionie Villanueva
Charles Yara

Showing our support for breast cancer awareness month in October by wearing the color pink

October was also domestic violence awareness month which we honored by wearing purple
<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>FACILITATOR</th>
<th>LOCATION</th>
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<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>Basic Ukulele (Picking)</td>
<td>Nishiyama</td>
<td>Sewing Room</td>
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<td>11:00am</td>
<td>Lei-Making Group</td>
<td>Tsutsumi</td>
<td>Craft 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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<tr>
<td>12:00pm</td>
<td>Basic Japanese Language</td>
<td>Techeou/Sasahara</td>
<td>Sewing Room</td>
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<tr>
<td>7:30am</td>
<td>Mah Jong</td>
<td>Sugihara</td>
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<td>8:00am</td>
<td>Fan Tai Chi</td>
<td>Koike/Hee</td>
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<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 (Strumming)</td>
<td>Nishiyama</td>
<td>Library Annex</td>
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<tr>
<td>10:00am</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>Antonio</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>10:00am</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>
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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>9:00am</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>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>11:00am</td>
<td>Ellen’s Ukulele</td>
<td>Tagonon/Lindo</td>
<td>Sewing Room</td>
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<tr>
<td>11:00am</td>
<td>Happy Seniors Serenaders</td>
<td>Ojiri/Ko</td>
<td>Library Room</td>
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<td>11:30am</td>
<td>3D Origami</td>
<td>Yashima</td>
<td>Go 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>
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<td>Korean Dance/Club</td>
<td>Lee</td>
<td>Dance Studio/Craft Room</td>
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<td>10:00am</td>
<td>Enka Class</td>
<td>Arakaki</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>Hanafuda</td>
<td>Hagihara</td>
<td>Sewing Room</td>
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<td>11:00am</td>
<td>Okinawan Dance</td>
<td>Nakasone/Kawaguchi</td>
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<tr>
<td>11:30am</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>
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<td>9:30am</td>
<td>Fusion Exercise</td>
<td>Gittelman</td>
<td>Lanai</td>
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<td>9:30am</td>
<td>Yui Buyo</td>
<td>Yagi/Sugai</td>
<td>Dance Studio</td>
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<td>Chinese Cultural Club</td>
<td>Mau</td>
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<td>11:00am</td>
<td>Sahm Bo Dahn</td>
<td>Katahira/Higuchi</td>
<td>Lanai</td>
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<tr>
<td>11:00am</td>
<td>Sing For Your Life</td>
<td>Richmond</td>
<td>Library Annex</td>
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<tr>
<td>11:15am</td>
<td>American Sign Language</td>
<td>Mizusawa/Inatsuka</td>
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<td>Tap Dance</td>
<td>Koepke/Martin</td>
<td>Dance Studio</td>
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<td>8:30am</td>
<td>Tai Chi with Tommy Amina</td>
<td>Amina/Taira</td>
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<td>12:00pm</td>
<td>Filipino Cultural Club</td>
<td>Asis</td>
<td>Lanai/Activity Room</td>
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# November 2018

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
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<tr>
<td></td>
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<td>1</td>
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<td>3 LMPSC Open (8:30 am)</td>
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<td>4</td>
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<td>6</td>
<td>7</td>
<td>8</td>
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<tr>
<td>Matter of Balance (10:00 am)</td>
<td>Matter of Balance (10:00 am)</td>
<td>HOLIDAY: Election Day</td>
<td>GLC to Honey’s Program Committee Meeting (8:30 am)</td>
<td>What Are Calories-HMSA* (11:00 am)</td>
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<td>13</td>
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<tr>
<td>HOLIDAY: Veteran’s Day</td>
<td>Matter of Balance (10:00 am)</td>
<td>Matter of Balance (10:00 am)</td>
<td>Thanksgiving Program (9:00 am)</td>
<td>Comm. Res. Mtg (12:00 pm)</td>
<td>CENTER CLOSES at 2:00 pm</td>
<td>LMPSC Open (8:30 am)</td>
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<tr>
<td>Matter of Balance (10:00 am)</td>
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<td>HOLIDAY: Thanksgiving</td>
<td>Recipes for the Heart by SHINE (10:00 am)</td>
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<tr>
<td>Matter of Balance (10:00 am)</td>
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<td>New Member Orientation (9:00 am)</td>
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<td>GLC to Honey’s</td>
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WALK IN REGISTRATION 8 am – 10:30 am

- *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

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**Center Staff**

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<tr>
<th>Name</th>
<th>Position</th>
<th>Room</th>
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<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>
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<tr>
<td>Cookie Irvine</td>
<td>Program Support Asst.</td>
<td>Rm 7</td>
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<tr>
<td>Cyan Curtis, LSW</td>
<td>Case Management</td>
<td>Rm 6</td>
</tr>
<tr>
<td>Lodi Tapawan</td>
<td>Custodian</td>
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 agli  
[United Way](http://www.unitedway.org)  
[COA](http://www.coahawaii.org)

Catholic Charities Hawaii