Inside This Issue:

New Year and New Things!

Message from Susie 2
Mahalo to our Donors 4
Cultural Club Updates 8
Schedule of Clubs & Classes 11
Upcoming Events Calendar 12

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.
Aloha everyone:

Hau‘oli Makahiki! 2019 is here! The holiday season at LMPSC was so beautiful with the donation of Christmas decorations from so many people and the love that came with it. Special thanks to Richard Tada and Michi Kainuma for their generous donations to purchase a new Center Christmas tree. It brightened LMPSC and will for years to come. Mahalo to Yoshino Teruya for all the beautiful poinsettia for the center. A special mahalo to Doug Maynes and the LMPSC Men’s and Women’s Shed Group who take the time to make all the holiday yard decorations throughout the year, including the Christmas decorations this year. Thank you also to the Chinese Women’s Club of Honolulu for their very generous treat at Alohilani Hotel for the volunteers who help LMPSC daily throughout the year!

Mahalo to Santa Harry Nakasone and Elf Peggy Nakamoto for making our Christmas Party on December 14th so cheery and bright. The talent of our Center members and friends that day was spectacular and a lot of fun. Mahalo to Victor Tanganan, Patrick Young, Jane Higa and the Okinawan Nenchosha Club, Toni Lee and the Korean Cultural Club, Sensei Mitsuko Nakasone and her Okinawan Dance Class, Dorothy Mau and the Chinese Cultural Club, Sensei Yagi and the Yui Buyo Class, Puna Frank and the Portuguese Cultural Club, Liwayway Asis and the Filipino Cultural Club, Mary Koepeke and the Tap Dance Class, Toni Lee’s Hula Group, Cheryl Mizusawa, Lillian Inatsuka and the American Sign Language Class, the LMPSC Staff, Acting CCH CEO Stella Wong, Council Member Carol Fukunaga, Senator Karl Rhoads and Representative Daniel Holt, Calvary Assembly of God Pastor Aaron Tsang, the Co-Cathedral of Saint Andrew’s representative Alda Mae Takabayashi, First Lady Dawn Ige, and CCH Community and Senior Services Administrator Diane Terada for being a part of our program.


With special thanks, we would like to express our gratitude for Richard Tada and Frank Toma for doing our sound system, Evan Ching for taking all those gorgeous photos, and the staff of Japanese Cultural Center for doing such a great job.

Thank you to the LMPSC cultural club officers, class instructors and facilitators, and others who are interested in attending the Leadership Conference on January 3 and 4, 2019 from 8 a.m. to 12:30 p.m. at our Center. We hope all the activities that you will be a part of will continue to strengthen our service to Lanakila Senior Center as volunteers and members of LMSPC’s leadership team.

Winter Session for classes start the week of January 7, 2019. Have fun and stay safe. Mahalo to all our class instructors, assistant instructors, and facilitators for your ongoing kokua and giving hearts. Best wishes to the Cultural Clubs’ officers and members on a very successful year ahead.

Happy New Year and much love to all of you, The Lanakila Multi-Purpose Senior Center Staff (Cookie Irvine, Cyan Curtis, Iris Hiramoto, Lodi Tapawan, Riva Torno, and Susie Chun Oakland)
DID YOU KNOW? Catholic Charities Hawaii has received a Federal dementia grant to establish a project called Hawaii’s Circle of Care for Dementia. The grant will provide training opportunities for caregivers, as well as increase our volunteer support and case management services. While much of the project’s activity will happen on Oahu, we will also have some training opportunities on the neighbor islands.

What is dementia? Dementia is a general term for a decline in mental ability that interferes with daily life. Memory loss is just one symptom of dementia; Alzheimer’s is the most common type (or cause) of dementia. Some forms of dementia are treatable so it is always a good idea to check on what is causing the symptoms that may be of concern.

Many of us have had our lives touched by dementia – through family, friends, neighbors and others. Here are some Holiday Tips if you are spending some time this holiday season with someone living with dementia. The tips are from Teepa Snow, a nationally known trainer in Positive Approach to Care (PAC) and may be shared with others (you have to save it as an attachment if sending to someone outside CCH). As part of the grant, we are looking forward to having Dorothy Colby, a local certified PAC trainer, working with us to provide training for caregivers over the next several years.

If you or someone you know is providing care for a person living with dementia, and would like to be informed about upcoming training opportunities, please call Catholic Charities Hawaii at 524-5673.

<table>
<thead>
<tr>
<th>Holiday Tips for Everyone Living With Dementia</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tips for the Person with Dementia</strong></td>
</tr>
<tr>
<td>• Take some time to relax.</td>
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<tr>
<td>• Do what you enjoy.</td>
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<tr>
<td>• Consider letting people know when you need a break or are having trouble.</td>
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<tr>
<td>• Make a list of what you would like to do this season and use the list to help keep on track.</td>
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<tr>
<td>• Consider saying – “I know I know you, but I just can’t place you…” when someone greets you and you aren’t sure who they are to you.</td>
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<tr>
<td>• Watch or listen to old, familiar music, movies, and/or TV programs that make you feel good.</td>
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<tr>
<td>• Try to exercise every day.</td>
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<tr>
<td>• Drink plenty of water each day.</td>
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<tr>
<td>• Be careful about too many sweets.</td>
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<tr>
<td>• Work with a partner to do familiar and fun activities, for example:</td>
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<tr>
<td>Making, signing, or mailing cards</td>
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<tr>
<td>Making up mixes with recipes to share</td>
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<tr>
<td>Baking something and wrapping it</td>
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<tr>
<td><strong>Tips for the Care Partner</strong></td>
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<tr>
<td>• Keep gatherings small and visits short.</td>
</tr>
<tr>
<td>• Offer time outs.</td>
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<tr>
<td>• Make a list of fun things to do.</td>
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<tr>
<td>• Encourage visitors to understand before they begin interacting.</td>
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<tr>
<td>• Encourage going out and doing something fun together rather than just talking.</td>
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<tr>
<td>• Ask visitors to bring old pictures, familiar items or props and be prepared to reminisce about old times.</td>
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<tr>
<td>• Take breaks from each other.</td>
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<tr>
<td>• Consider cutting back on traditions if they seem distressing.</td>
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<tr>
<td>• Help visitors by introducing them with orienting information, if they forget to do so.</td>
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<tr>
<td>• Exercise and monitor your stress.</td>
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<tr>
<td>• Have a friend help the person with dementia select gifts, shop, or do something special for loved ones, including you!</td>
</tr>
<tr>
<td><strong>Tips for the Visitor</strong></td>
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<tr>
<td>• Begin visits with a friendly smile and offering your hand for a handshake.</td>
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<tr>
<td>• Introduce yourself by name, then pause, if the person still doesn’t seem to know you, give them more information about yourself.</td>
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<tr>
<td>• Use shorter phrases and pause between thoughts or ideas, giving the person a chance to respond.</td>
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<tr>
<td>• Talk about the old times more than recent information.</td>
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<tr>
<td>• Keep memories positive if possible.</td>
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<tr>
<td>• Accept general comments, don’t push for specifics.</td>
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<tr>
<td>• Be prepared to hear stories over and over. Use pictures or props to bring up old memories… and laugh.</td>
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<tr>
<td>• Do something with the person rather than just talking to them.</td>
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<tr>
<td>• Don’t correct errors, go with the flow of the conversation.</td>
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<tr>
<td>• If the person says something distressing or seems worried, realize it may not be true. They are not lying to you, their brain is lying to them. Consult with the care partner before taking action.</td>
</tr>
</tbody>
</table>

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Thank you so much for your generosity!

PIKAKE ($1000+)
Toma, Franklin IMO-Kay Toma

KAHILI GINGER ($250+)
Oakland, Suzanne Chun Vance, Virginia Young, Patrick M/M

HIBISCUS ($100+)
Close, Lee Ann Fujimoto, Richard M/M Inouye, Hester Miyashiro, Giselle Nitta, Donald M/M Stevens, Daly M/M Sugiyama, Jean Suzuki, Richard M/M Tsukayama, Grace IMO-Misayo Nihei

BIRD OF PARADISE ($50+)
Miyashiro, Rose Mizushima, Diane Nakamura, Doris Takaki, Alex Tanaka, Lillian Uejo, Kazue

ANTHURIUM ($49 & UNDER)
Lee, Yeu Tsu Tomori, Chiyoko Underwood, Stephanie Yamasaki, Glenn

IN-KIND GIFTS
Antonio, Diane Arakaki, Sally Asao, Bryant Bratt, Amy Cabaccang, Carmen Hirai, Donald Imada, Mildred Lum, Elizabeth Moriyama, John Morreira, Jane Springer, Lenora Takeya, Ken Oakland, Susie Young, Amy

American Sign Language class performs some Christmas Songs for Deaf Santa event at the Old Toys R Us in Pearlridge
Happy New Year!  The Old is gone, the New has come.  We begin the year 2019  with the following officers who were elected In November:

President – Jane Higa
1st Vice President – Harry K. Nakasone
2nd Vice President – Elaine Hirashiki
Recording Secretary – Irene Yamashita
Corresponding Secretary – Patricia Takeuchi
Treasurer – Diane Kawakami
Assistant Treasurers – Janet Ito & Richard Tada
Auditors – Juliet “Sue” Shimabukuro, Franklin Toma & Flora Nakasone
Advisors – Mitsuko Toguchi-Nakasone, Yoshiharu Tengan & Tomie Higa

Looking back at our last three meetings of 2018 before breaking for the holidays, we heard from a Speaker from AARP on Nov. 29 on the topic of Living Longer and Smarter.  He focused on the Five Pillars of Brain Health.  Briefly, the five pillars mentioned were: 1) Discover. Learn new things and do things that are different to stimulate your brain.  2) Stay socially engaged. Volunteer or join a club to make new friends.  3) Move. Exercise energizes the brain.  4) Nourish. Eat a healthy diet and in moderation.  5) Relax. Sleep well to reduce stress; take naps, meditate, do yoga or tai chi to relax.  Risks or threats to brain health mentioned were: Depression, certain medications, hearing loss and heart disease.  A flier with a list of programs and resources were made available as well as a pamphlet on planning for the future as we age (lifestyle changes, financial & legal choices, etc.).

On Dec. 6 we spent the morning playing Bingo and on Dec. 13 we celebrated birthdays with a Variety Show for entertainment, thanks to our talented members.  We honored these seven who celebrated birthdays in December: Tomie Elsie Higa, Sally Joyce, Roy Nagamine, Helen Palama, Jean Sugihara, Alexander Takaki, and Patrick Young.  God bless all of you with many more birthdays.  Mahalo to those who shared their musical talents with us:  Roy Nagamine, Karen Takemoto, Patrick Young, Shizue Ishihara, Betty Taira, Frank Murakawa, Alex Takaki, Amy Hagiha, Nancy Young and the Toguchi Dancers who performed “Because of You”.  True to our culture, we ended an enjoyable morning with the Kachashi.  Ippe Nife Debiru to those who regularly donate to the club that we were able to surprise everyone by giving out free bentos for all to enjoy.

What Do Those #’s Mean (Blood Pressure) by Ohana Health

Tuesday, Jan. 8, 2019
10:00 am in Go Room

Personal Technology Workshop
Hosted by AARP and Farrington High School students

Saturday, Jan. 19, 2019
9:00 am – 11:00 am
JAPANESE CULTURAL CLUB UPDATE
By Clarice Kumura

O-Shogatsu
(Japanese New Year)

Shortly before midnight on New Year's Eve, Buddhist priests appear carrying paper lanterns. The smell of incense, the sounds of chanting and a large bell fill the air. All over Japan, families and friends are performing Hatsumode - the year's first worship at Buddhist temples and Shinto shrines to pray for good health and happiness. The New Year celebration is a joyous time that lasts several days. Special foods are prepared, debts are paid, houses are cleaned and decorations are hung to welcome back the gods. Akemashite Omedetou!

In December, we had our last meeting and ended it with a joyous feeling of the holidays when Mr. Stephen McCall from HMSA presented his Christmas Special. We sang Christmas songs with gusto while Mr. McCall played the keyboard. Such a great way to end the year. We also enjoyed our annual LMSC Christmas party at JCC and had pictures taken with Santa and his elf. Performances by the various clubs were most entertaining.

Tanjoubi Omedetou Gozaimasu! to Ami Tari (90+). May you have many more healthy years.

1/7- BARBARA SASAHARA AND FRIENDS
1/14- SPEAKER ON ORAL HEALTH
1/21- HOLIDAY (MARTIN LUTHER KING JR. DAY)
1/28- BIRTHDAY CELEBRATION; AND KUMU HARMONY BRIGHTER AND HULA DANCERS

Additional Upcoming Club Meetings

Chinese Cultural Club
Meetings 1/18, 1/25

Filipino Cultural Club
Meetings 1/12, 1/26

Portuguese Cultural Club
Meetings 1/16

Hawaiian Cultural Club
Meetings 1/8, 1/15, 1/22, 1/29

Korean Cultural Club
1/10, 1/17, 1/24, 1/31

Marian Abe
Christine “Chris” Abedor
Herminigilda “Hilda” Abenoja
Kimie Aihara
Angelina Amby
Charles Amor
Suk Cha “Suzy” An
Jean Arakaki
Jane Asato
Janet Auyong
Akiko “Akichan” Baba
Lorenza Baloran
Melba Bantay
Connie Baradi
John “Kione” Burrows III
Josephine Carreira
Shi Chi Chen
Kwang Ja Chon
Xuan Choriki
Agnes Chun
Hui Ying Chun
Mie Clarke
Chong Hui “Mary” Curren
Lucia “Luz” De Guzman
Patricia De Peralta
Suzuko Demola
Doris Doughty
Emiliana “Mely/Emily” Dumlao
Encarnacion “Shoni” Fajardo
Rodney Flores
Margaret Fong
Sumie Furukawa
Sandra Furumori
Jane Ginoza
Sandra Gorski-Brough
Takako Goya
Yoshiko Haioka
Lillian Hiraoka
Norma Hirata
Hiroko Hiyoshi
Jocelyn Ho
Hisako Horio
Ruth Horita
Hao Huynh
Jane Ifuku
Kazuko Ikenaga
Yae Inoue
Robert Ishihara
Carolina Jacinto
Ngan Ying Jian Leung
Chieko Johnson
Carol Mae Kamalu
Ellen Kaneshiro
Tamie Kashiwamura
Jack Katahira
Reiko Kato
Mariko Kawasaki
Melvin Kellett
CHINESE CULTURAL CLUB UPDATE  
By Rebecca Ho

The members enjoyed the Christmas party held at the Japanese Cultural Center on Dec. 14th, Friday. It was a huge success with entertainment by many of the Lanakila clubs and many door prizes given out. We were honored with the presence of First Lady Mrs. Ige who graciously welcomed the Lanakila participants with holiday wishes. The Chinese Cultural Club performed by singing a Chinese song about the beautiful Jasmine flower.

Chinese New Year will be Feb. 5, 2019. It is the year of the Boar. It is usually celebrated in Hawaii with Chinatown night and vendors selling special treats. Chinese lions visit merchants to wish them good fortune for the coming year. Families give li-sees (red envelopes) to children and unmarried young adults in their family. Everyone prepares by cleaning their house and paying all debts before the new year.

The last meeting of the year will be on Friday, Dec. 21st. There will no meetings until Jan. 18th and 25th. Wishing everyone a Happy New Year! “Gung Hee Fat Choy”

Welcome New Members!

Karen Hashimoto  
Sandra Heu

Jane Hokama  
Ferdinand Madriaga  
Barbara Nomriaga

HAPPY BIRTHDAY  
(continued)

Lois Sueda  
Karen Takeshita  
Toyoko Tamanaha-Abelaye

Florence Tamura  
Katsuyo Tanaka  
Linda Tanaka

Grace Tanouye  
Amy Tari  
Yuriko Tengan

Rose Togashi  
Irma Tom

Orie Toma  
Mui Truong  
Adele Tsukamoto

Grace Tsukayama  
Roy Uyeda  
Suzanne Van Schoor

Kathleen Vance  
Consuelo “Connie” Villanueva  
Conchita Watanabe

Gertrude Werilli  
Jane Williams

Aileen Wong  
Clifford Y B Wong  
Joan Wylie

Florence Yamada  
Kimiko “Kimi” Yamaguchi  
Iris Yamashiro  
Clara Yee

Nobu Yoshioka  
Hengfar “Lee” Yuen  
Susanne Yuu  
Run Tian Zhong

HAPPY BIRTHDAY!

Jae Eup Kim  
Joyce “Yooni” Kim  
Pyung Choon Kim  
Sun Jin Kim  
Masako Kinoshita  
Marvin Ko  
Donna Koki  
Masako Korenaga  
Florence Koyama  
Kikuko Kumamoto  
Dong Kushima  
Min Yan Lam  
Darlene Larimore  
Benton Lee  
Jane Leong  
Neng Li

Dannette MacDonald  
Betty “Yoko” Marushige  
Marion Masuda  
Terumi Matsukawa  
Yoshinobu Miyahira  
Grace Miyawaki  
Charlotte Muranaka  
Lorraine Muranaka  
Stanley Nagamine  
Janice Nakamura  
Jean Nakanishi  
Peter Nakanishi  
Harry Nakasone  
Hatsuko Nakata  
James Nakata  
Toyo Nishimura  
Takako Oda  
Irene Oka  
Dawn Omoto  
Calvin Onogi  
Janice “Jan” Oto  
Jerry Pabro  
Hui Ying Pang  
Helen Park  
Im Joon “JP” Park  
Almeda Pasion  
Constance Petersen  
Lynn Phung  
Florence Puu  
Lorraine Ramos  
Winerfer “Wendy” Ramos  
Jennie Rosario  
Rose Marie Rose  
Kumiko Sakai  
Sueno Sakamai  
Kazuko Sasa  
Wendy Shimoda  
Nancy Shimokawa  
E. Yvonne Shoppach  
Joan Sima  
Estelita Singson  
Maxima Solomon

Welcome New Members!

Karen Hashimoto  
Sandra Heu

Jane Hokama  
Ferdinand Madriaga  
Barbara Nomriaga

HAPPY BIRTHDAY  
(continued)

Lois Sueda  
Karen Takeshita  
Toyoko Tamanaha-Abelaye

Florence Tamura  
Katsuyo Tanaka  
Linda Tanaka

Grace Tanouye  
Amy Tari  
Yuriko Tengan

Rose Togashi  
Irma Tom

Orie Toma  
Mui Truong  
Adele Tsukamoto

Grace Tsukayama  
Roy Uyeda  
Suzanne Van Schoor

Kathleen Vance  
Consuelo “Connie” Villanueva  
Conchita Watanabe

Gertrude Werilli  
Jane Williams

Aileen Wong  
Clifford Y B Wong  
Joan Wylie

Florence Yamada  
Kimiko “Kimi” Yamaguchi  
Iris Yamashiro  
Clara Yee

Nobu Yoshioka  
Hengfar “Lee” Yuen  
Susanne Yuu  
Run Tian Zhong
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Group/Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am</td>
<td>Walking Group</td>
<td>Library</td>
</tr>
<tr>
<td>9:00am</td>
<td>Japanese Cultural Club</td>
<td>Sueda/Lanai/Activity Room</td>
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<tr>
<td>9:30am</td>
<td>Beg. Taisho Koto</td>
<td>Takeuchi/Sueda/Library</td>
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<tr>
<td></td>
<td>Basic Ukulele (Picking)</td>
<td>Nishiyama/Sewing Room</td>
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<tr>
<td>10:00am</td>
<td>Lei-Making Group</td>
<td>Tsutsumi/Craft Room</td>
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<td></td>
<td>Harmony's Hula</td>
<td>Brighter/Dance Studio</td>
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<tr>
<td>10:30am</td>
<td>Body &amp; Brain Beginning Tai Chi &amp; Yoga</td>
<td>Miyasato/Kiai/Library Annex</td>
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<tr>
<td>11:00am</td>
<td>Tai Chi for Health</td>
<td>Lau/Activity Room</td>
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<tr>
<td></td>
<td>Intro to Yoga</td>
<td>Hasegawa/Sewing Room</td>
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<tr>
<td>12:00pm</td>
<td>Basic Japanese Language</td>
<td>Tcheou/Sasahara/Sewing Room</td>
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<tr>
<td>7:30am</td>
<td>Mah Jong</td>
<td>Sugihara/Library</td>
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<tr>
<td>8:00am</td>
<td>Fan Tai Chi</td>
<td>Koike/Hee/Lanai</td>
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<tr>
<td>8:30am</td>
<td>Needle &amp; Thread Workshop</td>
<td>Sueda/Hirashiki/Sewing Room</td>
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<tr>
<td>9:00am</td>
<td>Basic Ukulele (Strumming)</td>
<td>Nishiyama/Library Annex</td>
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<tr>
<td></td>
<td>Tai Chi</td>
<td>Koike/Hee/Lanai</td>
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<tr>
<td>10:00am</td>
<td>Hawaiian Cultural Club</td>
<td>Antonio/Activity Room</td>
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<tr>
<td></td>
<td>Harmony's Hula</td>
<td>Brighter/Dance Studio</td>
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<tr>
<td></td>
<td>Japanese Calligraphy</td>
<td>Usami/Sewing Room</td>
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<tr>
<td>10:15am</td>
<td>Sahm Bo Dahn</td>
<td>Katahira/Higuchi/Lanai</td>
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<tr>
<td>8:00am</td>
<td>Walking Group</td>
<td>Library</td>
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<tr>
<td>8:30am</td>
<td>Stretch &amp; Tone</td>
<td>Werle/Lanai</td>
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<tr>
<td>9:00am</td>
<td>Sewing by Nakasone</td>
<td>Nakasone/Ito/Craft Room/Sewing Room</td>
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<td>Portuguese Cultural Club</td>
<td>Frank/Activity Room</td>
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<tr>
<td>9:30am</td>
<td>Intro to Yoga</td>
<td>Hasegawa/Dance Studio</td>
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<td>Veteran's Club Talk Story</td>
<td>Yashima/Go Room</td>
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<tr>
<td>10:00am</td>
<td>Line Dance</td>
<td>Chang/Lanai</td>
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<td></td>
<td>Victor's Kapakahi Group (Ellen's Ukulele)</td>
<td>Tanganan/Sewing Room</td>
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<td></td>
<td>Happy Seniors Serenaders</td>
<td>Ojiri/Ko/Library Room</td>
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<tr>
<td>10:30am</td>
<td>3D Origami</td>
<td>Yashima/Go Room</td>
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<tr>
<td>11:00am</td>
<td>Tai Chi for Health</td>
<td>Lau/Activity Room</td>
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<td></td>
<td>Exercise with Karate</td>
<td>Hasegawa/Sato/Dance Studio</td>
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<tr>
<td>11:15am</td>
<td>Health &amp; Life Circle</td>
<td>Young-Sasaki/Sewing Room</td>
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<tr>
<td>12:30pm</td>
<td>Men &amp; Women's Shed</td>
<td>Maynes/Activity Room</td>
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<tr>
<td>9:00am</td>
<td>Okinawa Nenchosha Club</td>
<td>Higa/Lanai/Activity Room</td>
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<tr>
<td>8:30am</td>
<td>Hanafuda</td>
<td>Hagihara/Sewing Room</td>
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<tr>
<td>11:00am</td>
<td>Okinawan Dance</td>
<td>Nakasone/Kawaguchi/Lanai</td>
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<td>Crafts by Florence/Beads Workshop</td>
<td>Tamura/Sewing Room</td>
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<tr>
<td>9:00am</td>
<td>Folk Sing Along</td>
<td>Group/Library Annex</td>
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<tr>
<td>9:00am</td>
<td>Korean Dance/Club</td>
<td>Lee/Dance Studio/Craft Room</td>
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<td></td>
<td>Enka Class</td>
<td>Arakaki/Library Annex</td>
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<td>Taisho Koto</td>
<td>Takeuchi/Sueda/Library</td>
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<tr>
<td>10:30am</td>
<td>Hanafuda</td>
<td>Hagihara/Sewing Room</td>
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<td>9:00am</td>
<td>Folk Sing Along</td>
<td>Group/Library Annex</td>
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<tr>
<td>9:30am</td>
<td>Chinese Cultural Club</td>
<td>Mau/Library</td>
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<tr>
<td>10:00am</td>
<td>Sahm Bo Dahn</td>
<td>Katahira/Higuchi/Lanai</td>
</tr>
<tr>
<td>11:00am</td>
<td>Sing For Your Life</td>
<td>Richmond/Library Annex</td>
</tr>
<tr>
<td>11:15am</td>
<td>American Sign Language</td>
<td>Mizusawa/Inatsuka/Library</td>
</tr>
<tr>
<td>11:30am</td>
<td>Tap Dance</td>
<td>Koepke/Martin/Dance Studio</td>
</tr>
<tr>
<td>8:30am</td>
<td>Tai Chi with Tommy Amina</td>
<td>Amina/Taira/Lanai</td>
</tr>
<tr>
<td>12:00pm</td>
<td>Filipino Cultural Club</td>
<td>Asis/Lanai/Activity Room</td>
</tr>
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</table>
### JANUARY 2019

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
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<tr>
<td>CENTER CLOSED: New Year's Day</td>
<td>Leadership Training (8:00 am)</td>
<td>Leadership Training (8:00 am)</td>
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<tr>
<td>What Do Those #’s Mean (Blood Pressure) by Ohana Health * (10:00 am)</td>
<td>Program Committee Meeting (8:30 am)</td>
<td>Opening Day of Legislature at State Capitol</td>
<td>Opening Day of Legislature at State Capitol</td>
<td>Leadership Training (8:00 am)</td>
<td>Opening Day of Legislature at State Capitol</td>
<td>Opening Day of Legislature at State Capitol</td>
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<tr>
<td>Opening Day of Legislature at State Capitol</td>
<td>What Do Those #’s Mean (Blood Pressure) by Ohana Health * (10:00 am)</td>
<td>Opening Day of Legislature at State Capitol</td>
<td>Opening Day of Legislature at State Capitol</td>
<td>Personal Technology Wrksp (9:00 am)</td>
<td>Opening Day of Legislature at State Capitol</td>
<td>Opening Day of Legislature at State Capitol</td>
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<tr>
<td>Opening Day of Legislature at State Capitol</td>
<td>New Member Orientation (9:00 am)</td>
<td>Opening Day of Legislature at State Capitol</td>
<td>Opening Day of Legislature at State Capitol</td>
<td>LMPSC Open (8:30 am)</td>
<td>CENTER CLOSED: Martin Luther King Jr. Day</td>
<td>CENTER CLOSED: Martin Luther King Jr. Day</td>
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<td>29</td>
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</tbody>
</table>

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

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!

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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**

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Room</th>
</tr>
</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>Rm 6</td>
</tr>
<tr>
<td>Lodi Tapawan</td>
<td>Custodian</td>
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