November 2019| No. 46

Inside This Issue:

Celebrating Our Golden Year!

Message from Susie 2
Cultural Club Updates 3-5
Mahalo to our Donors 6
Schedule of Clubs & Classes 7
Upcoming Events Calendar 8

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 and Minnie K. Fund via the Hawai‘i Community Foundation.
A MESSAGE FROM SUSIE

Happy 50th Anniversary, Lanakila Multi-Purpose Senior Center!

On November 1, 1969, the doors of LMPSC opened. Charles Amor, our first Executive Director of Lanakila Multi-Purpose Senior Center (then called Hawaii State Senior Center when it was established by the State of Hawaii and operated by the Honolulu Community College) helped me document the beginning of our beloved senior center. Since 1981, we have been fortunate to have Catholic Charities Hawaii (then known as Catholic Social Services) agree to operate LMPSC. Copies of Charles’ writing are available. Please let me know if you would like a copy. It makes for very interesting reading. Over 360 people attending the 50th Anniversary Celebration at Pagoda Hotel International Ballroom on November 1st from 10 a.m. to 1 p.m.

We would like to take this time to thank over 17,000 seniors who have been or still are a wonderful part of Lanakila Senior Center over the past 50 years. We have a deep sense of gratitude for the talent, experience, friendship, good humor, and joy for life each of you have shared with one another, our staff, family members, friends and the broader community. Additionally, we would like to express our deepest thanks to the thousands of volunteers and staff members of LMSPC for their remarkable dedication to and generosity in making Lanakila such a special place for so many people. You truly have been and are the “wind beneath our wings”.

We would like to wish our veterans a Happy Veteran’s Day! This is a time to express our gratitude to our brave veterans, who have served our country to protect the freedoms we enjoy each day. It is also a special time of Thanksgiving! We would like to thank those who have been kind and helpful to us, contributing to making life happy and prosperous for those around them. It is also a time to share with others the bounty of the season and an opportunity to express love and gratitude to each person we meet and have the fortune to share precious time. The Veteran’s Day and Thanksgiving Celebration will be held on Wednesday, November 20, 2019, from 9 to 11 a.m. at LMPSC. There will be over 370 people attending this celebration. Canned goods are still being accepted and will be given to the food drive at Calvary Assembly of God.

Thank you to our cultural club officers, instructors, assistant instructors, clubs and classes, cash and in-kind donors, and other dedicated center and community volunteers. Your time, resources, and talent has contributed tremendously to a vibrant senior center. Mahalo to David Young, who has faithfully counted the Lanakila Meals on Wheels, LMPSC and Transportation donations for over 20 years. Thank you to our Greeters, Mona Bernardo, Davin-Jay Cruz, and John Feary, and Front Desk Volunteers Sally Joyce, Diane Kawakami, Helen Palama, Alice Shiroma, Mary Sueda, and Jean Sugihara. Mahalo to our Kitchen Volunteers Alicia Nagasawa, Brigid Nakamura, Sue Shimabukuro, Jean Sugiyama, Doris Takara, Aileen Tanaka, and Rose Yanagawa. Thank you to our Garden and Facilities Volunteer, Doug Maynes, who diligently helps Custodian Lodi Tapawan with the many responsibilities that keep our facility healthy, clean and beautiful. We also appreciate Ben Domingo and Milton Pilialoha for their contribution to caring for our facility. Mahalo to all the people who have contributed to our gardens, including Mae Hong, Lenora Springer, Eileen Saito, Henry Fujita, Walter Miyashiro, Arlene Nagamine, and Puna Frank. Mahalo to Michi Kainuma, who always volunteers to bring coffee for the kitchen. Mahalo to Amy Young for her commitment to doing blood pressure checks for our center members. A big mahalo to the LMPSC Special Events Group for always being there to set up and clean up at special events as well as Richard Tada and Frank Toma for being our sound techs. Mahalo to Harry Nakasone, Betty Kotani and Yoneko Tsuchiyama for leading us in the Pledge of Allegiance, God Bless America and Hawai‘i Pono‘i at all special occasions. Thank you to the statewide service organizations who have done so much to improve our center on the weekends and holidays this past year, including the AARP Community Service Committee; Church of Latter Day Saints; Kiwanis International, District 500; Lions Clubs, District 50; Moms on a Mission; various National Honor Societies; Notre Dame Alumni; Oahu Contractors Association; Roosevelt Leo Club; Rotary Clubs, District 50; and churches from the mainland.

Mahalo to the many LMSPC members who donated canned goods for our Annual Food Drive. These donations will be given to Pastor Aaron Tsang from the Calvary Assembly of God. Our hope is that we will gather enough donations to also share canned goods with the Co-Cathedral of Saint Theresa’s, who also has a food pantry. They will share the food with the broader community to enjoy during this time of giving.

LMSPC’s last Show and Sell for 2019 was held on Wednesday, October 30, 2019, from 8 to 10:30 a.m. Mahalo to the clubs and classes for making delicious food and selling great items! Mahalo to our loyal donors and “customers” for supporting our fundraiser!

University of Hawaii, School of Nursing – Health Fair
The students from the University of Hawaii’s School of Nursing will be sponsoring a Health Fair at LMPSC on Thursday, November 7, 2019, from 8:00 a.m. to 10:30. Please come and join them for some fun and great information that promotes good health and wellness.

There will be a free Medicare Enrollment Presentation at LMPSC on Thursday, November 14, 2019 from 8:30 to 9:30 a.m. If you need help with selecting a Medicare plan, the State’s Health Insurance Assistance Program will be available to assist.

Me ke aloha pumehana (with warmest love),
LMSPC Staff – Cookie, Iris, Lodi, Riva and Susie

Welcome New Members!

Jovita (Jo) Cassidy
Harriet Isa
Gen Yee Ng
Gordon Ng
Paul (Dan) Ream
Luvimina (Luvi) Valentin
We ended the month of September with a Variety Show on Sept. 26 when we showcased our own talented members. Many thanks to those who shared their talents with us: Singers Bobby Ishihara, Harry & Flora Nakasone, Doreen Niibu, Yoshiko Sickles, Richard Tada, Karen Takamoto, and Frank Toma. Dancers were Diane Kawakami, Mona Bernardo (hula, accompanied by Patrick Young singing and playing his ukulele) and Toguchi dancers Takako Goya & Diana Kawaguchi. Program ended with everyone doing a little exercising with mini-flags.

On Oct. 3 we all enjoyed a Karaoke Session with Brian Suzuki who set up a screen on stage so everyone could participate in singing a variety of familiar songs, many of them we grew up with. Songs displayed on screen in Japanese or English with appropriate backgrounds added to the visuals. Impromptu performances are always a treat as Brian called on Sensei Marian Arakaki to do a number. She called on one of her newest students, Jeanette Akamine, to join her, which shows you that you’re never too old to learn because Jeanette is in her 90’s.

The Shiyukai dancers and singers entertained us on Oct. 10 with a wonderful program. Dancers with lovely, colorful Japanese kimonos dancing with fans or umbrellas were a treat. The last number, the Tanko Bushi had members participating with the group.

A special time for members is our monthly birthday celebration throughout the year. We celebrated birthdays on Oct. 17, honoring three members: Masato Matsui, Yaeko Miyahira and Irene Yamashita. Special program featured Sensei Marian Arakaki’s Women’s Karaoke Group. They were: Elsie Kawamoto, Sharon Nakai, Karen Shishido, Charleen Uyehara, Maelin Ibara, and Jenny Yoshimura. No program would be complete without sensei doing a number so she sang “Blue Heaven” as the ladies kicked their heels and did a chorus girls’ number to end the program.

On Oct. 24, Line Dance instructor Lorraine Chang with two of her members, Betty Kotani and Yoneko Tsuchiyama, performed several numbers on stage before inviting members of the audience to participate as she instructed in doing the Electric Slide. Adding to the program for the morning was a surprise visit by Frances Nakachi Sensei who brought entertainers from Okinawa who had just arrived for a Kani Ka Pila Concert happening over the weekend, a collaboration of Hawaiian and Okinawan cultures which she was participating in. Kazumi Nakasone, a young Okinawan in his 30’s who came to participate in the concert, sang a few songs as he played his sanshin, ad libbing as he did so. From the laughter by those who could understand the language, it was evident that he had a sense of humor. Appropriately, the program ended with the kachashi.

11/7- UH HURSING HEALTH FAIR by CENTER
11/14- PARANKU CLUB OF HAWAII
11/21- HUI LAULIMA (BIRTHDAY-THANKSGIVING)
11/28 HOLIDAY (THANKSGIVING DAY)
JAPANESE CULTURAL CLUB UPDATE
By Clarice Kumura

Being Thankful

Before the Christmas songs on the radio and the Christmas trees in the shop windows forces us to look beyond the season of Thanksgiving, we must take a minute to acknowledge what we are thankful for as another year begins to make its closing remarks. Let’s be thankful for family, friends, health, freedom, love and memories. We are so blessed for it all. Thanksgiving is so full of wonderful traditions--with our ono food, rituals and loved ones around us. So raise your glasses and have a Thanks-tastic Day!

To refresh our memories on the activities we had in October, we started out with a bang (or panic) since our speaker didn’t show up on Oct. 7. But, our “ever-so-ready” talented members jumped right in to do karaoke singing, hula dancing and community singing. It was well appreciated since everyone stayed until the end. Then on the 14th, we were well educated about Medicare and its benefits by speakers Ed and Travis Motosue and Sue Jorgenson from Financial Benefits Insurance, Inc. There were so much to absorb and if you would like information on your Medicare coverage choices, call Travis Motosue at 542-5109. On the 21st, we celebrated October birthdays together with the karaoke singers from “Hawaii Kayo Tomo No Kai” lead by Brian Suzuki. The performers “wowed” the audience with nostalgic Japanese songs. Of course Sensei Marian Arakaki put an exclamation point! to the performance with her rendition of Jinsei Ichido and Tokyo Blues. Hana Hou!!!

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

11/4- DR. ANA PARLIN- EYE HEALTH FOR ADULTS
11/11- HOLIDAY (VETERAN’S DAY)
11/18- KYOKO SANO AND KARAOKE STUDENTS
11/25- IRIS GUSHIKUMA- “SELF-HAND MASSAGE”

Additional Upcoming Club Meetings

Filipino Cultural Club
Meetings 11/2, 11/16

Korean Cultural Club
Meetings 11/14, 11/21

Portuguese Cultural Club
Meetings 11/13, 11/27

Happy Halloween!
Lots To Be Thankful For

There’s a great many holidays during the month of November. One that we all celebrate is Thanksgiving. This annual holiday had deep roots in religious tradition but it is primarily celebrated as a secular holiday. This is a time for families to meet, socialize and enjoy each other’s company. It was proclaimed a national holiday by President Abraham Lincoln in 1863.

One other great holiday in November is Veteran’s day. This is a day in which we honor all the brave men and women both living and deceased who served in the military. This day was originally called Armistice Day on November 11, 1919, the first anniversary of the end of World War I. In 1926, Congress passed a resolution for an annual observance. In 1938 it became a national holiday. In 1954, President Dwight D. Eisenhower signed legislation to change its name to Veteran’s day to honor all American wars; to honor those who died fighting as well as those who survived. In 1968, the Uniform Holidays Bill passed by Congress moved Veteran’s Day to the 4th Monday of October. The law went into effect in 1971 but in 1975 President Gerald Ford reverted it back to November 11th because of the historical significance of the date.

Lanakila Center will be celebrating these two holidays on November 20th. Remember to say thank you to a veteran on Veteran’s Day – Nov. 11th.

11/1- LMPSC ANNIVERSARY CELEBRATION AT PAGODA
11/8- MEETING
11/15- MEETING
11/22- MEETING
11/29- MEETING

A Taste of Culture

On September 17, 2019, the Hawaiian Club extended the discovery and awareness of the Hawaiian culture by visiting Waiahole Poi Factory on the Windward Side. It was a very scenic ride. We witnessed the actual punding of taro root/plant magically developed into poi. In conclusion, we devoured and consumed tasty Hawaiian food like laulau, Kalua Pig, garnished with kulolo or lomi lomi salmon. For dessert we haupia and/or haupia ice cream.

11/5- MEETING
11/12- MEETING
11/19- MEETING
11/26- MEETING
HAPPY BIRTHDAY
(continued)

Susan Tamura-Boyd
Sharon Tanaka
Yoshiharu Tengan
Richard Thi
Mariko Tolliver
Donald “Don” Touchi
Kacy “Kazuko” Troy
Celemente “Clem” Villanueva

Jane Wakukawa
Saspen Clara Wan
Karen White
Jean Yamamoto
Hisako Yamaoka
Zhongwu Yang
Suit Ngo “Mary Loh” Yap
Dancette Yockman
Judith “Judi” Yogi

Eileen Yoshimoto
Jenny Yoshimura
Rowena Young
Amy Young
Cherlyn Young
Jin Suk Yu
Hui Xian Zhao

PIKAKE ($1000+)
First Hawaiian Bank
Hawaii Community Foundation Giving
Tuesday
Hawaiian Electric
Nagamine, Doris
IMO: Roy Nagamine
Oakland, Michael & Suzanne & Family Spicers

KAHILI GINGER ($250+)
Hawaii State Teachers Association
Korean Cultural Club
Lau, Richard and Maude
Penny’s Lunch Wagon and Snack Bar
Sugihara, Jean Takeya, Kenneth and Charlotte

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HIBISCUS ($100+)
Chinese Women’s Club of Honolulu
Co-Cathedral of Saint Theresa
Portuguese Cultural Club
Antonio, Diana Awakuni, John IMO:
Betty Awakuni Duvauchelle, Thomas Ishida, Edward & Virginia Ito, Janet Kishimoto, Joyce Lum, Madeline Mau, Dorothy Michinaka, Roy Miyashiro, Giselle Mizushima, Diane Nagamine, Roy & Doris Nakasone, Mitsuko Okamura, Jeanette Stevens, M/M Daly Tekniqlingz Velasco, Fe Edita M.

BIRD OF PARADISE ($50+)
Happy Senior Serenaders
Chan-Cantornas, Mela
Ganeku, Violet Kamioka-Fuller, June
Kawaguchi, Diana Kitabata, Dora Matsumoto, Mae Ojiri, Donald Oshiro, Nobuko Sawai, Lorraine Unten, Aileen Young, Audrey

ANTHURIUM ($49 & UNDER)
Ryusei Honryu Kai Duggins, Yong Hirai, Donald Ige, Janice Ishihara, Bobby & Jean Rainey, Faye IMO: Amy Tari Sakamaki, Sueno Tanouye, Grace Yamasaki, Glenn Yokooji, Janice

IN-KIND GIFTS

Thank you so much for your generosity!

Remember to always check in when you come to the Center. The staff will be drawing a name from My Senior Center based on those who have checked in to the Center. This month the winner is... Siri Tsuda! Please claim your prize with staff.

Congratulations!

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Sharon Tanaka
Yoshiharu Tengan
Richard Thi
Mariko Tolliver
Donald “Don” Touchi
Kacy “Kazuko” Troy
Celemente “Clem” Villanueva

Jane Wakukawa
Saspen Clara Wan
Karen White
Jean Yamamoto
Hisako Yamaoka
Zhongwu Yang
Suit Ngo “Mary Loh” Yap
Dancette Yockman
Judith “Judi” Yogi

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<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Facilitator</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Special Events Group</td>
<td>Group</td>
<td>Library</td>
</tr>
<tr>
<td>8:00am</td>
<td>Japanese Cultural Club</td>
<td>Sueda</td>
<td>Lanai/Activity Room</td>
</tr>
<tr>
<td>8:30am</td>
<td>Begin Taisho Koto</td>
<td>Takeuchi/Sueda</td>
<td>Library</td>
</tr>
<tr>
<td>9:00am</td>
<td>Basic Ukulele</td>
<td>Nishiyama</td>
<td>Sewing Room</td>
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<tr>
<td>9:30am</td>
<td>Harmony’s Hula</td>
<td>Brighter</td>
<td>Dance Studio</td>
</tr>
<tr>
<td>9:30am</td>
<td>Body &amp; Brain Begin. Taichi &amp; Yoga</td>
<td>Miyasato/Kai</td>
<td>Library Annex</td>
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<tr>
<td>10:00am</td>
<td>Intro to Yoga</td>
<td>Hasegawa</td>
<td>Lanai</td>
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<tr>
<td>10:15am</td>
<td>Brain Exercise</td>
<td>Oh</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>12:00pm</td>
<td>Basic Japanese Language</td>
<td>Tcheou</td>
<td>Sewing Room</td>
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<tr>
<td>Tuesday</td>
<td>Mah Jong</td>
<td>Sugihara</td>
<td>Library</td>
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<tr>
<td>7:30am</td>
<td>Sword &amp; Fan Tai Chi</td>
<td>Koike/Hee</td>
<td>Lanai</td>
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<tr>
<td>8:00am</td>
<td>Needle &amp; Thread/Hawaiian Quilt</td>
<td>Sueda/Hirashiki</td>
<td>Sewing Room</td>
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<tr>
<td>8:30am</td>
<td>Basic Ukulele</td>
<td>Nishiyama</td>
<td>Library Annex</td>
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<tr>
<td>9:00am</td>
<td>Hawaiian Cultural Club</td>
<td>Tulba</td>
<td>Activity Room</td>
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<td>9:30am</td>
<td>Tai Chi</td>
<td>Koike/Hee</td>
<td>Lanai</td>
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<tr>
<td>10:00am</td>
<td>Advanced Beginner Ukulele</td>
<td>Olayan</td>
<td>Library Annex</td>
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<tr>
<td>10:30am</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>11:00am</td>
<td>Intermediate Ukulele</td>
<td>Olayan</td>
<td>Library Annex</td>
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<tr>
<td>Wednesday</td>
<td>Special Events Group</td>
<td>Group</td>
<td>Library</td>
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<tr>
<td>8:00am</td>
<td>Principles of Tai Chi</td>
<td>Olayan</td>
<td>Dance Studio</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>Portuguese Cultural Club</td>
<td>Frank</td>
<td>Activity Room</td>
</tr>
<tr>
<td>9:30am</td>
<td>Sewing by Nakasone</td>
<td>Nakasone/Ito</td>
<td>Craft Room/Sewing Room</td>
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<tr>
<td>10:00am</td>
<td>Intro to Yoga</td>
<td>Hasegawa</td>
<td>Dance Studio</td>
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<tr>
<td>10:15am</td>
<td>Veteran’s Talk Story</td>
<td>Group</td>
<td>Go Room</td>
</tr>
<tr>
<td>11:00am</td>
<td>Line Dance **experience required</td>
<td>Chang</td>
<td>Lanai</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>Thursday</td>
<td>Enka</td>
<td>Arakaki</td>
<td>Library Annex</td>
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<tr>
<td>9:00am</td>
<td>Korean Dance/Club</td>
<td>Lee</td>
<td>Dance Studio/Craft Room</td>
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<tr>
<td>9:30am</td>
<td>Okinawa Nenchosha Club</td>
<td>Higa</td>
<td>Lanai/Activity Room</td>
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<tr>
<td>10:00am</td>
<td>Taisho Koto</td>
<td>Takeuchi/Sueda</td>
<td>Library</td>
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<tr>
<td>10:00am</td>
<td>Hanafuda</td>
<td>Hagiara/Kimura</td>
<td>Sewing Room</td>
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<tr>
<td>11:00am</td>
<td>Okinawan Dance</td>
<td>Toguchi Nakasone/Kawaguchi</td>
<td>Lanai</td>
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<tr>
<td>11:15am</td>
<td>Crafts by Florence/Beads Worksh</td>
<td>Tamura</td>
<td>Go Room</td>
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<tr>
<td>Friday</td>
<td>Folk Sing Along</td>
<td>Group</td>
<td>Library Annex</td>
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<tr>
<td>9:00am</td>
<td>Chinese Cultural Club</td>
<td>Mau</td>
<td>Lanai</td>
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<td>Sahm Bo Dahn</td>
<td>Katahira/Higuchi</td>
<td>Lanai</td>
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<tr>
<td>10:00am</td>
<td>Sing For Your Life</td>
<td>Richmond</td>
<td>Library Annex</td>
</tr>
<tr>
<td>11:00am</td>
<td>American Sign Language</td>
<td>Mizusawa/Inatsuka</td>
<td>Library</td>
</tr>
<tr>
<td>11:00am</td>
<td>Chair Zumba</td>
<td>Kimata</td>
<td>Activity Room</td>
</tr>
<tr>
<td>11:30am</td>
<td>Tap Dance</td>
<td>Koepke/Martin</td>
<td>Dance Studio</td>
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<tr>
<td>Saturday</td>
<td>Tai Chi w/ Tommy</td>
<td>Amina</td>
<td>Lanai</td>
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<tr>
<td>8:30am</td>
<td>Filipino Cultural Club</td>
<td>Canon</td>
<td>Lanai/Activity Room</td>
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<tr>
<td>12:00pm</td>
<td>Filipino Cultural Club</td>
<td>Canon</td>
<td>Lanai/Activity Room</td>
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## November 2019

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
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<td>1 CENTER CLOSED: LMPSC 50th Anniversary at Pagoda</td>
<td>2 LMPSC Open (8:30 am)</td>
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<tr>
<td>CENTER CLOSED: Veteran’s Day</td>
<td>Attitude of Gratitude by Ohana Health* (10:00 am)</td>
<td>GLC to Bravos Program Comm. Mtg (8:30 am)</td>
<td>Family Counseling Presentation (11:30 am)</td>
<td>CyberGenerations (8:30 am)</td>
<td>CyberGenerations (8:30 am)</td>
<td>PAB Mtg (12pm)</td>
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<tr>
<td>Ping Pong Freeplay (12:45pm)</td>
<td>Ping Pong Freeplay (12:45pm)</td>
<td>Thanksgiving/Veterans Program (9:00 am)</td>
<td>Ping Pong Freeplay (12:45pm)</td>
<td>Ping Pong Freeplay (12:45pm)</td>
<td>GLC to Bravos Italian Restaurant</td>
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<tr>
<td>Ping Pong Freeplay (12:45pm)</td>
<td>Ping Pong Freeplay (12:45pm)</td>
<td>New Member Orientation (9:00 am)</td>
<td>CENTER CLOSED: Thanksgiving</td>
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</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!

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**Let’s Keep in Touch**

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Honolulu, HI 96817
(808) 847-1322
www.catholiccharitieshawaii.org
Email: suzanne.oakland@catholiccharitieshawaii.org

**Center Hours**

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