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Walk It Out!

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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

Aloha Everyone!

The Show and Sell on Friday, February 7, 2020, raised about $800. To those who attended, a big mahalo for your generosity. Thank you to Mona Bernardo, Diane Kawakami, Doug Maynes, Helen Palama, Mary Sueda, Jean Sugihara, Lillian Tanaka, and Rose Yanagawa who helped set up for the event. Mahalo to Pauline Baba and Stephanie Underwood for assisting the center in selling shrimp chips and noodles. Mahalo to the Chinese, Hawaiian, Okinawan, and Portuguese Cultural Clubs; Sewing by Nakasone Class; Men and Women’s Shed Group; Folk Sing Along; and Special Events Group for the fabulous food, crafts and other items. Mahalo also to Phil Chun, John Feary, and Marty Kaili, who helped bring the remaining items from the Show and Sell, to Savers immediately after the event. Over 1,000 pounds of clothing, books, and household goods was given to Savers, raising additional funds for the senior center.

Thank you, District 50 Hawaii Lions, for their generous donation towards purchasing new fans for our lanai! Mahalo to the students at St. Theresa’s School for conducting a technology workshop to assist our seniors on how to use their cell phones and iPads. Our young people and their tech savvy abilities really are such a wonderful help!

The Mayor’s Valentine’s Day Dance at the NBC on Tuesday, February 11, 2020, was well attended. The Chinese, Filipino, Hawaiian, and Portuguese Cultural Club members showed their Lanakila spirit and represented our senior center well at the event!

On February 11th, the first Hali’a (Memory) Clinic took place at our senior center. This Memory Clinic allows center members, who may have memory issues, to see a physician, dietician, behavioral specialist, and social worker to get a full assessment. Family members and other caregivers are encouraged to attend with the center member. This is a pilot project to see if a Memory Clinic in a senior center setting is successful in helping seniors get the care and education needed to support a good quality of life. University of Hawaii’s Center on Aging and Kalihi-Palama Health Center are partnering with Catholic Charities Hawaii/LMPSC. If you are interested in learning more, see Membership Specialist Iris Hiramoto or Social Worker Cyan Curtis.

Lanakila has begun hosting a Caregivers Support Group at our senior center. If you are interested in learning more, please see Social Worker Corrine Gyotaku.

Dr. Kamal Masaki, with assistance from Jody Mishan, spoke on Healthy Brain Aging on February 12th. A salad buffet was provided by the Center utilizing the recommendations from the MIND Diet. There were 45 center members who attended, learned a lot and loved the salad buffet.

The LMPSC Valentine’s Day Lunch on Friday, February 14, 2020, was attended by over 100 center members and staff. Chili, rice, salad, dessert and drinks were served at this informal gathering. Lorraine Chang and Thomas Duvauchelle played lovely piano music and Center Member Ron Oshiro’s friend, Lance Kamaka, did a lively medley of songs for those who attended. Thank you to Stephanie Soto, granddaughter of Center Member Toshi “Toby” Sullivan, and her young leaders group from Waipahu LDS Church, who put together a Valentine’s gift bag. A big mahalo to Iris Hiramoto, Doug Maynes and the Men and Women Shed Group, Brigid Nakamura, Mary Sueda, Jean Sugihara, and Rose Yanagawa for making sweet Valentine’s favors for each attendee.

Mahalo a nui loa to Enson Inoue and Brett Arizumi from Keep Our Island Safe (KIOS) for doing a superb presentation for our seniors about personal safety on February 19th. The seniors said it was useful, practical information shared to keep them safe. Our Center members can’t wait until Enson and Brett come back to share more tips and self-defense techniques in April.

Want to make some money and do a tremendous service for Hawaii and our country? Census 2020 is looking for 400 workers to help with census taking in the month of April 2020 in Hawaii. Lanakila is hosting a Census Worker Recruitment Workshop on Wednesday, March 4, 2020, from 8 to 9 a.m. in the Library Room. Census workers will make $22 an hour. Work times are flexible, any time between 6 a.m. and 6 p.m., in the month of April 2020. Come and learn more and invite others to learn more about this job opportunity. Seniors are encouraged to attend. Suelynn Ah Yuen and Sam McArthur from Census 2020 will be presenting.

A Travel presentation is scheduled for March 5, 2020, from 12:00 to 1:00 p.m. at LMPSC. Collette Travel and Non-Stop Travel will be presenting travel opportunities and based on the feedback from senior center members at the meeting, it will be determined if LMPSC will establish a Travel Club. If there are other travel companies that would like to be a part of the meeting, please have them call Susie at 847-1322.
The Veteran’s Talk Story Group requested that there be a Veteran’s Benefits Workshop. Ron Han, Director of the State of Hawaii’s Office of Veteran’s Services, is happy to conduct this workshop for center members on Wednesday, March 18, 2020, from 9:00 to 10:00 a.m. Special invitations have been sent out to the LMPSC members who are veterans. Others are welcomed.

On Friday, March 27, 2020, Peter Reyes from Catholic Charities Hawaii will be conducting a Benefit Enrollment Center presentation from 10:00 a.m. to 11:00 a.m. to help center members determine what programs they may be eligible for. Val Crabb and Elsie Ryder from Alu Like’s Ho’ala Hou Program will also be present to talk about employment opportunities for seniors through the Foster Grandparent Program.

Lennie Lee from the University of Hawaii’s Law School and several law students will be coming to Lanakila Senior Center to talk about legal documents, including wills, powers of attorney, and advance health care directives. The legal presentation, entitled “Prepare for the Worst and Expect the Best”, will be on Monday, March 23, 2020, at 12:00 p.m. There will be private legal consultations for a limited time.

Honolulu Police Department invites LMPSC members and the broader public to a “Meet the Command” meeting on Tuesday, March 31, 2020, from 11:30 a.m. to 1:00 p.m. in the LMPSC lanai. Acting Major Robert Towne from District V, along with other officers, would like to meet you, hear your concerns, and share with you their work in the community.

A special thanks to the State Department of Accounting and General Services (DAGS) staff. Their kokua in replacing all the graffitied fence signs and disabled parking signs, rewiring our perimeter fence, installing a water faucet outside of our small kitchen to water the garden in the back yard, fixing our leaky roofs, power washing the algae-covered courtyard and sidewalks, and fixing a restroom vent pipe that was filled with rocks by vandals has been a blessing. We are most grateful for their kokua.

We are also most grateful to the 50th Anniversary Planning Committee, DAGS, and Oahu Air Conditioning for making the installation of one air conditioning unit in the Sewing Room and Library Room possible. The existing ac units were damaged in a power outage last November that damaged our very old units. There were no replacement parts to fix them. Although the scope of work requires two units in each room, this is a good start to keep our most heavily used rooms cool for the well-attended classes and club activities.

The Hawaii Public Housing Authority’s sewer project has been extended to March 7, 2020. We are very sorry for the inconvenience. Thank you for your patience.

On Saturday, February 29, 2020, from 8:30 a.m. to 12:30 p.m., HECO will remove the old transformer located in the staff parking lot and replaced it with a new transformer. At the same time, the Chinatown Lions Club did a beautification project at the center as well as fixed the small kitchen cabinets to address the termite problem.

On March 27, 2020, from 11 a.m. to 12 noon, Kupuna Aikido will be demonstrate how to fall safely at LMPSC. The sign-up sheet is at the front desk.

Finally, we have the opportunity as center members to participate in Lanakila Senior Center’s Annual Center Donation Drive during the month of April. Your kokua would be most appreciated. Checks are payable to: Catholic Charities Hawaii and, in the note area, please put “LMPSC”.

Me ke aloha pumehana,
Susie Chun Oakland
Program Coordinator
Join the CCH Team for the only walk where you can gain weight, and enjoy a day of fun, food, and friends in support of O‘ahu’s charities.

Charity Walk ‘20

Hawai‘i Visitor Industry’s 2020 Charity Walk on O‘AHU
Theme: “We’re All in This Together”
Date: Saturday, May 16, 2020
Time: 5:00 a.m. - Check-in begins
7:00 a.m. - Walk begins
Place: Ala Moana Beach Park, Magic Island
Registration fee: $40 for adults
$25 for those under 18 years old

To register online, go to: http://igfn.us/vf/Oahu/team/CatholicCharities and click “Pledge to this Team” to sign up with our Catholic Charities Hawai‘i team!

All registration fees and donations to the Catholic Charities Hawai‘i team will benefit CCH.

Here is the link with more information about the event: http://www.charitywalkhawaii.org/

Keeping Our Seniors Safe

Safety Precautions
1. Don’t carry your bags visible and easy to snatch
2. Be careful not to have your bag too tightly strapped around your neck or shoulders to avoid being dragged or pulled down if your bag is forcefully taken.
3. Do not leave any belongings in your car. If you do, make sure it is not in plain sight.
4. Be aware of people nearby when getting into our parked cars and have your keys ready to open the door promptly.
5. Stay off your phones and be aware of your surroundings.
6. Carry a minimal amount of cash and just one credit card and only the items that you need for that outing.
7. Keep a list at home of what you carry just in case anything is stolen.
8. If someone tries to take anything by force, let it go- you don’t want to get hurt.
9. Make a lot of noise, yell, scream, “I’m being robbed!” so others will see what’s happening.
10. Try to remember as many details about the suspect as possible.
11. Always, call the police and report it.

Courtesy of Enson Inoue & Brett Arizumi

Due to the increase of cars in our parking stalls, we continue to ask for your kokua in parking. We encourage carpooling, public transportation modes, or CCH transportation.
## The MIND Diet – 9 Foods to Eat

<table>
<thead>
<tr>
<th>Food</th>
<th>Quantity &amp; Servings</th>
<th>Examples &amp; Tips</th>
</tr>
</thead>
</table>
| Green Leafy        | At least 1 serving/day | *A salad + at least 1 other veggie everyday  
| Vegetables         | *One serving = 1 cup raw or ½ cup cooked | Spinach, kale, collards, Swiss chard, mustard greens, turnip greens, dandelion greens, arugula, endive, grape leaves, romaine lettuce |
| Most Other         | At least 1 serving/day | *A salad + at least 1 other veggie everyday  
| Vegetables         | *One serving = ½ cup | Asparagus, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, eggplant, green beans, mushrooms, onions, okra, snow peas, squash, bell peppers, sweet potatoes, tomatoes/tomato sauce |
| Nuts               | 5 oz. total/week     | Peanuts, almonds, walnuts, cashews, pistachios, or Nut butter |
| Berries            | At least 5 servings/week | Blueberries, strawberries, raspberries, blackberries |
| Beans/Legumes      | At least 3 servings/week | Black, pinto, cannellini, garbanzo, kidney, lima, red/white, navy, lentils, tofu, edamame, hummus, soy yogurt |
| Whole Grains       | 3 servings/day, every day | Dark or whole grain bread, brown rice, whole grain pasta, wild rice, quinoa, barley, bulgar, farro, oats, whole grain cereal |
| Fish               | At least 1 serving/week | *Not Fried  
|                    | *One serving = 3 to 5 oz. | Salmon, tuna, tilapia, cod, mahi mahi, halibut |
| Poultry            | At least 2 servings/week | *White meat & Skinless  
|                    | *One serving = 3 to 5 oz. | Chicken or turkey breast |
| Extra Virgin       | 2 TB/day             | Use EVOO as primary oil |
| Olive Oil          |                     | Look for Unrefined EVOO |

## The MIND Diet – 5 Foods to Avoid

<table>
<thead>
<tr>
<th>Food</th>
<th>Quantity &amp; Servings</th>
<th>Examples &amp; Tips</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red Meat &amp; Processed Meat</td>
<td>No more than 3 servings/week</td>
<td>Beef, lamb, pork, ham, burger, hot dogs, sausages, bacon, roast beef, salami</td>
</tr>
</tbody>
</table>
| Butter & Stick Margarine    | Less than 1 pat (tsp)/day | *Use EVOO instead  
|                             |                     | *Smart Balance, Earth Balance |
| Regular Cheese              | No more than 2 oz./week | Full fat cheeses |
| Pastries & Other Sweets     | No more than 4 treats/week | Biscuit/roll, pop tarts, cake, snack cakes/Twinkies, Danish/sweet rolls/pastry, donuts, cookies, brownies, pie, candy bars, other candy, ice cream, pudding, milkshakes |
| Fried Foods & Fast Foods    | No more than 1 meal/week | Fast food or Fast casual restaurants  
|                             |                     | Any fried foods including fried potato chips |

One of the benefits of being a part of the Nenchosha Club besides enjoying the wonderful programs, is the fact that we learn from speakers who come from time to time. On Sept. 30, Cyndi Osajima shared about the Interfaith Volunteer Caregivers Program called Project Dana that provides many different types of support services for the elderly, disabled and family caregivers. Volunteers are from congregations who put their faith into action by giving of their time to help other seniors who, for various reasons, have little or no family support. Three seniors who volunteer in this program shared their interesting testimonies on how each of them got involved in this program by providing transportation for some seniors. Home or telephone visits, hospital and Care Home visits are among some of the other services that are provided. Brochures with detailed information about this program were distributed for any who may be interested in receiving services or becoming volunteers.

On Feb. 13 we had another educational session as a representatives of Walk Wise Hawaii reminded us of that the number one reason for pedestrian accidents and fatalities is inattentive behavior for both drivers and walkers. Of course many of us don’t drive but do have to be extra careful as we are walking. Fliers listing the Seven Steps to Safety were distributed to remind us of how important it is to be safe as pedestrians.

We celebrated birthdays on Feb. 20 and honored five of our members. They were: Nancy Akamichi, Dorine Ichikawa, Mary Muraoka, Flora Nakasone and Kazue Uejo. God bless each of you with many more happy birthdays. Rather than being entertained, we had an exercise session with Judy Di Bianco leading us for audience participation. As a certified fitness instructor, Judy took us through different steps and stretches with background music that gave us a good workout for those of us who could keep up. Thank you, Judy.

“Life is like a game of tennis—you can’t win without serving.”
JAPANESE CULTURAL CLUB UPDATE
By Clarice Kumura

St. Patrick’s Day in Japan

Have you ever wondered if Japan celebrates St Patrick’s Day? Well, they do!
The I Love Ireland Festival is one of the biggest events in Japan during St. Patrick’s Day. It’s a culmination of live music, bagpipe performances, traditional Irish dancing, parades and more. There are about 10 parades planned each year. Among them is the Tokyo parade, the largest in Japan, runs up and down the Omotesando – Harajuku thoroughfare. A lot of the Irish bars offer green beer and organize parties in various locations throughout Japan. Well, as the Irish people say “Top of the mornin’ to you. Happy St. Paddy’s Day”.

On Feb. 3, we had a great New Year’s party by celebrating with bento lunches, candy favors, bamboo table decorations and pine leaves floral arrangement given to our special guests. Entertainment was by the Mei Wa Kai Japanese dancers. They danced to perfection in their beautiful kimonos. On February 10, we heard from Caitlin Schultz from Sounding Joy Music Therapy, Inc. She explained that the power of music can transform people’s lives significantly. Caitlin distributed musical instruments and we played the instruments in rhythm with her singing. It was good coordination training for us. Then on Feb. 24, we enjoyed the Taisho Kato music under the direction of Sensei Yasuko Takeuchi.

JCC’s 50th anniversary celebration will be held on Monday, March 30, 2020 at Lanakila Senior Center. Tickets are $10 and go on sale on Monday, February 24, March 2, 9, 16 and 23. Please join us for good food, entertainment and fellowship.

Tanjoubi Omedetou Gozaimasu to: Yukiko Murata (104 on Mar. 27); and Etsuko Nakagawa (92). May you both have many more healthy years.

3/2- HINAMATSURI/CENSUS 2020
3/9- SENIOR MOMENTS KARAOKE
3/16- BIRTHDAY/ELSIE KAWAMOTO KARAOKE
3/23- VALLEY OF THE TEMPLE- FINAL ARRANGEMENTS
3/30- 50th ANNIVERSARY CELEBRATION

Taisho Koto group did a series of songs performed at the Japanese Cultural Club on Feb. 24th.

Photo courtesy of Allyson Furukawa

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

Congratulations!
CHINESE CULTURAL CLUB UPDATE
By Evelyn Ho and Dorothy Mau

Chinese New Year Celebration Continues

It was during our January 24th Friday meeting that we were delightfully interrupted by the Lanakila Head Start Program. The pre-schoolers had joined in celebrating Chinese New Year. They visited, paraded, and danced into our meeting complete with noisemakers (in place of firecrackers, drums, and gongs). Our members offered (“fed”) the lion li see. President Dorothy Mau treated each child by passing out candies from her candy jar to each of them.

Getting involved in a Show & Sell is a great way to socialize and get to know each other better. Our chairs for our Show & Sell were Tan Fung Chan and Klaus Lai. Klaus was at the wok turning out our delicious, yummy noodles!

Much mahalos to our volunteers: Miao Feng Liao, Hui Ying Chun, Irene Kuhns, Evelyn Ho, and Dorothy Mau.

Cindy Choy and Lenora Springer both had falls and were hospitalized. They may be down now, but when they are up again, they are going to make a lot of people happy. Speedy recovery and God Bless to Cindy & Lenora!

On February 21st, we celebrated Chinese New Year at Golden Palace Restaurant with a nice time together sharing a nice meal.

3/6- NO MEETING
3/13- MEETING
3/20- NO MEETING, EXCURSION
3/27- MEETING

Additional Upcoming Club Meetings

Hawaiian Cultural Club
Meetings 3/3, 3/10, 3/17, 3/24, 3/31

Korean Cultural Club
Meetings 3/5, 3/12, 3/19

Portuguese Cultural Club
Meetings 3/11, 3/25
The birthday celebration on January 25, 2020 for the January born members was a lot of fun. Small gifts were presented to each celebrant donated by Wilma and Rudy Ibay. Onolicious Filipino dishes were brought by members for everybody to share. And of course, dancing, singing, and everybody enjoying each other’s company as the celebration continues.

On Feb. 11th, Virgilio and Lolita Lucas represented FCCH at the NBC for the 51st Senior Citizen’s Annual Valentine Dance hosted by the City & County of Honolulu. Joining them were Sergia Ababa, Lumen Acosta, Josie Aguilar, Evelyn Ambrocio, Fely Baliba, Lorenza Baloran, Renilda Cordero, Sally Corpus, Helmer & Trini Dela Cruz, Letty Dolor, Rudy & Wilam Ibay, Julie Iniba, Lisa Jama, Leonie Ramirez, Aida Tadeo, and Eufenia Vicente. There was lots of dancing and everybody had fun. Truly love will “keep us together.”

LMPSC celebrated Valentine’s day on Friday, Feb. 14th with chili and rice and a Valentine’s Day cake, of course. Representing FCCH were: Lumen Acosta, Rudy & Wilma Ibay, Leonie Ramirez, and Benny Sercena (see picture below.)

February is love month and love makes the world go round!

Photo courtesy of Wilma Ibay

Photo courtesy of Wilma Ibay

IN-KIND GIFTS
Akamine, Jean
Alvarado, Dorothy
Arakaki, Sally
Chun, Candance
Chun Oakland, Susie
Cruz, Linda
Doughty, Doris
Endo, Yoi
Furukawa, Judy
Ganeku, Violet
Hokama, Jane
Hsich, Haley
Kagawa, Ethel
Kahikina, Sharon
Koepke, Mary
Ma, Hong Mei
Nago, Kosei
Nakamichi, Nancy
Nakamoto, Lithiea
Nazarino, Mary
Nishida, Jean
Nishimura, Rhonda
Ojiri, Donald
Olayan, Gilbert
Oyadomari, Kathleen
Pang, Stephanie
Reyes, Julie
Shirakawa, Kazuo
Taniguchi, Blaine
Tsutsumi, Alice
Underwood, Stephanie
Wong, Aileen
Yoshiihara, Jean
Young, Amy

PIKAKE
($1000+)

OHIA A LEHUA
($500+)
District 50 Lions Club

KAHILI GINGER
($250+)

HIBISCUS ($100+)
Ching, Mayette
Duvachelle, Thomas
Isara, Henry M/M
Kawano, Ralph
Kotani, Betty
Nagasawa, Alicia
Sawai, Lorraine
Stevens, Daly M/M
Villanueva, Clemente
M/M
Yamashita, Irene

BIRD OF PARADISE
($50+)
Furutani, Norene
Kagami, Nancy
Shimabukuro, Fujiko
Young, Nancy

ANTHURIUM
($49 & UNDER)
Chun Oakland, Susie
Ishibashi, Arlene
Kami, Karen
Oda, Masako
Tsuchiyama, Yoneko
Wauke, Marian
Yamasaki, Glenn

Photo courtesy of Wilma Ibay

Thank you so much for your generosity!
City & County of Honolulu
Valentine’s Day Dance-
February 11, 2020

Chinese Cultural Club Representatives: Tan Fung Chan & Klaus Lai

Hawaiian Cultural Club Representatives: Sharon Tulba & Rolando Manuel

Filipino Cultural Club Representatives: Lolita Lucas & Virgilio Lucas

Portuguese Cultural Club Representatives: Puna Frank & Jane Morreira
<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Facilitator</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am</td>
<td>Special Events Group</td>
<td>Group</td>
<td>Library</td>
</tr>
<tr>
<td>8:30am</td>
<td>Ukulele Picking</td>
<td>Nishiyama</td>
<td>Sewing Room</td>
</tr>
<tr>
<td>9:00am</td>
<td>Japanese Cultural Club</td>
<td>Sueda</td>
<td>Lanai/Activity Rm</td>
</tr>
<tr>
<td>9:30am</td>
<td>Basic Ukulele</td>
<td>Nishiyama</td>
<td>Go Room</td>
</tr>
<tr>
<td>10:00am</td>
<td>Harmony's Hula</td>
<td>Brighter</td>
<td>Dance Studio</td>
</tr>
<tr>
<td>10:30am</td>
<td>Body &amp; Brain Beg. Tai Chi &amp; Yoga</td>
<td>Miyasato/Kiai</td>
<td>Library Annex</td>
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<tr>
<td>11:00am</td>
<td>Intro to Yoga</td>
<td>Hasegawa</td>
<td>Lanai</td>
</tr>
<tr>
<td></td>
<td>Brain Exercise</td>
<td>Oh</td>
<td>Go Room</td>
</tr>
<tr>
<td></td>
<td>Tai Chi For Health</td>
<td>Lau</td>
<td>Activity Room</td>
</tr>
<tr>
<td>12:00pm</td>
<td>Basic Japanese Language</td>
<td>Tcheou</td>
<td>Library</td>
</tr>
<tr>
<td>12:45pm</td>
<td>Ping Pong</td>
<td>Ream</td>
<td>Dance Studio</td>
</tr>
<tr>
<td>7:30am</td>
<td>Mah Jong</td>
<td>Sugihara</td>
<td>Library</td>
</tr>
<tr>
<td>8:00am</td>
<td>Sword &amp; Fan Tai Chi</td>
<td>Koike/Hee</td>
<td>Lanai</td>
</tr>
<tr>
<td>8:30am</td>
<td>Needle &amp; Thread</td>
<td>Sueda/Hirashiki</td>
<td>Sewing Room</td>
</tr>
<tr>
<td>9:00am</td>
<td>Hawaiian Cultural Club</td>
<td>Tulba</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>10:15am</td>
<td>Sahm Bo Dahn</td>
<td>Katabira/Higuchi</td>
<td>Lanai</td>
</tr>
<tr>
<td>11:00am</td>
<td>Intermediate Ukulele</td>
<td>Olayan</td>
<td>Library Annex</td>
</tr>
<tr>
<td>11:30am</td>
<td>Gentle Yoga</td>
<td>Ako</td>
<td>Dance Studio</td>
</tr>
<tr>
<td>12:45pm</td>
<td>Ping Pong</td>
<td>Ream</td>
<td>Dance Studio</td>
</tr>
<tr>
<td>8:00am</td>
<td>Special Events Group</td>
<td>Group</td>
<td>Library</td>
</tr>
<tr>
<td>8:30am</td>
<td>Adv Beginner Ukulele</td>
<td>Olayan</td>
<td>Library Annex</td>
</tr>
<tr>
<td>9:00am</td>
<td>Stretch &amp; Tone</td>
<td>Werle</td>
<td>Lanai</td>
</tr>
<tr>
<td>9:30am</td>
<td>Portuguese Cultural Club</td>
<td>Frank</td>
<td>Activity Room</td>
</tr>
<tr>
<td>10:00am</td>
<td>Sewing by Nakasone</td>
<td>Nakasone/Ito</td>
<td>Craft Rm/Sewing Rm</td>
</tr>
<tr>
<td>10:30am</td>
<td>Line Dance **exp. required</td>
<td>Chang</td>
<td>Lanai</td>
</tr>
<tr>
<td>11:00am</td>
<td>Happy Senior Serenaders</td>
<td>Ojiri/Ko</td>
<td>Library</td>
</tr>
<tr>
<td>11:15am</td>
<td>Victor's Kapakahi Group</td>
<td>Tangonan</td>
<td>Sewing Room</td>
</tr>
<tr>
<td>12:45pm</td>
<td>Men &amp; Women's Shed</td>
<td>Maynes</td>
<td>Activity Room</td>
</tr>
<tr>
<td>9:00am</td>
<td>Enka</td>
<td>Arakaki</td>
<td>Library Annex</td>
</tr>
<tr>
<td>9:30am</td>
<td>Korean Dance/Club</td>
<td>Lee</td>
<td>Dance Studio/Craft Rm</td>
</tr>
<tr>
<td>10:00am</td>
<td>Okinawa Nenchosha Club</td>
<td>Higa</td>
<td>Lanai/Activity Room</td>
</tr>
<tr>
<td>10:30am</td>
<td>Taisho Koto</td>
<td>Takeuchi/Sueda</td>
<td>Library</td>
</tr>
<tr>
<td>11:00am</td>
<td>Hanafuda</td>
<td>Hagihara/Kimura</td>
<td>Sewing Room</td>
</tr>
<tr>
<td>11:15am</td>
<td>Crafts by Florence/Beads Wrksp</td>
<td>Tamura</td>
<td>Go Room</td>
</tr>
<tr>
<td>12:45pm</td>
<td>Ping Pong</td>
<td>Ream</td>
<td>Dance Studio</td>
</tr>
<tr>
<td>9:00am</td>
<td>Folk Sing Along</td>
<td>Group</td>
<td>Library Annex</td>
</tr>
<tr>
<td>9:30am</td>
<td>Chinese Cultural Club</td>
<td>Mau</td>
<td>Library</td>
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<tr>
<td>10:00am</td>
<td>Sahm Bo Dahn</td>
<td>Katabira/Higuchi</td>
<td>Library Annex</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>
<td>Library</td>
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<tr>
<td>11:30am</td>
<td>Tap Dance</td>
<td>Koenke/Martin</td>
<td>Dance Studio</td>
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<tr>
<td>8:30am</td>
<td>Tai Chi Chuan</td>
<td>Amina</td>
<td>Lanai</td>
</tr>
<tr>
<td>12:00pm</td>
<td>Filipino Cultural Club</td>
<td>Ibay</td>
<td>Lanai/Activity Room</td>
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</tbody>
</table>
Let’s Keep in Touch
1640 Lanakila Avenue
Honolulu, HI 96817
(808) 847-1322
www.catholiccharitieshawaii.org
Email: susanne.oakland@catholiccharitieshawaii.org

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

### March 2020

<table>
<thead>
<tr>
<th>SUN</th>
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<td>2</td>
<td>AARP Tax Preparation (Appointment required)</td>
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<td>7 LMPSC Open (8:30 am)</td>
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<td>AARP Tax Preparation (Appointment required)</td>
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<td>March for Meals Hall’a Clinic (12pm)</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!

<table>
<thead>
<tr>
<th>Center Staff</th>
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<tbody>
<tr>
<td>Susie Chun Oakland</td>
</tr>
<tr>
<td>Riva Torno</td>
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<tr>
<td>Iris Hiramoto</td>
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<tr>
<td>Cookie Irvine</td>
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<tr>
<td>Cyan Curtis, LSW</td>
</tr>
<tr>
<td>Corinne Gyotoku, MSW</td>
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<tr>
<td>Lodi Tapawan</td>
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</tbody>
</table>

If you would like more information about the center, please contact us at 847-1322 or email us at susanne.oakland@catholiccharitieshawaii.org.