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A MESSAGE FROM SUSIE

Aloha LMPSC Ohana:

Thank you for the wonderful response from senior center members whenever I send a robocall to the 1,638 center members on our membership list at one time. We appreciate all those who have informed us of your email addresses, so that you can stay informed through our monthly newsletter through email. We also appreciate all the calls to keep us informed about how you are doing at home and for caring about the staff’s well-being and safety as well. We are doing our best to personally call each center member. We have called over 700 Lanakila seniors so far.

We are currently offering 8 types of online, some occurring more than once a week, via Zoom, WebEx and other virtual programs. For those who have joined the classes, we appreciate the feedback you share with us. We will continue to increase the number of online classes as our technological capabilities, as a senior center, improves over time and based on the availability of all of our wonderful instructors, class facilitators, and cultural club officers to lead these center activities. We hope you can participate in these classes being offered via the computer and smart phones. We hope to also offer conference call capability to our clubs and classes up to 100 people on a call at one time, so that people who have phone numbers can be invited to participate in various “talk stories”, educational workshops, performances, etc.

A big mahalo to the American Sign Language Class lead by Cheryl Mizusawa, Basic Ukelele Class lead by Mel Nishiyama, Body and Brain Yoga and Tai Chi offered by Carol Miyasato and Elizabeth Kiae, Fusion lead by Daniel Gittelman (made possible with funds from Kahala Nui), Gentle Yoga lead by Diane Ako, Harmony’s Hula lead by Harmony Brighter, Stretch and Tone lead by Denise Werle, Tai Chi lead by Ken Koike, and Tai Chi for Life lead by Randy Lau. Mahalo also to Jack Katahira for sharing the Sahm Bo Dahn DVD. Catholic Charities Hawaii IT staff made copies of the DVD and LMPSC has been sending it to class members who have DVD players and want to exercise using the DVD.

Since much of the Spring Session has come and it looks like we are going to be closed during a part of or all of the Summer Session of classes, participation in the online classes will be made available to all center members at no charge. For those who donated towards the Spring Session, please let our staff know if you would like to have the class donation become a donation to the center or if you would like a refund. You may contact Program Specialist Riva Torno or Membership Specialist Iris Hiramoto at 847-1322.

The senior center members were able to participate in a number of community service projects while the center was closed by doing things in their homes. 1,483 yarn lei were made and will be given to the Girl Scouts when they are permitted to adorn the veterans’ resting places at the State Veteran’s Cemetery in Kaneohe. Ti leaf lei continues to be made and frozen for the opportunity to give to the Boy Scouts to adorn the resting places of our veterans at Punchbowl Cemetery. To date, 1,663 face masks were made to give to senior center members, the employees of Catholic Charities Hawaii who continue to work with the public, employees of Kuakini Medical Center and Queen’s Medical Center, seniors living in public housing, and many others. Our gratitude goes to Jane Asato, Laura Bennett, Amy Bratt, Kathy Fong, Puna Frank, Judy Greenwell, Amy Hagihara, Tomie Elsie Higa, Mae Hong, Michelle In, Janet Ito, Violet Kagawa, Madeline Kageno, Helen Kiyabu, Douglas and Lovyna Maynes, Brigid Nakamura, Judy Nakamura, Calvin and Irene Oka, Rosie Ramiro, Eileen Saito, Atsuko Sakamoto, Lenora Springer, Mary Sueda, Alice Tsutsumi, Stephanie Underwood, Kalani Versola, Linda Yara, and Joyann Yoshikawa for helping make face masks, yarn lei, and/or ti leaf lei. Additionally, our members have taken the initiative, as individuals, making and giving thousands of face masks to their family, friends, and many organizations in the community to support the safety of others. We appreciate their giving spirit and generosity to help the people in Hawaii as well as those living in other parts of the world.

A big mahalo to the Japanese Cultural Club, Nancy Gakiya, Sally Joyce, Nancy Yeda, the Kalihi Business Association, and others for their generous donation towards Farrington High School’s Food Drive this past month. There is a great need for food and supplies among the residents of Kalihi community, many of whom are employed by the visitor industry. Your thoughtfulness and kind gesture is deeply appreciated.

Kudos to many community organizations, who stepped up to address the food needs of our kupuna, children and families. Aloha United Way, Weinberg Foundation, Lanakila Meals on Wheels, Hawaii Meals on Wheels, Saint Francis Health Systems and many private restaurant owners for providing daily hot meals to our kupuna through the Show Aloha Challenge, “Our Kupuna” created by Gabe Amey from Hawaii Veteran Loan Company and the 500+ volunteers who bought and delivered grocery and medicines for kupuna, Palama Settlement for providing canned goods to community members in need, Malama Meals supported by restaurant and transportation owners, Hawaii Food Bank, Na Kupuna Makamea, and many other organizations. Mahalo to generous individuals, families, and organizations who stepped up and contributed their resources to meet the challenges that arose with the COVID-19 response in Hawaii and elsewhere in the world. Your goodness, humility and spirit of Aloha is truly, truly appreciated! Mahalo also to Aloha Medical Mission for providing free dental services to people in our community. Your service is deeply appreciated.

As you may already know, the Hawaii State Legislature was not able to approve any operating grant-in-aids this session for any of the non-profit organizations, including LMPSC. We know that they, along with the Governor and Lt. Governor, have a tremendous fiscal challenge to address over a billion dollars of loss revenue to the State as a result of the COVID-19 pandemic. Our senior center staff and members will do our very best to continue offering quality programming to adults 60 years and older and opportunities to foster a sense of camaraderie and friendship, offer exercise and recreational classes, educational workshops and activities, provide volunteer service to the broader community, and support many healthy and enjoyable experiences for our kupuna.

We deeply appreciate the Hawaii State Legislature for allocating $6.1 million in bond financing to the State Department of Accounting and General Services to build a new senior center in the next few years to replace the existing LMPSC as well as funding to Hawaii Public Housing Authority to integrate additional senior center space in their School Street Redevelopment Project. We look forward to working with DAGS, Hawaii Public Housing Authority, the members of our senior center, the broader community, and our elected officials to make sure that this project is planned, designed and constructed with excellence.

Me ke aloha pumehana (with warmest love),
Susie Chun Oakland
Program Coordinator
Just asked a 6 year old if he understands why there is no school. He said yes because they are out of toilet paper.

After years of wanting to thoroughly clean my house but lacking the time, this week I discovered that wasn’t the reason.

You’re not stuck at home, you're safe at home.

If you thought toilet paper was crazy ... just wait until 300 million people all want a haircut appointment.

Wearing a mask inside your home is now highly recommended. Not so much to prevent COVID-19 but to stop eating.

If you keep a glass of wine in each hand, you can’t accidentally touch your face.

Kinda’ starting to understand why pets try to run out of the house when the door opens.

Does anyone know if we can take showers yet or should we just keep washing our hands???

You think it’s bad now? In 20 years our country will be run by people home schooled by day drinkers....
Aloha “Healthy Tai Chi Hawaii” Ohana:

Hope this note finds you in good health and feverishly practicing tai chi (hah). Practicing regular tai chi chuan (fists) is difficult enough without scheduled classes and assistance. Try to schedule a a specific day(s) and time to practice. Otherwise, it’s too easy to pass and do something else.

Practicing the tai chi Fan and Sword can be even more difficult. Besides commitment and guidance, space and surroundings can also be additional challenges. Here are a few tips to make it a little easier to practice. 1) Schedule exact day, time and duration (at least an hour once a week or more). 2) Prep space to be utilized. 3) Take shorter steps in doing the form if space is limited; 4) use the fan as a sword to prevent damage to surroundings and for safety when space is limited; 5) use a full length mirror if available; 6) have someone video you for your review (big difference as to how you perceive are doing versus actual) and finally and most importantly, have FUN!

The following is an excerpt from the Tai Chi Foundation that embodies the spirit of the tai chi sword.

Prior to learning the Sword Form a student needs embody the Tai Chi Form and have ample experience in Sensing Hands. It is often said that the Tai Chi Sword Form has much in common with Chinese calligraphy. The brush is held in the hand with utmost delicacy so that the chi of the body, heart, mind and spirit can manifest through the hand to the brush tip and onto the paper expressing the subtle creativity of the artist. Likewise, the Tai Chi sword player becomes united with the sword by allowing the chi to extend to the tip of the sword. Thus the quality of the form requires the use of the principles found in the Tai Chi Form, relaxation, straightness, pliancy and awareness while acquiring the additional qualities of hand movements, nimbleness, moving from the waist and a clarity of spirit. In time the external elements of the Sword Form lead to an internalization of increased ching chi and shen chi as well as a courageous attitude. The sense of being rooted gained in the form and in sensing hands becomes even more important as one always needs to be, “under” the sword.

The sensitivity and lightness of blade touch in fencing belies the effectiveness of the form as a martial art. In combat the razor sharp double-edged sword can easily disarm an opponent with the slightest touch. Hacking and slashing, qualities of Western sword combat, becomes a liability when fighting someone skilled in Chinese sword. Sword combat is no longer part of military training but training in Chinese sword develops a warrior of the spirit, a spirit that works to protect the lives, health and freedom of all people. Just as the steel of the sword is tempered for strength and resiliency the practice of sword strengthens and refines our own connection to the divine.

For those of you how are learning the 16 and 32 sword forms, the following are videos that were carefully researched and selected that hopefully will assist your continued practice.

16 Yang Sword, Front View w/ English subtitles
https://youtu.be/H7OXT1VJUBA

16 Yang Sword, Back View w/ English subtitles
https://youtu.be/b1VqeHAYZ7Q

Excellent Male, 16 Yang Sword, Front View
https://www.youtube.com/watch?v=QQlTibKrEXA&feature=youtu.be

32 Yang Sword by Chen Sitan, Back view (Pat Chu’s Sifu in NY - highest rated tai chi performer, ever)
https://www.youtube.com/watch?v=hs96nNxRG6c

32 Yang Sword by Sifu Amin Wu, Front View
https://www.youtube.com/watch?v=nrGZXgTP-ZA

Sifu Li Yang’s (55 min) 32 Yang Sword Tutorial (long but very informative)
https://www.youtube.com/watch?v=oZUgQ0BbpGM

For Advanced Sword practitioners:
Here are selected videos of the 42 Competition Sword.

42 Competition Sword by Master Amin Wu, Front View
https://www.youtube.com/watch?v=bvHXdsm9xQ

42 Competition Sword, Back View by Professor Li Deyin’s top protege
https://www.youtube.com/watch?v=ht0wX1Y-cYk

42 Competition Sword by Wiulliam Tsai with English subtitles and Voice explanations
https://www.youtube.com/watch?v=ZSXK6hPdRo

Tai Chi Sword basics by Master Huaicheng Lu w/ interpretations by Sallie Lee. I’ve trained with Master Lu and he is considered one of the best tai chi Masters in Hawaii. I agree.
https://www.youtube.com/watch?v=THrwJClB_1L&t=67s

It is my hope the above will assist, inspire and encourage you to continue your practice of the Yang sword and its benefits. If you have any questions or require any assistance, please feel to contact me at kenkoiketaichi@aol.com. As usual, please practice safely.

Stay Safe and God Bless,
ken koike
I thought you would want to know about this e-mail virus. Even the most advanced programs from Norton or McAfee cannot take care of this one. It appears to affect those who were born prior to 1955.

**SYMPTOMS:**
1. Causes you to send the same e-mail twice.
   *Done that!*
2. Causes you to send a blank e-mail!
   *That too!*
3. Causes you to send e-mail to the wrong person.
   *Yep!*
4. Causes you to send it back to the person who sent it to you.
   *Aha!*
5. Causes you to forget to attach the attachment.
   *Well well!*
6. Causes you to hit "SEND" before you’ve finished.
   *Oh, no not again!*
7. Causes you to hit "DELETE" instead of "SEND."
   *And I just hate that!*
8. Causes you to hit "SEND" when you should “DELETE.”
   *Oh No!*

It’s called the "C-NILE VIRUS."

*Have I already sent this to you? Or did you send it to me?*
**Update with School Street Redevelopment**
View the latest on the School Street Redevelopment project:
Our Site: [https://concordia.com/project/virtual-engagement/](https://concordia.com/project/virtual-engagement/)


Link to the Survey: [https://docs.google.com/forms/d/e/1FAIpQLSe2GEznn1nrl9elfjoXDXO9fhJDyO8U6OzWVHwn1M4PhXatA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSe2GEznn1nrl9elfjoXDXO9fhJDyO8U6OzWVHwn1M4PhXatA/viewform)

**Hawaii Votes by Mail**
By: Office of Elections

*The Office of Elections’ mission is to provide secure, accessible, and convenient election services to all citizens statewide.*

Am I registered to vote? When will I receive my ballot? As the 2020 Elections approach, Hawaii voters are preparing to cast their ballots for the Primary Election on Saturday, August 8 and the General Election on Tuesday, November 3.

This year will be the first time our Primary and General Elections will be conducted by mail and no traditional polling places will be established. Instead, all registered voters will automatically receive a ballot in the mail.

To ensure you will receive your ballot in the mail, check your voter registration status online at elections.hawaii.gov and logging in with your Hawaii Driver License or Hawaii State ID, or by calling the Office of Elections. By law, ballots cannot be forwarded through the mail, so if you have moved or changed your mailing address or name, you must update your voter registration. This can also be done online or by submitting a paper Voter Registration Application. The deadline to register is July 9 for the Primary Election and October 5 for the General Election.

Be on the lookout for your ballot starting July 21 for the Primary Election, and October 16 for the General Election. Your ballot packet will include a preaddressed postage-paid return envelope, ballot secrecy sleeve, voting instructions, and ballot. Just mark your ballot, seal it in your return envelope, and sign the envelope. Your voted ballot must be received by 7:00 PM on Election Day.

During these uncertain times, we encourage everyone to stay safe and vote at home. To learn more about voting by mail or to check your voter registration, visit elections.hawaii.gov or contact the Office of Elections at 453-VOTE (8683).

**Questions About Stimulus Payments**

**No Cost Mental Health Services**
The Hawaii Mental Health Pro Bono COVID-19 Project provides mental health services free for those without health insurance. This will help individuals seeking psychological support during this time, meet with mental health experts, including psychologists, marriage and family therapists, clinical social workers, and mental health counselors. To submit a request for services, click [HERE](http://www.irs.gov/coronavirus/ economic-impact-payment-information-center). Services are available on a first come-first served basis.

**Real Property Tax Credit**
If you applied for the City’s Real Property Tax Credit last year, we will automatically mail you this year’s application in late June. When you receive it please complete and mail it back by the deadline of September 30, 2020. If you have any questions, please call 768-3205 or email Fusao Nishibun at fnishibun@honolulu.gov.
How to wear your mask:

DON’T: Wear the mask below your nose.

DON’T: Leave your chin exposed.

DON’T: Wear your mask loosely with gaps on the sides.

DON’T: Push your mask under your chin to rest on your neck.
DON'T: Wear your mask so it covers just the tip of your nose.

And once you've figured out the correct position for wearing your mask, follow these tips to stay safe:

- Always wash your hands before and after wearing a mask.
- Use the ties or loops to put your mask on and pull it off.
- Don't touch the front of the mask when you take it off.
- For apartment dwellers, put the mask on and remove it while inside your home. Elevators and stairwells can be high-contamination areas.
- Wash and dry your cloth mask daily and keep it in a clean, dry place.
- Don't have a false sense of security.

DO: Wear your mask so it comes all the way up, close to the bridge of your nose, and all the way down under your chin. Do your best to tighten the loops or ties so it’s snug around your face, without gaps.

WASHING INSTRUCTIONS:

2. **Hand wash your mask** with a small amount of laundry detergent or soap OR place the mask in a **mesh laundry bag** and wash in washer on a **gentle cycle**.
3. Line **dry** it in the sun or put it in the dryer on low heat (NOTE: Using an electric dryer may cause your mask to shrink in size and/or deteriorate the strap, especially if it's made of elastic).

Source:
New York Times article: How NOT to Wear a Mask Parker-Pope, Tara (April 08, 2020)

# Virtual Meeting

## Getting Started

### 1. What you need
- Computer, tablet, or smartphone
- Speaker or headphones
- WiFi Connection
- Quiet space with little distraction

### 2. Join the Meeting
- Copy and paste or click the link on the agenda to join the meeting. You can choose to use audio only or audio and video.
- **OR**
- Only use your phone or your computer. Using both disrupts the audio for all attendees.

### 3. Smart phone or tablet
If you join by computer you can
- download the app from the app store
- join the meeting from your web browser

![Google Play](https://play.google.com)
![App Store](https://appstore.com)

### 4. Computer
If you join by computer you can
- download the extension (like an app) on your browser
- join the meeting in a new browser tab

![Browsers](https://www.google.com)

### 5. Click "Allow"
After you join the meeting you will be asked to allow access to your camera and microphone. Click "Allow".

Check your background. It will be on camera for all attendees to see.

### 6. Helpful Hints
- Use the chat feature if you want to speak or have a question.
- Mute your microphone when you are not speaking.
- Say your name before speaking.

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This project was supported, in part by grant number CFDA 93.630, from the U.S. Administration on Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

Maryland Developmental Disabilities Council

[SCDD Logo]
Virtual Meeting Tips

1. **Before the meeting**
   - Pick a place with little distraction
   - Treat this like any in-person meeting
   - Wear clothes that you would normally wear to an in-person meeting
   - Light should be in front of you (not behind you)
   - Close window blinds behind you

2. **Be on time**
   - *Join the webinar a few minutes early*
   - *Be ready to participate*

3. **MUTE until it is your turn to speak**
   - *Reduce background noise.*
   - *Listen when others are talking.*

4. **Use Chat or Q&A**
   - This keeps attendees from speaking over one another.

5. **Ask to speak**
   - When you are called on, unmute yourself, say your name, and ask your question or make your comment.

6. **Be Prepared**
   - *Review meeting agenda and documents in advance of meeting*
   - *Do not multi-task*
   - *Keep on topic and stay engaged*

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Getting onto Zoom for virtual meetings

1. Download Zoom from App Store
2. Open Zoom at right before scheduled meeting time
3. Select Join Meeting
4. Enter Meeting ID provided by SOHI
5. Wait for the meeting to start
   a. Enable camera if other users are using their camera
   b. Take note if you are muted/need to unmute to speak
   c. Please mute when not speaking so the microphone doesn’t pick up your background noise

Notes:
You do not need to sign up
Each meeting also has a chat box option if you are unable to speak or need to send a message

Information courtesy of DD Council
Remembering Our Mothers

Mother’s Day this year was like no other. Restaurants were closed, families could not gather to celebrate with the stay-at-home and social distancing restrictions in place. For the Nenchosha Club, we don’t know when or if we will ever meet again like we did just two months ago as we have a large membership.

At the request of Jane Higa, our president, I will share about my sister Betty who was like a mother to us younger siblings in the family and who we lost to the COVID-19 Pandemic in March. She was born on my mother’s birthday and also loved to sing and dance like she did. As with many immigrant families with parents who did not know the language or culture, older siblings helped out a lot. That was true in our family. My father came from Okinawa in the 1930’s to work in the sugar cane fields on the Big Island. Six of us grew up together in a plantation camp just outside of Hilo as three of our oldest sisters were already married. My sister Betty was very outgoing and friendly, and looked after us like a mother would. She loved to sing, dance, play the ukulele, and even sang in night clubs in Hilo with an orchestra. While working as a waitress at a drugstore, a doctor who frequented there for meals was so impressed with her personality that he asked her to work in his office as his receptionist. Thus began her interest in a nursing career which she pursued. She also influenced my younger sister to attend the Queen’s (Harkness) Nursing School to become a nurse.

After marrying our neighbor with the same name (Oshiro), they moved to Paramount, California, where her 3 children were born. Family was important to Betty as she was a stay-at-home mom until her children started school and then worked for years as an instructional aide at an elementary school. Her home was open to family members or relatives who visited Disneyland or theme parks in California. She also brought our family together when they visited. After she was widowed about 10 years ago, she had her daughters bring her often to visit family. On one such visit, they attended our Nenchosha Club meeting when a group from Okinawa did our program as they “happened” to be here to perform at the Okinawan Center. As she and her husband had visited relatives in Okinawa, my sister just enjoyed the program and was one of the first ones up for the kachashi time.

About a year ago, Betty moved to a private nursing home as it was no longer safe for her to live alone in the family home. In early March, she got sick with pneumonia so her son and daughter-in-law took her to the hospital, not knowing at the time that she had the virus which was later confirmed. Both son and daughter-in-law were infected; daughter-in-law has recovered but son did not as he succumbed to the virus on April 8. It is a sad time for many families who have suffered such loss as services are pending. However, we have so many happy memories of my sister, and as one nephew put it after hearing of her passing, “Auntie Betty was always such a joy to our family, just the mention of her name always brought a smile to me.”

Smiles is the longest word in the world. There’s a mile between the first and last letters in the word.
Chinese Cultural Club Update
By Dorothy Mau

Learn From Experience

Chinese Cultural Club is hanging in there together with our other ethnic clubs. We are following guidelines rules and proclamations and hope to return after June 30th.

With faith and ❤️ Love in our hearts we continue to pray for an end to this horrible coronavirus 2020 pandemic!

Wishing all our 2020 graduates a most Happy and Successful Graduation Day! Some of us were invited to do Zoom video and others had a drive by lei-ing our graduates. They all wore happy 😊 smiles, learning from these experiences and will do better than us in the future!

Happy Memorial Day as we remember our veterans and ancestors!”

We are grateful for our services at and from LMPSC and Catholic Charities. A big MAHALO to you all! Together we will prevail! Aloha kakou!

Mahalo
Thank you so much for your generosity!

PIKAKE ($1000+)

OHI’A A LEHUA ($500)

KAHILI GINGER ($250+)

KAHILI GINGER ($250+)

HIBISCUS ($100+)

PIKAKE ($1000+)

BIRD OF PARADISE ($50+)

ANTHURIUM ($49 & UNDER)

IN-KIND GIFTS

Carolyn “Carol” Tokunaga

Franklin Toma

Nishie Tomiya

Kazuko Toyama

Yoneko Tsuchiyama

Siri Tsuda

Ruth Tsukayama

Alice Tsutsumi

Rosemarie Tucker

Wayne UEjo

Elaine Ushiro

Jane Uyetake

Virginia Vance

Eufemia Vicente

Louis “Richard” Vierra

Ji Qin Wang

Betsy Wong

Florence Wong

Gregory Wong

Yong Tang Xie

William Yee

Kathy Yoshimoto

Janice Yoshizawa

Jin Lian Zhang

Thank you so much for your generosity!

Yamasaki, Glenn

Chang, Grace

Irvine, Louis

Tanaka, Lillian

Versola, Kalani

HAPPY BIRTHDAY

(continued)
Youth Puts Their Tech Skills to Test

Students from various schools including Pearl City, Punahou, Mid Pac, HBA, Waipahu, and Mililani put together two videos to help our Kupuna find it easier to be at home. All the girls are student-athletes with Shockers 04 Soccer Club.

The two videos that were created are:

1. **How to Grocery Shop Online**
   
   [Link](https://drive.google.com/drive/mobilefolders/1c5V-qDqd2CvqZAty3dvNyBedrHuCKIG)

   This tutorial uses the Safeway store app as an example, but there are many other grocery stores who participate in online shopping. Check with your favorite grocery store!

2. **What is Youtube and How to use it**

   [Link](https://linkprotect.cudasvc.com/url?u=https%3a%2f%2ffdrive.google.com%2ffile%2fd%2f1GRJ4DDxnolCAadDn8uLIFwdX4fcAaCoE%2fvview&c=E,1,lIO_c5QAIClh8pOVEE9113qksW6kfwbribkVXXvEwXS_Ojlk08pPcsMc5tNrkG1lEyotE4mN6n1xnmFlc_fafBxDEs2JAEbPE52hVv&typo=1)

   Learn about the video search engine called YouTube to view videos of various topics. This video shows you how to download it on to your electronic device, how to search for videos, and more!

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**Brain Buster**

```
1  2  3  4  5  6  7
```

Find the identical pair
LMPSC Online Classes

Lanakila Multi-Purpose Senior Center offers online classes during the mandated Stay at Home order. All classes are held online via Zoom (www.zoom.us) and are FREE! Please contact Susie Chun Oakland at suzanne.oakland@catholiccharitieshawaii.org or Riva Torno at (808) 847-1322 or riva.torno@catholiccharitieshawaii.org to receive more information.

<table>
<thead>
<tr>
<th>AMERICAN SIGN LANGUAGE</th>
<th>BASIC UKULELE</th>
<th>FUSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheryl Mizusawa</td>
<td>Melvin Nishiyama</td>
<td>Daniel Gittelman</td>
</tr>
<tr>
<td><strong>Fridays</strong> 11:15 am – 12:15 pm</td>
<td><strong>Mondays</strong> 8:30 am – 9:15 am</td>
<td><strong>Fridays</strong> 9:00 am – 9:45 am</td>
</tr>
<tr>
<td>Learn American Sign language to communicate with family or friends.</td>
<td>Brush up on your strumming and chords with this beginner level course.</td>
<td>Seated full-body workout to achieve strength, balance, and cardio! Sturdy chair is required.</td>
</tr>
</tbody>
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<table>
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<tr>
<th>HARMONY’S HULA</th>
<th>STRETCH &amp; TONE</th>
<th>TAI CHI</th>
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<tbody>
<tr>
<td>Kumu Harmony Brighter</td>
<td>Denise Werle</td>
<td>Ken Koike</td>
</tr>
<tr>
<td><strong>Mondays &amp; Tuesdays</strong> 10:00 am – 11:00 am</td>
<td><strong>Wednesdays (beg. 7/1/20)</strong> 9:00 am – 9:45 am</td>
<td><strong>Wednesdays &amp; Fridays</strong> 8:00 am – 9:00 am</td>
</tr>
<tr>
<td>Learn the hula of various Hawaiian songs with Kumu Harmony. Any level welcome!</td>
<td>Tone and strengthen your body with various movements using light weights or body weight.</td>
<td>Exercises that flows smoothly, improving muscle strength, flexibility &amp; balance.</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>TAI CHI FOR HEALTH</th>
<th>Helpful Tips:</th>
<th>Helpful Tutorials:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Randy Lau</td>
<td>Log on 10-15 minutes prior to the meeting, especially if it is your first time on Zoom. You may need to download the application. Please note that Zoom classes are done LIVE, so please be on time.</td>
<td><a href="https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials">https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials</a></td>
</tr>
</tbody>
</table>
# June 2020

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
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<td>Program Committee Mtg via Zoom (8:30 am)</td>
<td>HOLIDAY: King Kamehameha I Day</td>
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<td>Brain Health Presentation (9:00 am) via Zoom invitation</td>
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<td>Fraud Presentation (9:00 am) via Zoom invitation</td>
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**EVENTS CANCELLED OR POSTPONED IN JUNE:**
- Health & Wellness Fair
- Going Green Recycling Project

Please utilize this calendar to jot down your own activities that allows you still practice social distancing

## Center Staff

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Susie Chun Oakland</td>
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</tr>
<tr>
<td>Lodi Tapawan</td>
<td>Custodian</td>
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</table>

Let’s Keep in Touch
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