LANAKILA KŪPUNA NEWS

November 2022| No. 82

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Lots to be Thankful For

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CATHOLIC CHARITIES HAWAI'I

A MESSAGE FROM SUSIE

Dear Lanakila Multi-Purpose Senior Center Ohana:

We are so deeply grateful to our Lanakila Senior Center members, community partners, friends, and family for all they do for our kupuna and for everyone here in Hawaii, across the nation, and the world. Every little kindness, words of encouragement, time together, laughter, and joy we share with one another is something we cherish and has a lasting impact on the lives of others.

A big mahalo to John Awakuni, Wayne Awakuni, Pauline J. Baba, Amy Bratt, Carol Cabebe, Mary Castillo, Nohea Chang, Donna Compton, Tanee Connelly, Hannah Dela Cruz, Sandy Furumori, Henry Fujita, Jeremy Gonsalves, Amy Hagihara, Caroline Harano, Suzie Hasegawa, Sharon Hata, Sharon Kahikina, Ann Kobayashi, Donna Masuda Kam, Elaine Lee, Marion Masuda, Karen Matsunaga, Jean Murakami, Lorna Muraoka, Litheia Nakamoto, Joyce Nakamura, Linda Oka, Karen Sakihama, Sandy Samori, Yoko Shaw, Joy Shimizu, Lu Soong, Lenora Springer, Patricia K. Suzuki, Michael Tokumura, Siri Tsuda, Amy Toyama, Asher Valenzuela, Aileen Wong, Patricia Young-Sasaki, and Patrick Young for helping with the SAVERS FUNraiser on October 13th. The funds raised will help support our holiday events.

Our bellies were sore from laughing along with Frank DeLima on October 17th. There were about 150 members who joined in the fun. The baked manapua from Sing Cheong Yuan Bakery and the delicious malasadas from Kamehameha Bakery hit the spot! Mahalo to Nohea Chang for donating towards the malasadas for all to enjoy. Big hugs to Frank DeLima for sharing his great sense of humor and aloha with all of us!

Hugs and thanks to Nancy Akamichi, Eleanor Arakaki, Janet Auyong, Mary Castillo, Mila Collins, Sue Demola, Puna Frank, Jane Higa, Jocelyn Ho, Vivian Ige, Harriet Isa, Marilyn Isekawa, Diana Kawaguchi, Sharon Kim, Vickie Kim, Carolyn Kimura, Jane Kimura, Joyce Kishimoto, Yoshiko Kumura, Lari Koga, Roberta Wong Leung, Beverly Mau, Dorothy Mau, Janet Miyashiro, Walt Miyashiro, Joyce Nakamura, Judy Nakamura, June (Lai Ming) Ng, Rhonda Nishimura, Cynthia Oshiro, Nobuko Oshiro, Amy Sakagawa, Ann Sakamoto, Ruth Shinmon, Claire Shirota, Lenora Springer, Myunghee Sueno, Carole Suzui, Patricia Suzuki, Jan Titgen, Amy Toyama, Edna Tsukamoto, Joyce Wong, Midge Wright, Darlene Yoshioka, Sharon Young, Aileen Wong, for donating and making 864 goody bags for the children and youth who participated in Children and Youth Day this year!

Mahalo a nui loa to Ann Fujioka, Gail Goto, Mae Hong, Rhonda Nishimura, Atsuko Sakumoto, Claire Shirota, Violet Tokumura and grandson, and Nancy Yeda for making delightful Halloween treats for all of us to enjoy. Members were able to spend time together and enjoy Bella Bahn Mi sandwiches, pretty snack bags put together by Hannah Dela Cruz, and refreshment for Halloween. We hope everyone had a ghoulish time!

November and December will be filled with celebrations

… honoring our veteran members on Wednesday, November 9, 2022, from 10:00 a.m. – 12:00 p.m. Mahalo to American Savings Bank for sponsoring the veteran's lunches and to Matsumoto's Okazuya for making the bento. If you are not a veteran, but want to thank our veteran members, please feel free to place an order ($7.50 for a bento) by November 3, 2022, and join them at the event. See the front office volunteers.
… celebrating Thanksgiving together on Wednesday, November 16, 2022, from 9:00 a.m. – 11:00 a.m. at Lanakila Senior Center.
… celebrating Christmas together on Friday, December 2, 2022, from 9:00 a.m. – 1:00 p.m. at Ala Moana Hotel. Waikiki trolleys and CCH vans will be available to take our members and guests to and from the hotel. We will be meeting at LMPSC at 8 a.m. and taken to the hotel by 8:45 a.m. The trolleys and CCH vans will pick members and guest up at the hotel at 1:15 p.m. and bring them back by 2:00 p.m. Pay $2.00 at the front desk and sign up. Remember parking at the Ala Moana Shopping Center may result in a fine from the shopping center.

We wish you and your family a very happy Thanksgiving from all of us at Lanakila Multi-Purpose Senior Center!

With grateful hearts,
Iris, Lodi, Riva, Robert and Susie (and Cookie too!)

Welcome New Members!

Adelaida "Delaida" Agregado
Linda Akamu
Cely Bartolome
Blandina Cadelina
Myeong Sook Chang
Alison Ching
Dennis "Denny" Choy
Peter D'Errico
Jim Dunn
Hyun Ja Han
Marcia Kamiya
Mohammad Keshavarzi
Kazuko Kikkawa
Chan Eui Kim
Earl Koyama
Mieko Kuromiya
Lynette Lasiter
Sunny Hosuk Lee
Cynthia Manabe
Cynthia Miyashiro
Waynne Miyashiro
Debbie "Deb" Motokane
Lorna Murai
Richard Nagamine
Jean Oshiro
Erlene Pool
James "Jim" Reed
Burt Sugiki
Cynthia Sugiki
Sachiko "Sachi" I. Takahashi
Sandra "Sandy" Toma
Tsugunori Toma
James Tomi
Chong Suk Turner
Charlene Vaughn
David Yoneda
Diane Yoshida

Photo Gallery

Frank DeLima performs a comedy skit for our members. Lots of laughs followed by ono manapua and of course, malasadas! Yum!

Our members make it all the way to Sweet Land Farms in Wahiawa to milk view the farm, taste the ono food, and milk goat!

Member Pearl Lee shares a Halloween photo.

Tai Chi with Ken Koike gets together for a "live" event after years of Zoom.

You may have received a call from volunteer, Tannee Connelly making sure our members are doing well.

Pearl Lee also helps with telephone reassurance calls.

Jeremy, Asher, and Randy helps daily to greet our members and in keeping our Center grounds clean. They enjoy getting to know our seniors, so make sure you say hi!

Class & Club Thanksgiving Messages

These classes and club share a current photo to greet you all a very Happy Thanksgiving!

Happy Senior Serenaders

Hula

Needle and Thread

Pickleball

Sewing by Nakasone

Worm Composting Group

Okinawa Nenchosha Club
"Happy Thanksgiving"

Tai Chi for Health

Yoga

Mr. Matsui celebrates his 102nd birthday
with his two daughters last month.

OKINAWA NENCHOSA CLUB UPDATE
By Lari Koga

Participation is Key

Haisai!

9/29 The Palolo Hongwanji Karaoke group show cased their 6 members who sang songs in Japanese and English. There were 2 members who had their debut with “Koko ni Sachi Ari”. The finale was an old time song: “Ginza Kankan Musume”; happy memories for us who sang this in the 1950’s.

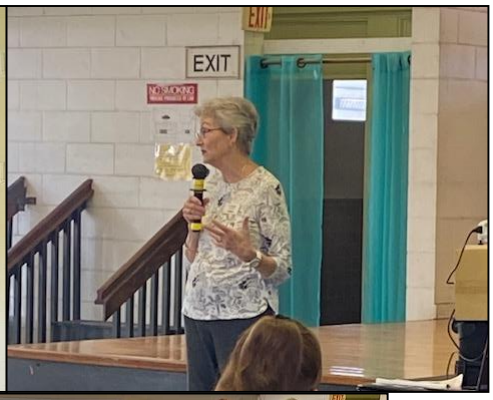
10/6 Denise Werle led us in melodious & easy exercises which were done sitting; everyone participated well with big smiles!

10/13 Nakama Taiko: 6 members drummed & invited ONC members to participate in drumming. The Taiko group formed as friends, repaired taikos and even made taiko from wine barrel, leather, & shrapnel.

10/20 Patricia Beamis from the American Association of Retired People shared information on brain health: healthy eating; exercise & socializing with friends & neighbors; enjoying music & reading; good sleeping habits; use objects to remind you of things.

For 2022, the Okinawa Nenchosa Club members numbered 121!

In November there will be 3 meetings; none on November 24th. HAPPY THANKSGIVING!!!



Cultural Club Updates

JAPANESE CULTURAL CLUB UPDATE
By Clarice Kumura

Shichi-go-san (Seven, Five, Three)

On November 15, an important ritual takes place for families in Japan in which parents dress up their children in formal traditional clothes and take them to a shrine to offer thanks and pray for their continued happiness and health. The name which literally means "seven, five, three," comes from the ages at which children participate in the celebration. For boys, it is age five and for girls It is ages three and seven. Chitose Ame (thousand year candy) is given to children because the candies are long and thus are thought to symbolize growth and longevity,

Another busy month in October. On the 3rd, we had our own Tai Chi and Qi Gong teacher Randy Lau, demonstrate how to protect ourselves in case we get attacked. It was very helpful especially for those of us who use a cane, walker or in a wheelchair. On the 10th, Mr. Gary Hanagami of AARP, talked about the myths and facts about the aging brain. Some of the healthy tips he gave us were to Nourish Our Brain by eating healthy, have an Active Lifestyle by exercising regularly, and by incorporating Music in our lives. On October 17, we were entertained by the great singing talent of our own members Sharon Nakai and Barbara Sasahara. Other singers were Rev. Toshima and Woody Batula who sang popular Japanese songs.

Birthday celebrants for November are: Thomas Duvachelle; Pauline Naumu, **Tanjoubi Omedetou Gozaimasu**!

Grace Kimura (90+); Doris Takara (90+); and Amy Toyama.

Events: Nov. 7 - Fall Prevention and Balance Assessment
Nov. 14 - The LAFF guy - Gerry Yahata
Nov, 21 - Birthday/Wayne Uejo and PGB group
Nov. 28 - National Kidney of Hawaii presentation

HAPPY THANKSGIVING

FILIPINO CULTURAL CLUB UPDATE
By Wilma Ibay

Time flied so fast and October is gone. Hello November.

The Filipino Cultural Club had their ELECTION of OFFICERS for 2022 to 2023 on October 1, 2022. ALL members present agreed to have the PRESENT OFFICERS remain on their CURRENT POSITIONS. The only new officer voted was EVELYN AMBROCIO who is the new SECRETARY of the club.

Celebration of October and November birthdays will be on November 5, 2022 at the same time will also celebrate Halloween. Planning to have COSTUME contest: Most SCARY, Most ORIGINAL and most BEAUTIFUL.

FCCH did not participate in the last SHOW and SELL but each member agreed to just donate $5.00 each for the club's FUNDS.

Selected club members will perform a LINE DANCE under the direction of Aurie Sonson on November 16, 2022 for the THANKSGIVING CELEBRATION at the LMPSC Lanai.

FCCH continue to meet every Saturday from 9:00AM to 12:00 PM at the Lanai to learn FILIPINO Cultural DANCES and LINE DANCES thru the direction of AURIE SONSON and LETTY DOLOR.

Till next time. Stay safe, be vigilant and LOVE ONE ANOTHER.

"GOD BLESS US ALL"

HAPPY BIRTHDAY!

Jeanette Akamine
Priscilla "Lani" Amarino
Kazuko Arakaki
John Awakuni
Amador Buenavista
Severa Cacal
Emelita "Emmie" Campos
Gloria Chang
Yuet Kuen Chang
Vivian Chee
Sumie Consillio
Ellen Cruz
Paulette dibibar
Thomas "Kalani" Duvauchelle
Edith Endo
Mahnaz Firouzmandy
Kenneth Fukuda
Nancy Gakiya
Chun-Hwan Gaul
Lenora Gum
Elaine Gushiken
Amy Hagihara
Elsie Hasegawa
Wendell Hershman
Robert Higa
Irene Hino
Frances Hokama
Dennis Igawa
Carol Ige
Eleanor Ige
Janice Ige
Florence Imai
Charles Inatsuka
Diane Inouye
Mayumi Ito
Annette Kam
Shizue Kaneshiro
Nancy Kang
Savina Kim
Yong Jin Kim
Alyson Kimura
Grace Kimura
Susan King
Naomi Kobayashi
Stanley Koki
Violet "Leimomi" Kondo
Veronica Ku
Irene Kuhns
Shiling Lee
Susanna "Inkee" Lee
Susan Leigh
Gail Levy
Hui Chan Li
Lin Zhen Li
Jean Lin
Guo Mei Liu
Michael Loo
William "Bill" Madigan
Margaret "Margie" Matayoshi
Beverly Mau
Yoshiko Mier
Rosario Miguel

HAPPY BIRTHDAY!

Leila Miyano
Akiko Miyasaki
Toshiko Miyazato
Larraine Mizokami
Gayle Mizukami
Renee Morioka
Lei-Jayne Moy
Junko Murphy
Gail "Yaeko" Nago
Judy Nakamura
Pauline Naumu
Mieko Nhomi
Alva Nomura
Jeanette Okamura
Evan Omoto
Faith Osurman
Leonarda "Leonie" Ramirez
Rosieta "Rosie" Ramiro
Paul "Dan" Ream
Jim Reed
Chanara Richmond
Robert "Bobby" Sakata
Sandra Shawhan
Janet Shigemura
Terue "Teri" Shimabuku
Amy "Michiko" Shimabukuro
Juliet "Sue" Shimabukuro
Young Nyun Shin
Edwin Shiroma
Burt Sugiki
Myrtle Takaesu
Susan Takamura
Doris Takara
Emiko Takemoto
Laurie Taketa
Patricia Takeuchi
Betsy Tamanaha
Susan Tamura-Boyd
Sharon Tanaka
Richard Thi
Mariko Tolliver
Dorene Toma
Sandra "Sandy" Toma
Tsgunori Toma
James Tomi
Estrella Tongpalan
Donald "Don" Touchi
Amy Toyama
Janet Toyama
Kacy Troy
Linda Uyechi
Clemente Villanueva
Jane Wakukawa
Saspen Clara Wan
Charlene Watanabe
Karen White
Jean Yamamoto
Hisako Yamaoka
Zhongwu Yang
Suit Ngo Yap
Judith "Judi" Yogi
Eileen Yoshimoto

CHINESE CULTURAL CLUB UPDATE
By Dorothy Mau

Happy Thanksgiving ! Here is a grateful photo taken at our show and sell! Thank you everyone for your donations and support ! We appreciate all of you! Xie Xie

HAWAIIAN CULTURAL CLUB UPDATE
By Roland Manuel

"No one has the right to judge you because no one really knows what you have through. They might have heard stories, but they didn't feel what you felt in your heart. The less you respond to negative people; the more peaceful your life becomes."

On October 4th, we experienced the 100th birthday of Waioli Tea Room in Manoa. Simply breath taking!

On October 18th, we prepared our infamous pickled onions for our Show and Sell the next day. A big mahalo to Ruby Cobb for providing snacks like cookies, mango, banana bread, energy bars, etc.

Happy Halloween and MAHALO and ALOHA!!!!

Mahalo

Thank you so much for your generosity!

PIKAKE ($1000+)
Roberta Leung

OHI'A A LEHUA ($500)

KAHILI GINGER ($250+)
Leroy Nagasako
James & Dorene Toma

HIBISCUS ($100+)
Mela Chan-Cantorna
Chow Fook & Cindy Choy
Barry Hanakahi
Caroline Harano
Percy & Carol Kihano
Reagan & Mrs. Roberta Kiyuna
Madeline Lum
Raymond &. Mildred Mabuni
Frank & Jean Murakawa
Beth Miguel
Jeanette Okamura
Wayne Saito
Denis Shimamoto
Carole Suzui
Karen Takemoto
Julie Umemoto
Valerie C. Wong
Henry & Sharon Young

BIRD OF PARADISE ($50+)
Joji Boyd & Susan Tamura-Boyd
Arceli Chan
Taling Chan
Nancy China
Grace Kimura
Dora Kitabata
Rumiko Nagamine
Charlene Nakagawa
Rhonda Nishimura
Karen Takeshita
Arson Yoshikawa

ANTHURIUM ($49 & UNDER)
Anonymous
Takako Goya
Sharon Kahikina
Ethel Milner
Akiyo Morimoto
Wendy Ramos
James & Lenora Springer
Hisako Sugiyama
Yoneko Tsuchiyama
Lily Weidmann
Glenn Yamasaki

IN-KIND GIFTS
Jean Agena
Nancy Akamichi
Priscilla Amarino
Eleanor Arakaki
Amy Bratt
Mary Castillo
Violet Chang
Pat Ching
Sue Demola
Sandra Furumori
Jane Higa
Robert Higuchi
Jocelyn Ho
Vivian Ige
Harriet Isa
Marilyn Isekawa
Janet Ito
James Iwamura
Diana Kawaguchi
Mariko Kawasaki
Sharon Kim
Vickie Kim
Carolyn Kimura
Jane Kimura
Joyce Kishimoto
Lari Koga
Meriam Ladrillono
Marilyn Masaki
Marion Masuda
Beverly Mau
Dorothy Mau
Janet Miyashiro
Walt Miyashiro
Stanley Nagamine
Judy Nakamura
Jeanne Nakasone
Rhonda Nishimura
Mr. & Mrs. Ohki
Cynthia Oshiro
Nobuko Oshiro
Kauahi Perez (IMO Harmony Brighter)
Julie Reyes
Amy Sakagawa
Amy Sakamoto
Betty Schoeppner
Jon Shigemitsu
Kate Shigetani
Linda Shimamoto
Ruth Shinmon
Jeanette Shiohiro
Claire Shirota
Lenora Springer
Myunghee Sueno
Aiko Sugai
Carole Suzui
Steven Takaki
Carol Takayama
Karen Takeshita
Lillian Tanaka
Amy Toyama
Edna Tsukamoto
Stephanie Underwood
Phil Uyehara
Charlene Vaughn
Joni Wong
Joyce Wong
Roberta Wong Leung
Midge Wright
Valerie Yamada
Darlene Yoshioka
Sharon Young
Patricia Young-Sasaki

HAPPY BIRTHDAY (continued)

Jenny Yoshimura
Amy Young
Cherlyn Young
Rowena Young
Jin Suk Yu

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