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Celebrate Love With Us

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A MESSAGE FROM SUSIE

Aloha Lanakila Senior Center Members and Friends:

February is a time to remember our loved ones on Valentine’s Day. We look forward to seeing Lanakila Senior Center members at the Valentine’s Day Lunch on Friday, February 10, 2023, from 11 – 12:30 p.m. There will also be a drive through event to pick up roses donated to LMPSC on Valentine’s Day, Tuesday, February 14, between 11 a.m. – 12 p.m. in front of Lanakila Senior Center. We also hope to see LMPSC members, friends, family and everyone from the community at our first SHOW AND SELL event of 2023 on Friday, February 24, 2023, from 8 – 10:30 a.m.

A big mahalo to the cultural club officers, class instructors/ facilitators/assistants, front desk/reception/garden/kitchen/sound system volunteers, and other center leaders for taking time out of your busy schedules to attend the Lanakila Senior Center Leadership Conference on Friday, January 6, 2023. Your full participation and willingness to learn about and refresh your understanding of Catholic Charities Hawaii and Lanakila Senior Center policies, event planning, emergency preparedness and safety procedures, club officer duties, and other important topics is truly appreciated.

Mahalo a nui loa to LMPSC Members Lorraine Chang, Kalani Duvachelle, Clem Baptista, Jean Sugihara, Jane Higa and members of the Okinawa Nenchesha Club, Dorothy Mau and members of the Chinese Cultural Club, Suzie Hasegawa, TeMoana Makolo and Lanakila Hula Class students and musicians, Richard Tada, Frank Toma, and Nori Toma for providing such wonderful entertainment for the Chinese, Korean, Okinawan, and Vietnamese New Year Celebration on January 19, 2023. We appreciate Sing Cheong Yuan Bakery for preparing the dim sum lunch for us and the tea, tongo, and gau to welcome the New Year, the Year of the Rabbit.

Lanakila Senior Center members enjoyed Les Del Prado’s and Glenn Sasaki’s performance on January 24, 2023. They played great “oldies but goodies” music and will continue to entertain the members of LMPSC monthly. Members are excited about this and being able to eat lunch and socialize together. LMPSC members can sign up at the center’s concession counter for future concerts. Mahalo to 5 Dollar Bento Box for preparing the chicken adobo, hamburger steak and shoyu chicken bento.

We thank the National Kidney Foundation of Hawaii; Dr. Michael Cheang from the University of Hawaii at Manoa; Televeda and Wellcare; LMPSC member Annette Kam; Candace Young and the State Health Insurance Assistance Program (SHIP) volunteers; Korean Cuisine and Culture presenter Jung Sook Kim; Jane Burigsay from Social Security Administration; Trudy Couillard from the Liljestrand House and Linda Martell; John Teruya from Pagoda Restaurant; LMPSC members Susan Tamura, Ginny Tanji, Dorothy and Beverly Mau; Brad Lau from the Honolulu Orchid Society; the Manoa Heritage Center; Stuart Holloway teaching personal technology; and Dr. Kamal Masaki from the University of Hawaii School of Medicine for providing such useful and important information to us through workshops, tours, and presentations. We are grateful to all of you.

Lanakila has scheduled a jazz concert, a number of Karaoke performances, and other great entertainment in 2023. They are listed in the Event Planning Calendar on the LMPSC Bulletin Board as well as LMPSC’s monthly newsletter. You can purchase a hard copy of newsletters for 50 cents at the front desk or go online to: www.catholiccharitieshawaii.org and view it in the Senior Programs section. There are many mini excursions scheduled for 2023, including Sweet Land Farms, Liljestrand House, Manoa Heritage Center, Waikalua Loko I’a Fishpond in Kaneohe, the Waikiki Aquarium, Byodo-In Temple, botanical gardens, mini-golf, shopping centers, historical church tours, and more. Lanakila’s Chinese, Filipino, Hawaiian, Japanese, Korean, Okinawan, and Portuguese Cultural Clubs also have many special events planned for the New Year. Talk with the club officers to find out more.

Welcome back to Elizabeth “Cookie” Irvine who is Lanakila’s Program Support Assistant! We are so fortunate to have her return. Mahalo to Rob Locquiao, Jr. for his service to LMPSC. He is now a full-time staff with the CCH Transportation Program. Happy Valentine’s Day to you all!!!!

Aloha, Susie Chun Oakland, Program Director

Welcome New Members!

Toshimasa Arai
Linda Canincia
Ruby Chan
Lori Chun
Arlene Gray
Ruth Haitsuka
Ken Hirate
Susan Hirate

Lance Hironaga
Tanaka Izumigawa
Danette Kakazu
Chong Ye Kubu
Joyce Mitsunaga
Patricia Miyasawa
Mary Moreno
Shana Pack

Tica Petkoff
George Saiki
Kazuko “Susan” Saiki
Theola Striker
Ann Takaki
Ryoko Teague
Karen Wong
Alwyn “Al” Yoshimura
Med-QUEST Will Cover Adult Dental Benefits

Effective 1/1/2023; MQD is currently working with their dental partners to get this new expanded adult dental benefit ready for MedQuest members.

MQD-DHS partner organization, Community Case Management Corporation (CCMC), will begin accepting calls in January 2023 at 1-808-792-1070, or toll-free at 1-888-792-1070 to explain covered dental benefits and help Medicaid members find a participating dentist.

Like any medical benefit, coverage will depend on the medical necessity of each case. Prevention and control of oral disease will be covered, including cleanings and dental procedures such as x-rays and fillings. Coverage will also include restoration of chewing functions which, based on the individual case, may include root canals, crowns and/or dentures.

source; Hawaii Department of Human Services, Med-QUEST Division, Health Care Services Branch, Contract Monitoring & Compliance Section

Opening and Closing of Section 8 Housing Voucher Waitlist

The U.S. Department of Housing and Urban Development (HUD) Section 8 Housing Choice Voucher Program provides rental assistance to eligible households. Only online pre-applications will be accepted from Monday, February 6, 2023, 7:45 a.m., through Friday, February 10, 2023, at 4:30 p.m. Submitted pre-applications will be randomized, and through a lottery, 3,000 selected applications will be placed on the waiting list. There is no first-come, first-served advantage, and only one application will be allowed per household. There is no guarantee for eligibility or housing assistance after applying. Pre-applications will be accepted online from Monday, February 6, 2023, 7:45 a.m., to Friday, February 10, 2023, 4:30 p.m., at https://tinyurl.com/oahuhcv

Applicants who need an accommodation, must contact the City before Monday, January 30, 2023 at 4:30 p.m. Please call (808) 768-7098 or email cchs8@honolulu.gov.

Please visit our website https://www.honolulu.gov/dcs/housing.html for more information about the program.

Photo Gallery

Chinese, Korean, and Okinawan Lunar New Year Celebration Performances: Taiko Drum by Jean Sugihara, a dance Okinawan Nenchosha Club members, Hula by LMPSC Hula classes under the direction of Aunty Temoana Makolo, and Suzie Hasegawa from the Korean Cultural Club
CHRISTMAS 2022

The year has flown by! About this time last year, I was sending out my “Garden of Poems.”

This year, I’d like to share about our last Christmas in Kailua Mauka, 1937. Our Dad would always say, “If we behaved well, ‘Santa Claus’ will grant your wishes.” I was assigned to write the letter to Santa Claus. My sister Shizuye wanted a “miniature tea set.” My brother Roger wanted a little car—not a toy but a kid-size car that he could ride in. I asked for a “Bobby Grand toy piano.” Santa was always generous and granted our wishes. We had two wild picnics hosted for Christmas dinner, too. Dad enjoyed trapping the picnics. Other dishes were magi sushi, itadakemono with sausages, cabbage from our garden, tekka, uramaki, roasted miching pig, goat soup from Taiera Aunty, apples, oranges and homemade ginger ale. The jumbo dried grapes, dried apricots came from the Camp Bross Joseph Sanz’s house. Every Christmas we were invited to his home to view the nativity scene they set up there. Didn’t comprehend the story until we enrolled at St. Theresa School in Honolulu. I was smitten by the nativity scene at Camp Bross house.

Our plot included a bountiful crop of delicious table grapes. Every year, the grapes were harvested and sold at our family store and restaurant. A pig’s head was slaughtered and sold at the store, too. Likewise chickens, ducks, pigeons and eggs—all raised and sold. Grapes grew wild and were made into jelly. Every once in a while, we were treated to a chance to jump into the huge irrigation ditch and swim and play. (Dad tended the irrigation valve, so he knew when it was safe for us.)

Back to 1937. One of the highlights this year was the publishing of my story about our family’s “Myogaya Restaurant” in the “News/Mirror” column by Bob Sigal in April. In case you missed it, here is my story which I submitted in response to his request to readers for their favorite eateries:

“Before World War II, Myogaya Restaurant on Nuuanu Avenue was surrounded by flower shops and retail stores, like S.M. Ida. There were boarding rooms on the second floors of the stores and shops, and many of the residents were frequent diners at Myogaya.

“A bowl of salmon was 25 cents, and a stick of BBQ meat (five pieces on a stick) grilled over charcoal was 10 cents.

“Among the house favorites were hakka, oyachi shokanuri, chopped steak, but the most popular was the ‘Myogaya Special.’ This entrée consisted of fresh island pork, onion, celery, bamboo shoots, fresh tomato, string beans, and topped with slices of myoga (a flavorful tuber in the ginger family), all simmered in a special sauce made from dried shrimp, dashi kombo (beige), soy sauce, brown sugar and water.

“Served over a bed of hot rice, it was a complete meal—protein, starch and veggies—for 72 cents. If Myogaya was still open today, I’d order the Myogaya Special but with chicken instead of pork!

“During the war, business was reduced to serving breakfast and lunch because of the required blackout in the evenings. The serving of beer and wine was suspended because my father, an alien, lost his liquor license under martial law.

“Thereafter, applicants for the liquor license had to be U.S. citizens and be able to speak English. After the war I became ‘of age’ and met the other requirements, so I applied and was successful in obtaining a dispenser general license, even though I did not work in the bar. A funny story that wasn’t included in the article is that after the required sign, ‘Dispenser General,’ was painted on the window, passers-by would stop and salute the ‘general!’

“By this time many of the newly discharged veterans of the 100th Infantry Battalion were regular patrons at Myogaya, as their clubhouses/quarters were just a couple of blocks away.

“My parents’ business prospered with my mother as the chief cook until urban redevelopment targeted the area in the early 1960s, which forced the spacious restaurant and bar to move into a tiny ‘deli-cafe’ on Kalakaua Avenue near Washington Middle School. Shave ice and hot dogs were the bestsellers there!”

This photo was also included in the article. Although there was no caption in the article, here are the names of the Myogaya day shift workers on the day of the re-opening after renovations were completed—Ito flower bouquets, lei and happy smiles from: front: K. Ueda, Otoyo Mayeshiro, Linda Naka, Dorothy Waniya, Yoshiko Yagi. Back row: Arthur Yosuga Anshiro, Fujiko Anshiro, K. Higa, Sami Aoki, Bernard S. Akamine

Another highlight for 2022 was crossing off an item on my bucket list: Go to Vegas! Candace and Grant took me on a first-class whirlwind trip of eating delicious food at fancy restaurants and gambling at beautiful casinos! I really had my fill of seafood and gambling and just being in “Sin City.” What else is on my bucket list? You’ll have to wait until next year!

In the mean time, I hope to do a better job in my real garden. The guys (bitter melon) surprised me with this lovely fruit.

Looking ahead to 2023, wishing you and your loved ones a New Year filled with good health and a bounty of blessings!

Mele Kalikimaka! Hau’oli Makahiki Hou!

12/14/2022

Aloha,

Janet A. Akamine
OKINAWA NENCHOSA CLUB UPDATE
By Lari Koga

Started the First Meeting with a Bang!

Jan. 19th was the Okinawa Nenchosa Club's first meeting. The program MC was Judy DiBianco. The wonderful opening was by Jean Sugihara on her taiko. Francis Nakachi's group followed with Okinawa dances: Diana Kawaguchi performed "Bashin Tui"; dancers Takako Goya, Nobuko Oshiro, Yoshiko Kumura, Yaeko Miyahira, Chieko Tokuda, Suzuko Demola, & Kay Fukuhara performed 2 dances. Prior to the meeting ending, all of the ONC members danced to "Asadoya Yunta" & "Shimanchu Nu Takara". Of course everyone participated in Kachashi.

After the ONC meeting, officers Jane Higa, Richard Tada, Diane Kawaguchi, and Flora Nakasone danced to "Mensore" (Welcome) for the Center's Lunar New Year lunch celebration.

Note: 2023 Membership can be renewed at the ONC meetings.
How Does the Japanese Celebrate Valentine’s Day in Japan

As we approach February 14th, you might wonder: Do they celebrate Valentine’s Day in Japan. And if so, how is it different. It has become a common fact that in the west, men flock to the florist, jewelry or chocolate shops, desperately looking for Valentine's Day gifts for their loved ones. Valentine’s day in Japan is a different scenario. It is often the women who are lining up for heart-shaped chocolates to give to the significant males in their lives. There are two main types of chocolate in Japan, based on who you’re giving them to and what they are meant to convey. “Giri Choco” loosely translates as obligation chocolate”, and it’s a simple gift of appreciation given to friends, bosses, co-workers, family members, and other men who aren’t viewed as romantic partners. “Honmei Choco” loosely translates to “real objective chocolate”, and this is chocolate reserved for a boyfriend, husband, or lover.

But Valentine’s Day in Japan is becoming the holiday that it is today and has created changes in the country’s culture landscape. The occasion gave way for women to confess their romantic feelings – or kokuhaku in the local language – without fear or judgment. One top activity for Valentine’s Day in Japan is the giving of Chocolates.

So listen up men, besides Chocolates, women also love flowers and jewelry.

In January, we began our first program of the year on the 9th with a fantastic performance by the Zenidaiko entertainers. We were mesmerized by their dances, hula numbers and singing. On the 23rd, our own JCC members performed in a variety show. The numbers included singing by Shizue Ishihara, who, at 101 years young sang Mabuta No Haha. Also showcasing their talent were singers Richard Tada, Frank Toma, and Barbara Sasahara. Beautiful hula performances by Diane Kawakami and Clarice Kumura. Sharon Isa wowed us with her leading the Tanko Bushi bon dance and also the Electric Slide line dance. Finale was Japanese song medley on Piano by Kalani Duvauchelle. Good Job!

Birthday celebrants for month of February are: Dorinne Ichikawa and Dennis Shimabuku. May your lives be fulfilled with many more birthdays.

Events for February:

- 6 - Ikigai Journey to Gratitude and Kindness (Gerry Yahata)
- 13 - New Year’s Celebration/Paradise Tanoshi Odori
- 20 - Holiday – President’s Day
- 27 - Birthday/Happy Senior Serenaders

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Seconds, minutes, hours, days, months went by so fast - Hello - Year of the RABBIT 2023.

The FCCH had our first meeting on January 7, 2023 after three weeks of "Recess". Everyone was so excited to see each other after a long "Break".

On January 18, 2023 Josie Aguilar, Evelyn Ambrocio, Lorenza Baloran, Celeste Cabaccang, Letty Dolor, Lisa Jama, Rudy Ibay, Wilma Ibay are some of the FCCH members together with Susie Chun Oakland attended the opening day ceremony for the LEGISLATURE 2023 for the STATE OF HAWAII.

There were lots of ENTERTAINMENT, FOODS and meeting old and new acquaintances.

We also had a chance to meet personally the NEWLY ELECTED OFFICIALS for our STATE.

Come February 7, 2023 CARMEN BAUTISTA and AURELIA TIBURCIO will represent the FILIPINO CULTURAL CLUB of HONOLULU at the Neal S Blaisdell Exhibition Hall for the 52nd Senior Citizen's Annual VALENTINE DANCE.

On February 11, 2023 FCCH will celebrate January and February BIRTHDAYS and at the same time will celebrate Valentine’s honoring our chosen representatives to the DANCE.

Have a beautiful HEART and RED MONTH.
GOD BLESS US ALL.
CHINESE CULTURAL CLUB UPDATE
By Dorothy Mau

Chinese Cultural sent Happy Lunar New Year to all our friends at Lanakila by serving tea and singing our favorite songs in Mandarin and Cantonese! The Jasmine song called Mo Li Hua and Zhu ni Sun Nien Fai Lok! January 22, 2023 began the Year of the Water Rabbit and will end on February 9, 2024. In Chinese culture, the rabbit is the luckiest of all 12 zodiac animals and symbolizes mercy, elegance, and beauty! Rabbits avoid fighting and arguing, so this will be a more serene and peaceful year. Rabbits are also artistic and have good taste in life. The lucky colors are red, blue, and pink.

Jai or Monks food, a vegetarian dish is served on New Years day, Gau or Chinese brown pudding made with mochi flour and is sticky to symbolize unity and togetherness! Tong go or Chinese sweets made with carrots symbolize gold coins, coconuts for good relationship between father and son, melons or squash for Long continuous line of descendants, lotus seeds for continuous production of sons, lotus roots represent endless friendship and other foods The favorite flower for Chinese New Year is the Narcissus which I carved every year until the pandemic. Have hope that one day we can import the bulbs from China again!

This year, give a lisee or red envelope enclosed with a quarter or dollars to a friend for good luck and prosperity! Until next month stay well and happy, my friends! Joy Ghin!

HAWAIIAN CULTURAL CLUB UPDATE
By Roland Manuel

Life is short. Smile while you still have teeth!

CCC Members who sang and served Tea at the Center’s Lunar New Year Dim Sum Celebration.
Thank you so much for your generosity!

PIAKE ($1000+)
William Madigan
Joyce Matsuo
Kosei Nago
Leroy Nagasako
Calvin & Irene Oka
Florence Shibuya
Lynn Shoji (IMO)
Lorraine Kusumoto,
Steven Takaki
Doris Takawa
Michael & Violet
Tokumura
Pedro Factora & Siri
Tsuda

OH‘A A LEHUa ($500)
Anonymous
James & Clair Min
Carol Zukemura

KAHILI GINGER ($250+)
Maryann Padilla
James & Dorene Toma
Mona Chock & Patrick Young

HIBISCUS ($100+)
Anonymous
Dorothy Alvarado
Mary Castillo
Corinne Chan
Honolulu Chinatown Lions Club
Edward Haségawa
Carol Ige
James Iwamura
Alyson Kimura
Jane Kimura
Stephen Lai

ANTHURIUM ($49 & UNDER)
Anonymous
Lina Chan
Jocelyn Ho
Naomi Kobayashi
Florentine Lumabao
Jean Nishida
Virginia Rolland
Glenn Yamasaki

IN-KIND GIFTS
Ebata, Nora
Hokama, Sandra
Leung, Roberta
Shigetani, Kate
Toyama, Karen
Ching, June

HAPPY BIRTHDAY
(continued)

Janice Olbrich
Toshio Ozeki
Shana Paek
Grace Park
Maryalice Prioleau-Lewis
Donna Punzal
Grace Rhoads
Steven Sakagawa
Gail Sakihara
Lucille Sanchez
Lorraine Sawai
Dennis Shimabukuro
Myongsup Shin
Diana “Lyn” Stewart
Simeona “Mona” Supnet
Carole Suzui
Sharah Swisher
Sachiko Takahashi
Julie Anne Tamayori
Yun Hie Taniguchi
Virginia “Ginny” Tanji
Loriann Tavares
Ryoko Teague
Angela Tisseraud

Chieko Tokuda
Clayton Tom
Cassandra Tsuda
Sharon Tulba
Chong Suk Turner
Kazue Uejo
Laurita Villanueva
Valerie Waki
Eric Waltz
Lily Weidmann
Nancy Withers
Diana Worthington
Hugh Yamaguchi
Arlene “Dee” Yamamoto
Jintang Yang
Roger Yim
Hisako Yogi
Betty Young
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Facilitator</th>
<th>Location</th>
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<tr>
<td>Monday</td>
<td>8:30 AM</td>
<td>Picking Ukulele</td>
<td>Nishiyama, Young</td>
<td>Sewing Room</td>
</tr>
<tr>
<td></td>
<td>9:00 AM – 10:30 AM</td>
<td>Japanese Cultural Club</td>
<td>Sueda</td>
<td>Lanai</td>
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<tr>
<td></td>
<td>9:30 AM – 11:30 AM</td>
<td>Victor’s Kapakahi Group</td>
<td>Tagonan</td>
<td>Lib Annex, Go Room</td>
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<td></td>
<td>10:30 AM</td>
<td>Basic Japanese 1</td>
<td>Sasaki</td>
<td>Sewing Room</td>
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<tr>
<td></td>
<td>10:45 AM</td>
<td>Yoga</td>
<td>Hasegawa</td>
<td>Lanai</td>
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<tr>
<td></td>
<td>11:00 AM</td>
<td>Hula</td>
<td>Makolo</td>
<td>Dance Room</td>
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<tr>
<td></td>
<td>11:00 AM</td>
<td>Tai Chi for Health</td>
<td>Lau</td>
<td>Activity Room</td>
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<tr>
<td></td>
<td>12:00 PM</td>
<td>Ping Pong</td>
<td>Ream</td>
<td>Lanai</td>
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<tr>
<td></td>
<td>12:30 PM</td>
<td>Samulnori: Korean Percussion</td>
<td>Lee</td>
<td>Sewing Room</td>
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<tr>
<td></td>
<td>1:00 PM</td>
<td>Cribbage*</td>
<td>Kono</td>
<td>Go Room</td>
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<tr>
<td>Tuesday</td>
<td>TBD</td>
<td>Composting Wormies Group</td>
<td>Uyehara</td>
<td>TBD</td>
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<td></td>
<td>8:00 AM – 11:00 AM</td>
<td>Needle and Thread</td>
<td>Sueda</td>
<td>Sewing Room</td>
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<td></td>
<td>8:00 AM</td>
<td>Beginner Online iPhone Class*</td>
<td>Rasmussen</td>
<td>ONLINE</td>
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<td></td>
<td>8:00 – 11:00 AM</td>
<td>Mah Jong</td>
<td>Sugihara</td>
<td>Library Room</td>
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<tr>
<td></td>
<td>8:30 AM</td>
<td>Strumming For Fun</td>
<td>Hirai, Young</td>
<td>Lib Annex, Go Room</td>
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<tr>
<td></td>
<td>8:30 AM</td>
<td>Cheng Man Ching Tai Chi and Qi Kung</td>
<td>Gottdiener</td>
<td>Dance Room</td>
</tr>
<tr>
<td></td>
<td>9:00 AM</td>
<td>Beginner Macintosh (Apple) Class*</td>
<td>Rasmussen</td>
<td>ONLINE</td>
</tr>
<tr>
<td></td>
<td>9:00 AM</td>
<td>Hawaiian Cultural Club (1st &amp; 3rd Tues of the month)</td>
<td>Manuel</td>
<td>Activity Room</td>
</tr>
<tr>
<td></td>
<td>9:15 AM</td>
<td>Pickleball</td>
<td>Baldomero, Wong, Hino, Yee</td>
<td>Lanakila Gym</td>
</tr>
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<td></td>
<td>9:30 AM</td>
<td>Music Lovers Group</td>
<td>Espeleta</td>
<td>Library Annex</td>
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<tr>
<td></td>
<td>10:00 AM</td>
<td>Beginner’s iPhone Class*</td>
<td>Kawasaki</td>
<td>Library Annex</td>
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<tr>
<td></td>
<td>10:00 AM</td>
<td>Hula</td>
<td>Makolo</td>
<td>Dance Room</td>
</tr>
<tr>
<td></td>
<td>10:15 AM</td>
<td>Sahm Bo Dahn</td>
<td>Higuchi</td>
<td>Lanai</td>
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<tr>
<td></td>
<td>10:30 AM</td>
<td>Intermediate Ukulele</td>
<td>Olayan</td>
<td>Lib Annex, Go Room</td>
</tr>
<tr>
<td></td>
<td>11:30 AM</td>
<td>Japanese Calligraphy</td>
<td>Usami</td>
<td>Sewing Room</td>
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<tr>
<td></td>
<td>1:00 PM</td>
<td>Line Dance</td>
<td>Sonson</td>
<td>Lanai</td>
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<tr>
<td>Wednesday</td>
<td>11:30 AM – 2:30 PM</td>
<td>Digital Technology*</td>
<td>Lanakila Pacific</td>
<td>Sewing Room</td>
</tr>
<tr>
<td></td>
<td>8:00 AM</td>
<td>Tai Chi*</td>
<td>Koike</td>
<td>ONLINE</td>
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<tr>
<td>Day</td>
<td>Time</td>
<td>Class</td>
<td>Facilitator</td>
<td>Location</td>
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<td>Time</td>
<td>Class</td>
<td>Facilitator</td>
<td>Location</td>
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<tr>
<td></td>
<td>9:00 AM</td>
<td>Stretch &amp; Tone</td>
<td>Werle</td>
<td>Lanai</td>
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<tr>
<td></td>
<td>9:30 AM</td>
<td>Portuguese Cultural Club (1st &amp; 3rd Wed. of the month)</td>
<td>Frank</td>
<td>Activity Room</td>
</tr>
<tr>
<td></td>
<td>9:45 AM</td>
<td>Sewing by Nakasone</td>
<td>Nakasone, Ito</td>
<td>Craft Room</td>
</tr>
<tr>
<td></td>
<td>10:00 AM</td>
<td>Korean Dance Cultural Club</td>
<td>Hasegawa</td>
<td>Dance Room/Lanai</td>
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<tr>
<td></td>
<td>10:30 AM</td>
<td>Happy Senior Serenaders</td>
<td>Ojiri, Ramiro</td>
<td>Lib Anx, Go Rm; ONLINE</td>
</tr>
<tr>
<td></td>
<td>11:00 AM</td>
<td>Body &amp; Brain Beg. Yoga &amp; Tai Chi</td>
<td>Arquette</td>
<td>ONLINE</td>
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<tr>
<td></td>
<td>12:00 PM</td>
<td>Crafts by Janet*</td>
<td>Miyashiro</td>
<td>Craft Room</td>
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<td></td>
<td>2:15 PM</td>
<td>Sahm Bo Dahn</td>
<td>Group</td>
<td>ONLINE</td>
</tr>
<tr>
<td>Thursday</td>
<td>8:30 AM</td>
<td>Garden Group</td>
<td>Nakamura</td>
<td>See facilitator</td>
</tr>
<tr>
<td></td>
<td>9:00 AM – 1:30 PM</td>
<td>Digital Technology*</td>
<td>Lanakila Pacific</td>
<td>Sewing Room</td>
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<tr>
<td></td>
<td>9:00 AM – 10:30 AM</td>
<td>Okinawa Nenchosha Club</td>
<td>Higa</td>
<td>Lanai</td>
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<td></td>
<td>9:15 AM</td>
<td>Pickleball</td>
<td>Baldomero, Wong,</td>
<td>Lanakila Gym</td>
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<td></td>
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<td>Hino, Yee</td>
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<td></td>
<td>9:00 AM – 11:00 AM</td>
<td>Hanafuda</td>
<td>Nakamura</td>
<td>Dance Room</td>
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<td></td>
<td>9:00 AM – 11:00 AM</td>
<td>Taisho Koto</td>
<td>Takeuchi, Sueda</td>
<td>Library Room</td>
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<td>11:00 AM – 12:00 PM</td>
<td>Okinawan Dance</td>
<td>Kawaguchi</td>
<td>Lanai</td>
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<td>12:30 PM – 2:30 PM</td>
<td>Brian’s Karaoke Class (2nd &amp; 4th Thurs. of the month)</td>
<td>Suzuki</td>
<td>Library Annex; Go Room</td>
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<td></td>
<td>1:00 PM</td>
<td>Zumba Gold</td>
<td>Hokama</td>
<td>Lanai</td>
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<tr>
<td>Friday</td>
<td>8:00 AM</td>
<td>Tai Chi*</td>
<td>Koike</td>
<td>ONLINE</td>
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<td>9:00 AM</td>
<td>Fusion</td>
<td>Gittelman</td>
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<td>9:00 AM – 2:30 PM</td>
<td>Enka</td>
<td>Arakaki</td>
<td>Sewing Room</td>
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<td>9:30 AM</td>
<td>Chinese Cultural Club (1st &amp; 3rd Fridays of the month)</td>
<td>Mau</td>
<td>Activity Room</td>
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<td></td>
<td>9:30 AM</td>
<td>Yui Buyo</td>
<td>Sugai</td>
<td>Lanai</td>
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<td>10:00 AM- 12:00 PM</td>
<td>Tap Dance</td>
<td>Martin, Feagins,</td>
<td>Dance Room</td>
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<td>Koepke</td>
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<td></td>
<td>11:15 AM</td>
<td>American Sign Language</td>
<td>Shimizu</td>
<td>ONLINE</td>
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<td>12:00 PM – 2:30 PM</td>
<td>Ping Pong</td>
<td>Ream</td>
<td>Lanai</td>
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<tr>
<td>Saturday</td>
<td>8:30 AM – 11:30 AM</td>
<td>Filipino Cultural Club</td>
<td>Ibay</td>
<td>Activity Room</td>
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<td></td>
<td>9:00 AM</td>
<td>Zumba Gold</td>
<td>Lau</td>
<td>ONLINE</td>
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<tr>
<td>Sunday</td>
<td>9:30 AM</td>
<td>Tai Chi for Health</td>
<td>Lau</td>
<td>ONLINE</td>
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<tr>
<td></td>
<td>10:30 AM</td>
<td>Qi Gong</td>
<td>Lau</td>
<td>ONLINE</td>
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*Special registration - see staff for more info. Do not fill out a registration form.
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<tr>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
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<td>How to Increase Stamina, Endurance &amp; confidence (10:15 am) CapTel Trivia (11:00 am) Liljestrand Tour (1:30 pm)</td>
<td>Ask Jim (8:00 am) Strength Training with Televeda (8:00 am) Fire Truck Demo (11:00 am) Community Res. Grp. (12:00 pm) Mac Q&amp;A (1:00 pm)</td>
<td>Jazz Performances (11:00 am) Milestones Workshop (2:00 pm)</td>
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<tr>
<td>Aging and Dying with Dignity (1:00 pm) Cribbage 1:00 pm</td>
<td>Strength Training with Televeda (8:00 am) Mindfulness Meditation 4:00 pm</td>
<td>Program Committee Meeting (8:30 am) Local Genki Balls Lunch (11:30 am) Magic Island Walk (4:00 pm)</td>
<td>Coffee, Tea &amp; Talk Story (7:30 am) Strength Training with Televeda (8:00 am) Kidney 101 (11:00 am) Mac Q&amp;A (1:00 pm)</td>
<td>Valentine’s Day Celebration (11:00 am) Korean Cuisine (2:00 pm)</td>
<td>Silver Streaks Walk at Magic Island (7:30 am) Orchid Society Judging (9:30 am) Personal Technology (12:00 pm)</td>
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<tr>
<td>Cribbage 1:00 pm</td>
<td>Strength Training with Televeda (8:00 am) BINGO (9:00 am) V-Day Drive Thru (11:00 am) Mindfulness Meditation (4:00 pm)</td>
<td>Magic Island Walk (4:00 pm)</td>
<td>Strength Training with Televeda (8:00 am) Tour of Pauoa Gardens (9:30 am) Liljestrand Tour (10:30 am) Mac Q&amp;A (1:00 pm) Pest Control (1:30 pm)</td>
<td>Calligraphy Art Workshop (10:30 am)</td>
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<tr>
<td>Shredding (12:00 pm) Cribbage 1:00 pm</td>
<td>Strength Training with Televeda (8:00 am) Oldies but Goodies Performance &amp; Lunch (12:00 pm) Mindfulness Meditation (4:00 pm)</td>
<td>New Member Orientation (9:00 am) PAB Meeting (12:00 pm) Magic Island Walk (4:00 pm)</td>
<td>Strength Training with Televeda (8:00 am) Senior Centers Leadership Meeting (12:00 pm) Mac Q&amp;A (1:00 pm) Easy to Grow Orchids (2:00 pm)</td>
<td>Aquarium Virtual Tour (1:00 pm)</td>
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<tr>
<td>Cribbage 1:00 pm</td>
<td>Strength Training with Televeda (8:00 am) Legacy Planning (2:30 pm)</td>
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Let’s Keep in Touch
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Lodi Tapawan | Custodian |