

June 2023| No. 89

LANAKILA KŪPUNA NEWS



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Lei for Memorial Day

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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 of the Hawai'i Community Foundation..



CATHOLIC CHARITIES
HAWAII

A MESSAGE FROM SUSIE

Aloha Lanakila Senior Center Members and Ohana:

We are looking forward to lots of fun in the sun! A super big mahalo to LMPSC members, friends and family who worked for many months to assist the City and County of Honolulu make 8,000 lei for our veterans at Punchbowl Cemetery. The steadfast commitment of our Lanakila Seniors to honor our veterans and families during Memorial Day is so appreciated! Iris Fukuanaga from Foster Botanical Gardens proudly shared that LMPSC is one of the biggest contributors to the City's Memorial Day lei-making program even though we are not a City program! Congratulations to all who helped us meet our goal!

Another group of LMPSC members came on a Saturday in May and did a fantastic job in organizing the outside storage room. We have thousands of pounds of clothing, household goods, books, and other items that we collect throughout the year and then sell in our Thrift Shop, Show and Sell and give to SAVERS FUNraiser. Often, we do not have a chance organize and clean the space as much as we would like to do. The LMPSC volunteers, who gave of their time that Saturday, transformed the space into a clean and organized room again!

Thanks to a group of car enthusiasts, a Lanakila Senior Center Car Show was held on May 20th for the seniors! Very cool and beautiful cars, great conversations, and good food! Mahalo to the Aloha Mustang and Shelby Club; LMPSC members Ben Asato and his friends; LMPSC members Lynne Howells (and husband Mike Howells), Ron Oshiro, Richard Tada, Frank Toma; and my husband Mike S. Oakland, father-in-law Michael T. Oakland, and dad Phil Chun for their kokua that day!

LMPSC members have been going on excursions weekly and we thank the Catholic Charities Hawaii Transportation drivers for taking everyone safely on all these fun and educational field trips! We also thank the State of Hawaii, City and County of Honolulu and the Federal government for providing resources that allow us to provide transportation services for our seniors to enjoy all of these opportunities!

We thank the families, friends, and members of Lanakila Senior Center for honoring our members who have passed and helped to remember and celebrate their lives on May 25th. We will cherish the love and friendship we have shared with each of them. Thank you for the many hands, Reverend Alan Urasaki, our Mistress of Ceremony Mary Sueda, the Taisho Koto Class, the 7 cultural clubs, Babs Miyano-Young, Mae Hong, Lenora and Jim Springer, Bev and Henry Fujita, Midge Wright, Puna Frank, the Special Events Committee, Frank Toma and Richard Tada, Kauahi Perez, the volunteers and staff of LMPSC, and many others who helped to make the Memorial Program so beautiful and memorable.

Mahalo to Kiana Inouye from Mid-Pacific for hosting a Senior Beauties service project for 6 weeks. The members who received manicures from Kiana and her mom truly appreciate their time and gift of beauty.

Mahalo to Mei Feng, a social work intern, for conducting Technology classes for our center members! Members learned a lot from her. Mahalo to Lanakila Pacific Staff James, Nathan, and others; Hiromi Kawasaki; Stuart Holloway; and Ross Rasmussen who continue to teach our members weekly how to use their technology. You are absolutely angels on Earth for sharing your knowledge with all our seniors!

A big mahalo to our Telephone Reassurance volunteers Pearl Lee, Tanee Connelly, Mei Feng, and our Re-Employability volunteers Geronimo Campos and Randy Daguio for your huge commitment and kokua these many months in helping us daily to keep in touch with our members and keep our center tidy, organized, and just a great place for all!

We have so much in store this summer, fall, and winter. If you want an updated Event Calendar, please feel free to ask me for a copy. Happy Kamehameha Day and have a great summer ahead! Remember to drink lots of water!

Me ke aloha pumehana,

Susie Chun Oakland
Program Director



Welcome New Members!

Glenn Ahuna
Chong Ok Bang
Beverly Bernal-
Masuda
Cynthia Carrier
Lois Chong
Helen Costa
Joycelynn Costa
Marietta "Mari" Fujio
Eric Fukuda
Monica Furuhashi

Eugene Gillis
Lili Hallett
Paulette Helton
Diana Ii
Kil Cha "Anna"
Kadooka
Candice Kobayashi
Coralie Kop
Myong Suk "Sue"
Kurashige
Evelyn Leroux

Elsie Maruno
Wayne Miyasato
Shanti Mizuno
Greg Noji
Julie Noji
Dore Oishi
Estrella "Ester"
Pablo
Virginia "Gina"
Quilit
Ana Rarangol

Pamela "Emi"
Robello
Lenora Stone
Clyde Sumida
Carol Tanji
Ronald Tobar
Theresa Yamamoto
Charlene Yamada
Linda Young
Patricia Young-Sasaki





LANAKILA MP SENIOR CTR. GOING GREEN DAY #231

E-WASTE RECYCLING

Saturday, June 3, 2023

9:00-11:00 AM - 1640 Lanakila Ave.

We're Back! Everyone is Welcome!

Acceptable Items

- Computers, printers, scanners -1 load max.
- 1 TV per car
- HI-5 beverage containers
- Batteries, AUTO & LEAD ACID ONLY
- Canned goods for Hawaii Food Bank
- Gently used clothing ONLY
- Used eye glasses and hearing aids
- Prom dresses, accessories
- Pets - towels, blankets, food
- Free towing of unwanted cars, call 291-6151

**"Where there's a
need, there's a Lion"**



Computer Recycling Services.
MRM
Electronic Manufacturers Recycling Management Company



Electronic Recyclers International, Inc. T&N
Computer Recycling Services



SOARES TRUCK RENTAL



Association of Hawai'i



SORRY, WE CANNOT ACCEPT: METAL, TIRES, PAINT, MICROWAVE OVENS, COOKING OIL, MOTOR OIL, INK CARTRIDGES, TONERS, HAZARDOUS FLUIDS, CARDBOARD, PAPER, PLASTICS, WOOD, AND BULKY ITEMS. NO HOUSEHOLD ITEMS, ONLY CLOTHING.

For questions contact: Rene Mansho @ 291-6151 / renemansho@hawaii.rr.com

Mahalo for recycling from the Lanakila Multi-Purpose Senior Center Ohana!

Healthy Living *healthier*

Supported by the M. Lou Hefley, MD Endowment Fund, Straub Foundation



Healthy Living: Food is Medicine

A Free Community Health Event

Monday, July 10, 2023
9– 11:45 a.m.



PRESENTED BY

**HAWAII
PACIFIC
HEALTH**

KAPI'OLANI
PALI MOMI
STRAUB
WILCOX

CREATING A HEALTHIER HAWAII

PROGRAM HIGHLIGHTS:

- Tips for Healthy Living by the 2023 Summer Student Research Program Research Scholars
- Chair Zumba by Chieko Kimata, PhD, MPH, MBA
- Fresh Vegetables from the "Farmacy"
- A Delicious Bento

Sign up at the Front Desk by Friday, June 30.
Any questions call (808) 847-1322.



We Love Our Dads!



Hy Paran, my father (first row), with my husband, Fred Geil, and brother, Jan (second row), and me (Esther Geil), with my son, Don Geil and his first wife, Junko, and my brother's wife, Sonia in the back row. My father (now deceased) was the one who taught me as a little girl to sing and to read and to believe I could be loved.



95 yr old Uncle & Aunty positive mentors always. Mahalo, Faye R



Our parents were the love of each other's lives & shows in this photo. Kind, loving, patient, & loyal. Mahalo, Faye R.



Masato Matsui organizing his study tools and reading the newspaper at the care home. He enjoys the staff and his St. Francis Hospice Care staff and Japanese-speaking volunteer. Jean Hara

Photo Gallery



May Day 2023 was filled with cultural performances, florals, and smiles!



Michael Tokumura showing off his sweeping skills! Violet Tokunura with Mid-Pacific School student Kiana Inouye and her mom participating in a Senior Beauties service project. Amy Sakagawa, Dexter Hong, Myunghee Sueno, Henry Jim, and Mimi Yoshikawa diligently sanitize and organize our outdoor storage area. A big mahalo to our members for their hard work and caring attitude!!



(L-R) Amy Sakagawa, June Ng, Jocelyn Ho, Susie Chun Oakland, Debbie Motokane, Edith Tomei, Charlene Nakagawa, and Teresa Sasaki enjoy lunch at Chili's after walking and shopping at Waialeale Outlet stores!



Mei Feng and LMPSC Members Erna Cabral, Mary Dang, Mila Collins, Ruby Chan, and Mae Hong, who took her technology classes. Mahalo, Mei!!

Photo Gallery



LMPSC member Auntie Lei made a beautiful mask with Waipahu High School Community Health Workers interns Chrsytel Calimlim, Viah Salvador, and Bobby Ramirez for Cinco de Mayo Day.



LMPSC Members enjoy lunch at Ruby Tuesdays Windward Mall, with owner Rick Nakashima, after learning about many community resources at the Mental Health & Wellness Fair at the Windward Community College, coordinated by Kathleen Meriam from the State Department of Health. (L-R Top row); Rick Nakashima, Midge Wright (Second) Cynthia Oshiro, Ruth Shinmon, Sharon Young, Jocelyn Ho, Robert Matsumoto, Eileen Kajioka, Meriam Ladrillono. (3rd Row) Susie, Thoi Vuong, Lucy Soong, Harriet Isa, Joyce Wong)



Thank you to Amy Bratt for taking the photo of the 3rd Worm Harvest Workshop on May 1, 2023. Wormies Group Members: Facilitator Phil Uyehara, Giselle Miyashiro, Wade Hayama, Colette Young, Edith Tomei, Charlene Hosokawa, Karen Matsunaga, Steve Mun-Takata, Eric Fukuda, and Joyce Fukuda have fun harvesting worms and making bags of compost for the Show and Sell.



Dr. James Pletsch and Dr. Lenora Lee from the University of Hawaii's William S. Richardson School of Law, Elder Law Center. Waipahu High School Community Health Worker Interns Viah Salvador, Deanalyn Gonzales, Chennel Pascual and Chrystel Calimlim took the lead in planning this workshop for LMPSC members on "Deciding What Documents I Need"



MOA Hawaii Children's Art Contest, which recognized public and private school children from kindergarten, first grade, second grade and fourth grade for their exemplary art work, as well as offered tea and making of beautiful flower arrangements for all those who attended.



LMPSC Program Support Assistant Cookie Irvine and Volunteer Gerry Campos make a great team reupholstering donated furniture for the senior center to make it look brand new!!!!



Members make lei all month long to assist in the Memorial Day efforts for the community.

Photo Gallery

On Saturday, May 20, 2023 Lanakila Multi-Purpose Senior Center hosts a car show and car parts swap meet. Members and guests pose with fancy cars and enjoy some music.



A Special Memory in Honor of Memorial Day...

"My wife & I often visited Japan. We usually stayed 3 to 4 weeks for a leisurely visit. I kept a diary of our daily activities: where we went, where we stayed how we traveled etc. She thought it was silly then but realized what great memories we had later. Now it is my treasure and I often visit my notes."

-Frank Toma



Cultural Club Reports

OKINAWA NENCHOSHA CLUB UPDATE By Diana Kawaguchi



SUU NO HI (Father's Day)

Father's Day is Sunday, June 18th. On this auspicious Sunday, we honor all our fathers & father figures, and say "Ippe Nifee Deebiru" (thank you) for all your support, and hard work for your families.

On April 27th, we were entertained by the Yui Buyo class, with Instructor, Aiko Sugai and her "young" 75-89 senior ladies. Yui Buyo, conveyed to us their spirit of sharing, and Joy of dancing together. Instructor, Aiko Sugai, taught us exercises and stretches to music, that everyone participated and enjoyed.

MAY EVENTS:

.May 4th: Tamagusuku Ryu Senjukai Hawaii with Frances Nakachi sensei and her students, entertained the members with their beautiful classical and folk dances, wearing vivid costumes. We also thank, Randy Kuba for being their MC. With the coming of Mother's day, the members each were presented a carnation flower, made from colorful tissue paper. Nakachi sensei made all the members do Kachashi in a form of exercise. The exercise comprised of, raising 2 hands up, right to left, some form of switching, and turn around. Gamaku-twisting of the right & left hip, up and down, the feet, toes up and down, go in a circle. So put everything together, we all danced "Kachashi" with lots of fun and laughter.

.May 11th: We had a 100 years old birthday celebration for two of our "centenarian's", Ellen Endo and Sally Nakata. What an auspicious event we had with both of them wearing a beautiful blue "Bingata" (Okinawan stencil dyed) kimono, compliments of Mitsuko Toguchi Nakasone. Ellen and Sally looked happy and splendid. The club had a special birthday cake in their honor, and sang "happy birthday" to both of them.

When asked Sally, "what was her secret for a long life. She replied, work hard". Ellen still does crocheting, and keeps herself busy. They both are very healthy and sharp! So STAY ACTIVE!

After this we were entertained by the Niko Niko, Genki Taisho group, Faye Murata and her ladies from the Moiliili Community Center, with their energy of various stretch exercises to music. There were dances, and Mr. Murata, serenaded the members with two songs. The members all participated in their stretch exercises, either seating or standing. It was energizing.

After the program ended, to celebrate Mother's Day, all the members that purchased this special Mother's Day bento, enjoyed a scrumptious bento box from Natsunoya's!

.May 18th: Entertained by Brian Suzuki, who showed us videos of old songs, with the original singers, This DVD, was a sing along, Karaoke style. His first video was of Misora Hibari, singing one of her most popular songs, "Kawa no Nagare No Youni". Brian, showed many various artists, and one we also remember is Ryu Sakamoto, and his song "Sukiyaki", which was the only Japanese song that made the US billboards. It was a very interesting and fun morning with Brian, who put lots of work, and effort into this DVD to share memories of the past with us.

.May 25th: There will be no Nenchosha club meeting, since Lanakila will be having their Memorial Day celebration, to honor all our members who passed away last year.

Utanjoobi kariyushi unnukiyabira (Happy birthday) to: Monica (Mona) Bernardo, Hermina Imamura, Yoshiko Kumura, Jean Murakawa, Keiko Nakama, Gladys Nakoa, Teresa Sasaki, Mildred Suzuki, Franklin (Frank) Toma, Nishie Tomiyama, Yoneko Tsuchiyama, Jeanette Yamane.



Cultural Club Updates

JAPANESE CULTURAL CLUB UPDATE

By Clarice Kumura

CHICHI NO HI OMEDETOU GOZAIMASU

Well, it's time to celebrate Father's Day and sometimes you guys are overshadowed by Mother's Day. But we really do appreciate you and would like to express our love and respect to all the Dads, Grandpas, and Uncles. After all you are our Superheroes. So to make you proud, here are some of our words of appreciation, in Japanese, from your loved ones:

Otosan, iroiro arigatou (Dad, thank you for everything)

Otosan, itsumo issho kenmei hararite kurete arigatou-ne (Dad, thank you for always working hard)

Otosan, itsumademo genkide ite-ne (Dad, please stay healthy for years to come)

Okay, all the grateful expressions being said, don't forget to get back to your normal everyday household chores (LOL). HAPPY CHICHI NO HI!

May 1 – May Day festivities were celebrated with Kumu Te Moana's LMPSC students "Na Wahine Hula O Lanakila" dancing hula numbers "Mahina Hoku", "Puamana", "Hawaiian Hospitality" and other hapa-haole songs. Also performing were "Na Wahine Hula O Akala" from the Cancer Center. We were pleasantly surprised when Kumu Te Moana did a beautiful hula to the song "Lovely Hula Hands". **May 8** – Stretch & Tone Teacher Denise Werle gave members a good workout and advice on keeping fit and healthy. **May 15** - We heard beautiful singing on both Japanese and English songs from Sensei Elsie Kawamoto karaoke students. **May 22** – Members played BINGO games, and everyone received prizes.

On May 2, our Japanese Cultural Club hosted a successful Show and Sell event with so many items to sell. A big Mahalo to all those who donated items or who purchased items.

Tanjoubi Omedetou Gozaimasu to: Keiko Nakama (90+); Mona Bernardo; Puna Frank; Doreen Goshima; June Kamioka-Fuller; Glen Kodama; Jean Murakami; Gladys Nakoa; Teresa Sasaki; Jeanette Shiohira; Mildred Suzuki; Frank Toma; Nishie Tomiyama; and Alice Tsutsumi. May you all be blessed with many more years of good health.

June Events: 5 - Humana – Eating Healthy, Ditch the Processed Foods
12 - King Kamehameha Holiday
19 – Birthday/Father's Day – Happy Sr. Serenaders
26 - AARP – Homefit



CHINESE CULTURAL CLUB UPDATE

By Dorothy Mau

Ni Hao Ma? How are you?

Hao Hao! Good good

Xie Xie Thank you.

Chinese Cultural Club is very blessed for its meetings this year of the water Rabbit. 17 members and I guest attended the May Day is Lei Day meeting! Those wearing leis were given prizes by the Judges Susan Chee and Lavinna Chow.

Most beautiful was Dorothy Mau, most creative were Puna Frank and Channing Ching, Most original Arlene Nagamine, Most fragrant were Beverly and her brother. Byron wearing Puakenikeni and Lantern Ilima leis! Blue Mochi were served for Boy's Day. President Mau shared ti leaf lei making. Everyone had fun and made leis that were donated to the center for Memorial Day. we made floral arrangements.

At the third Friday meeting, jars were donated by Dorothy Mau and Lenora Springer! yellow heliconia, red hanging heliconia, green roses, white and purple Pentax, pink exorias, orange cup and saucer green ferns from Dorothy's yard and pink begonia from Lenora's. Finished arrangements were taken home for their loved ones or friends! Flowers were also given to curious passerby and the center, Come, join our Chinese club and have fun with us.

Until next time, Xie Xie Thank you and Joy ghin Joy ghin See you again!



Young Acopan
 Jean Akamine
 Yasuko Arakawa
 Charles Asao
 Benjamin "Ben" Asato
 Debra Barnes
 Joan Batula
 Carmen Bautista
 Mona Bernardo
 David Burgos
 Erna Cabral
 Kathy Cambra
 Simeon Campado
 Inocencia "Cencia" Caneso
 Lina Chan
 Violet "Nohea" Chang
 Richard Cheong
 Channing Ching
 June Ching
 Linda Ching
 Stanley Chow
 Richard Chun
 Trinidad "Trini" Dela Cruz
 Warren Fo
 Elouise "Puna" Frank
 Richard Fujimoto
 Doreen Fujita
 Norene Furutani
 Ronald Gabriel
 Juliet Garcia
 Doreen Goshima
 Jane "Moana" Gray
 Bong Ok Ha
 Nancy Haines
 Stephanie Hashimoto
 Wade Hayama
 Robert Hee
 June Higa
 Nancy Hirano
 Carol Holden
 Timothy "Tim" Holden
 Dexter Hong
 Clara Hook
 Charlene Hosokawa
 Roy Hung
 Amy Ibara
 Lucy Ige
 Koren Ihara
 Daphne Ikeda
 Hermina Imamura
 Sadako Imoto
 Linda Inouye
 Laurie Iona
 Janice Itsuno
 Kil Cha "Anna" Kadooka
 June Kamioka-Fuller
 Ralph Kawano

HAPPY BIRTHDAY!

Sunday Kenison
Henriann Kikuta
Chang Woung Kim
Koong Ja Kim
Glenn Kodani
Mary Koepke
Betty Kon
Yoshiko Kumura
Meriam Ladrillono
Stephen Lai
Rogelio "Archie" Lardizabal
J. Kukea Lee
John Lee
Gui Qun Li
Lai Ngor Li Chow
Miao Feng Liao
Zanuck Lindsey
Elizabeth WYK Lum
Carl Makino
Doreen McCrann
Caron Menard
Ruth Mikami
Sueno Miyasato
Kenneth Miyazono
Natalie "Nat" Mun-Takata
Jean Murakami
Jean Murakawa
Karen Nakachi
Keiko Nakama
June Nakamasu
Irene Nakamoto
Ray Nakamoto
Joyce Nakamura
Yoneko Nakasone
Walter Nakayama
Gladys "Tiny" Nakoa
Patsy Nanbu
Lillian Nauka
Mary Nazarino
Hideko Nebres
Lai Ming "June" Ng
Carol Nishiki
Amy Nishimura
Melvin Nishiyama
Sharilyn Nitta
Phyllis Ono-Evangelista
Kenneth Oshiro
Maryann Padilla
Anita Pangan
Janice "Jan" Pangelina
Tica Petkoff
Anthony "Tony" Polansky
Eva Ralar
Gloria Raytarr
Sumiko Reinertson
Harold "Robbie" Robertson
Luis Roig

FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

As I turn the page of the calendar I realized we are almost half way of the year 2023. Time flied so fast.

As the Filipino Cultural Club continues to meet every Saturday three new members joined. They are: CARLOS VERGABERA, ERLINDA DONGON and ESTRELLA R. PABLO.

May Day is Lei Day. The event was well attended by members of the different CULTURAL CLUBS. Some Filipino Club members performed a Filipino Folk Dance "KAKAWATI" which was appreciated by the audience. There were HULA Performances too.

On May 13 FCCH celebrated MOTHER'S DAY with a simple program honoring ESTER LANSANGAN the chosen MOTHER OF THE YEAR 2023. Councilman TYLER DOS SANTOS-TAM was our guest speaker and delivered a very inspiring message to US kupunas. He also presented a CERTIFICATE OF RECOGNITION to ESTER LANSANGAN the Mother of the Year 2023.

The honored May Birthday celebrants were: EVELYN AMBROCIO, CELESTE CABACCANG, JULIE INIBA, ESTER LANSANGAN and AURIE SONSON.

Enjoyed Filipino dessert and Bento donated by the celebrants. The event was well attended of more than sixty attendees.

In closing I QUOTE:
"LOVE ONE ANOTHER because WE LIVE to LOVE and BE LOVED. "
GOD BLESS US ALL!



CONGRATULATIONS!



A HUGE congratulations to Catholic Charities Hawaii's Vice President of Programs Stella Wong for being recognized at the YWCA's Leader Luncheon as one of four 2023 Outstanding Women Leaders in Hawaii on May 11, 2023, at Sheraton Waikiki.

Cultural Club Updates

HAWAIIAN CULTURAL CLUB UPDATE

By Sharon Tulba

Hi loyal members of Lanakila Center. Hope you all are doing well and staying active. Glad Show & Sell was a success and everyone did well on your clubs. So sorry I forgot to wish all moms a Happy Mother's Day- I hope all the moms had a good one; that your children planned (something special) for you. We celebrated a birthday lunch at Olive Garden for Carol Burrows (pic below), and also went on a field trip to Haleiwa town, but wasn't able to tour Dole Plantation. Maybe for sure, next time. Memorial Day at the Center was nice, how we honored our members who passed away. Ti leaf leis made to put on graves at punchbowl cemetery. God bless to you all! Aloha!



Celebrated Carol Burrows' birthday at Olive Garden Ala Moana!

HAPPY BIRTHDAY

(continued)

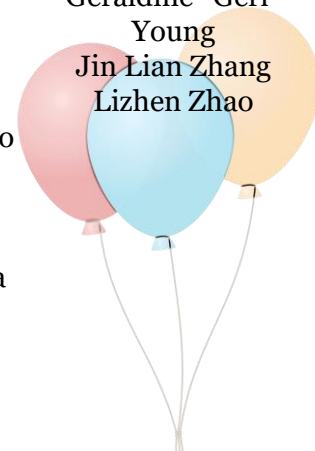
Mary Ruth Sagawa
Carol Sakuma
Suzan Santiago
Teresa Sasaki
Miriam Sato
Jeanette Shiohira
Paulette Silva
Herbert Sloatman
Hisami Springer
Lenora Springer
Carol Suetsugu
Brian Suzuki

Mildred Suzuki
Patricia Suzuki
James Takamiya
Susan Takamoto
June Takekawa
Thomas Tamanaha
Cynthia Teramoto
Dorinda Teruya
June Tokuda
Michael Tokumura
Franklin "Frank"
Toma

Nishie Tomiyama
Kazuko Toyama
Yoneko Tsuchiyama
Siri Tsuda
June Tsukamoto
Alice Tsutsumi
Rosemarie Tucker
Wayne Uejo
Gertrude Ueoka
Cynthia Ueunten
Jane Uyetake
Virginia Vance

Louis "Richard"
Vierra
Saturnina Villasista
Betsy Wong
Florence Wong
Gregory Wong
Yong Tang Xie
Theresa Yamamoto
Jeanette Yamane
William Yee
Nancy Yomogida
Louise Yoshimura

Shirland Yoshimura
Darlene Yoshioka
Janice Yoshizawa
Geraldine "Geri"
Young
Jin Lian Zhang
Lizhen Zhao





Mahalo

*Thank you so much for
your generosity!*

PIKAKE (\$1000+)

Kim, Sharon

Nakai, Sharon

OHI'A A LEHUA (\$500)

ANTHURIUM (\$49 & under)

Acosta, Iluminada

Filipino Cultural

Club

KAHILI

GINGER (\$250+)

Villanueva, Clemente

HIBISCUS (\$100+)

Baba, Pauline

Bob

Davidson, Jeannie

Vee

Lee, Sunny

Takemoto, Karen

Yeda, Nancy

Koyama, Earl

Morimoto, Akiyo

Raytarr, Gloria

Sugiyama, Hisako

Yamasaki, Glenn

IN-KIND GIFTS

Arakawa, Leinani

Asao, Bryant

Batula, Joan

Bratt, Amy

Chee, Susan

Chun Oakland, Susie

Collins, Emilia

Donnelly, Willa

Defensor, Felicitas

Ebisuya, Karen

Furumori, Sandy

Gakiya, Nancy

Goodbody, Angie

Guerrero, Donald

Hata, Sharon

Higa, Ellen

Hong, Mae

Ige, Eleanor

Isa, Harriet

Ito, Lynn

Kageno, Madeline

Kanemaru, Tina

Ladrillono, Merriam

Leong, Brenda

Masuda, Marion

Matsunaga, Karen

Mau, Dorothy

Megill, Joe & Cindy

Miyashiro, Walter

Murata, Florence

Nagamine, Stanley

Nakagawa, Masako

Nakagawa, Ken

Nakasone, Rumiko

Nishimura, Rhonda

O'Connor, Catherine

Padilla, Maryann

Ramones, Emily

Sakumoto, Atsuko

Samori, Sandra

Shimamoto, Linda

Taguchi, Taren

Takahashi, Sachiko

Takaki, Ann

Tamura-Boyd, Susan

Tcheou, Yuriko

Tokunaga, Jean

Tsutsumi, Alice

Yamamoto, Sharon

Yoshioka, Darlene

Young, Sharon

Community Resources

Public Health Emergency Ends for COVID-19

The public Health Emergency for COVID-19 ended on May 11, 2023. Medicare will continue to still cover COVID-19 vaccines at no cost. You will also be able to get COVID-19 PCR and antigen tests when ordered by a doctor (will not cover for over-the-counter COVID-19 tests.) Click here for more information:

[Medicare & Coronavirus](#)

Vaccines Covered me Medicare Part D

With Medicare Part D, some vaccines now covered under Medicare Part D:

- Shingles
- Tetanus/diphtheria (Td)
- Tetanus, diphtheria, and pertussis (whooping cough) (Tdap)
- Hepatitis A
- Hepatitis B

[Saving money with the prescription drug law | Medicare](#)

June 2023 Schedule

*Most classes and clubs are an hour long, unless noted below.

**Some classes on break after June 9, 2023 until Summer Session begins June 26, 2023

Day	Time	Class	Facilitator	Location
Monday	8:30 AM	Picking Ukulele	Nishiyama, Young	Sewing Room
	9:00 AM – 10:30 AM	Japanese Cultural Club	Sueda	Lanai
	9:30 AM – 11:30 AM	Victor's Kapakahi Group	Tangonan	Lib Annex, Go Room
	10:30 AM	Basic Japanese 1	Sasaki	Sewing Room
	10:45 AM	Yoga	Hasegawa	Lanai
	11:00 AM	Hula	Makolo	Dance Room
	11:00 AM	Tai Chi for Health	Lau	Activity Room
	12:00 PM	Ping Pong	Ream	Lanai
	12:30 PM	Samulnori: Korean Percussion	Lee	Sewing Room
	1:00 PM	Cribbage	Kono	Go Room
Tuesday	TBD	Composting Wormies Group	Uyehara	TBD
	8:00 AM – 11:00 AM	Needle and Thread	Sueda	Sewing Room
	8:00 AM	Beginner Online iPhone Class*	Rasmussen	ONLINE
	8:00 – 11:00 AM	Mah Jong	Sugihara	Library Room
	8:30 AM	Strumming For Fun	Hirai, Young	Lib Annex, Go Room
	9:00 AM	Beginner Macintosh (Apple) Class*	Rasmussen	ONLINE
	9:00 AM	Hawaiian Cultural Club (1 st & 3 rd Tues of the month)	Manuel	Activity Room
	9:30 AM	Music Lovers Group	Espeleta	Library Annex
	10:00 AM	Beginner's iPhone Class*	Kawasaki	Library Room
	10:00 AM	Hula	Makolo	Dance Room
	10:15 AM	Sahm Bo Dahn	Higuchi	Lanai
	10:30 AM	Intermediate Ukulele	Olayan	Lib Annex, Go Room
	11:30 AM	Cheng Man Ching Tai Chi	Gottdiener	Dance Room
	11:30 AM	Japanese Calligraphy	Usami	Sewing Room
	1:00 PM	Line Dance	Sonson, Matsunaga,	Lanai
Wednesday	11:30 AM – 2:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	8:00 AM	Tai Chi*	Koike	ONLINE

June 2023 Schedule

Day	Time	Class	Facilitator	Location
	9:00 AM	Stretch & Tone	Werle	Lanai
	9:30 AM	Portuguese Cultural Club (1 st & 3 rd Wed. of the month)	Frank	Activity Room
	9:45 AM	Sewing by Nakasone	Nakasone, Ito	Craft Room
	10:00 AM	Korean Dance Cultural Club	Hasegawa	Dance Room/Lanai
	10:30 AM	Happy Senior Serenaders	Ojiri, Ramiro	Lib Anx, Go Rm; ONLINE
	10:30 AM – 12:00 PM	Shigen	Tokugawa	Library Room
	11:00 AM	Body & Brain Beg. Yoga & Tai Chi	Arquette	ONLINE
	12:00 PM	Crafts by Janet*	Miyashiro	Craft Room
	2:15 PM	Sahm Bo Dahn	Group	ONLINE
Thursday	TBD	Garden Group	Nakamura	See facilitator
	9:00 AM – 1:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	9:00 AM – 10:30 AM	Okinawa Nenchosha Club	Higa	Lanai
	9:00 AM – 11:00 AM	Hanafuda	Nakamura	Dance Room
	9:00 AM – 11:00 AM	Taisho Koto	Takeuchi, Sueda	Library Room
	11:00 AM – 12:00 PM	Okinawan Dance	Kawaguchi	Lanai
	12:30 PM – 2:30 PM	Brian's Karaoke Class (2 nd & 4 th Thurs. of the month)	Suzuki	Library Annex; Go Room
	1:00 PM – 2:30 PM	Cribbage	Kono	Patio
	1:00 PM	Zumba Gold	Hokama	Lanai
Friday	8:00 AM	Tai Chi*	Koike	ONLINE
	9:00 AM	Fusion	Gittelman	ONLINE
	9:00 AM – 2:30 PM	Enka	Arakaki	Sewing Room
	9:30 AM	Chinese Cultural Club (1 st & 3 rd Fridays of the month)	Mau	Activity Room
	9:30 AM	Yui Buyo	Sugai	Lanai
	10:00 AM- 12:00 PM	Tap Dance	Martin, Feagins	Dance Room
	10:30 AM	Sing For Your Life	Richmond	Library Annex; Go Room
	11:15 AM	American Sign Language	Shimizu	ONLINE
	12:00 PM – 2:30 PM	Ping Pong	Ream	Lanai
Saturday	9:00 AM – 11:30 AM	Filipino Cultural Club	Ibay	Activity Room
Sunday	9:30 AM	Tai Chi for Health	Lau	ONLINE
	10:30 AM	Qi Gong	Lau	ONLINE

*Special registration- see staff for more info. Do not fill out a registration form.

June 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
	<u>Walk-in Registration</u> Monday, June 5, 2023 – Friday, June 9, 2023, 8:00 a.m. – 10:30 a.m.			1 Strength Training with Televeda (8am) Cribbage Extra Play (1:00 pm)	2 Milestone Book Workshop (2:00 pm) Dinner Together (3:30 pm p/u)	3 Going Green (8:30 am) Basic Ukulele (10:00 am)
4	5 LMPSC Tour (11:30 am) Dementia Care (2:00 pm)	6 Strength Training with Televeda (8:00 am) LMPSC Tour (9:00 am) Shop/Walk Ross Waikiki (11:00 am)	7 LMPSC Tour (9:00 am) Orange Xpress Performance (11:00 am) Pest Control (1:00 pm) Magic Island Walk (4:00 pm)	8 Coffee, Tea, Talk Story (7:30 am) Strength Training w/ Televeda (8:00 am) Pikake Propagation (8:00 am) Spirit of Giving (11:00 am) Cribbage Extra Play (1:00 pm)	9 Active Seniors Expo Excursion (10:00 am) Korean Cuisine and Language (2:00 pm) LAST DAY OF SPRING SESSION	10 Orchid Society (9:30 am) Basic Ukulele (10:00 am) Personal Tech (12:00 pm)
11	12 CENTER CLOSED King Kamehameha Day	13 Strength Training with Televeda (8:00 am) BINGO (9:00 am) Waimanalo Sunflower Tour (10:00 am) LMPSC Tour (2:00 pm)	14 Lokoea Nursery Tour (10:00 am) Hawaii USAFCU Presentation (1:00 pm) Taxes in Retirement (2:00 pm) Magic Island Walk (4:00 pm)	15 Strength Training w/ Televeda (8:00 am) Cultural Connection Program (9:00 am) AED Training (12:00 pm)	16 Pest Control (1:00 pm) Senior Center Leadership Mtg (2:00 pm)	17
18	19 Cancer and Mental Health (8:00 am) Japan Documentary (1:00 pm) Dinner with the Chef (6:00 pm)	20 Strength Training with Televeda (8:00 am) CAPTEL (8:00 am)	21 Waikalua Loko I'a (10:00 am) Clean Eating (1:00 pm) Magic Island Walk (4:00 pm)	22 Strength Training with Televeda (8:00 am) Cultural Connection Program (9:00 am) Cribbage Extra Play(1:00 pm)	23 CENTER CLOSED CCH Staff Conference	24
25	26 LMPSC Tour (9:30 am) START OF SUMMER SESSION	27	28 New Member Orientation (9:00 am) PAB Meeting (12:00 pm) Magic Island Walk (4:00 pm)	29 Cultural Connection Program (9:00 am)	30 LMPSC Tour (1:00 pm)	

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