

# July 2023 | No. 90

## LANAKILA KŪPUNA NEWS



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CATHOLIC CHARITIES  
HAWAII

## A MESSAGE FROM SUSIE

Aloha Lanakila Senior Center Members and Ohana:

Happy 4<sup>th</sup> of July! We hope you are having an enjoyable summer, putting on sunscreen to protect your skin, and drinking lots of water to keep hydrated.

Pictures can say a thousand words and so we are using most of our newsletter to share photos of the many activities we had in June, continue to thank our volunteers, and highlight the activities of our cultural clubs and classes.

Please remember that we love and care about you, so please keep safe and thank you for always remembering Lanakila Senior Center, being such active LMPSC members and volunteers, and for being such thoughtful and generous family and friends as well as not-for-profit, business and government partners. It is just amazing what we can accomplish when we all work together!

Me ke aloha pumehana,

Susie Chun Oakland, Program Director ~ Riva Torno, Program Specialist ~ Iris Hiramoto, Membership Specialist ~ Cookie Irvine, Program Support Assistant ~ Lodi Tapawan, Custodian



Picture from the National Cemetery of the Pacific shared by Midge Wright and showing some of the lei that our center made for this remembrance event.

## Welcome New Members!

Juanita Agustin  
Lei-Nani "Lei" Arakawa-Brooke  
Sun Ye Chae  
Linda Chiu  
Wendell Chun  
Juliet Garcia  
Louise Guerrero  
Jean Kawazoe  
Ellen Kishimoto

Weiling Landers  
Carin Lim  
Harry Lopes  
Isaac Lujan  
Glenn Moriyama  
Wilma Moriyama  
Michael Nakamoto  
Yoo Ja Yoo



# Photo Gallery



Waikalua Loko I'a Fishpond Excursion



Going Green Service Project



LMPSC volunteers and members prepare the fresh garden salad, grown at Lanakila Senior Center and picked by LMPSC staff Lodi Tapawan , along with yummy pizza from Pizza Hut - Kuakini

Members at Waimanalo Country Sunflowers Tour. (L-R) Vickie Kim, June Ng, Rona Holub, Sergia Ababa, Harriet Isa, Catherine Graham, Ruth Shinmon, Merriam Ladrillono, Mimi Yoshikawa, Mary Castillo, Ruby Chan, Lynne Howells, Myunghee Sueno, Rumiko Nagamine, Cynthia Oshiro, Roland Manuel, Teresa Sasaki, Sophie Hatakenaka, Sharon Tulba.

Basic Ukulele, a new beginner level ukulele class we started for the Summer Session on Saturday mornings.



Lokoea Farms

Ho'omaluhia Botanical Gardens

# Cultural Club Reports

## OKINAWA NENCHOSHA CLUB UPDATE

By Diana Kawaguchi

## SHICHIGWACHI, or SEVENTH MONTH

In Okinawa, July is known as the Ghost Month marked with a midmonth RESPECT for the dead. During mid-July, there is an “Obon” Festival, which is an annual Buddhist event to commemorate one’s ancestors, whose spirits are believed to temporarily return to this world in order to visit their relatives. We have Eisa dancing (Okinawan form of folk dance) to honor the spirits of one’s ancestors.

### JUNE EVENTS:

**June 1<sup>st</sup>:** Marion Arakaki’s Karaoke group ranging from age 65 and over. Per Marion, she said “even if they wanted to sing, they had to work or take care of their children.” So, we were entertained by her wonderful students, some being in their 90’s with a variety of songs, ending with Diane Kawakami dancing to Marion’s singing of “Mifai Yu.” As we get older in age, our voice becomes less vibrant and dynamic. Thus, singing at any age, helps to improve muscles in your chest, abdomen, neck, and how you take your breathe. You need to exercise your voice to keep it in good shape, so keep singing!

**June 8<sup>th</sup>:** Members had a Fun Day, with games from Flora Nakasone. Flora had every member (even those in wheelchairs or walkers) who were there participate. Everyone was in a Team of 13 per group. She had them play Tick Tack Toe, Coin Toss, and Golf Putt into a hole. The members all enjoyed themselves and had lots of FUN! Even better they all had prizes! It was truly a FUN DAY for everyone!

**June 15<sup>th</sup>:** Father’s Day with Tevita Apina and Amy Katsumoto.

Before our entertainment, Jane Higa our club President, asked all the Father’s in attendance, to go up on stage. We had twelve brave Father’s go up, and group pictures were taken of them. The fathers were taught by Diane Kawakami to dance the hula, “Hukilau”, Patrick Young accompanied playing the ukulele. It was fun watching them hula. We had a scrumptious Father’s day bento from Kuni’s Restaurant too.

The rest of the morning, Tevita Apina, entertained us with his melodic voice. Tevita and Amy Katsumoto, sang various Japanese, English and Hawaiian songs, which the members enjoyed. A duet was sung by Tevita with his surprised grandmother. She was so happy, as she always wanted to sing a duet with her beloved grandson, whom she raised. The final number was a duet of Tevita and Amy, singing the “Hawaiian wedding” song. It was a memorable finale

We had a surprise visit by Maize Hirono’s, two staff members, accompanied by Riva Torno. They wanted to see what LMPSC does with their senior members. Jane taught them how to say “Thank you” in Uchinaguchi, and taught them to dance “Kachashi” which they enjoyed dancing with the members.

**June 22<sup>nd</sup>:** SMP Hawaii, Medicare and Healthcare Scams with Norma Kop. This was a very informative morning listening to Norma talk about “Scammers”, and what we should be aware of. Scammers want us to be under the cloud of “ETHER”, which is a psychological state of high emotion, feeling “I need to have it”! When a person calls and tells you, “AGAIN”, it is a SCAM. “AGAIN” is a dangerous word, as the scammer wants you to give them your personal information. Norma emphasized to us, “You are the consumer of your health. I will question, ask, and challenge”. “Protect yourself as a legacy to your Family.” Don’t be scammed. In doubt call Help Line: 808-586-7281, or Toll Free: 1-800-296-9422.

**“Umaribi-kariyushi yaibii-n”** (Happy Birthday) to: Jane S. Higa, Jean Ishihara, Mary Sueda, Fujiko Shimabukuro, Yurie Takai, James (Jimmy) Toma, and Rose Yanagawa



# Cultural Club Updates

## JAPANESE CULTURAL CLUB UPDATE

By Clarice Kumura

### OBON

Obon is one of the most important Japanese traditions which is celebrated around July 15. People believe that their ancestors' spirits come back to their homes to be reunited with their family during Obon. For this reason, it is an important family gathering time, as many people return to their hometowns to pray together with the extended family for their ancestors' spirits to return. Another tradition observed is a folk dance called bon odori typically held in parks, gardens, shrines or temples, wearing yukata (summer kimono) where dancers perform around a yagura stage. Anyone can participate in bon odori, so don't be shy and join the circle of dancers at the various bon odori events.

**JUNE ACTIVITIES** – On June 5, Humana representatives Rhoda Banasihan, and Atsuko Nardi, gave us lessons on how to “eat clean and ditch the process foods”. Load up on fruits and vegetables, organic (no pesticides) and whole grain foods. Select fish, turkey and chicken for meats. Check ingredients for sugar, fat and sodium. Also, have at least 6 – 8 hours of sleep and exercise regularly. On June 19, we celebrated Father's Day and June Birthdays. We were cheerfully entertained by the Happy Sr. Serenaders led by Donald Ojiri. Their ukulele strumming and singing of English, Hawaiian, Japanese songs, such as Beyond the Reef, Koko Ni Sachi Ari, E Huli Makou, and many more songs, took us back to the days of our youth. Nostalgic songs are always good for our health and well-being.

**Tanjoubi Omedetou Gozaimasu!** – Yurie Takai (90+); Vivien Ige; Yoko Shaw; Denis Shimamoto; Mary Sueda; and Rose Yanagawa. May you all have many more HAPPY BIRTHDAYS!

- July Events:**
- 3 - Humana – Eating Healthy When Eating Out
  - 10 – Healthy Living by Hawaii Pacific Health (Center Wide Event)
  - 17 - Birthday – Zendaiko/Naheo Nahenahe O Na Kupuna (hula)
  - 24 – Ikebana (Karen Kirk, Sogetsu Ikebana Sensei)
  - 31 – Summer Fun Games



## FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

It's SUMMERTIME again and I could feel the warm breeze and time to enjoy outdoor activities like excursions, picnics perhaps travel and cruise too. Last month was kind of busy for the FILIPINO CULTURAL CLUB.

On June 3, 2023 some Filipino Club members were invited to perform a Filipino Folk Dance at Co-Cathedral of St. Theresa thru Ester LANSANGAN'S request. Their performance was truly appreciated and applauded by the attendees. Thanks to our very own AURIE SONSON for being an awesome dance instructor and sharing her talent in teaching the FILIPINO FOLK DANCE. Same day June 3, some Filipino Club members were invited to attend the Induction of Officers of the Pangasinan Club of Hawaii at Golden Coin in Waipahu. Enjoyed dancing socializing with old and new friends and the food was really awesome.

On June 9, 2023 CARMEN BAUTISTA celebrated her 75th birthday at their beautiful home. Filipino Cultural Club members enjoyed the celebration with lots of dancing and good food and take out too.

F C C H will celebrate Father's Day and June birthdays on June 24 at the Lanai of LMPSC.

We welcome two (2) new members: JUANITA AGUSTIN and ANA RARANGOL.

In closing I would say:

"LIFE IS SHORT SPEND IT WITH PEOPLE WHO MAKE YOU LAUGH AND LOVED"  
GOD BLESS US ALL.



Linda Akamu  
Susan Asuncion  
Kayuk "Jade" Au  
Wayne Awakuni  
Teresita Barrett  
Beverly Bernal-Masuda  
Dennis Brouillette  
Helen Buenavista  
William "Bill" Burke III  
Ruby Chan  
Tan-Fung Chan  
Anna Chang  
Yuet Siu Chang  
Lei Ching  
Jane Choi  
Wendell Chow  
Dennis "Denny" Choy  
Raymond "Ray" Chu  
Alberta "Berta" Chun  
Lorelei "Lori" Chun  
Lawrence "Larry" Chung  
Christopher "Chris" Church  
Leticia "Letty" Dolor  
Willa Donnelly  
Romula "Romy" Duldulao  
Dennis Egge  
Joanne Fujii  
George Fujimoto  
Eugene Gillis  
Michael Hamm  
Dong Kun Han  
Irene Harada  
Sandra Heu  
Jane S. Higa  
Robert Higuchi  
Kathleen "Kathy" Hikida  
Donald Hirai  
Susan Hirate  
Shizuko Holm  
Rodolfo "Rudy" Ibay  
Vivian Ige  
Evelyn Iha  
Viva Inouye  
Kathryne Ishida  
Jean Ishihara  
Kimiko "Gail" Ishiki  
George Iwasaki  
Nancy Kagami  
Doreen Kakinami  
Sandra "Sandy" Kam  
Donald Kamaka  
Christy Kawabata  
Bessie Kawakami  
Yong O Kim  
Fay Kimm  
Yoko Kishaba  
Dennis Kono

HAPPY BIRTHDAY!

# HAPPY BIRTHDAY!

George Kono  
 Christopher Kwock  
 Isabelle “Bella” Lahui  
 Viola Lara  
 Jenny Lau  
 Lester Lau  
 Lorraine Lau  
 Sunny KK Lee  
 Guan Pei Li  
 Linda Maballo  
 Elaine Madrid  
 Doris Maielua  
 Betty Masaki  
 Judy Matias  
 Gladys Matsuda  
 Jean Miyashiro  
 Rieko Morikawa  
 Carrie Murata  
 Roy Nagato  
 Kosei Nago  
 Victoria Naholowaa  
 Harry Nakahodo  
 Gaynette Nakajo  
 Dennis Nakasato  
 Chieko Nakasone  
 Irene Nitta  
 Sakaye Nomura  
 Phyllis Paik  
 Vicki Pakele  
 Yeun Sil Park  
 Ronald “Ron” Reddick  
 Cleta Faye Rivers  
 Sherryl Royce  
 Wayne Saito  
 Eileen Sakoda  
 Atsuko Sakumoto  
 Stanley Sato  
 Karen Scheiber  
 Yoko Shaw  
 Dawnnette Sheldon  
 Jon Shigemitsu  
 Fujiko Shimabukuro  
 Kiyoko Shimabukuro  
 Denis Shimamoto  
 Ida Shiroma  
 Petra Sison  
 Yaeko Smith  
 James “Jim” Springer  
 Sabra Stanton  
 Mary Sueda  
 Laverne Sugamoto  
 Merry Taira  
 Yurie Takai  
 Ann Takaki  
 Steven Takaki  
 Drusilla Tanaka  
 Yuriko Tcheou

## CHINESE CULTURAL CLUB UPDATE

By Dorphy Mau

Sang Yat Fai Lok! Happy Birthday!

CCC members will be celebrating the January to June birthday members at The Legend Restaurant on Friday July 21, 2023! Xie Xie co-chair Sharon Young and June Ng. There will be a dish of Chow Mein to symbolize long life. Chinese people call it Cheong Sau Mein!

Happy Birthday America!

Mee Gok Sang Yat Fai Lok!

## PORTUGUESE CULTURAL CLUB UPDATE

By Puna Frank

Bom dia to you all-

Wishing everyone a safe, healthy, happy and HOT summer! Drink, drink, drink WATER and replenish the much needed fluid for our one-of-a-kind body!

Welcoming new members, Belinda, Erna, and Erlene! Join us the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday each month (subject to change). Sign up on clipboards opposite of the check-in computer (front door) for the many special events.

Till then-  
 Abrigado & Aloha!  
 Puna



## HAPPY BIRTHDAY

(continued)

James “Jimmy”  
 Toma  
 Edna Tsukamoto  
 Stephanie  
 Underwood  
 Derrick Urabe  
 Lois Vordebruegge  
 Erline Waiau

Daniel Wong  
 Edwin Wong  
 Peter Wong  
 Henry Woo  
 Rose Yanagawa  
 Jean Yoshihara  
 Henry Young



# Cultural Club Updates

## HAWAIIAN CULTURAL CLUB UPDATE By Roland Manuel

Aloha!...I believe in ALOHA and kindness, OHANA first, meaningful friendships, counting my blessings, and giving to others.

I choose to see the good in life even during times of struggle. I am grateful for the life I have and for all the wonderful people that make my journey worthwhile.

Let us remember all the fathers, including myself, both living and those who had passed.

“HAUOLI NA MAKUAKANE”- Happy Father’s Day!

This month of June makes the first day of summer- be sure to use you sunblock. Be safe!



**Time is like a river.**  
*You cannot touch  
the same water twice, because  
the flow that has passed  
will never pass again. Enjoy  
every moment of your life.*

## 7 RULES OF LIFE:

1. **Make peace with your past** so it won't screw up the present
2. **What others think of you** is none of your business
3. **Time heals almost everything,** give it time.
4. **Don't compare your life to others** and don't judge them. You have no idea what their journey is all about.
5. **Stop thinking too much.** It's alright not to know the answers. They will come when you least expect it.
6. **No one is in charge** of your happiness, except you.
7. **Smile. You don't own** all the problems in the world.

## More photos!



Puna Frank shows off lei made for Memorial Day. Babs Miyano-Young and Midge Wright providing the decorations for the special program to fondly and lovingly remember our center members.



# Mahalo

*Thank you so much for  
your generosity!*

**PIKAKE (\$1000+)**  
Anonymous Donor

Toma, Franklin  
Yoshikawa, Arson

Curtis, Sheryle  
Goya, Takako  
Ichikawa, Dorine  
Kaili, Martha  
Kawaguchi, Diana  
Koga, Laraine  
Koyama, Earl

Batula, Joan  
Burrrows, Carol  
Cabebe, Carol  
Ching, Adele  
Ching, Pat  
Chun Oakland, Susie  
Furumori, Sandy  
Hata, Sharon  
Hosokawa, Charlene

Nishiyama, Soon  
Wha  
Okuma, Todd  
Ramiro, Rosie  
Rodrigues, Bessie  
Shigetani, Kate  
Sugiura, Wendy  
Tcheou, Yurio  
Tokunaga, Jean  
Vuong, Thoai  
Yamamoto, Sharon  
Yara, Charlie  
Yoshimura, Steve

**OHI'A A LEHUA (\$500)**

Kawakami, Hannah

**BIRD OF PARADISE (\$50+)**

Akamine, Jeanette  
Ige, Vivian  
Iha, Evelyn  
Lardizabal, M/M  
Rogelio

La Mer, Servillano  
Morimoto, Akiyo  
Sonson, Aurie  
Sugiyama, Jean –  
IMO: Harmony  
Brighter

Isara, Henry  
Isara Family  
Ito, Lynn  
Iwamura, James  
Jim, Henry  
Kaapu, Carole  
Lee, Margie  
Matsumoto, Robert

**KAHILI GINGER (\$250+)**

Hosokawa, Charlene

Lim, Carin  
Toyama, Amy  
Yoshida, Diane

Takara, Doris  
Villasista, Saturnina  
Yamasaki, Glenn

Matsunaga, Karen  
Moole, Lisa

**HIBISCUS (\$100+)**

Connally, Tanee  
Fujitani, M/M  
Kinsley  
Kodani, Glenn  
Miyashiro, Janet  
Ojiri, Donald –  
IMO: Jack Kitahira  
Suzui, Carole

**ANTHURIUM (\$49 & under)**

Akamichi, Nancy  
Baba, Pauline  
Ching, Adele  
Corrigan, Carolyn

**IN-KIND GIFTS**  
Ayau, Elizabeth

## More photos!



Remembering our friends who have gone on our Memorial Program Day Program 2023.

# July 2023 Schedule

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

Day	Time	Class	Facilitator	Location	
<b>Monday</b>	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	
	<b>Tuesday</b>	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 <sup>st</sup> & 3 <sup>rd</sup> 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	
<b>Wednesday</b>		1:00 PM	Line Dance	Sonson, Matsunaga,	Lanai
	11:30 AM – 2:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room	
	8:00 AM	Tai Chi*	Koike	ONLINE	

# July 2023 Schedule

Day	Time	Class	Facilitator	Location
	9:00 AM	Stretch & Tone	Werle	Lanai
	9:30 AM	Portuguese Cultural Club (1 <sup>st</sup> & 3 <sup>rd</sup> 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
<b>Thursday</b>	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 <sup>nd</sup> & 4 <sup>th</sup> 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
<b>Friday</b>	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 <sup>st</sup> & 3 <sup>rd</sup> 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
<b>Saturday</b>	9:00 AM – 11:30 AM	Filipino Cultural Club	Ibay	Activity Room
	10:00 AM	Basic Ukulele	Motokane	Library Annex; Go Room
<b>Sunday</b>	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.

# July 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
						1
2	3 4 <sup>th</sup> of July Celebration (11:00 am) Guitar Workshop (11:00 am)	4 CENTER CLOSED Independence Day	5 Wahiawa Botanical Tour (10:00 am) Magic Island Walk (4:00 pm)	6 Ask Jim (8:00 am) Strength Training w/ Televeda (8:00 am) Cultural Connection Program (9:00 am) Convenience Shopping, "Kidney Style" (11:00 am)	7 Nutrition Class (10:30 am) Milestone Book Workshop (2:00 pm)	8 Raised Garden Service Project (8:00 am) Orchid Society (9:30 am)
9	10 HPH Healthy Living Fair (9:00 am) Guitar Workshop (11:00 am)	11 Strength Training (8:00 am) BINGO (9:00 am) Best Buddies (10am) Aloha Care (11am) Crimestoppers (12:00 pm) Medicare Notices (2:00 pm)	12 Personal Technology with Stuart (10:30 am) Magic Island Walk (4:00 pm)	13 Coffee, Tea & Talk Story (8:30 am) Technology Help Desk (8L00am) Strength Training w/ Televeda (8:00 am) Cultural Connection Program (9:00 am)	14 Korean Cuisine and Language (2:00 pm)	15
16	17 Magic Show (12:00 pm) Dinner with the Chef (6:00 pm) Guitar Workshop (11:00 am)	18 Strength Train (8am) HCC/Ke Ola Mamo (9:30 am) Kamaka Ukulele Tour (10:30 am) AED (12:00 pm) Vegetable/Fruit Carving (1:30 pm) Durable Medical Equipment (2:00 pm)	19 Rent and Utility Assistance Pop-Up (10:00 am) Protein: Are You Getting Enough (1:00 pm) Magic Island Walk (4:00 pm)	20 Strength Training with Televeda (8:00 am) Cultural Connection Program (9:00 am) Senior Centers Mtg (2:00 pm)	21 Kamaka Ukulele Tour (10:30 am)	22 Kiwanis Spelling Bee (12:00 pm) Lions Club Meeting (12:00 pm)
23	24 LMPSC Tour (9:30 am) Guitar Workshop (11:00 am) Guitar Workshop (11:00 am)	25 Kamaka Ukulele Tour (10:30 am) Concert (12:00 pm)	26 New Member Orientation (9:00 am) PAB Meeting (12:00 pm) Magic Island Walk (4:00 pm)	27 Cultural Connection Program (9:00 am)	28 Nutrition Class (10:30 am) LMPSC Tour (1:00 pm)	29 Korean Alliance Meeting (10:30 am) Kiwanis Spelling Bee (12:00 pm)

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Lodi Tapawan	Custodian	

## Let's Keep in Touch

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