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Hydrate for the Summer

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Aloha Lanakila Senior Center Members and Ohana:

Happy 4th 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

Welcome New Members!

Juanita Agustın
Lei-Nani “Lei” Arakawa-Brooke
Sun Ye Chae
Linda Chiu
Wendell Chun
Juliet García
Louise Guerrero
Jean Kawazoe
Ellen Kishimoto
Weiling Landers
Carin Lim
Harry Lopes
Isaac Lujan
Glenn Moriyama
Wilma Moriyama
Michael Nakamoto
Yoo Ja Yoo

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.
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.


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

Lokoea Farms

Ho’omaluhia Botanical Gardens
OKINAWA NENCHOSHA CLUB UPDATE
By Diana Kawaguchi

SHICHIGIWACHI, 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 1st: 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 8th: 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 15th: 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 22nd: 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.

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

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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 1st and 3rd 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
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!

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.
Thank you so much for your generosity!

PIKAKE ($1000+)
Anonymous Donor

OH'I'A A LEHUA ($500)
Kawakami, Hannah

KAHILI GINGER ($250+)
Hosokawa, Charlene

HIBISCUS ($100+)
Connally, Tannce
Fujitani, M/M
Kinsley
Kodani, Glenn
Miyashiro, Janet
Ojiri, Donald – IMO: Jack Kitahira
Suzui, Carole
Toma, Franklin
Yoshikawa, Arson

BIRD OF PARADISE ($50+)
Akamine, Jeanette
Ige, Vivian
Iha, Evelyn
Lardizabal, M/M
Rogelio
Lim, Carin
Toyama, Amy
Yoshida, Diane

ANTHURIUM ($49 & under)
Akamichi, Nancy
Baba, Pauline
Ching, Adele
Corrigan, Carolyn

IN-KIND GIFTS
Ayau, Elizabeth
Batula, Joan
Burrrtows, Carol
Cabebe, Carol
Ching, Adele
Ching, Pat
Chun Oakland, Susie
Furumori, Sandy
Hata, Sharon
Hosokawa, Charlene
Isara, Henry
Isara Family
Ito, Lynn
Iwamura, James
Jim, Henry
Kaapu, Carole
Lee, Margie
Matsumoto, Robert
Matsunaga, Karen
Moole, Lisa
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

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.*

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Facilitator</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>8:30 AM</td>
<td>Picking Ukulele</td>
<td>Nishiyama, Young</td>
<td>Sewing Room</td>
</tr>
<tr>
<td>Monday</td>
<td>9:00 AM – 10:30 AM</td>
<td>Japanese Cultural Club</td>
<td>Sueda</td>
<td>Lanai</td>
</tr>
<tr>
<td>Monday</td>
<td>9:30 AM – 11:30 AM</td>
<td>Victor’s Kapakahi Group</td>
<td>Tagonan</td>
<td>Lib Annex, Go Room</td>
</tr>
<tr>
<td>Monday</td>
<td>10:30 AM</td>
<td>Basic Japanese 1</td>
<td>Sasaki</td>
<td>Sewing Room</td>
</tr>
<tr>
<td>Monday</td>
<td>10:45 AM</td>
<td>Yoga</td>
<td>Hasegawa</td>
<td>Lanai</td>
</tr>
<tr>
<td>Monday</td>
<td>11:00 AM</td>
<td>Hula</td>
<td>Lau</td>
<td>Activity Room</td>
</tr>
<tr>
<td>Monday</td>
<td>11:00 AM</td>
<td>Tai Chi for Health</td>
<td>Lau</td>
<td>Activity Room</td>
</tr>
<tr>
<td>Monday</td>
<td>12:00 PM</td>
<td>Ping Pong</td>
<td>Ream</td>
<td>Lanai</td>
</tr>
<tr>
<td>Monday</td>
<td>12:30 PM</td>
<td>Samulnori: Korean Percussion</td>
<td>Lee</td>
<td>Sewing Room</td>
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<tr>
<td>Monday</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>
</tr>
<tr>
<td>Tuesday</td>
<td>8:00 AM – 11:00 AM</td>
<td>Needle and Thread</td>
<td>Sueda</td>
<td>Sewing Room</td>
</tr>
<tr>
<td>Tuesday</td>
<td>8:00 AM</td>
<td>Beginner Online iPhone Class*</td>
<td>Rasmussen</td>
<td>ONLINE</td>
</tr>
<tr>
<td>Tuesday</td>
<td>8:00 – 11:00 AM</td>
<td>Mah Jong</td>
<td>Sugihara</td>
<td>Library Room</td>
</tr>
<tr>
<td>Tuesday</td>
<td>8:30 AM</td>
<td>Strumming For Fun</td>
<td>Hirai, Young</td>
<td>Lib Annex, Go Room</td>
</tr>
<tr>
<td>Tuesday</td>
<td>9:00 AM</td>
<td>Beginner Macintosh (Apple) Class*</td>
<td>Rasmussen</td>
<td>ONLINE</td>
</tr>
<tr>
<td>Tuesday</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>Tuesday</td>
<td>9:30 AM</td>
<td>Music Lovers Group</td>
<td>Espeleta</td>
<td>Library Annex</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10:00 AM</td>
<td>Beginner’s iPhone Class*</td>
<td>Kawasaki</td>
<td>Library Room</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10:00 AM</td>
<td>Hula</td>
<td>Makolo</td>
<td>Dance Room</td>
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<tr>
<td>Tuesday</td>
<td>10:15 AM</td>
<td>Sahm Bo Dahn</td>
<td>Higuchi</td>
<td>Lanai</td>
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<tr>
<td>Tuesday</td>
<td>10:30 AM</td>
<td>Intermediate Ukulele</td>
<td>Olayan</td>
<td>Lib Annex, Go Room</td>
</tr>
<tr>
<td>Tuesday</td>
<td>11:30 AM</td>
<td>Cheng Man Ching Tai Chi</td>
<td>Gottdiener</td>
<td>Dance Room</td>
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<tr>
<td>Tuesday</td>
<td>11:30 AM</td>
<td>Japanese Calligraphy</td>
<td>Usami</td>
<td>Sewing Room</td>
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<tr>
<td>Tuesday</td>
<td>1:00 PM</td>
<td>Line Dance</td>
<td>Sonson, Matsunaga,</td>
<td>Lanai</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11:30 AM – 2:30 PM</td>
<td>Digital Technology*</td>
<td>Lanakila Pacific</td>
<td>Sewing Room</td>
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<tr>
<td>Wednesday</td>
<td>8:00 AM</td>
<td>Tai Chi*</td>
<td>Koike</td>
<td>ONLINE</td>
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</tbody>
</table>
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<table>
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<th>Facilitator</th>
<th>Location</th>
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</thead>
<tbody>
<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</td>
<td>Frank</td>
<td>Activity Room</td>
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<tr>
<td></td>
<td>9:45 AM</td>
<td>Sewing by Nakasone</td>
<td>Nakasone, Ito</td>
<td>Craft Room</td>
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<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>
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<tr>
<td></td>
<td>10:30 AM – 12:00 PM</td>
<td>Shigen</td>
<td>Tokugawa</td>
<td>Library Room</td>
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<tr>
<td></td>
<td>11:00 AM</td>
<td>Body &amp; Brain Beg. Yoga &amp; Tai Chi</td>
<td>Arquette</td>
<td>ONLINE</td>
</tr>
<tr>
<td></td>
<td>12:00 PM</td>
<td>Crafts by Janet*</td>
<td>Miyashiro</td>
<td>Craft Room</td>
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<tr>
<td></td>
<td>2:15 PM</td>
<td>Sahm Bo Dahn</td>
<td>Group</td>
<td>ONLINE</td>
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<tr>
<td>Thursday</td>
<td>TBD</td>
<td>Garden Group</td>
<td>Nakamura</td>
<td>See facilitator</td>
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<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>9:00 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></td>
<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</td>
<td>Suzuki</td>
<td>Library Annex; Go Room</td>
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<td></td>
<td>1:00 PM – 2:30 PM</td>
<td>Cribbage</td>
<td>Kono</td>
<td>Patio</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></td>
<td>9:00 AM</td>
<td>Fusion</td>
<td>Gittelman</td>
<td>ONLINE</td>
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<td></td>
<td>9:00 AM – 2:30 PM</td>
<td>Enka</td>
<td>Arakaki</td>
<td>Sewing Room</td>
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<tr>
<td></td>
<td>9:30 AM</td>
<td>Chinese Cultural Club</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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<tr>
<td></td>
<td>10:00 AM - 12:00 PM</td>
<td>Tap Dance</td>
<td>Martin, Feagins</td>
<td>Dance Room</td>
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<tr>
<td></td>
<td>10:30 AM</td>
<td>Sing For Your Life</td>
<td>Richmond</td>
<td>Library Annex; Go Room</td>
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<tr>
<td></td>
<td>11:15 AM</td>
<td>American Sign Language</td>
<td>Shimizu</td>
<td>ONLINE</td>
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<td></td>
<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>9:00 AM – 11:30 AM</td>
<td>Filipino Cultural Club</td>
<td>Ibay</td>
<td>Activity Room</td>
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<tr>
<td></td>
<td>10:00 AM</td>
<td>Basic Ukulele</td>
<td>Motokane</td>
<td>Library Annex; Go Room</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.
<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td><strong>4th of July Celebration</strong> (11:00 am) Guitar Workshop (11:00 am)</td>
<td>5</td>
<td>Wahiawa Botanical Tour (10:00 am) Magic Island Walk (4:00 pm)</td>
<td>6</td>
<td>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)</td>
</tr>
<tr>
<td>2</td>
<td>3</td>
<td>CENTER CLOSED Independence Day</td>
<td>4</td>
<td></td>
<td>7</td>
<td>Nutrition Class (10:30 am) Milestone Book Workshop (2:00 pm)</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>HPH Healthy Living Fair (9:00 am) Guitar Workshop (11:00 am)</td>
<td>11</td>
<td>Strength Training (8:00 am) BINGO (9:00 am) Best Buddies (10am) Aloha Care (11am) Crimestoppers (12:00 pm) Medicare Notices (2:00 pm)</td>
<td>12</td>
<td>Personal Technology with Stuart (10:30 am) Magic Island Walk (4:00 pm)</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>Magic Show (12:00 pm) Dinner with the Chef (6:00 pm) Guitar Workshop (11:00 am)</td>
<td>18</td>
<td>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)</td>
<td>19</td>
<td>Rent and Utility Assistance Pop-Up (10:00 am) Protein: Are You Getting Enough (1:00 pm) Magic Island Walk (4:00 pm)</td>
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<td>23</td>
<td>24</td>
<td>LMPSC Tour (9:30 am) Guitar Workshop (11:00 am)</td>
<td>25</td>
<td>Kamaka Ukulele Tour (10:30 am) Concert (12:00 pm)</td>
<td>26</td>
<td>New Member Orientation (8:00 am) PAB Meeting (12:00 pm) Magic Island Walk (4:00 pm)</td>
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<tr>
<td>29</td>
<td>30</td>
<td>LMPSC Tour (9:30 am) Guitar Workshop (11:00 am)</td>
<td>27</td>
<td>Cultural Connection Program (9:00 am)</td>
<td>28</td>
<td>Nutrition Class (10:30 am) LMPSC Tour (1:00 pm)</td>
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<td><strong>Center Closed</strong> Independence Day</td>
<td>8</td>
<td>Kangaroo Herb Garden Service Project (8:00 am) Orchid Society (9:30 am)</td>
<td>9</td>
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<th><strong>July 2023</strong></th>
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| Susie Chun Oakland | Program Director | suzanne.oakland@catholiccharitieshawaii.org |
| Riva Torno | Program Specialist | riva.torno@catholiccharitieshawaii.org |
| Iris Hiramoto | Membership Specialist | ihiramoto@catholiccharitieshawaii.org |
| Elizabeth “Cookie” Irvine | Program Support Assistant | elizabeth.irvine@catholiccharitieshawaii.org |
| Lodi Tapawan | Custodian |  |

Let’s Keep in Touch
1640 Lanakila Avenue
Honolulu, HI 96817
(808) 847-1322
www.catholiccharitieshawaii.org