

August 2023| No. 91

LANAKILA KŪPUNA NEWS



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Show & Sell on Aug. 10th

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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:

Summer is coming to an end and Fall is arriving. Our fiscal year ended on June 30, 2023, and Lanakila Multi-Purpose Senior Center was able to meet its City contract goals providing 2,983 hours of paraprofessional counseling, 721 sessions of education and training opportunities, 999 sessions of exercise and physical fitness, 174 health education and promotion activities, 1,854 recreation and leisure activities, and 33,620 hours of volunteer opportunities. A big mahalo a nui loa to our LMPSC staff, volunteers, members, and community partners. There are so many fantastic people who shared their talent, time, knowledge, resources, and positive energy. Working together, caring for one another, and having such good hearts made this all possible.

On Thursday, August 10, 2023, Lanakila will have its 3rd Show and Sell of the year. We hope you will come and enjoy the morning with us from 8:00 a.m. – 10:30 a.m. at the senior center. LMPSC members, family, friends and the general public is welcome to come.

Please remember that early Fall Class Registration will be from Monday, August 28, to Friday, September 1, 2023. Look out for an email from Program Specialist Riva Torno providing more details. The Fall Class Session begins on Monday, September 18, 2023.

There were about 100 members who participated in the 4th of July Celebration on July 3, 2023. Thank you to Amy Bratt, Geronimo Campos, Lorraine Chang, Gary Cheng, Phil Chun, Thomas Duvachelle, Puna Frank, Iris Hiramoto, Lynne Howells, Elizabeth Irvine, Micah Kalama, Diane Kawakami, Clarice Kumura, Pearl Lee, Diane Fujio, Lou Maynes, Alicia Nagasawa, Hawaii State Sheriffs Lt. Michael Oakland, Jeanette Shiohira, Mary Sueda, Myung Sueno, Jean Sugihara, Jean Sugiyama, Lodi Tapawan, Riva Torno, and Rose Yanagawa for all their help with the event.

Mahalo to Hawaii Pacific Health for another great event on Monday, July 10, with over 100 members attending. Program Specialist Riva Torno worked with HPH staff to organize this health education event. Mahalo, Riva!

There are six Cultural Connection Workshops at Waiahole Nursery and Gardens, in partnership with Christine Ohtani-Chang from the University of Hawaii, being enjoyed by 16 senior center members. We thank these organizations for providing this 6-week course on aquaponics, hydroponics, haku and ti leaf lei making, plant propagation, native Hawaiian plants, and other interesting topics.

Thank you to Amy Bratt, Corinne Chan, Irene Hino, Jim Hino, Lillian Inatsuka, Mary Sueda, Wendy Tachikawa, and Colette Young for representing LMPSC at the Hawaii Pacific University Fall Risk Prevention student training at the end of June. Dr. Qi Zhang appreciated Lanakila seniors help as “patients” for physical therapy students to interact with and hone their skills and knowledge.

On July 8, 2023, LMPSC members Mary Castillo, Dee Enomoto, Faith Inoshita, Lin Ito, Ellen Kishimoto, Annette Platt, Linda Shimamoto, Myunghee Sueno, Wendy Tachikawa, Michael Tokumura, Violet Tokumura, Diane Yoshida, and Colette Young volunteered their time doing a beautification project, weeding and planting vegetables in the raised garden near the big kitchen. They planted choy sum, sweet basil, Hawaiian chili pepper, yomogi (chrysanthemum looking), arugula, chives, big tomatoes, a pomegranate plant, mint, and tulsi (red leaves). Thank you so much!

On August 12th from 8:30 a.m. – 12:00 p.m., the Rotary Clubs, LMPSC members, and others will help paint the raised gardens, fill the garden beds with soil, plant vegetables, and install automatic sprinkler systems under the guidance of Jessie from Mountain View Farms. We truly appreciate the time Rotary Club president Naomi Masuno put into writing the grant to benefit LMPSC, Jonathan Okabe and the Aloha Community Shed for building the wooden raised gardens, and Rotary Club and Lanakila members for preparing the raised gardens for growing fresh vegetables for all to enjoy!

Two small tool storage sheds, 3 storage garden benches, gardening tools, a decorative plant shelf, and a custodial supplies shelf was purchased from City Mill to begin doing a facelift in the green house area and supporting LMPSC’s custodian Lodi Tapawan’s work and that of garden volunteers. Funds are being used from the Charity Walk grant for enrichment programs of our senior center.

Jacob Callangan, a Catholic Charities Hawaii intern, has been coming to LMPSC every Wednesday and Friday from 9:00 a.m. – 12:00 p.m. to provide an iPhone Help Desk services. The seniors love having him help them.

Lianne Fujimoto from the University of Hawaii held and continues to hold a series of Nutrition Classes at LMPSC from July 7 to August 25, 2023, from 10:30 a.m. – 12:00 p.m. benefitting over 20 seniors.

Besides supplies and equipment for garden activities, we hope to use the Charity Walk Grant funding of \$10,000 for musical instruments, various craft classes, and other programs of interest to the members of LMPSC.

On Wednesday, July 19, 2023, from 10 a.m. – 5 p.m., LMPSC hosted a Rent and Utility Assistance Program event, co-sponsored by the City and County of Honolulu and Catholic Charities Hawaii. Brandon Mitsuda from Council Member Dos Santos Tam’s office and Danette Hiura from CCH assisted with coordinating this opportunity for our members and others in our community.

The Kiwanis Club sponsored Kupuna Spelling Bees statewide. The Oahu Spelling Bee and Finale’ was held on the 3rd and 4th Saturdays of July at LMPSC. Seniors from around the State competed and did a great job! Congratulations to all.

Ashley Ong from Civil Beat and her colleagues coordinated a newsroom pop-up at LMPSC on Tuesday, July 25, 2023, from 9:00 a.m. – 12:00 p.m. and asked seniors what they felt the top issues of importance in Hawaii. We thank her for this opportunity.

LMPSC members went on two Honolulu Transit rides; Kamaka Ukelele Factory; Lokoea Farms to learn about a diverse number of fruit trees; the Waimanalo Country Farm to see beautiful sunflowers; Wahiawa Botanical Gardens, and to Waikalua Loko I’a, which is being restored by volunteers and staff of Pacific American Foundation. Members will also go to Maka’alamihī Gardens in Kaneohe; Dole Plantation to play in the maze, on a train, and enjoy pineapple treats; experience beautiful plumeria trees at the Little Plumeria Farm in Haleiwa, and explore the new American Savings Bank Headquarters in Aala. Mahalo to all the senior center members who made these suggestions and participated as well as the great staff at these various venues.

Wanda Atkins shared with LMPSC members the opportunity to have up to \$1,000 matched by Hawaiian Community Assets if members saved \$1,000 in 3-months. There are a number of members who are taking advantage of this opportunity.

LMPSC Member Debbie Motokane held a series of Basic Ukelele Workshops in June and July, which has now turned into a regular class every Saturday. LMPSC Member Donald Hirai is hosting Guitar Workshops once a week in the month of July. He will gauge interest and determine if he would be willing to teach guitar class after this series of workshops end.

Dinner Together! was created to provide social opportunities for LMPSC members using dinner drive-throughs and over Zoom during the pandemic. Members continue to enjoy this event, so the next Dinner Together! will be on Friday, August 4, 2023. Sugoī bento were ordered and available for pick up at Lanakila at 3:30 p.m.

Thank you to Peter Reyes from Catholic Charities Hawaii and Derrick Ariyoshi, Director of the City’s Elderly Affairs Division, for meeting with LMPSC members this past month. The information provided helped seniors understand the process of being approved for transportation services by the City.

Finally, on August 2, 2023, at 10 a.m., Fusao Nishibun from the City will be talking about the Real Property Tax Credit for Homeowners with an annual household income of \$80,000 annually or less. There are application forms on the reception table as well.

We hope you are able to enjoy the sunshine and fellowship of others. See you soon!

Me ke aloha pumehana (with warmest love),
Susie Chun Oakland
Program Director

Photo Gallery



Making haku lei and enjoying other cultural connections at Waiahole nursery



4th of July Celebration



Member Wei-Ling Landers donates this scooter to fellow member Bong Acosta.



Volunteer Geronimo proudly holds a dragon fruit homegrown at our center.



Raised Garden Beautification on July 8, 2023



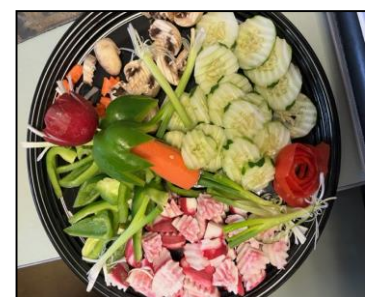
Rail Opening Day to the public. Photo submitted by Paula Yamamoto.



Wahiawa Botanical Gardens. Photo submitted by Pearl Lee.



Members at the Kamaka Ukulele Excursion



From talented Evelyn Leroux

Cultural Club Reports

OKINAWA NENCHOSHA CLUB UPDATE

By Diana Kawaguchi

HACHIGUWACHI, ACHISAN YAA TAI (August, Hot Weather)

August in Okinawa is a festive time with exciting events dedicated to local traditions, dancing and stargazing. It is also one of the hottest month of the year, with strong sun and high humidity. Okinawa is more humid than Oahu, with less wind.

JULY EVENTS:

.July 6th: We were fortunate to have Norman Kaneshiro, from Nomura Ryu Ongaku Kyo Kai Hawaii Shibu, play the Sanshin for our bon dance practice. The members participated in learning the various bon dances, with President, Jane Higa. Dancing to live music, made it feel authentic. Everyone enjoyed themselves, and this was also a form of fun exercise! We ended dancing “Kachashi” with everyone participating, even sitting down!

.July 13th: We had a wonderful surprise from Brandi Ching, Medicare Sale Specialist from Kaiser Permanente, who brought a sheet cake to celebrate all the members’ birthday!

We were entertained by the Paranku Club of Hawaii, with Jane Tateyama giving us some interesting background on the Paranku Club. In Okinawa, Paranku was only done by the men at a certain age. Some of the ladies really wanted to learn Paranku, so they went to visit the sensei from Okinawa, thus in 1976, the Paranku Club of Hawaii was formed. Members range from age 70’s-80’s. This was a lively group of “young at heart” women who entertained us with their various paranku dances, hula, and Okinawa bon dances. They invited the members to participate, which was fun. The Paranku members performed “Mifaiyu” as their final dance, choreographed by Shizu Shiroma. They wanted to show their gratitude to us for inviting them, and being a wonderful audience. After this performance, we all danced “Kachashi”, to signify the end of a happy celebration.

.July 20th: The Ryukyu Koku Matsuri Daiko Hawaii, under the direction of Melissa Ching, “wowed” us with their very lively and upbeat performances. The group ranged from 7 years old and up, were very enthusiastic and full of energy. In addition to playing the daiko drums, they performed some lively, fun bon dances too. If any of you are wondering if I made a grammatical error in writing Daiko, instead of Taiko. The difference is Daiko is a high energy performance art that combines music, dance, martial arts, athletics, and culture. This high energy group ended their lively performance with a bright yellow shishimai dancing to “Kachashi”. The members were surprised and thrilled. Some went to put money into the mouth of the Shishimai for good luck. This is also considered a donation to the Daiko club.

“Umaribi-kariyushi yaibii-n”(Happy Birthday) to: Kay Fukuhara, Marilyn Isekawa, Diane Kawakami, Lillian Minami, Rumiko Nagamine, Cynthia Oshiro, Nobuko Oshiro, Emmie Otake, Sharon Shiraki, Richard Tada, Edith Tomei, and Sunny Tominaga



Cultural Club Updates

JAPANESE CULTURAL CLUB UPDATE

By Clarice Kumura

Keeping Cool

Summertime gets very hot and humid so people have many different ways to stay cool. Here are some examples of keeping your cool. How about slurping on Kakigori (Shaved Ice). It is always a summertime treat with its tasty flavors. What about sitting under a shady tree and reading a good book. Or, how about wearing cotton clothing on a hot day. It is breathable and light and is an excellent material for summer wear. Most importantly stay hydrated. When you lose water, you limit your body's ability to cool itself. So drink plenty of fluids.

July Activities – On July 3, AARP representative, Rhoda Banashan, started her presentation with the chicken dance exercise. It was so much fun to find out how coordinated we are – or not. She also gave us tips on eating healthy while eating out. Some of the tips were: order fresh fruit; skip wine and desserts; order water instead of sweetened drinks, have snacks containing fiber and protein (nuts) before you go out to eat. Of course, you should enjoy your meal, but be mindful of what you're eating. On July 17, we were entertained by Zendaiko/Naleo Nahenahe O Na Kupuna. It was very exciting to watch a variety of Japanese dance with implements, hula performances, and singing. For the finale, members participated in bon odori with the performers.

Tanjoubi Omedetou Gozaimasu to: Eileen Clark; Lillian Inatsuka; Marilyn Isekawa; Theodore Isekawa; Diane Kawakami; Kazuko Kikkawa; Emmie Otake; Margaret Park; Richard Tada; and Edith Tomei. May you all have many more birthdays!



August Events: 7 - Bon Dance - Hawaii Shin Kobukai
14 – Emergency Preparedness – Dept, of Health
21 - Birthday/Barbara and Friends
28 – Yui Buyo



FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

Hello August. Summer is almost gone. Thanks God hope the air will be cooler soon.

Well last July 1, 2023 WEI-LING a very nice and generous lady donated a motorized scooter and at this time BONG ACOSTA got it since he had been waiting for this one in the longest time. Thank you so much.

Planning to celebrate July birthdays on July 29, 2023 since the Center was closed on July 22, 2023 for an unforeseen reason.

FILIPINO CULTURAL CLUB will not participate in the SHOW and SELL on August 10, 2023 but each member will just donate for the club's fund.

I missed every one since I was gone from July 6 to July 16, 2023 to fulfill one thing in my "bucket list" : 7 day ALASKAN CRUISE. It was a dream come true and I am still feeling the movement of the ocean. Well back to reality thanks GOD, I survived.

GOD BLESS US ALL.



Dennis Akena
Richard "Rick" Andrade
Matilde Aquino
Joji Boyd
Gilbert Brown
Antia Butac
Peter Canape
Mary Castillo
Wilfredo "Fred" Cervano
Edna Chang
Loretta Chee
Charlene Chung
Cynthia Chung
Eileen Clarke
Janice Date
Marcia Dias
Salud "Sally" Dizon
Peggy Duenas
Karen Ebisuya
Melvin Ebisuya
Taeko Fujino
Beverly Fujita
Kay Fukuhara
Esther Geil
Pamela Gonsales
Louise Guerrero
Sueko Gushiken
Rachel Haili
Lynne Halevi
Wan Up "Amy" Harvey
Karen Hashimoto
Alison Hayama
Cai Qin He
Steve Hidalgo
Mae Hong
Diana Ii
Lillian "Lily" Inatsuka
Kathryn Inkinen
Kazuko Inoue
Evelyn Isara
Marilyn Isekawa
Theodore "Ted" Isekawa
Arlene Ishibashi
Sharon Ishida
Terry Ishihara
Jean Ishikawa
Liane Jay
Violet Kagawa
Sharon Kahikina
Leatrice Kakesako
Alice Kane
Bert Kato
Calvin Katsutani
Diane Kawakami
Eiko "Beatrice" Kido
Charlene "Char" Kihara

HAPPY BIRTHDAY!

Kazuko Kikkawa
 Wha Ja Kim
 Joan Kina
 Alice Kotake
 Nobuko Kotani
 Amy Lam
 Winifred L. Lau
 Nadine Lee
 Zhao Fang Liu
 Sylvia Louie
 Diane Masuo
 Leslie Matsubara
 James Matsumoto
 Karen Matsunaga
 Sun Sil Mattos
 Lovyna Mae "Lou" Maynes
 Lillian Minami
 Peggy Moriwaki
 Hazel Murakami
 Rumiko Nagamine
 Nancy Nakano
 Mercedes Nakaza
 Jane Noe
 Katherine O'Connor
 Laura Okamoto
 Stanley "Stan" Olayan
 Cora Orinion
 Cynthia Oshiro
 Joyce Oshiro
 Nobuko Oshiro
 Emmie Otake
 Kathleen "Kathy" Oyadomari
 Stephanie Pang
 Lana Park
 Margaret "Kym" Park
 Ya Lan Peng
 Hwan Rhee
 Yoriko Sakihama
 Katherine Sakuda
 Amy Sato
 Gladys Sato
 Cecilia Seabury
 Yvonne Segawa
 Lynn Sekiya
 Fulton Seto
 Sharon Shiraki
 Celina So
 Jean "Jeannie" Sonoda
 Myrna Soong
 Alyce Soranaka
 Kenneth Stone
 Hisako Sugiyama
 Janis Suzuki
 Richard Tada
 Carol Tamayose
 Walter Tamura

CHINESE CULTURAL CLUB UPDATE By Dorothy Mau

On July 21, 2023 eleven birthday celebrants along with eight other members enjoyed a dim sum luncheon at Legend Seafood Restaurant at the Cultural Plaza Chinatown. We also ate delicious longevity Chow Mein and Chow Fun.

Thank you Sharon Young for planning the party and June Ng for taking care of our bill ,so we didn't have to wash dishes. Favors and door prizes were donated by Sharon Young. Dorothy and Blossom also donated door prizes and Pentax floral arrangements!

Chinese Cultural Club lost one of its members, 89 year old Klaus Lai who suffered a stroke, Services were held and thank you June Ng for representing our club. May Klaus Rest In Peace!

Please come to our August 4, 2023 meeting and we will learn a Chinese Mandarin love song with Sue Fujitani! Meeting at LMPSC at 9:30 am. See you again or in Chinese Joy Ghin!



HAPPY BIRTHDAY

(continued)

Jenny Tang	Joyce Toy	Chiyoko Yamane
Nobutaka	Bertha	David Yoneda
Taniguchi	Tsuyemura	Yoo Ja Yoo
Carol Tanji	Morris Umeno	Gary Yoshida
Mary Tanouye	Thoai	Arson Yoshikawa
Gerald "Gerry"	"Christine"	San Yun
Taura	Vuong	
Margaret	Kathryn Weldon	
Terakawa	Beverly Wong	
Ronald Tokuda	Amy Yamamoto	
Edith Tomei	Stanley	
Sunny Tominaga	Yamamoto	



Cultural Club Updates

HAWAIIAN CULTURAL CLUB UPDATE

By Roland Manuel

ALOHA! We are looking forward to Show 'n Sell and eager to visit the Aquarium then having lunch at International Market Place. As we close out summer we foresee a FRUITFUL harvest and a little cooler months ahead.

Heaven Father show us how to be at rest in body, Mind, and spirit as we go through life. Help us to trust enough to do what we can reasonably do, leaving everything else for another day. Help us to open our minds to you whether it means redirecting or cancelling . Grant us a restful soul in the day and a peaceful sleep at night.

Case Management Available at LMPSC

Welcome to the two Case Managers at Lanakila. Returning is **Cyan Lau** who will be at Lanakila on **Mondays**. Cyan has been a long time Social Worker with the Catholic Charities Hawaii Case Management Program. She brings with her a wealth of experience! Also helping members at Lanakila will be **Lourdes Adame**, Case Manager who has a passion on helping people too. She will be at Lanakila on **Wednesdays**.



Welcome New Members!

Robert "Bob" Burdon
Susan Goya
Lincoln Laysa
Darlene Mizota
Michael Seki
Susan Seki
Nancy Sullivan-Soto
Shinei Uehara
June Yamanuha
Jo Ann Yee
Helen Yuen





Mahalo

*Thank you so much for
your generosity!*

PIKAKE (\$1000+)

OHI'A A LEHUA (\$500)

KAHILI GINGER (\$250+)

HIBISCUS (\$100+)

Endo, Yoi
Hironaga, Hope
Madigan, William
Masuda, Marion
Miguel, Beth
Tokumura, Michael
& Violet

BIRD OF PARADISE (\$50+)

Asato, Ed & May
Sugiki, Cynthia
Tokuda, Janet

ANTHURIUM (\$49 & under)

Badamo, Naomi
Koyama, Earl
Morimoto, Akiyo
Yamasaki, Glenn

IN-KIND GIFTS

Agena, Jean
Akamu, Linda
Aoki, Carrie
Baba, Pauline
Ching, Pat
Connelly, Tanee

Endo, Yoi
Fujishige, Lynn
Furumori, Sandy
Greenwell, Judy
Goodbody, Angie
Harano, Caroline
Hirai, Donald
Hong, Mae
Isekawa, Marilyn
Iwamura, James
Kagami, Nancy
Kato, Hiroshi
Kishimoto, Joyce
Kobashigawa, Sharon
Kobata, Marilyn
Kumamoto, Kikuko
Ladrillono, Meriam

Landers, Weiling
Lee, Marge
Lees, Erika
Madriaga, Ferdinand
Matsumoto, Robert
Minami, Lillian
Moreno, Mary
Nakasone, Rumiko
Ng, June
Nishiyama, Mel
O'Connor, Kathryn
Oshiro, Cynthia
Otsu, Debbie
Regan, Keith
Shigetani, Kate
Tanaka, Lillian
Tcheou, Yuriko
Togashi, Rose

Tokumura, Michael
& Violet
Tokunaga, Jean
Toma, Sandy
Underwood, Stephanie
Yoshida, Mark
Young, Amy
Young, Pat

More photos!



Hawaii Pacific Health brings back their annual Healthy Living Program to our seniors on July 9, 2023. Filled with health presentations that were not only informative, but entertaining. Seniors also participated in a Zumba Gold workout and a healthy green smoothie demo! HPH topped the day off with a healthy bento for all!

August 2023 Schedule

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

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

August 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
	10:00 AM	Basic Ukulele	Motokane	Library Annex; Go 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.

August 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
		1	2 IT Help Desk (9:00 am) Real Property Tax Credit (10:00 am) Advanced Health Care Directives (11:00 am) CPR Training (1:30 pm)	3 Strength Training w/ Televeda (8:00 am) Community Resources (12:00 pm)	4 IT Help Desk (9:00 am) Milestone Book Workshop (2:00 pm) Nutrition Class (10:30 am) Dinner Together (p/u 3:30 pm)	5 Windows Computer Workshop (9:00 am) Lions Club Eyeglass Drive (10:00 am)
6	7	8 BINGO (9:00 am) State Sheriff's Presentation (11:15 am) Tips For Talking Your to Doctor (2:00 pm)	9 Powers of Attorney (11:00 am) Orange Xpress (12:00 pm) Magic Island Walk (4:00 pm)	10 Strength Training w/ Televeda (8:00 am) Coffee, Tea & Talk Story (8:30 am) SHOW & SELL (8:00 am) Convenience Shopping, "Kidney Style" (11:00 am)	11 Nutrition (10:30 am) Korean Cuisine and Language (2:00 pm)	12 Raised Garden Service Project (8:30 am) Windows Computer (9:00 am) Orchid Society Judging (9:30 am) Personal Tech (12:00 pm)
13	14 Simple Wills (11:00 am)	15 Strength Training (8:00 am) Maka'alamih Gardens Excursion (11:00 am)	16 Boosting Mood and Fitness (1:00 pm) Magic Island Walk (4:00 pm)	17 Strength Training w/ Televeda (8:00 am) Tech Basic w/ Televeda (8:00 am) CMT Meeting (2:00 pm)	18 Statehood Day (Center closed)	19 Windows Computer (9:00 am)
20	21 Dole Plantation Excursion (11:00 am) Dinner with the Chef (6:00 pm)	22 Healthy Tai Chi at Magic Island (7:45am,9:00am) Kitchen Garden (10:00 am) Concert with Glenn Sasaki and Les Del Prado (12:00 pm) Hospital Discharge Planning (2:00 pm)	23 New Member Orientation (9:00 am) AED Training (11:15 am) Magic Island Walk (4:00 pm)	24 Strength Training with Televeda (8:00 am) PAB Meeting (12:00 pm) Senior Centers Meeting (12:00 pm)	25 Nutrition Class (10:30 am) Little Plumeria Farm (11:00 am)	26 Windows Computer (9:00 am)
27	28	29 Healthy Tai Chi at Magic Island (7:45am, 9:00am)	30	31		

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

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