

September 2023| No. 92

LANAKILA KŪPUNA NEWS



Inside This Issue:

We Love Our Kupuna

Message from Program Director	2
Photo Gallery	3
Cultural Club Updates	4
Mahalo to Our Donors	9
Schedule of Classes	10
Upcoming Special Events	12



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CATHOLIC CHARITIES
HAWAII

A MESSAGE FROM SUSIE

Aloha Lanakila Senior Center Members and Ohana:

The month of September gives us the opportunity to reflect upon and express gratitude to generations of people in Hawaii and across the nation who worked tirelessly to make our community, State and nation a better place. Labor Day is on Monday, September 2, 2023. We thank you all for giving of your time and talent to enrich the lives of others and make our home in Hawaii special.

September is also when Fall begins ... a time to remember our ancestors during Obon Festival and Mid-Autumn Festival season and to give thanks for our families, good friends, a caring community, and all that we have to enjoy and share with one another.

We also remember and honor our grandparents for their many sacrifices, care and devotion to their children and grandchildren, so that they may grow up in a nurturing and supportive environment and become contributing, successful and caring people in this world. Happy Grandparents Day and mahalo to the Japanese Cultural Club for hosting a special event on Monday, September 11, 2023, for our LMPSC members, who are grandparents, grandparents-at-heart, or want to join in the celebration to honor our grandparents.

Congratulations to the Okinawa Nenchosha Club and all the other cultural clubs and classes who prepared such delicious food and lovingly created gifts, useful, fun and beautiful items for people to purchase and enjoy at our recent Show and Sell event on Thursday, August 10, 2023. We appreciate the community and Lanakila members who attended and generously supported this fundraising event for our clubs and classes.

Fall Class Registration has started. The Fall Class 10-week Session starts officially during the week of September 18, 2023. Thank you to all the volunteers who helped with the early registration week at the end of August and who continue to help register members at the front desk for the wide variety of classes offered at Lanakila Senior Center.

Should you have any questions about classes, please feel free to contact Program Specialist Riva Torno. To become a member of Lanakila Senior Center, you may visit the senior center during business hours (M-F, 7:30 a.m. – 3:00 p.m., Sat. 9:00 a.m. – 11:30 a.m.), observe classes and other center activities 2-3 separate times, and then call Membership Specialist Iris Hiramoto at (808) 847-1322 to make an appointment to become a member of LMPSC. There is no membership fee.

A booklet, which provides a brief description of the classes offered at Lanakila, is available at the Concession counter. Thanks to the efforts of LMPSC members Jadine Lee and Joyce Mitsunaga, who prepared the reference document, you are welcome to peruse the listing.

On August 12, 2023, Leo Ancheta, Elsie Maruno, Arlene Nagamine, Don Oshiro, Annette Platt, Dan Ream, Wendy Tachikawa, Carol Tanji, Michael Tokumura, Violet Tokumura, Midge Wright assisted with painting the first of many additional raised gardens that will be on our center's campus to grow fresh vegetables and fruits for LMPSC members to enjoy daily. We thank AARP Hawaii, Rotary Clubs, and our LMPSC members for assisting the Lanakila staff in this endeavor to become a food, flower and fern community hub that contributes to the sustainability of Hawaii.

Our hearts ache for everyone on Maui. Thank you to the Lanakila Senior Center members who donated clothing, bedding, food, and money to contribute immediately to the Maui Relief effort. The Lanakila Senior Center members have been amazingly generous in their support for the people on Maui and other islands gravely impacted by Hurricane Dora, especially the devastation left by the wildfires that claimed so many lives, homes, businesses, and very special places that are so dear to many people from our senior center, from all over Hawaii, and throughout the world. We will be steadfast in our commitment to help in whatever way we can. Please take good care of your health, drink lots of water, and look out for one another.

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

Welcome New Members!

Adelle Alcaide	Maria Oya
Pauline Arakaki	Angelita Sera
Evelyn Au	Kyoko Smith
James "Jim" Dempsey	Francine Suan
Sharon Funasaki	Patrice Sumikawa
Chongae Kim	Sharene Williams-Fine
Sandra Lum	James "Jimmy" Yee
Beaudine Ma	Hisami Yui
Ana Marshall	
Elsie McGrew	
Ryan Momohara	
Betty Ngai	
Ann Ogawa	



Photo Gallery



State Sheriff Presentation at LMPSC



Dole Plantation Excursion



Little Plumeria Farms Excursion



Maka'alamih Gardens Excursion



Lanakila Senior Center has become a community hub for assistive devices. We have donated to members' friends and family, Building Industry Association, Kokua Kalihi Valley, public housing residents, Farrington Health Academy, and many other organizations and individuals. Dr. Ritabelle Fernandez from Kalihi-Palama Health Center needed help to assist another country in need of crutches, wheel chairs, toilet and bed railings, commodes, etc. We hope the people, who benefit from the generosity of others, enjoy a little bit more comfort and safety !



Quarterly Show & Sell on August 10, 2023



CCH IT staff hard at work troubleshooting wifi connection and assisting with our technical needs!



Raised Garden Service Project



Cultural Club Reports

OKINAWA NENCHOSHA CLUB UPDATE

By Diana Kawaguchi

Okinawan Festival

OKINAWAN FESTIVAL

Nothing to do Labor Day weekend? Attend the 41st Okinawan Festival September 2nd/Saturday, and September 3rd/Sunday at the Hawaii Convention Center. For 2 days you can experience Okinawa with their dynamic Okinawan performances, vibrant sounds of their musical instruments, “onolicious” foods, and lots of cultural things to see and purchase. A wonderful fun filled experience, you will never forget!

July 27th: Entertainment by Hooqe Ryu Hana Nuuzi no Kai Nakasone Dance Academy, Grandmaster and Director Lynne Yoshiko Nakasone, who was a member of our Nenchosha club. In appreciation of Nenchosha club’s support of their dance academy, the four Sensei’s (Lisa Nakandakari, Julie Nakasone Okamura, Keith Oshiro, and Linda Asato), took time off from their jobs to entertain us, and showcased their talented students. Their performances were mesmerizing!

AUGUST EVENTS:

.August 3rd: BINGO Day, which all the members enjoy. Everyone intently looks at their Bingo cards, in anticipation that all their numbers on their card will be called out. When it is, they enthusiastically shout “BINGO”! Surprise prizes donated by members were given to the winners. Bingo is a fun game that teaches you to: LISTEN well, SEE the board clearly and PATIENCE!

.August 10th: Show and Sell Day. Selling and cooking Andagi is the Nenchosha Clubs annual fundraiser. Lots of hard work for the enjoyment of everyone eating our delicious Andagi’s. If you didn’t purchase any this year, you missed out! Look forward to purchasing them next year!

.August 17th: A special day of festivities for the Kajimaya and Beiju members. They were dressed in special kimonos, w/gold headbands. Kajimaya is a special celebration of our members (Tomie “Elsie” Higa, Grace Kimura, Masako Oda, and Karen Takemoto) who are, or will be 97. At this age, people are said to become young again, and are given pinwheels, which children play with, as a symbolic return to youthfulness. These Kajimaya celebrants were dressed in red kimonos which symbolizes a return to youth.

Beiju members Suzuko Demola, Bridgid Nakamura, Sue Shimabukuro, and Carol Zukemura, reaching the age of 88 is considered a milestone, and deserves this special celebration. Writing the character 88, symbol is rice, symbolizing purity and happiness. The honorees were walked around the room with the banging of pots/pans to ward off evil spirits, then escorted to the stage, where a special cake, with the lighting of a candle to celebrate and honor them. James Toma, led the members to “Kalii”, congratulating them. Entertainment was provided by May Asato who played the Taiko Drums & also danced “Hatoma Bushi.” Other entertainers were Jane, Richard Tada, Diane Kawakami and Toguchi sensei’s students.

Jane presented, Susie Chun-Oakland with a monetary gift from the Nenchosha club.

.August 24th: Wonderful entertainment provided by Naleo NaheNahe O’Kupuna with Kumu Hula, Rosemarie Dungca, introducing her students and their various dances. They started with a Japanese dance, then variety of hulas, dancing to Hawaiian and Japanese music. It was truly a unique performance.

“Umaribi-kariyushi yaibii-n” (Happy birthday) to: Tsuneko Aki, Diana Antonio, Jane Fujii,

Yoshiko Ishiki, Sally Kageyama, Joyce Kishimoto, Walter Miyashiro, Brigid Nakamura, Faye Rainey, Amy Sakagawa, Lester Stigar, Aileen Tanaka, Setsuko Uehara, and Jane Uyehara.



Cultural Club Updates

JAPANESE CULTURAL CLUB UPDATE By Clarice Kumura

KEIRO NO HI- Respect For the Aged Day in Japan



Did you know there is a day people express their thanks and respect to their elders in Japan? They call it “**Keiro No Hi**” which translates as “Respect for the Aged Day”. The origin of Respect for the Aged Day traces back in Hyogo Prefecture in Japan. In 1947, after World War II, a small town called Nomatanimura (now Yachiyocho) decreed that the 15th of September should become Toshiyori No Hi (Day for the Elderly). The day has since been changed to the third Monday of September. In Japan people give gifts to their grandparents to express their gratitude or have dinner with family members wishing them a long and fruitful life. Similarly, here in Hawaii, we celebrate Grandparents Day on the Sunday after Labor Day to show Love and Respect. We also acknowledge contributions Grandparents made in terms of education and the well-being of the young people within the family. Happy Grandparents Day!

Activities in August: On **August 7**, we had the honor of participating with the Hawaii Shin Kobukai Bon Dance group. But the highlight of this event was 7-year-old Ronin Morikawa who played the Taiko for all the dances which was one hour. Ronin is so cute and talented. On **August 14**, we had the privilege of hearing Sumi Nakashima who explained about preparing for Health Emergencies. She explained that there are 10 essential items you should pack before a natural disaster occurs. They are 1) Water; 2) Food; 3) Radio and Flashlight; 4) Electronics; 5) Health & Medical Supplies; 6) Clothes; 7) Hygiene and Personal Items; 8) First Aid and Safety Supplies; 9) Cash and Documents; and 10) Supplies for Unique Needs. On **August 21**, we had the honor of listening to the singing talents of students from Brian Suzuki’s karaoke class. The old “kodomo” songs brought back pleasant memories.

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

Tanjoubi Omedetou Gozaimasu to: Tsuneko Aki; Marty Kaili; Sin Cha Ko; Brigid Nakamura; Faye Rainey; Amy Sakugawa; Myunghee Sueno; and Aileen Tanaka. May you all have many more Birthday celebrations.



Sept. Events: 4 - Labor Day Holiday
11 – Grandparents Day Celebration (Centerwide) / Orange Express
18 - Bladder Health
25 - Birthday/Sharon & Friends



FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

Hello September. Finally SUMMER is gone and hoping the weather will be cooler as it is the start of "BER" months and it's the last quarter of the year. August passed by so fast and left beautiful memories behind.

On August 5, 2023 our club celebrated the birthday of our July born members which were : LETTY DOLOR, RUDY IBAY and DORIS MAIELUA. Representative ROSEBELLA MARTINEZ our guest of honor delivered a very inspirational message to us Seniors.

Members, guests and friends from LOCAL 5 RETIREE GROUP led by MEL and ROSE CALPITO performed line dances and later joined by some Filipino Club members. Hamburger Steak and Beef Curry Bentos were served to all attendees donated by the celebrants. Also Filipino dessert made by DOROTHEA COLOMA and donate by: CORA ORINION was also given out. It was an awesome simple celebration and everyone were so happy and all had a good time.

On August 11 some club members were invited to help CARMEN BAUTISTA welcome her cousins from the Mainland. Enjoyed dancing and lots of Filipino dishes and desserts.

The Filipino Club will celebrate August and September birthdays of members on September 23, 2023 as it was decided to celebrate every 2 months.

In closing, I quote: "WE HAVE ONLY ONE LIFE . WE HAVE TO LIVE IT TO THE FULLEST."

GOD BLESS US ALL.

Mildred Akamine
Shareen Asagi
Virginia Au
Pauline Baba
Sang Sik Bae
Woody Batula
Wilhelmina Bernas
Harry Bjornson
Jean Bjornson
Juanita Camit
Brigitte Castro
Chuen Wing Chan
Garrick "Gary" Chang
Lillian Chang
Linda Chiu
Renilda "Reny" Cordero
Mary Cortes
Louise Cuba
Marilyn DesRoches
Miyuki Ebisu
Carla "Pua" Fabella
Lorraine Fay
Violeta "Violet" Fe Benito
Reginald Fellez Jr.
Ann Fujioka
Eric Fukuda
Sandra "Sandy" Fukuda
Yoshiko Gallup
Lillian Gima
Kikuye "Kiku" Goldberg
Gail Goto
Joyce Gum
Nobuko Hamada
Garret Harada
Curtis Hasuike
Kyoko Hijirida
Jane Hokama
Kazuko Hokama
Dorothy Ippongi
Leila Ishiki
Mabel Ishimoto
Jerry Iwata
Chun Ja Jitchaku
Roxanne "Roxie" Kaino
Betty Kam
Jean Kaneshiro
Dorren Katsutani
Elaine Kawada
Hiromi Kawasaki
Rhonda Kim
Edean Kinoshita
Karl Kinoshita
Dora Kitabata
Sharon Kobashigawa
Sayo Kochi
Larry Kogachi
George Koide

HAPPY BIRTHDAY!



Dorothea Komine
 Chong Ye Kuba
 Alan Kurahara
 Paula Sue Kurashige
 Jackie Lai
 Gilbert Larimore
 Edward Lee
 Yiu Yuen Leung
 Shirley Liu
 Wendy Loh
 Lolita Lucas
 Charlotte Luhiau
 Fred Lum
 Florentine "Tina" Lumabao
 Sherilynn "Sheri" Luning
 Mildred Mabuni
 Rosa Marquez
 Rio Martell
 Joan Matsukawa
 Charles "Charlie"
 McLaughlin
 Ilona Mendonca
 Maria Mendoza
 Ethel Mimori
 Yaeko Miyahira
 Barbara Miyano-Young
 Wayne Miyasato
 Wayne Miyashiro
 Darlene Mizota
 Diane Mizushima
 Umeko Mogi
 Cynthia Mori
 Jane Morreira
 Susan Muramoto
 Evelyn "Evie" Myers
 Arlene Nagamine
 Richard Nagamine
 Leroy Nagasako
 Beverly Nagata
 Masako Nakagawa-Hayashi
 Roy Nakahara
 Hisae Nakahodo
 Soon Wha Nishiyama
 Susan Ogami-Van Camp
 Gilbert "Gil" Olayan
 Olivia Olegario
 Violet Oyadomari
 Gary Park
 Sue Ja Park
 Rosita Rasalo
 Wellen Pascua
 Annette Platt
 Betty Ann Querido
 L. Kuuipo Ramos
 Hokyu Rhee
 Jeannie Salmon
 Gail Santos

CHINESE CULTURAL CLUB UPDATE

By Dorothy Mau

Ni Hao Ma? How are you?
 Fine! Hao Hao.

Come to Chinese Cultural Club meetings on Friday September 1, 2023 and September 15, 2023.

We will be practicing our beautiful Mandarin song The Moon Represents my Heart with Sue Fujitani in preparation for our Christmas performance at our center's Christmas party at Ala Moana Hotel on December 8, 2023!

At our September 15, 2023 we will celebrate Chinese Mid-Autumn Festival. We will recite a poem about Full Moon with president Dorothy Mau and feast on fruits, tea, and moon cake.

The second most important holiday to the Chinese people is the Mid-Autumn Festival, sometimes called Full Moon Day! In Chinese it is Chung Chow Chit or Bart Ngit Sup Ng!

In the Chinese lunar calendar it is the eighth month fifteenth day! This year the Moon Festival will fall on September 29, 2023

It is a joyous time for family reunion, banquets and parades. Very special food for the festival moon cakes, taro, edible snails, water caltrops, a water chestnut resembling black water buffalo horns from China. Nowadays caltrop is unavailable due to pandemic times!

Members are encouraged to wear something Chinese for this occasion! Until next time Joy Ghin! See you again!



HAPPY BIRTHDAY

(continued)

Rita Schmid
 Eva Sekimoto
 Sharyn Sekine
 Elaine Sensui
 Du Kae Seo
 Florence Shibuya
 Marvi Shibuya
 Karen Shishido
 Elvanette Silva
 Stephanie Sims
 Patricia Soares
 Rachel Soong
 Wilfred Soong
 Filonila "Nellie"
 Soriano
 Theola Striker

Sumie "Sumi"
 Sueishi
 Judi Suzuki
 Wendy Tachikawa
 Linda Tagawa
 Kay Takaezu
 Sylvia Takakawa
 Carol Takayama
 Yasuko Takeuchi
 Anna Tanaka
 Kang Ming Tang
 Eunice Taylor
 Janet Terada
 Anita Terry
 Ronald Tobara
 Jeanette Tokuhito

Violet Tokumura
 Carl Tong
 Joy Toyama
 Aileen Unten
 Phil Uyehara
 Charlene Vaughn
 Michiko Watanabe
 David "Dave"
 Wendt
 Amy Wong
 Irene Wong
 Joyce Wong
 Valerie C. Wong
 Margaret Woo
 Midgieann "Midge"
 Wright

Hideko Yagi
 Jane C. Yamada
 Jane H. Yamada
 Irene Yamashita
 Emiko Yasuda
 Marion Yasui
 Janet Yokoe
 Janice Yokooji
 Rosa Yomogida
 Mimi Yoshikawa
 Nancy T. Young
 Xiang Lan Zhong

Cultural Club Updates

HAWAIIAN CULTURAL CLUB UPDATE

By Roland Manuel

ALOHA!!! We are slowly approaching an amazing September despite a tragic dilemma in the Maui wildfires affecting the west coast of Maui/Lahaina.

On August 21, we visited the Honolulu Aquarium and had lunch at the Royal Hawaiian Center. Ono food and lots of fun!

We must maintain a stronghold and have faith for the entire state of Hawaii Malama Maui Ola. Ua mau ka ea o ka 'aina i ka pono. Mahalo!



Grandparents' Day



Here is a photo of Walter & Winnie Lau with great grandson Nathan from San Antonio.



Dorothy Mau shares her two grandchildren Chaz and Chanelle Mau.



Submitted by Esther Geil



Submitted by Jane Higa



Mahalo

*Thank you so much for
your generosity!*

PIKAKE (\$1000+)

Anonymous

**OHI'A A LEHUA
(\$500)****KAHILI****GINGER (\$250+)**

Young, Patrick &
Chock, Mona

HIBISCUS (\$100+)

Koyanagi, Dorene
Lum, Madeline
Madigan, William
Suzui, Carole
Tachibana, Joanne
Yogi, Judith

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

Ebisuya, Melvin &
Karen
Furukawa, Judy
Kimura, Grace

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

Caberto, Cathy
Chun Oakland,
Suzanne
Dos Santos-Tam, Tyler
Koyama, Earl
Morimoto, Akiyo
Yokooji, Jancie
Young, Colette

IN-KIND GIFTS

Chang, Nohea
Ching, June
Connally, Tanee
Ebisuya, Karen
Fujishige, Lynn
Furumori, Sandy
Gakiya, Nancy
Garcia, Juliet
Guerrero, Donald
Ham Produce &
Seafood, Inc.
Harano, Caroline
Hidalgo, Steve
Hironaga, Hope
Hokama, Bonnie
Isa, Sharon
Kobata, Marilyn

Kojima, Ellen
Ladrillono, Meriam
Lau, Walter
Lee, Helen
Masuda, Marion
Matsunaga, Karen
Mau, Dorothy
Minami, Lillian
Moreno, Mary
Nagamine, Arlene
Ng, June
Nishiyama, Mel
Noe, Jane
Oda, Karen
Sakihama, Karen
Sakoda, Eileen
Sasaki, Irene
Short, William

Suan, Francine
Sugiyama, Jean
Takahashi, Sachiko
Terada, Diane
Tokumura,
Michael/Violet
Vaughn, Charlene
Yamaguchi, Hugh
Yamamoto, Terri
Young, Amy
Young, Nancy
Young, Sharon

More photos!



Kiwanis Kupuna Spelling Bee was held at LMPSC

September 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	Patio
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
	9:15 AM – 12:15 PM	Pickleball	Baldomero, Yamada	Lanakila Gym
	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

September 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
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
	9:15 AM – 12:15 PM	Pickleball	Hino, Lau	Lanakila Gym
	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	Sewing 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.

September 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
					1 Kidney 101 (1:00 pm) Milestone Book Workshop (2:00 pm)	2 Personal Technology (12:00 p.m.)
3	4 CENTER CLOSED Labor Day	5 Mac Workshop (12:30 pm) Medicare and Health IT (2:00 pm)	6 Prog. Comm. Mtg (8:30 am) Orange Xpress (11:00 am) Mac Workshop (12:30 pm) SAVERS (2:00 pm) Magic Island Walk (4:00 pm)	7 Strength Training w/ Televeda (8:00 am) Ask Jim ((8:00 am) Community Resources Group Meeting (12:00 pm)	8 Knock Out Gout (1:00 pm) Korean Cuisine and Language (2:00 pm)	9 Windows Computer (9:00 am) Orchid Society Judging (9:30 am)
10	11 Grandparent's Day Celebration (9:00 am)	12 Strength Training (8:00 am) American Calligraphy (1:00 pm) BINGO (9:00 am)	13 Pest Control Workshop (11:00 am) Hawaii USAFCU (1:00 pm) Magic Island Walk (4:00 pm)	14 Strength Training w/ Televeda (8:00 am) Coffee, Tea & Talk Story (8:30 am) Adv Healthcare Directive & POLST (12:00 pm) CMT Meeting (2:00 pm)	15 Kidney Stones Presentation (1:00 pm)	16 Windows Computer (9:00 am)
17	18 AARP Driver Safety (10:00 am)	19 Ke Ola Mamo (9:30 am) Pedestrian Safety (11:00 am) Concert with Glenn Sasaki and Les Del Prado (12:00 pm) American Calligraphy (1:00 pm)	20 Using Tech to Stay Connected (1:00 pm) Magic Island Walk (4:00 pm)	21 Strength Training with Televeda (8:00 am) Advanced Health Care Directives (12:00 pm)	22 Kidney Options for Patient Empowerment (1:00 pm) CENTER CLOSES AT 2:00 PM	23 Windows Computer (9:00 am) Rotary Service Project (9:00 am)
24	25	26 American Calligraphy (1:00 pm)	27 New Member Orientation (9:00 am) PAB Meeting (12:00 pm)	28 Senior Centers Leadership Mtg (12:00 pm)	29 Waikiki Aquarium (11:00 am)	30 Windows Computer (9:00 am) Rotary Service

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	
Cyan Lau, LCW	Case Manager/Social Worker	cyan.lau@catholiccharitieshawaii.org
Lourdes Adame, MSW	Case Manager/Social Worker	lourdes.adame@catholiccharitieshawaii.org

Let's Keep in Touch

1640 Lanakila Avenue
Honolulu, HI 96817
(808) 847-1322

www.catholiccharitieshawaii.org



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Way
Aloha United Way



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