

October 2023| No. 93

# LANAKILA KŪPUNA NEWS



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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:

Happy Children and Youth Month and Halloween to everyone! Hawaii honors its keiki and 'opio each year. Thank you to the adults in our young people's lives, who have the opportunity to be positive role models and mentors for them. Lanakila Senior Center members will be hosting a booth at 30<sup>th</sup> Annual Children and Youth Day on Sunday, October 1, 2023, at the Frank F. Fasi Civic Center from 10:00 a.m. to 3:00 p.m. Bring your children, grandchildren, nieces, nephews, family, and friends. Enjoy!

Our deep gratitude to Harris United Methodist Church for their generous donation of \$2,000 to Lanakila Senior Center to assist with installing a water sprinkler system for the portion of the front yard that has none. A very big mahalo to Maurice Torigoe, Ed Wong, and others from Oahu Contractors Association for doing the first phase of the sprinkler installation on Saturday, September 16, 2023. The plants are so happy and our staff is grateful for their hard work.

Thank you to the Department of Accounting and General Services and Oahu Air Conditioning for assisting in the installation of temporary air conditioners in the Center's Dance Room. The seniors and instructors truly appreciate this improvement, but are looking forward to the long-awaited permanent air conditioning system. We are also very grateful to Naomi Masuno and the West Honolulu Rotary Club for submitting a grant on behalf of Lanakila Senior Center to AARP Hawaii for \$2,500 and donating \$2,500 of their own funds to build and establish 10 raised gardens at LMPSC, so that we can increase our food capacity to support the health and well-being of our seniors with fresh vegetables and fruits.

Mahalo a nui loa to Aloha Community Shed for building the wooden raised gardens, our senior center members and Rotarians for painting the raised gardens, and to MOA Hawaii for providing the organic compost for the vegetables. Thank you to Jessie Delos Reyes from Mountain View Farms for conducting garden workshops to teach LMPSC members how to create home gardens successfully as well as to Norman Oshiro and Teri June Amuro from MOA Hawaii for teaching members how to create kitchen gardens.

Lanakila Senior Center members should receive an envelope with 2 event invitations and our annual member donation drive letter as they come to the senior center. We look forward to seeing you at the holiday events scheduled for the rest of the year. Thank you to Geronimo Campos, Randy Daguio, Micah Kalama, and Sarah Machado for their volunteer service to our senior center. We wish them well as they return to their place of employment and express our sincere mahalo a nui loa for jobs well done. Thank you to all the LMPSC members for volunteering to help others in the community and at our center. Your ALOHA spirit shines through.

Me ke aloha pumehana (with warmest love),

Susie Chun Oakland  
Program Director

## Welcome New Members!

Kay Agena	Peter Kam	Song Cha
Harvey Arkin	Eric Kanja	Nishikawa
P.M. "Azinga"	Mildred Kanja	Shirley Riley
Azinga	Susan Maida-	Laura Sasaki
Agustina	Giangarra	Shigeo
Balatico	Jesus Manuel	Sugiyama
Etsuko	Nina Myrna	Filipinas "Fely"
Bermudez	Manuel	Tabula
Helen Garduque	Raymond	Jason Tsubaki
Kazuyo Gillespie	Miyashiro	
Glenn Goo	Kumcha Moon	
Ginger Goodwin	Lynne	
Sandra Ishihara-	Nakamoto	
Shibata	Mary Nakamoto	
Ann Kaauamo	Calvin Nakata	





# Photo Gallery



Fixit Computer Service Project to prepare computers for Maui children, lead by HMAUS/LMPSC member Joan Matuskawa.



Joan Matsukawa and Lanakila Senior Center members learning about Apple computers. They had a fun time together.



Susan Tamura Boyd teaches a workshop on American/Western Calligraphy.



DAGS fixed a sunken floor in the Transportation Dispatch Office at LMPSC. Mahalo, Ben, Denton, Ed, Rio, and Tony!



1st Phase of Water Sprinkler System Installation Service Project by David Torigoe, Elton Yamashiro, Maurice Torigoe, and LMPSC Member Ed Wong (L-R) on behalf of Oahu Contractors Association on September 16, 2023.



American Savings Bank Tour and Fraud and Scam Workshop. Mahalo, Michelle Bartell, Cici Fong and other ASB staff!



Mahalo to the Honolulu Men's Shed for their service in building a brand new set of basketball hoops and back boards in our parking lot. We are grateful to Loy Kuo, Bob Speer, Tom DeCosta, Jim Alcaín, Randall Hunter, Glenn Sears, Rick Hobson, Tay Perry, Bill Chismar, Jim Kelly, Joe Phitsamay, and DAGS Staff Ed Asuncion, Ben Bonilla, Tony Bonilla, Rio Elizardo, and Denton Miyamura. Lots of children are playing basketball every afternoon now!



# Cultural Club Reports

## OKINAWA NENCHOSHA CLUB UPDATE

By Diana Kawaguchi

## JUUGUYA

Juuguya is a traditional event in Okinawa that celebrates the lunar August moon from mid-September-early October. This is a time to give thanks for a good harvest, a time to get together to share stories, food, culture, and have fun. Time to relax as we connect with our ancestors that is part of our Okinawan culture.

August 31<sup>st</sup>: Before our program started, President Jane Higa asked that we take a moment for a silent prayer, in memory of our members (Maurice Aki, Jean Murakawa and Mitsuko Toguchi Nakasone) who sadly passed away. Members were entertained by the Kalakaua Paradise Senior Karaoke group under the direction of Elsie Kawamoto. These lively senior group sang a variety of Japanese, and rock n' roll songs. This is a good way to help with your memory, and stay active for a healthy lifestyle.

### SEPTEMBER EVENTS:

**.September 7<sup>th</sup>:** Variety show with our own talented Okinawa Nenchosha club members. We had our talented singers with their melodies voices of Richard Tada, Jimmy Toma, Harry Nakasone, Doreen Toma and Sumiko Nakasone, who sang a variety of Japanese/Okinawan songs. A touching sign language dance by Ronald Oshiro to the song, "I Believe", which was very inspirational. Okinawan dancing by talented, Diane Kawakami, and Toguchi sensei's students, and a graceful hula by Mona Bernado.

**.September 14<sup>th</sup>:** We had a fun performance by "Team Angels", comprised of leader Randy Nunes, and his 2 angels, Nancy and Kathy, who entertained us with a variety of songs and dances of Japanese, Okinawan, Hula, and Samoa. Randy's rendition of Elvis, with all his body moves, brought laughter and excitement from the members! Performance ended with member's participation of a Line Dance to song "Beautiful Sunday". Everyone had lots of fun!

**.September 21<sup>st</sup>:** The Paradise Tanoshii Senior Odori Group, members 70-99 years young, entertained us with their various Japanese dancing, and Karaoke singing. They ended their performance with two Bon Dances to "Beautiful Sunday" and Okinawan song "Ashibina" with members' participation.

Dancing helps these members stay young, as it provides exercise and strengthens their body,

**.September 23<sup>th</sup>:** United Japanese Society of Hawaii, celebrated their 49<sup>th</sup> Annual Senior Citizen Festival, held at the Hawaii United Okinawa Center. This annual event honors all the members from the various clubs who are 80 years old. 80 is a special birthday, considered the Golden years, 80-88 years old, and wishing them for more happy years to follow. Four of our Okinawa Nenchosha club members,

Joyce Kishimoto, Carolyn Kimura, Leroy Nagasako, and Rosaline Yanagawa were special honorees at this auspicious event.

**"Umaribi-kariyushi yaibii-n"** (Happy Birthday) to: Sayo Kochi, Mildred Mabuni, Yaeko Miyahira, Evelyn (Evie) Myers, Leroy Nagasako, Marvi Shibuya, Yasuko Takeuchi, Aileen Unten, Phil Uyehara, Emiko Yasuda and Janice Yokooji.



# Cultural Club Updates

## JAPANESE CULTURAL CLUB UPDATE

By Clarice Kumura

### Harvest Festival in Japan

In the Autumn, in rural villages across Japan, people celebrate the successful rice harvest. To give thanks for another bountiful year, the first crop to be harvested are offered to the gods. Then everyone has fun at the festival site. Food stalls sell grilled octopus' balls, grilled squid, cotton candy, and other festival foods. Other booths sell all kinds of toys and games. Everyone comes out to enjoy the day. We are so grateful to those farmers who are busy harvesting rice from the fields.

**September Activities.** On **September 11**, we celebrated Grandparent's Day with a lively entertainment by the Orange Express lead by Wayne Uejo and Friends. They sang oldies but goodies and those songs of yesteryear brought back fond memories. On **September 18**, Cheri Teranishi and her Assistant educated us on Bladder Function such as instructions for controlling urinary urge, and skin care and odor control. They also helped us with the pelvic floor exercises with proper diaphragm breathing.

**Tanjoubi Omedetou Gozaimasu** to: Mabel Ishimoto; Wayne Miyasato; and Florence Shibuya. May you have many more Birthday celebrations!

**October Events:** 2 - Zumba Gold  
9 - Crime Stoppers  
16 - Birthday/Victor's Kapakahi Group  
23 - Humana  
30 - Halloween Fun Activities





## FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

Spending time with friends and co- Seniors is a therapy I believe that make us enjoy life and live longer.

At Lanakila Senior Center is a place the FILIPINO CULTURAL CLUB meet every Saturday from 8:30 to 11:30 in the morning. It's always a great day well spent when we see each other.

We had been practicing our folk dances for the forthcoming Christmas Party of Lanakila Senior Center on December 8, 2023 at Ala Moana Hotel.

We learn various line dances thru the leadership of LETTY DOLOR which is enjoyed by everyone. It's an exercise for both body and mind.

On September 9, 2023 we celebrated the joint BIRTHDAY CELEBRATION of August and September born members. They are: MATILDE AQUINO, FRED CUARESMA, CORA ORINION, SERGIA ABABA, AURELIA TIBURCIO and NIEVES VARGAS.

Councilman TYLER DOS SANTOS-TAM and Councilmember RADIANT CORDERO were our special guests And they delivered inspirational messages for us Seniors. It was a fun filled event and our KUPUNAS showed their talent in Filipino Folk dancing and line dancing. Music was provided by our very own BONG ACOSTA. Some Retired Local 5 members performed few LINE DANCES directed by Mel and Rose Calpito. BENTOS and "TUPIG" were served courtesy of the Birthday Celebrants. It was really an awesome get together.

"PAALAM HANGGANG SA MULI"  
GOODBYE TILL NEXT TIME



Mildred Akamine  
Carol Anzai  
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  
Garret Harada  
Curtis Hasuika  
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

Happy Halloween!

Twenty two members and two guests enjoyed our Mid-Autumn Festival celebration held at our September 25, 2023 meeting. Mid-Autumn Festival is sometimes called Full Moon Day. We enjoyed storytelling, poetry and songs about the Moon with Jadine Lee, Dorothy Mau, Sue Fujitani, Beverly and Blossom Mau. Lotus seed and double yolk Moon cakes, boo look or Jabong, and muffins were served with hot Taiwan tea. Thank you Susan Chee for baking the delicious muffins.

Please come to our October 6 and 20, 2023 meetings at 9:30am. We will also have noodles and char siu bao for Show and Sell on October 18, 2023.

On October 6th, member Wu Lie Jun will demonstrate Watercolor Painting. Member Arlene Nagamine whose birthday falls on October 10th wants to share this with you:

"October 10 is celebrated in Taiwan as their national pride day and its holiday there with lion dances, fireworks, concerts, perhaps military parades. But mainland China celebrates October 10 as a historical day with origins with the Wuchang uprising on October 10, 1922 against the Qing Dynasty that ruled China for centuries."

Have a happy and safe Halloween! Until next month, Joy Ghin, Joy ghin!





# Cultural Club Updates

## HAWAIIAN CULTURAL CLUB UPDATE

By Sharon Tulba

Hello and greetings from the Hawaiian Cultural Club. Hope everyone is in great spirits, doing well, and staying healthy. How fast the year is going by- it's October. We will be going on a field trip to Pali Lookout, then have lunch in Kailua Town.

Show & Sell is on October 18<sup>th</sup>. Hope it will be a good one. Then it's Halloween- kids put on costumes and go trick or treating for goodies. So, Happy Halloween, everyone. I'll end by saying God Bless, take care, stay safe and healthy.

Aloha Nui Loa!



## HAPPY BIRTHDAY

(continued)

Laura Sasaki	Sueishi	Aileen Unten	Marion Yasui
Rita Schmid	Judi Suzuki	Phil Uyehara	Janet Yokoe
Eva Sekimoto	Wendy Tachikawa	Charlene Vaughn	Janice Yokooji
Sharyn Sekine	Linda Tagawa	Michiko Watanabe	Rosa Yomogida
Elaine Sensui	Kay Takaezu	David "Dave"	Mimi Yoshikawa
Du Kae Seo	Sylvia Takakawa	Wendt	Nancy T. Young
Florence Shibuya	Carol Takayama	Amy Wong	Xiang Lan Zhong
Marvi Shibuya	Yasuko Takeuchi	Irene Wong	
Karen Shishido	Anna Tanaka	Joyce Wong	
Elvanette Silva	Kang Ming Tang	Valerie C. Wong	
Stephanie Sims	Eunice Taylor	Margaret Woo	
Patricia Soares	Janet Terada	Midgieann	
Rachel Soong	Anita Terry	"Midge" Wright	
Wilfred Soong	Ronald Tobar	Hideko Yagi	
Filonila "Nelie"	Jeanette Tokumura	Jane C. Yamada	
Soriano	Violet Tokumura	Jane H. Yamada	
Theola Striker	Carl Tong	Irene Yamashita	
Sumie "Sumi"	Joy Toyama	Emiko Yasuda	



**FREE Covid Tests-  
Order Online!**

U.S. Will Resume Offering Free At-Home COVID Tests. You can start ordering online as of Mon., Sept. 25:  
<https://www.covid.gov/tests>





# Mahalo

***Thank you so much for  
your generosity!***

## **PIKAKE (\$1000+)**

Harris United Methodist  
Church  
Okinawa Nenchosha Club

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

Hara, Jean IMO Masato  
Matsui

## **KAHILI**

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

Young, Patrick & Chock,  
Mona

### **HIBISCUS (\$100+)**

Bernardo, Mona  
Choy, Cindy  
Davidson, Jeannie Vee  
Fukunaga, Gayle  
Hittner, Leslie  
Ito, Janet  
Kotake, Alice  
Madigan, William  
Ryusei Honryu Ryuko Kai  
Sekiya, Lynn  
Springer, Lenora  
Anonymous

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

Badamo, Naomi  
Chinese Cultural Club  
Honolulu Blend Chorus  
Ige, Vivian  
Kitabata, Dora  
Toyama, Amy  
Yi, Ellen

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

Antonio, Diana  
Carey, Lynn  
Hasegawa, Edward  
Kina, Joan  
Koyama, Earl  
Mitsunaga, Joyce  
Morimoto, Akiyo  
Okanawa Nenchosha Club:  
IMO Betty Chinen  
Shiraki, Sharon  
Suzuki, Yoshiko  
Takeshita, Karen  
Toma, Jame  
Yamasaki, Glenn

## **IN-KIND GIFTS**

Akamichi, Nancy  
Brown, Gilbert  
Chan, Ruby  
Fong, Eva  
Gakiya, Nancy  
Goodbody, Angela  
Guerrero, Donald  
Hirai, Donald  
Hiranaga, Hope  
Hokama, Sandy  
Hong, Mae  
Iwamuri, James  
Kiyuna, Roberta  
Kobata, Marilyn  
Kotake, Alice  
Ladrillono, Meriam  
Lau, Brad  
Lee, Marjorie  
Manuel, Roland  
Masaki, Marilyn  
Matsumoto, Robert  
Mau, Beverly  
Mau, Dorothy  
Morreira, Jane  
Moreno, Mary  
Nowinski, Andrew

Oakland, Susie Chun  
Oshiro, Cynthia  
Ramiro, Rosie  
Sabat, Raul  
Sakoda, Eileen  
Samori, Sandy  
Sato, Aileen  
Schoeppner, Betty  
Shimamoto, Linda  
Sugiura, Wendy  
Tamura-Boyd, Susan  
Tanaka, Aileen  
Tsutsumi, Alice  
Wong, Aileen  
Yano, Judy

## *Annual Donation Drive*

Aloha All,

Lanakila Multi-Purpose Senior Center's Annual Donation Drive will be running throughout the month of October 2023. 100% of the proceeds will help the center to continue to provide all the clubs, classes and activities that are available to you, our members.

You should be receiving soon a letter with more information.

Mahalo for your generosity!

# October 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
	9:15 AM	Guitar	Hirai	Library Room
	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	Courtyard
	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
	TBD	Composting Wormies Group	Uyehara	TBD
	8:00 AM – 11:00 AM	Needle and Thread	Sueda	Sewing Room
Tuesday	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
	9:15 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	Courtyard
	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



# October 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
	11:00 AM	Body & Brain Beg. Yoga & Tai Chi	Arquette	ONLINE
	12:00 PM	Crafts by Janet*	Miyashiro	Craft Room
<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
	9:15 AM – 12:15 PM	Pickleball	Hino, Lau	Lanakila Gym
	11:00 AM	Cribbage	Kono	Patio
	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	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
<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.

# October 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2 Fixit Computer (12:15 pm)	3 American Calligraphy (1:00 pm)	4 Waikiki Aquarium (11:00 am) Genki Ball Workshop (12:00 pm) Magic Island Walk (4:00 pm)	5 Community Resources Meeting (12:00 pm)	6 Board Games (8:00am) Meet Your Kidneys (1:00 pm) HPU Assessments (1:00 pm) Milestone Workshop (2:00 pm)	7 Painting Service Day (9:00 am)  Windows Computer (9:00 am)
8	9  Travel Group (1:00 pm)	10 BINGO (9:00 am)  American Calligraphy (1:00 pm)	11 Prog. Comm. Mtg (8:30 am) Orange Xpress (12:00 pm) Pest Control (1:00 pm) Magic Island Walk (4:00 pm)	12 Strength Training w/ Televeda (8:00 am) Coffee, Tea & Talk Story (8:30 am) CMP Meeting (2:00 pm)	13 Board Games (8:00 am) Kidney Care: Nutrition (1:00 pm) Korean Cuisine and Language (2:00 pm)	14 Painting Service Day (9:00 am) Windows Computer (9:00 am) Cyber Safety (10:00 am)
15	16 Worm Composting Workshop (12:00 pm)	17 Strength Training (8:00 am) Ke Ola Mamo (9:30 am) Bead Workshop (1:00 pm)	18 Show & Sell (8:00 am) Mac System Preference Workshop (1:00 pm) Magic Island Walk (4:00 pm)	19 Livanta (8:00 am)  Strength Training w/ Televeda (8:00 am)	20 Board Games (8:00 am) Kidney Care: Physical Activity (1:00 pm)	21 Windows Computer (9:00 am) Cyber Safety (10:00 am)
22	23 AARP Driver Safety (10:00 am)	24 Concert with Glenn Sasaki and Les Del Prado (12:00 pm)  Bead Workshop (1:00 pm)	25 New Member Orientation (9:00 am) Oral Health (11:00 am) PAB Mtg (12pm) Waikiki Aquarium (1:00 pm)	26 Strength Training with Televeda (8:00 am) Bee Keeping (11:00 am) Senior Centers Meeting (12:00 pm)	27 Board Games (8:00 am) Kidney Care: Medication Management (1:00 pm)	28 Windows Computer (9:00 am)
29	30	31 Halloween Party (11:45 am)  Bead Workshop (1:00 pm)				

\*Calendar subject to change

Susie Chun Oakland	Program Director	<a href="mailto:suzanne.oakland@catholiccharitieshawaii.org">suzanne.oakland@catholiccharitieshawaii.org</a>
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## Let's Keep in Touch

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[www.catholiccharitieshawaii.org](http://www.catholiccharitieshawaii.org)



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Way  
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