

December 2023| No. 95

LANAKILA KŪPUNA NEWS



Inside This Issue:

Christmas Pep in Our Step

Message from Program Director	2
Photo Gallery	3
Cultural Club Updates	7
Mahalo to Our Donors	13
Schedule of Classes	14
Upcoming Special Events	16



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

Happy Holidays to our dear Lanakila Senior Center Members, Volunteers, Community Partners, Friends, Family, and everyone who has been a part of our LMPSC Ohana for so many years:

Mahalo to Tommy Amina, Leo Ancheta, Jackie Chun, Linn Ito, Eileen Kajioka, Ellen Kishimoto, Lari Koga, Faith Lim, Dianne Lim-Tam, Maryann Padilla, Myunghee Sueno, Laurie Taketa, Carol Tanji, Diane Yoshida, and Alan Young for helping us with the holiday cleaning service project of our senior center to bring in the holiday cheer.

A big mahalo to the entertainers, cooking and lunch serving crew, set up and clean up volunteers: Clemente Villanueva, Lorraine Chang, Phil Chun, Kalani Duvachelle, Manny Espeleta, Fred Lum, Alicia Nagasawa, Ron Oshiro, Jean Sugihara, Mary Sueda, Rose Yanagawa, Darlene Yoshioka; all the contestants and judges in the Halloween Costume Contest; Tiana Kia'aina for the yummy brownies; Julie Anne Tamayori for the delicious dessert; and many others who surprised us with goodies and kindness.

Much thanks to Mike and Lynne Howells for giving us a fresh Christmas tree from their garden, the Hawaiian Cultural Club and the Filipino Cultural Club for decorating the Activity Room, and many little elves who prepared for the Christmas Party on December 8th at Ala Moana Hotel.

Mahalo a nui loa to the presenters of such interesting topics, including Linda Austin from the State Department of Health talking about Oral Health; Bee Keeping: A Way of Life with Gary Yafuso; Pikake Propagation with Ferdinand Madriaga; Raising Vegetable Gardens with Jessie Delos Reyes; Medication Management with Dawn Pasikala from the National Kidney Foundation of Hawaii; Home Health Services with Candace Young, Mae Fujii and others from SHIP; Tina Lau and gardeners from the Urban Garden in Pearl City; CPR training with Alike Naluai and Chief Kevin from the Honolulu Fire Department; Orchid Repotting with Betty Schoeppner; Milestones Workshops with Annette Kam (author of Wait! Don't Die!); Korean Culture and Cuisine with Jungsook Kim from South Korea; Kokedama Workshop with Lori Chong (Helen Katahira's daughter); Kristin Yeung and Ana Bolton from Ke Ola Mamo; a historical tour of the Cathedral of Saint Andrew with Reverend Heather Patton-Graham scheduled for December 20th; Fall Prevention with Melody Halzel from the University of Hawaii, Christy Nishita from the Center on Aging, and Derrick Ariyoshi from the City Elderly Affairs Division; Starbucks for hosting the Coffee, Tea and Talk Story; tours with staff of Kamaka Ukelele factory and the Queen Emma Summer Palace; Wayne Uejo and the members of the Orange Xpress and Glenn Sasaki and Les Del Prado for the wonderful monthly concerts; and Hiro and Chikako Nago for leading us in the Genki Ball service project to clean the Ala Wai Canal!

We thank American Savings Bank, Ke'ehi Memorial Organization and others for their sponsorship of the Veterans Program; HawaiiUSA Federal Credit Union and Kahai Street Kitchen for their most generous sponsorship of the Thanksgiving lunch; and many, many LMPSC members and friends in the community who donated significantly during the Annual Membership Donation Drive and our annual canned goods drive. Your support has been unbelievable and deeply appreciated. To the Friends of Catholic Charities Hawaii, the entire CCH ohana, and the elected leaders and employees of the City and County of Honolulu, the State of Hawaii, and the U.S. Federal Government, mahalo for your tremendous support throughout the year. Our center is eternally grateful for your kokua in so many ways.

We thank Diane Kawakami, Mary Sueda, Jean Sugihara, and Rose Yanagawa for their tremendous volunteer work throughout the year at the front desk, running the Thrift Shop and Concession, and in the big kitchen DAILY. We thank Richard Tada and Frank Toma for volunteering their time many times a week to provide the sound system support for cultural clubs, classes and special events. We thank Pearl Lee and Tanee Connelly for volunteering to do telephone reassurance calls to our senior center members weekly to make sure that everyone is okay and assist with reminder calls to all our special events. We thank Amy Bratt and Atsuko Sakumoto for creating the beautiful succulent arrangements daily for people to buy and enjoy. We thank the many members who have made beautiful lei, lights in a bottle, useful household items, and creative and lovely gifts that many enjoy in their homes and work places. We thank the dedicated officers and volunteers of our 7 cultural clubs for their amazing weekly programs to bring joy and laughter to our center members. We thank the instructors, assistant instructors, facilitators, presenters, and other leaders who have put together fantastic educational workshops and life experiences that enhance the quality of life of our kupuna and empowers them to share this knowledge and experience with their families and broader community.

We wish you and your family peace, good health, and joy at this time of the year and always. We send our prayers and Aloha to everyone across the world that they may be safe, be filled with hope, enjoy peace, and truly live a good life filled with love, compassion and grace.

From the Lanakila Senior Center's Staff ... Cookie, Iris, Lodi, Riva and Susie, we send our love to all of you!

Welcome New Members!

Marilyn Au
Juliana "Julie" Baron
Lynette Duque
Carol Hayashida
Norman Henry
Grace Kim
Myra Kon

Jane Kunimura
Edward Kuoha Jr.
Margaret Mahon
Cheryl Shimizu
Harold Yokouchi
Calvin Young



Photo Gallery



Our members enjoying throwing the genki balls into the Ala Wai Canal.



Learning in the sun at the Urban Center Excursion. Photos provided by Pearl Lee.

Photo Gallery

Celebrating Halloween in costume, games and food!



Photos by Evan Ching

Photo Gallery

Presentations and workshops filled the month!

Photos by Susie Chun Oakland



Oral Health Presentation.



Repotting Orchids with LMPSC Member and Master Gardener Betty Schoepner



Mahalo Don Quijote Pharmacist Larry Tong for providing such a valuable service to our seniors!



Starbucks served more than 50 cups of coffee/tea and ~30 pastries. Mahalo nui to Madi and the Kaka'ako store team for donating the coffee, tea and pastries today!



Mahalo to Lori Chong who provided this fun and informative Kokedama workshop



Hydroponics discussion at Waiahole Nursery with Tony and Lanakila seniors.



LMPSC members Amy Bratt and Atsuko Sakumoto make beautiful holiday arrangements using succulents

Photo Gallery

Our Thanksgiving program was complete with the ono Thanksgiving meals sponsored by Hawaii USA FCU and prepared by Kahai Kitchen! Mahalo to all hands that helped make this a very special day.



Cultural Club Reports

OKINAWA NENCHOSHA CLUB UPDATE

By Diana Kawaguchi

SHIWAASHI (December)

Since Okinawa is not a Christian country, Christmas is not a public or traditional holiday there, but many people still celebrate it in some way.

Christmas is about the birth of Jesus Christ, and how he came to give us LOVE, HOPE, & JOY.

There is so much bad news, and devastation in the world, that the meaning of Christmas is worth celebrating with your family, friends and loved ones.

We wish all of you, a wonderful, joyous, and safe Christmas!

October 26: We were entertained with a variety show by our talented Nenchosha Club members. Beautiful singing of Japanese songs by Karen Takemoto, Flora Nakasone, Richard Tada, Doreen Toma, couple Jean and Bobby Ishihara (they didn't sing a duet, maybe next time?), and Frank Toma with "My Way". Sumiko Nakasone graced us with her hula. Takako Goya, Yaeko Miyahira and Chieko Tokuda danced "Kanayoo". Diane Kawakami ended the program, dancing a graceful hula to the touching song "Nada Sou Sou".

NOVEMBER EVENTS:

November 2nd: Entertainment by Yamauchi Sensei's "Shiyukai", which was a variety of Japanese songs and dancing. The women wore colorful kimono's, and danced with a variety of things-beautiful fans, umbrella's, and did a lively cute dance wearing masks, with a red apron.

Yamauchi Sensei herself did a beautiful Japanese duet. The last Japanese dance was with three dancers, dancing "Matsuri". The dancers each held Four Gold fans, which was very impressive!

November 9th: Tamagusuku Ryu Senju Kai Frances Nakachi Ryubu Dojo, MC'd by Randy Kuba. This Okinawan dance academy has a legacy spanning over 26 years, with students ranging from 3-83 years young. We were entertained by a variety of wonderful, classical and folk Okinawan dances. Nakachi Sensei herself, graced us with her dancing of "Higasa Odori" that the founder of Tamagusuku Kyu, Seigi Tamagusuki, created in 1934. Entertainment ended with everyone dancing "Kachashi".

November 16th: Hui O' Laulima which means "Helping Hands. They assist the Hawaii United Okinawa Association, and share the Okinawan culture with communities in Hawaii, to bring smiles, and happy memories. Their Okinawan dancers are called "Churagaki Angwatas" which means "Beautiful Aunties". We were entertained with a variety of Okinawan dances, Hula, and singing by Ruth Kawamoto. At the end of the program, the entire Hui O' Laulima group, entertained us with a Yaeyama song "Mii Fi Yu", written by Minoru Miyagi. In this song, he expresses his deepest appreciation to his parents & grandparents who raised him. Living in Tokyo, he was sad not being able to go back to Okinawa, to take care of them. He wrote this song for them, thanking them. "Thank you, thank you", he sings and wishes them a long life. A very touching ending to their wonderful performances that brought some tears in the audience and dancers, thinking about members who no longer can participate or entertain like they use to.

"Umaribi-kariyushi yaibii-n": Happy Birthday to: Amy Bratt, Tomei (Elsie) Higa, Hope Hironaga, Edna Jackson, Sally Joyce, Carolyn Kimura, Clarice Kumura, Masako Oda, Ronald Oshiro, Jean Sugihara, Chiyo Tomori, Patrick Young, and Carol Zukemura.



Cultural Club Updates

JAPANESE CULTURAL CLUB UPDATE By Clarice Kumura

A Fun Year!!

What a good year 2023 has been. This is the time to reflect on what we have achieved during the year and to thank JCC members for contributing to the success of our club. Throughout the year, we were able to renew our energy through enlightening and inspiring speakers, the wonderful entertainment performed by various karaoke and dance groups, and the camaraderie we enjoyed by way of our picnic, observance of our traditions, and games we played. We look forward to a great holiday season as we prepare for holiday festivities with family and friends. May you all be blessed with laughter, peace and love.

Special thanks to our President, Mary Sueda for her dedication and passion to make JCC a fun place to come to. Also, much Mahalo to the Officers of JCC for their hard work to keep the Club operating in an efficient manner.



On November 6, Rev. Ryoso Toshima had so many stories to talk about. One of them was how the ordinary people who put their hands in form of prayer before eating, is one of the most beautiful things to see. On November 13, we had a fun sing-along with Sensei Brian Suzuki. Members had an enjoyable time singing songs such as When You Wish Upon a Star; I'll Remember You; and Japanese Folk songs such as Yuuyake Koyake and Kan Kan Musume. On Nov. 20, we were entertained by Manny Espeleta and his Music Lovers Group. They sang songs such as Dahil Sayo; Kokoni Sachi Ari; and many others. What great harmony blending instrument and beautiful voices.

Tanjoubi Omedetou Gozaimasu to: Amy Bratt; Edna Jackson; Clarice Kumura; Janet Miyashiro; Jo-Ann Murata; Ron Oshiro; Jean Sugihara; Lorraine Tamashiro; Sue Yashima; and Carol Zukemura. May you all have many more Happy Birthdays.

Event: Dec. 4 Sensei Marion Arakaki - Karaoke



FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

DECEMBER -It's the happiest month of the year. Young and old are waiting for this wonderful time to come.

It had been a family tradition that members of family and friends come together to share, reminisce and make more MEMORIES together. FAMILY is LOVE and FAMILY is EVERYTHING.

Before we close the year 2023 let me share the activities we did last October and November.

October 28- Decorated the Activity Room with the Christmas Ornaments made by the FCCH members.

Also had our Halloween Celebration and had a Costume contest. The winners were: Most Beautiful - FELY BALIBA Most Original - EMELITA GUILLERMO and Scarriest - TINA LUMABAO. All the winners received \$25.00 each from the CLUB funds.

On November 5 celebrated the birthday of RENILDA CORDERO at Hawaii Pot / Shabu Shabu in Pearlridge Shopping Center. It was an awesome celebration.

On November 18 celebrated Thanksgiving and the birthdays of our October and November Members. They are: RENILDA CORDERO, TINA LUMABAO, ESTRELLA TONGPALAN, LOLITA LUCAS, LEONIE RAMIREZ and CARLOS VERGABERA.

Representative Jenna Takenouchi and Councilman Tyler dos Santos - Tam represented by Brandon Mitsuda graced our simple program.

Bentos and "Tupig" were served donated by the Celebrants and the Filipino Club after the event.

Looking forward for Lanakila's Christmas Party on December 8, 2023 at Ala Moana Hotel. Some FCCH members will perform 2 Folk Dances: KAKAWATI and SALAKOT.

Our FILIPINO CLUB will celebrate CHRISTMAS and the birthdays of December born members on December 9, 2023 at the Lanai of the Lanakila Center.

F C C H last meeting will be on December 16, 2023. We will resume on January 6, 2024.

" MALIGAYANG PASKO at MANIGONG BAGONG TAON SA LAHAT"
MERRY CHRISTMAS AND A PROSPEROUS NEW YEAR TO ALL.



Iluminada "Luming" Acosta
Kay Agena
Juanita Agustin
Virginia Ahuna
Nancy Alvey
Leo Ancheta
Toshimasa Arai
Vernon Au
Anthony "Tony" Balamero
Sr.
Hiromi Bauermann
Amy Bratt
Robert "Bob" Burdon
Cathy Caberto
Lynn Carey
Sharon Carroll
Sun Ye Chae
Mary Lynn Chan
Taling Chan
Aida Chapman
Catherine Chinn
Salwyn Chinn
Stanley Choi
LaVina Chow
Susan Choy
Mary Chun
Soledad "Sally" Corpus
Veronica Diniega
Akira "Steve" Doi
Erlinda Dongon
Noel Eto
Richard Frey
Edith Fujihara
Clifford Gakiya
Kazuyo Gillespie
Carol Goto
Helen Goya
June Hafer
Hames Haioka
Lili Hallett
Carol Hamasaki
Barrymore "Barry"
Hanakahi
Bradley Hara
Warren Hasegawa
Carol Hayashida
Norman Henry
Ruth Heu
Leonore Higa
Tomie "Elsie" Higa
Ken Hirate
Hope Hironaga
Evelyn Ho
Julie Ho
Paul Hoe
Lyn Hurlbutt

HAPPY BIRTHDAY!

HAPPY BIRTHDAY!

George I
Maelin Ibara
Wilhelmina "Wilma" Ibay
Amy Imaguchi
Geri Imai
Susan Imai
Henry "Easy" Isara
Joanna Ito
James "Jimmy" Iwamura
Eileen Iwanaka
Edna Jackson
Lisa Jama
Sally Joyce
Mildred "Millie" Kamei
Muriel Kashiwa
Mohammad Keshavarzi
Carol Kihano
Young Hwa Kim
Carolyn Kimura
Carol Kishimoto
Ralph "Nobu" Kiyan
Reagan Kiyuna
Janice "Jan" Kujubu
Clarice Kumura
Edward Kuoha Jr.
Weiling Landers
Bradley Lau
Bessie Lee
Helen Lee
Yong Sun Lee
Young Soo Lee
Paul Lin
Ferdinand "Frawn"
Madriaga
Jesus Manuel
Ana Marshall
Gladys Martin
Melvin Masaki
Verna McLean
Beth Miguel
Lauren Mineshima
Cynthia Miyashiro
Janet Miyashiro
Frances Miyazono
Grace Morikawa
Ellen Murai
Stephen Murashige
Jo-Ann Murata
Lynn Nakada
Charlene Nakagawa
Roy Nakasato
Jeanne Nakasone
Elaine Nakayama
Gary Namba
Gail Ninomoto
Hyon-Ok Kim Nishida

CHINESE CULTURAL CLUB UPDATE

By Dorothy Mau

Merry Christmas "Sing Darn Fai Lok" from all of us at the Chinese club. This Year of the Rabbit has gone by so fast, and soon we'll welcome the Year of the Dragon for 2024!

In 2023 we lost 3 of our members: Klaus Lai, Thelma Wong and Leonard Ho. Rest In Peace and love our friends! Eleven members attended the funeral service for Thelma Wong.

Beverly Mau gave the remarks and led by President Mau, we shared our respect for Thelma with a Chinese traditional 3 bow (Sam Cook Goong) ceremony. Three bunches of white carnations were placed in a vase because White carnations symbolize purity and good luck as we bid farewell to our departed member, Thelma Wong and we'll meet again someday. The Mau family also visited and paid respect to a member, family, friend and veteran Leonard Ho.

On December 8, 2023, CCC will sing the Mandarin song "The Moon Represents My Heart" for LMPSC Christmas party. On December 15, 2023 We will celebrate July to December Birthday members at Jade Dynasty! This will end our year 2023 and we'll meet again, the third Friday, January 19, 2024! Happy New Year everyone!

Tai Gar Sun Nien Fai Lok!



HAWAIIAN CULTURAL CLUB UPDATE

By Roland Manuel

ALOHA!!!

Chase your dreams, you might catch one. As we head into 2024, our happiness is a journey full of ups and downs. We need to cope with this. THINK BIG AND STAND TALL! 2024 will be the best year ever.

On behalf of the Hawaiian Cultural Club:

President- Roland Manuel

Vice President- Carol Burrows

Treasurer- Sharon Tulba

Sgt of Arms- John Burrows

Members- Diana Antonio, Arlene Gray

Mele Kalikimaka, Hauoli Makahiki Hou!

Class and Club Christmas Messages

Some of our classes and clubs saying "Merry Christmas" to all!



Beginner iPhone 1:1



Blood Pressure



Chinese Cultural Club



Cribbage



Digital Technology w/ Lanakila Pacific



Enka



Happy Senior Serenaders



Hula



Janet's Craft Class



Mah Jong



Okinawan Dance
"Wishing you all of you a very Happy
Holiday Season"



Sahm Bo Dahn

Class and Club Christmas Messages

Some of our classes and clubs saying "Merry Christmas" to all!



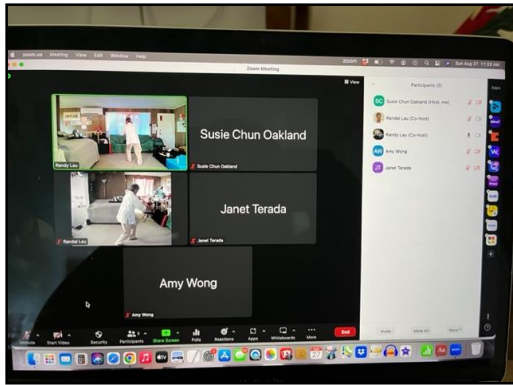
Sewing by Nakasone



Special Events Group



Stretch & Tone



Tai Chi for Health



Yoga

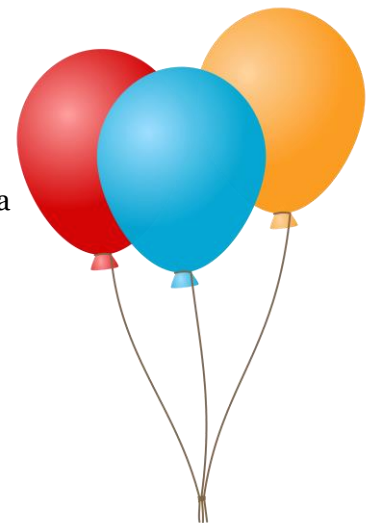


Zumba Gold

HAPPY BIRTHDAY

(continued)

Jean Nishida	Randolph	Tomori	Yashima
Masako Oda	"Randy" Sugai	Kiet Luong	Raymond Yee
Fujiko Okita	Jean Sugihara	Truong	Denise Yess
Alban "Al" Oshiro	Cynthia Sugiki	Jason Tsubaki	Jeannette
Doris Oshiro	Pamela Sunwoo	Ruby Uehara	Yoshimori
Ronald Oshiro	Filipinas "Fely"	Yuriko Vaughn	Marjorie Yoshioka
Be Pham	Tabula	Maria Villanueva	Helena Young
Erlene Pool	Ella Tagawa	Isabel Volpone	Patrick Young
Katherine Sakai	Noboru Taketa	Neena Wahi	Richard Young
Karen Sakihama	Gail Tamashiro	Sharene Williams-	Carol Zukemura
Estelita Sarmiento	Lorraine	Fine	
Verna Schubert	Tamashiro	Ellen Wong	
Kate Shigetani	Patsy Tamashiro	Frederick "Fred"	
Claire Shiota	Clarence Tanaka	Wong	
Hal Shito	William Tate	Yuen "Terry"	
Yoshiko Sickels	Donna Tokuda	Wong	
Susan Sing	Janet Tokuda	Paula Yamamoto	
Lenora Stone	Hideko Tokugawa	Linda Yara	
Francine Suan	Chiyoiko "Chiyo"	Hyang-Suk "Sue"	





Mahalo

*Thank you so much for
your generosity!*

PIKAKE (\$1000+)

Ke`ehi Lagoon Memorial

OHI'A A LEHUA (\$500)

KAHILI

GINGER (\$250+)

Nishimura, Sheila
Young, Patrick & Chock,
Mona

HIBISCUS (\$100+)

Arakaki, Pauline
Cabral, Erna
Chan, Ruby
Davidson, Jeannie Vee
Fujio, Diane
Fujitani, Kinsley & Sue
Endo, Yoi
Ishihara, Robert & Jean
Kawakami, Bessie
Kim, Rhonda
Kimura, Jane
Lee, Sunny
Mau, Dorothy
Nakamura, Carl
Nakamura, Joyce
Nakaza, Mercedes
Nishimura, Amy
Sakamoto, Ann
Teague, Ryoko
Tokuda, Ronald & June
Wong, Valerie M.

BIRD OF PARADISE (\$50+)

Badamo, Naomi
Baldomero, Anthony
Brown, Rosa
Demola, Suzuko
Hurlbutt, Lyn
Iha, Evelyn
Kawakami, Diane
Kiyana, Bobbie
Koyama, Earl

Morimoto, Akiyo
Mau, Beverly
Mau, Blossom
Muramoto, Susan
Nhomi, Miekio
Oda, Karen
Orinion, Cora
Oshiro, Nobuko
Samori, Sandra
Shimabukuro, Fujiko
Yamasaki, Glenn

ANTHURIUM (\$49 & under)

Badamo, Naomi
Demola, Suzuko
Koyama, Earl
Morimoto, Akiyo
Orinion, Cora
Yamasaki, Glenn

IN KIND DONATION

Arakaki, Dennis
Arakawa-Brooke, Lei
Chun Oakland, Suzanne
Fujii, Jane
Hayama, Alison
Hiranaga, Hope
Hiranaga, Lance
Isa, Sharon
Isekawa, Marilyn
Kawaguchi, Diana
Kimura, Grace
Maekawa, Dennis
Masaki, Marilyn
Moore, John
Nagamine, Rumiko
Nishimura, Rhonda
Oshiro, Ronald
Raytarr, Gloria
Shiohira, Jeanette
Sinkovits, Dixie
Suzuki, Mildred
Yoza, Linda

UPCOMING EVENT INFO/REMINDER

LMPSC Christmas Party

Ala Moana Hotel
410 Atkinson Drive Honolulu, 96814
Hibiscus Grand Ballroom
Friday, December 8, 2023
9:00 am – 1:00 pm
SIGN UPS ARE CLOSED!

If you signed up to ride the trolley to attend the event, please meet at the Senior Center by 7:30 a.m. for head count. Trolley will board promptly at 8:00 a.m.

If you plan to park at Ala Moana Shopping Center for discounted parking rate, please follow parking fee information sent via e-mail. You must pre-register your vehicle online. If you have not received the information, please let staff know.



December 2023 Class & Club 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
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	Courtyard
	10:15 AM	Sahm Bo Dahn	Higuchi	Lanai
	10:30 AM	Intermediate Ukulele	Olayan	Lib Annex, Go 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

December 2023 Class & Club 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
	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	Cribbage	Kono	Patio
	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	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
	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
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.

December 2023

SUN MON TUES WED THUR FRI SAT

					1 Board Games (8:00am) Brain Health (10:00 am) Kamaka Ukulele (10:30 am) Korean Cuisine and Language (1:00 pm) Milestone Workshop (2:00 pm)	2
3 	4 Brain Health (10:00 am) Travel Group (1:00 pm)	5 Repotting Orchids (11:00 am) Vaccination and Flu Shots (1:30 pm) City Lights Excursion (4:00 pm)	6 Kamaka Ukulele Tour (10:30 am) Orange Express (12:00 pm) Brain Health (1:00 pm) Magic Island Walk (4:00 pm)	7 Strength Training w/ Televeda (8:00 am) Coffee, Tea & Talk Story (8:30 am) Queen Emma Summer Palace (11:00 am) CMP Meeting (2:00 pm)	8 Christmas Party at Ala Moana Hotel (9:00 am) CENTER CLOSED	9 Honolulu Orchid Society Judging (9:30 am)
10 	11 Brain Health (9:30 am)	12 Strength Training (8:00 am) BINGO (9:00 am) Chinese Medicine (9:00 am) Handmade Card Making (10:00 am)	13 Brain Health (9:00 am) Senior Fraud (11:00 am) Foot Health (12 pm) Lights in a Bottle (1:00 pm) Hawaii USAFCU (1:00 pm) Magic Island Walk (4:00 pm)	14 Walk and Shop Pearlridge (10:00 am) Honolulu City Lights (4:00 pm)	15 Board Games (8:00 am)	16 Honolulu Blend Christmas Show (1:00 pm)
17 	18 Brain Health (9:30 am)	19 Chinese Medicine (9:00 am) Ke Ola Mamo (9:30 am) City Lights Excursion (4:00 pm)	20 Cathedral of Saint Andrew Historical Tour (10:00 am) Concert with Glenn and Les (12:00 pm) PAB Meeting (12:00 pm)	21 	22 	23 CENTER CLOSED
24 	25 HOLIDAY Christmas Day CENTER CLOSED	26 	27 New Member Orientation (9:00 am)	28 	29 	30 CENTER CLOSED
31 						

*Calendar subject to change

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



Catholic
Charities
USA



United
Way
Aloha United Way



COA
Catholic
Organizations
Association