

November 2023| No. 94

LANAKILA KŪPUNA NEWS



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Honoring our Veterans & Giving Thanks

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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:

On Wednesday, November 8, 2023, Lanakila Senior Center will be honoring over 170 senior center members, who are veterans, for their service to our country. Not everyone will be at the lunch and program, but we did want to take the time to thank all of you for your service to our community, to Hawaii, and the United States of America. Mahalo to American Savings Bank and Ke'ehi Memorial Organizations for their generous sponsorship of this special event.

This month is also an opportunity to express gratitude for all that we have and enjoy. On November 15, hundreds of Lanakila Senior Center members will gather at the senior center for a Thanksgiving Program and enjoy a delicious meal prepared by Kahai Street Kitchen and sponsored by HawaiiUSA Federal Credit Union.

This past year, over 700 individuals have volunteered their time to create the many educational workshops, social events, excursions, cultural club programs, classes, and celebrations at Lanakila Senior Center. Senior center members and community organizations and individuals have come forth to share their valuable time, talent, and resources with LMPSC and the broader community. We are eternally grateful for your service.

May each of you enjoy precious time with family and friends this Holiday Season. Happy Thanksgiving to all!

Me ke aloha pumehana (with warmest love),

Susie Chun Oakland, Program Director
Riva Torno, Program Specialist
Iris Hiramoto, Membership Specialist
Cookie Irvine, Program Support Assistant
Lodi Tapawan, Custodian

Welcome New Members!

Carol Anzai	Yon Hwa
Kelly In Soon	"Esther" Kang
Baik	Clara Masaki
Waldtraut	Melvin Masaki
"Ursula"	Kathleen
Belschner	Nekomoto
Dennis Ching	Earl Ng
Donald Chun	Hyon Ok Kim
Cresente "Cris"	Nishida
Guillermo	Patricia Oshiro
Emelita "Emy"	Alan Yamashita
Guillermo	Catherine Yee



Photo Gallery



Member Linda Maballo is a big winner at BINGO from the Young at Heart Expo.



LMPSC members Puna Frank and Midge Wright do fun interactive activities with children at the 30th Annual Children and Youth Day.



LMPSC members Cheryl Takayama, Rosie Ramiro, and Janet Miyashiro volunteer doing Halloween crafts with Keiki at CYD!



Preparing the genki balls.

Photo Gallery



Preparing the fuzzy Genki Balls



Lanakila's Peace Garden



Mahalo Rotary Club of Honolulu- Sunrise for their help in LMPSC's painting service project. Photo submitted by Karyn and Eric from Rotary Club of Honolulu Sunrise.



Doctor of Physical Therapy Lab students from HPU practice their skills on our members. Photos submitted by Brandy Shwarz from HPU.

Photo Gallery



Preparing the genki balls.

Upcoming Special Events!



Lanakila Multi-Purpose
Senior Center

**VETERAN'S DAY
CELEBRATION**



CATHOLIC CHARITIES HAWAII

Lanakila Multi-Purpose
Senior Center's

**THANKSGIVING
PROGRAM**

2023



WEDNESDAY,
NOVEMBER 15, 2023
9:00 AM - 11:00 AM



CATHOLIC CHARITIES
HAWAII

TRANSPORTATION FRIENDS FOR KUPUNA PROJECT

Are you at least 55 years old and
want more JOY in your life?
Or are you a retiree or empty nester who
likes to serve?
This volunteer opportunity is for YOU!

Catholic Charities Hawai'i is looking for seniors to volunteer as a driver and/or chaperone to assist kupuna 60 years and older for our **Transportation Friends for Kupuna (TFK) Project**.

As a volunteer driver, you will use your own vehicle to transport kupuna clients to needed destinations, and as a chaperone, you will assist in accompanying kupuna to and from their destinations. Your contribution as a volunteer will make a meaningful impact on the lives of frail kupuna who live independently.

If you are interested or need more information, please contact
Julie Chang, Program Volunteer Coordinator
at (808) 527-4783 or email
julie.chang@catholiccharitieshawaii.org.

*This project is funded by a grant from
AmeriCorps Senior Demonstration Program.*

Cultural Club Reports

OKINAWA NENCHOSHA CLUB UPDATE

By Diana Kawaguchi

KANSHASAI (Thanksgiving)

Thursday, November 23rd is Thanksgiving Day. Families will gather to eat traditional Turkey, stuffing, pumpkin pie, and other delicious foods. Others will gather to watch the traditional NFL games, cheer for their favorite teams, and drink lots of BEER! Whatever you are planning on doing, we want to wish all of you, and your families a very **HAPPY THANKSGIVING DAY!**

.September 28th: AARP presentation on Medicare Fraud by Lynn Park. When someone is trying to scam you, they are trying to get your identity, and finances. They **DON'T CARE** about YOU, and have a specific intent to get **SOMETHING** from YOU, which is **FRAUD!** When they call you, **DON't** correct them, and if you don't know who they are **HANG UP!** If you think something is too good to be true, **IT IS!** Learn to say **NO, HANG UP AND REPORT THEM!**

OCTOBER EVENTS:

.October 5th: Scheduled presentation by the City & County Fire Department was cancelled, so we had Bingo. Prior to playing Bingo, we had to elect our 2024 Nenchosha club officers early, as all of the 7 Cultural club officers will be sworn in altogether at the upcoming Christmas party event. The following are your elected officers for 2024: President-Jane Higa, Vice-President-Richard Tada, Secretary-Diana Kawaguchi, and Treasurer-Diana Kawakami. Other elected committee members are, Asst'Treasurer-Janet Ito & Phil Uyehara, Membership-Nancy Gakiya, Entertainment-Flora Nakasone, Attendance-Jane Fujii & Mona Bernado, Audio Visual-Frank Toma, James Toma and Richard Tada.

.October 12th: Stretch & Tone with Denise Werle was a wonderful day of exercising. Stretching & toning all parts of our body to wonderful music, starting with standing then sitting. You could feel all the tension in your body lessen, as you stretched all parts of your body. What a great way to start off your day, feeling great, refreshed and relaxed!

.October 19th: We were entertained by Faye Tamakawa and friends with Karaoke. The MC was Eileen Moriwaki. This was a senior group of singers who sang Japanese folk songs, and many sad love songs. Faye Tamakawa showed us her artistry with Japanese dancing. There was one male singer, Conrad Moriwaki, who said "he has not sung since covid, and he's already 82 years old, so this will be his last performance." Jane Higa told him, "he was still too young to give up, and we look forward to seeing him next year perform with the group". When you're 82 years plus, you should still be active, socialize, as this is what keeps you "young" and full of energy! Age is just a number. Think young, don't limit yourself because you think you're getting old!

"Umaribi-kariyushi yaibii-n" Happy Birthday to: Jeanette Akamine, John Awakuni, Thomas Duvauchelle, Nancy Gakiya, Tomi Griffin, Elaine Gushiken, Janice Ige, Grace Kimura, Stanley Koki, Juliet Sue Shimabukuro, Doris Takara, Dorene Toma, and Tsugunori Toma



Cultural Club Updates

JAPANESE CULTURAL CLUB UPDATE

By Clarice Kumura

Being Grateful

Before the Christmas songs on the radio and the Christmas trees in the shop windows forces us to look beyond the season of Thanksgiving, we must take a minute to acknowledge what we are thankful for as another year begins to make its closing remarks. Let's be thankful for family, friends, health, freedom and memories. We are so blessed for it all. Thanksgiving is so full of wonderful traditions—with ono food, rituals, and loved ones around us. So, raise your glasses and have a Thanks-tatic Day!

Oct. Activities: On **Oct. 1**, We jumped, kicked, jogged in place—just kidding – but the exercises we did with Dr. Chieko Kimata was close to it. We did various Zumba motions and had a good workout. On **Oct. 9**, we learned firsthand from Sgt. Chris Kim about crime among the elderly. Sgt. Kim heads the CrimeStoppers Program, a privately funded program, and works with the Honolulu Police Department. Sgt. Kim is very passionate about this program and solving crimes, especially against the elderly, is his mission. His presentation was enlightening and also funny. On **Oct. 16**, Victor's Kapakahi Group performed with much enthusiasm. They played and sang songs such as "Your Cheating Heart", "Jambalaya", "Hanalei Moon" and many others. Beverly Mau danced a beautiful hula to "Ehuli Makou".

Tanjoubi Omedetou Gozaimasu to : Grace Kimura (90+); Doris Takara (90+); Thomas "Kalani" Duvauchelle; Pauline Naumu; Amy Toyama; and Judith Yogi. Have a great birthday celebration!

November Events: 6 - Rev. Toyama
13 – Brian Suzuki
20 – Birthday/Music Lovers Group
27 – AARP



HAPPY THANKSGIVING



FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

November is here and pretty soon it will be December, the happiest month of the year.

Before I turn to the last leaf of the calendar these were the activities of the Filipino Cultural Club in the last two months.

For the Saturdays in September we continued to practice our Folk Dances getting ready for our big event on December 8, 2023 the Lanakila Multi Purpose Senior Center Annual Christmas Party at Ala Moana Hotel.

On September 23, 2023 we elected the NEW set of OFFICERS for 2024 namely: PRESIDENT: Wilhelmina Ibay VICE-PRESIDENT: Corazon Orinion SECRETARY: Evelyn Ambrocio TREASURER: Leonarda Ramirez AUDITOR: Renilda Cordero SGT. AT ARMS: Sergia Ababa - Josephine Aguilar - Emelita Guillermo BOARD OF DIRECTORS: Letty Dolor - Doris Maielua - Aurelia Sonson - Aurelia Tiburcio CLUB ADVISER: Rodolfo Ibay.

On September 16 Renilda Cordero the club's Auditor shared her talent in making homemade Christmas Ornaments and her work will be displayed at the Activity Room of the Center on October 28 ready for the Holidays.

Last October 18 the Filipino Club participated in the SHOW & SELL and members enjoyed this productive event. Members came and brought plants, figurines, kitchen supplies and lots more that we sold. We offered PANCIT and LINAPET and the club made some profit and shared some to the Center.

We will celebrate HALLOWEEN on October 28 wearing our COSTUMES just for FUN. We will choose the MOST BEAUTIFUL, MOST ORIGINAL and MOST SCARIEST. This will be a Contest with a Small Prize.

On November 18, we will celebrate THANKSGIVING and the birthdays of October and November born members.

In closing may I say: " LIFE IS BEAUTIFUL. LET'S ENJOY WHILE WE CAN"
GOD BLESS US ALL.



Glenn Ahuna
Jeanette Akamine
Priscilla "Lani" Amarino
John Awakuni
Richard Barrett
Amador Buenavista
Guy Cabral
Severa Cacal
Emelita "Emmie" Campos
Elodora "Dee" Chang
Gloria Chang
Yuet Kuen Chang
Susan Chee
Vivian Chee
Dennis Ching
Sumie Consillio
Ellen Cruz
Paulette dibibar
Thomas "Kalani"
Duvauchelle
Edith Endo
Mahnaz Firouzmandy
Gail Fujikawa
Kenneth Fukuda
Nancy Gakiya
Chun-Hwan Gaul
Tomi Griffin
Lenora Gum
Elaine Gushiken
Belinda Hanson
Elsie Hasegawa
Paulette Helton
Wendell Hershman
Robert Higa
Irene Hino
Frances Hokama
Dennis Igawa
Carol Ige
Eleanor Ige
Janice Ige
Florence Imai
Charles Inatsuka
Diane Inouye
Mayumi Ito
Ann Kaauamo
Annette Kam
Peter Kam
Shizue Kaneshiro
Nancy Kang
Mildred Kanja
Savina Kim
Yong Jin Kim
Alyson Kimura
Grace Kimura
Susan King
Mary Kitsu

HAPPY BIRTHDAY!

HAPPY BIRTHDAY!

Naomi Kobayashi
Stanley Koki
Violet "Leimomi" Kondo
Veronica Ku
Irene Kuhns
Shiling Lee
Susan Leigh
Sonny Leong
Gail Levy
Hui Chan Li
Lin Zhen Li
Jean Lin
Guo Mei Liu
Michael Loo
Anthony "Tony" Lui
William "Bill" Madigan
Dennis Maekawa
Margaret "Mergie"
Matayoshi
Beverly "Bev" Mau
Yoshiko Mier
Rosario Miguel
Leila Miyano
Akiko Miyasaki
Toshiko Miyazato
Gayle Mizukami
Claudia Morikawa
Renee Morioka
Lei-Jayne Moy
Junko Murphy
Gail "Yaeko" Nago
Judy Nakamura
Pauline Naumu
Mieko Nhomi
Alva Nomura
Jeanette Okamura
Evan Omoto
Faith Osurman
Leonarda "Leonie" Ramirez
Rosieta "Rosie" Ramiro
Dan Ream
Chanara Richmond
Shirley Riley
Kazuko "Susan" Saiki
Robert "Bobby" Sakata
Sandra Shawhan
Janet Shigemura
Terue "Teri" Shimbuku
Juliet Shimabukuro
Young Nyun Shin
Young Sik Sim
Barbara Stanton
Burt Sugiki
Kirk Sullivan
Myrtle "Mitsuko" Takaesu
Doris Takara

CHINESE CULTURAL CLUB UPDATE By Dorothy Mau

Chinese Cultural Club elected its new officers for 2024. President Dorothy Mau, Vice-President Cindy Choy, Secretary Blossom Mau, Treasurer June Ng, Auditor Susan Chee, Sgt. at Arms Randy Mau, Chow Fook Choy, Channing Ching, Tommy Duvachelle and Advisor Beverly Mau.

At each of our meetings we are singing the song "The Moon Represents My Heart" in Mandarin under the direction of Sue Fujitani. Sometimes Tommy plays the piano and Patrick, the ukulele. Come, join us on the 1st and 3rd Fridays at 9:30am if you want join us to sing this song.

Chinese Cultural Club sends condolences to the Family of long-time member Thelma Wong who passed away peacefully surrounded by her loving family on Saturday, October 7, 2023 at 1:07pm. She was 101 years old. Services will be held at Borthwick Mortuary on Friday, November 3, 2023 at 10:00am.

Her husband Wai Kong Wong predeceased her at the age of 100 years old. Her son Kalfred often accompanied Mom Thelma to all our meetings!

Two significant Holidays in November are Veterans Day and Thanksgiving Day! Thus, we wish to say Happy Veterans Day and Happy Thanksgiving to you all!



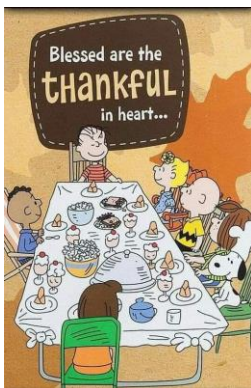
HAWAIIAN CULTURAL CLUB UPDATE By Roland Manuel

ALOHA!!! To all of you who enjoy and appreciate Hawaii- its beauty, its people and its spirit.

We visited the Pali lookout. Very scenic and great memories. The Show & Sell was very rewarding. Mahalo Ruby for making the baked goods as always.

We hope Thanksgiving brings you reasons to be grateful as so many are so grateful to God. May all of our blessings be multiplied throughout our lives. Wishing you all a harvest of blessings, good health and good times.

HAU'OLI HO'OMAIKA'I...
(Happy Thanksgiving in Hawaiian language)



always
REMEMBER
You ARE **braver**
than you know
STRONGER
THAN YOU SEEM
SMARTER
than you think
AND LOVED
MORE
Than you know



Class and Club Thanksgiving Messages

Some of our classes and clubs saying "Happy Thanksgiving" to all!



Beginner iPhone 1:1



Blood Pressure



Chinese Cultural Club



Enka



Happy Senior Serenaders



Hula



Janet's Craft Class



Mah Jong



Sahm Bo Dahn



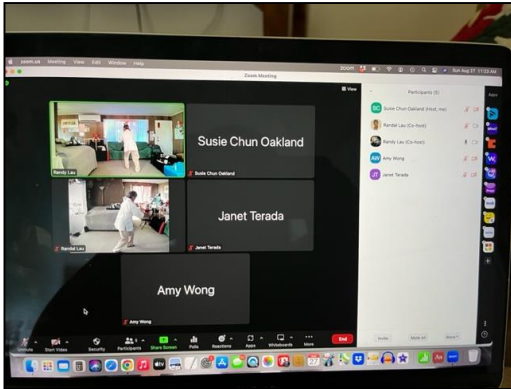
Sewing by Nakasone



Stretch & Tone

Class and Club Thanksgiving Messages

Some of our classes and clubs saying "Happy Thanksgiving" to all!



Tai Chi for Health



Western Calligraphy



Zumba Gold



[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

HAPPY BIRTHDAY

(continued)

Emiko Takemoto
Laurie Taketa
Patricia Takeuchi
Betsy Tamanaha
Susan Tamura-Boyd
Sharon Tanaka
Mariko Tolliver
Dorene Toma
Sandra "Sandy" Toma
Tsugunori Toma
James Tomi
Estrella Tongpalan
Donald "Don" Touchi
Amy Toyama
Janet Toyama

Kacy "Kazuko" Troy
Karen Usui
Linda Uyechi
Carlos Vergabera
Clemente "Clem"
Villanueva
Jane Wakukawa
Saspen Clara Wan
Charlene Watanabe
Karen White
Jean Yamamoto
Zhongwu Yang
Suit Ngo Yap
Judith "Judi" Yogi
Eileen Yoshimoto

Alwyn "Al" Yoshimura
Jenny Yoshimura
Amy Young
Linda Young
Rowena Young
Jin Suk Yu





Mahalo

*Thank you so much for
your generosity!*

PIKAKE (\$1000+)

Hawaii Air Cargo
Okinawa Nenchosha
Club
Anonymous

OHI'A A LEHUA (\$500)

Sueda, Mary
Yamashita, Irene

KAHILI GINGER (\$250+)

Higuchi, M/M Robert
Katahira, Helen
Kishimoto, Joyce
Lum, Elizabeth KL
Nagasawa, Alicia
Nagasako, Leroy
Salmon, Jeannie
Toma, M/M James
Yoneda, David

HIBISCUS (\$100+)

Belschner, Ursula
Bob
Chan, Arceli
Chan-Cantorna, Mela
Chang, Anna
Chang, Nohea
Chung, Cynthia
Dang, Mary
Donnelly, Willa
Duvauchelle, Thomas
Ensor, Chitra
Fukunaga, Gail
Harano, Caroline
Hata, Sharon
Higa, Jane
Higa, Tomie
Hino, M/M James
Hirai, Donald
Hironaga, Hope
Howells, Lynne
Kobata, Marilyn
Kodani, Glenn
Kotani, Betty
Kuhns, Kimiyo

Lum, Madeline
Maruno, Elsie
Matsunaga, Karen
Miyashiro, Giselle
Miyashiro, Janet
Miyashiro, Yoko
Nagasako, Leroy
Nishimura, Rhonda
Oda, Karen
Ojiri, Donald
Ozaki, Gladys
Sakagawa, Amy
Sakamoto, Atsuko
Sakamoto, Patricia
Sakihama, Karen
Schoeppner, Betty Ann
Shibuya, Florence
Shibuya, Leslie
Shinmon, Ruth
Shiohira, Jeanette
Sueno, Myunghee
Sugihara, Jean
Sugiyama, Jean
Suzui, Carole
Taira, Betty
Takai, Yuri
Takakawa, Sylvia
Takaki, Steven
Takemoto, Karen
Tamayori, Julie
Uyehara, Phil
Wakazuru, Mae
Wong, Valerie
Yamamoto, Arlene
Yasui, Marion

BIRD OF PARADISE (\$50+)

Ayau, Elizabeth
Funasaki, Sharon
Gray, Arlene
Happy Senior Serenaders
Ho, Roseline
Hokama, Bonnie
Ichikawa, Dorine
Ige, Eleanor
Isa, Harriet

Jackson, Edna
Kagami, Nancy
Kajioka, Eileen
Kanja, M/M Eric
Kawaguchi, Diana
Kawasaki, Jennie
Kishimoto, Ellen
Kumura, Yoshiko
Lee, Pearl
Milner, Ethel
Nagamine, Arlene
Nagamine, Doris
Nagamine, Rumiko
Nakagawa, Charlene
Nakamoto, M/M Ray
Nakata, Sally
Raytarr, Gloria
Shaw, Yoko
Shimomura, Dorothy
Shiraki, Sharon
Shishido, Karen
Stigar, M/M Lester
Sugiyama, Hisako
Takayama, Cheryl
Tanji, Carol
Tcheou, Yuriko
Togashi, Rose
Tomei, Edith
Yoshida, Diane
Yoshihara Jean

ANTHURIUM (\$49 & under)

Acosta, Iluminada
Agena, Jean
Bermudez, Etsuko
Chang, Natividad
Chee, Susan
Fay, Lorraine
Fukuhara, Kay
Gakiya, Nancy
Gillespie, Kazuyo
Goya, Takako
Hara, Bradley
Hirose, Sharon
Ibay, Wilhelmina
Kochi, Sayo

Koyama, Earl
Miike, Mildred
Miyahira, Yaeko
Miyashiro, Raymond
Miyazawa, Yasuko
Morikawa, Grace
Morimoto, Akiyo
Nagasako, Leroy
Nakamura, Aiko
Orinion, Cora
Rolland, Virginia
Tanaka, Keiko
Tokuda, Chieko
Tsuchiyama, Yoneko
Tsukamoto, Adele
Tsutsumi, Alice
Uehara, Setsuko
Weidmann, Lily
Yamanuha, June
Yamasaki, Glenn

IN KIND DONATION

Abe, Marian
Batula, Joan
Burrows, Carol
Chinese Women's Club
Corrigan, Carolyn
Fujio, Marion
Furumori, Sandra
Guerrero, Donald
Harano, Caroline
Higuchi, JoAnn
Hirai, Donald
Hook, Clara
Howells, Lynn
Ige, Eleanor
Imamura, Hermina
Inatsuka, Lillian
Inkinen, Kathryn
Kahikina, Sharon
Kim Mary Ann
Kimura, Grace
Lee, Helen
Lee, Marjorie
Matsumoto, Robert
Masunaga, Karen
Minami, Lillian

Miyazono, Kenneth
Moreno, Mary
Morreria, Jane
Murakami, Jean
Nagamine, Rumiko
Nakamoto, Litheia
Oakland, Susie
Nishimura, Rhonda
Pang, Carol
Shigetani, Kate
Shiohira, Jeanette
Togashi, Rose
Wong, Valerie
Yokooji, Janice
Young, Colette
Young, Sharon



A big mahalo for Starbucks, who provides delicious coffee and pastries to Lanakila Senior Center members each second Thursday of the month for "Coffee, Tea, and Talk Story". Thank you to Aldrinana Leung, Mgr. Mel Kadoshiro, and the Airport Starbucks staff for their generosity!

November 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

November 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.

November 2023

SUN MON TUES WED THUR FRI SAT

			1 Program Committee (8:30 am) Composting Workshop (9:00 am) Kamaka Ukulele Excursion (10:30 am) Orange Express (12pm) CPR Training with HFD (1:30 pm) Magic Island Walk (4pm)	2 Pikake Propagation (8:00 am) Program Director Q&A (2:00 pm)	3 Board Games (8:00am) Korean Cuisine and Language (1:00 pm) Milestone Workshop (2:00 pm)	4 Brain Health Activities 9:00 am
5	6 Repotting Orchids (11:00 am) Travel Group (1:00 pm)	7 COVID-19 Vaccinations & Flu Shots (1:30 pm)	8 Veteran's Program (9:00 am) Magic Island Walk (4:00 pm)	9 Strength Training w/ Televeda (8:00 am) Coffee, Tea & Talk Story (8:30 am) BINGO Palooza (10:00 am)	10 HOLIDAY Veteran's Day	11 Brain Health Activities 9:00 am Honolulu Orchid Society Judging (9:30 am)
12	13 Shredding (12:00 pm)	14 Strength Training (8:00 am) BINGO (9:00 am) Make Yourself Comfortable (2:00 pm)	15 Thanksgiving Program (9:00 am) Macintosh Q&A (1:00 pm) Magic Island Walk (4:00 pm)	16 Strength Training w/ Televeda (8:00 am) Kokedama (1:00 pm) CMP Meeting (2:00 pm)	17 Board Games (8:00 am) Waiahole Nursery and Garden <i>Center Closes at 2pm</i>	18 Brain Health Activities 9:00 am NARFE (9:30 am) Volunteer Legal Services Hawaii Legal Advice (1:00 pm)
19	20	21 Ke Ola Mamo (9:30 am)	22 PAB Meeting (12:00 pm)	23 HOLIDAY Thanksgiving	24 Board Games (8:00 am)	25 Brain Health Activities 9:00 am
(Walk-in Registration 11/20 – 11/24 (except 11/23) 8:00 am – 10:30 am)						
26	27 Fall Prevention with UH and EAD (10:30 am)	28 Walking at Windward Mall (10:30 am) Medicare vs. Medicaid (2:00 pm)	29 New Member Orientation (9:00 am) Cathedral of Saint Andrew Historical Tour (10:00 am)	30		

*Calendar subject to change

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