

January 2024| No. 96

LANAKILA KŪPUNA NEWS



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Healthy Start for 2024

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CATHOLIC CHARITIES
HAWAII

A MESSAGE FROM SUSIE

Happy New Year Lanakila Senior Center Members, Volunteers, Community Partners, Friends, Family, and everyone who is a part of our LMPSC Ohana:

Pictures express a thousand words ... We hope you enjoy our first newsletter for 2024 and that it captures the love, the fun, and the sweet memories we made in 2023. Our wish for all of you is that 2024 will be filled with good health, love and friendships, and an opportunity to build happy memories together.

Hau'oli Makahiki Hou (Happy New Year)!

Me ke aloha pumehana (with warmest love),
Lanakila Senior Center's Staff ... Cookie, Iris, Lodi, Riva and Susie

Welcome New Members!



Ah Lan Alameida
Roland Dacoscos
Wayne Kawahara
Edith Yamashita



Janet's craft class celebrating the end of the year with the 2nd annual Jingle Bell Tea Party.



Historical tour of the Cathedral of Saint Andrew. Photos submitted by Leo Ancheta.

Recipe

2024 Lanakila Multipurpose Senior Center Health Tips and Recipes

Written by Ke Ola Mamo Registered Dietitian-Kristie Yeung MS, RD, LD

January: Green Ginger Smoothie

Boost up your immune system in the New Year with foods high in Vitamin C (citrus fruits, papayas, peppers, broccoli), Vitamin D (low-fat dairy, salmon, eggs, tofu), and zinc (oysters, oatmeal, pumpkin seeds, lean beef). Try this antioxidant-rich smoothie to start your year off with good nutrition!

GREEN GINGER SMOOTHIE



Prep time: 5 minutes | Makes 2 servings

Ingredients

- 1.5 cups of low-fat milk or unsweetened plant-based milk
- 1/2 tablespoon freshly grated ginger root
- 2 ripe bananas
- 1/2 cup fresh or frozen pineapple
- 2 large handfuls of spinach
- 2 tablespoons of lemon juice or juice from 1/2 lemon
- Ice (optional)

Directions

1. Wash and dry spinach before use.
2. Grate about 1/2 tablespoon of ginger. You can add more ginger for extra spice!
3. Place all ingredients in a blender and blend until smooth. Blend ice as desired.

Recipe adapted from girlheartfood.com



This immune boosting smoothie is packed with antioxidants and nutrients to keep you feeling your best. Ginger root adds a spicy kick to this recipe and can help to reduce inflammation when you are feeling under the weather. The lemon and pineapple provide additional Vitamin C which can help fight infections. Bananas add fiber to this smoothie and spinach gives it a beautiful green color. This hydrating smoothie is an excellent year-round pick-me-up!

Photo Gallery



Coffee and tea to support our Coffee, Tea and Talk Story from Aldrinana Leung from Starbucks.



Computer Fixit Service Project with Joan Matsukawa



Members gathered for a Virtual Tea Party with the tea cookies provided by Jungsook Kim, our Korean Culture and Cuisine instructor from South Korea, along with Ginger Honey tea on December 1, 2023. Photo taken by LMPSC member Colette Young and Susie Chun Oakland.



Fall Prevention Presentation by the University of Hawaii Center on Aging and the Elderly Affairs Division.



Brain Exercises with Damien Chang



Kamaka Ukelele Factory tour. Photo by Sophie Hatakenaka.



Lights in a Bottle Workshop

Photo Gallery



Here are photos of Lanakila Senior Center members who participated in the three Honolulu City tours on December 5, 14, and 19. We thank Gyotaku Restaurant and Side Street Inn for making such ono food for us. We also express our heartfelt mahalo to the CCH Transportation Program for making these tours possible with their volunteer spirit!



Honohono Workshop instructed by Master Gardener Betty Schoeppner



Students of Ross Rasmussen's online iPhone and Macinstosh classes take him out to a nice luncheon on his visit back to Hawaii. Photos submitted by Naomi Kobayashi.

Photo Gallery

We all pose for our annual Christmas celebration on December 8, 2023 at Ala Moana Hotel's Hibiscus Grand Ballroom. Members enjoyed entertainment by classes and clubs, a delicious buffet, door prize, just to name a few! Lots of fun!



Photos by Duane Ikeda

Cultural Club Reports

OKINAWA NENCHOSHA CLUB UPDATE

By Diana Kawaguchi

SOOGWACHI (January)

In Okinawa people still celebrate the Lunar New Year, (calendar based on the cycles of the Moon), and the Solar New Year on a smaller scale. Unlike the Japanese tradition, there is no custom of eating 'Ozoni' a Japanese soup made with mochi. Instead, the people 1st make an offering to the Gods before enjoying a festive meal of numerous dishes with family and friends, which overflow with Okinawan spirit.

.November 30th: Terry Higa Sensei and his ten student members from Hawaii Taiko Kai, entertained us with their Okinawan Koten taiko. Normally there is only 1 drum, but under their style it consists of 1 large drum and 1 small drum unique to the Mitsufune Ryu style. According to Higa Sensei, in most cultures the drum sets the beat. In Okinawan culture the Sanshin and singer sets the beat, and the taiko follows. It was very interesting, and informative to listen to Higa sensei explain what each song they would be playing. May Asato danced "Hatoma Bushi", to show her appreciation, and to thank the Nenchosha club members for their hospitality, and kindness, shown to her Mother-in-law, Tsuruyo Asato, who passed away in 2012 when she was 102 years old. Everyone treated her so nicely!

It was such an entertaining morning listening to the beat of the Taiko drums!

We ended with Higa sensei explaining that Kachashi is the fast music, and Atchame is the dancing. So everyone participated doing "Atchame" to Kachashi! What a fun morning this was.

DECEMBER EVENTS:

.December 7th: Entertainment by the Niko Niko club from the Moiliili Community Center with Faye Murata and her energetic ladies, exercising to music. The ladies exercised to Christmas songs dressed in their Christmas attire, as the audience followed with exercising of their arms, hands, wrist, fingers for good circulation, and good health. It was a fun and energetic morning as they shared their Christmas spirit with all. Faye Murata said she has taught this exercise class for 25 years. We need to exercise to stay healthy. Smiling and laughing is one of the best exercise.

.December 14: Our final entertainment for the year was from the Pearl City Community Church.

Mistress of Ceremonies was Maile Ito. The opening number was a beautiful hula to the "Lord's Prayer". There were various hulas, Rock 'n Roll with an Elvis song, and singing of various Christmas songs. The group ended with a beautiful hula to "The Prayer".

President, Jane Higa announced that the Nenchosha club will return on January 18, 2024. People coming to Lanakila will have happy entertainments, and live long lives.

We wish everyone a very happy and safe 2024 New Year's, filled with good health and happiness.

"Umaribi-kariyushi yaibii-n", Happy Birthday to: Patsy Chu, Suzuko Demola, Doris Doughty, Takako Goya, Lance Hironaga, Jocelyn Ho, Robert Ishihara, Donna Koki, Harry Nakasone, Sumiko Nakasone, Hatsuko Nakata, Ruth Shinmon, Karen Takeshita



Cultural Club Updates

JAPANESE CULTURAL CLUB UPDATE

By Clarice Kumura

AKEMASHITE OMEDETOU GOZAIMASU

New Year's in Japan is one of the most celebrated occasions. It is filled with traditions. Similarly, in Hawaii we share rituals like those in Japan such as:



Decorating the home has a special meaning and is aimed at ensuring a prosperous year ahead. “Kadomatsu” are elaborate decorations placed in pairs next to the front door of the house. “Kagami mochi” are small house decorations of mochi with a type of orange placed on the top.

Clean House or “Osoji” is a happy house as the saying goes. It is believed that a neat and tidy home clears the mind and ensures that you're ready to welcome the New Year.

“Osechi Ryori” is a traditional meal on New Year's Day. It is made up of either three or four stacks of bento boxes called “jubako” which are shared between the family. Each box contains small portions of beautifully prepared traditional Japanese food such as seafood, raw fish, pickled vegetables, and more.

“Hatsumode” is the first temple visit of the New Year. People typically pray for positive outcome in the Year ahead.

May 2024 bring you good health, love and peace!

On December 4th, we were entertained by the talented group of singers from Sensei Marion Arakaki's karaoke class. Those melodious singing voices came from Joyce Kishimoto, Doreen Toma, Jimmy Toma, Frank Toma, Richard Tada, Jenny Yoshimura. Of course, who can top Sensei Marion with her rendition of “Mihai Yu”, a song about gratitude to our elders.

Tanjoubi Omedetou Gozaimasu to: Doris Doughty (90+); Winifred Lau (90+); Jocelyn Ho; and Marion Masuda. May you have many more happy birthdays.

Events: Jan. 8 – Zenidaiko/Naleo Nahenahe Na Kupuna
15 – Holiday – Martin Luther King Jr.
22 – Birthday/Orange Express
29 – American Savings Bank (Fraud and Scam)



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FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

As I reminisce the outgoing year 2023 I believe it was a productive year full of FUN and beautiful memories.

December 8 -We had the LANAKILA CHRISTMAS PARTY at Ala Moana Hotel and some Filipino Club members danced the SALAKOT and KAKAWATI wearing their colorful Filipino costume KIMONA and LONG SKIRT.

December 9 - The FCCH celebrated CHRISTMAS and the birthdays of December born members. They were: ILUMINADA ACOSTA, JUANITA AGUSTIN, SALLY CORPUS, ERLINDA DONGON, WILMA IBAY, PAM SUNWOO and FELY TABULA. For our Christmas fun, we had exchange gifts, raffle prizes and some door games. Bentos, desserts, Pancit and other goodies were distributed to members and guests. Some friends and family members came to join the celebration. Line dancing, ballroom dancing or merely chit chatting by members and friends made the event a joyful one.

December 16 - Took down the CHRISTMAS decorations from the Activity Room to be displayed at their respective homes because ALL "PAROLS" were handmade by members.

December 17 - Continued CHRISTMAS celebration of some Filipino Club members at the beautiful home of member CARMEN BAUTISTA.

Planning to celebrate FCCH ANNIVERSARY come AUGUST 2024 by God's help.
No MEETING for FCCH on December 23 and December 30 in observance of the HOLIDAYS. FILIPINO CLUB will resume regular Meeting on January 6, 2024.

"MANIGONG BAGONG TAON"

HAPPY NEW YEAR.

GOD BLESS US ALL



Marian Abe
Christine Abedor
Herminigilda "Hilda" Abenoja
Angelina Amby
Charles Amor
Dennis Arakaki
Jiro Arakaki
Jane Asato
Jan Ashlock
Janet Auyong
Akiko Baba
Helen Balmores
Lorenza Baloran
Melba Bantay
Connie Baradi
Juliana "Julie" Baron
John "Kione" Burrows III
Linda Canincia
Josephine Carreira
Alwin "Win" Carus
Shu Chi Chen
Mary Choo
Patsy "Pat" Chu
Hui Ying Chun
Emilia Collins
Tanee Connally
Clarissa Cosson
Katie Costello
Patricia De Peralta
Sarah Delos Reyes
Suzuko Demola
Doris Doughty
Carrolyn Emoto
Francisca Fabinal
Encarnacion "Shoni" Fajardo
Lucy Farinas
Margaret Fong
Diane Fujio
Cynthia Fukunaga
Sumie Furukawa
Sandra "Sandy" Furumori
Jane Ginoza
Glenn Goo
Sandra Gorski-Brough
Takako Goya
Yoshiko Haioka
Karen Hayashida
Norma Hirata
Lance Hironaga
Hiroko Hiyoshi
Jocelyn Ho
Lily Ho
Jung Soon Hong
Hisako Horio

HAPPY BIRTHDAY!

HAPPY BIRTHDAY!

Jane Ifuku
Darlene Ikegami
Yae Inoue
Robert Ishihara
Roy Ishii
Diane Iwaoka
Takako Izumigawa
Carolina Jacinto
Chieko Johnson
Carol Mae Kamalu
Karen Kami
Ellen Kaneshiro
Juanita Kaonohi
Tamie Kashiwamura
Mariko Kawasaki
Melvin Kellett
Hyoung Kiel
Duk Hee Kim
Grace Kim
James Kim
Ellyn Kingsmill
Marvin Ko
Joyce Kobayashi
Donna Koki
Masako Korenaga
Kikuko Kumamoto
Mieko Kuromiya
Jean Lagua
Servillano "Savio" Lamer
Minh Lai Lao
Darlene Larimore
Walter Lau
Winifred "Toshi" Lau
Edward Lautoa
Benton Lee
Pearl Lee
Mary Li
Josefina "Josie" Llaneza
Jesse Lockettel
Merle Loui-Sakamoto
Beaudine Ma
Elsie Maruno
Marion Masuda
Donna Masuda-Kam
Terumi Matsukawa
Leslie Matsuno
Joyce Matsuo
Grace Miyawaki
Karen Miyazaki
Shanti Mizuno
Brenda Mizuta
Mary Moreno
George Morkwaki
Wilma Moriyama
Steven Mun-Takata
Lorraine Muranaka

CHINESE CULTURAL CLUB UPDATE

By Dorothy Mau

Kung Hee Fat Choy! Wishing you wealth and prosperity! Sun Nien Fai Lok! Happy New Year! Chinese Cultural Club had a very prosperous and exciting Year in 2023 Year of the Rabbit! As we close this Year of the Rabbit, we'll journey into the Year of the Dragon. People born in the Year of the Dragon are powerful, strong, successful, honorable, and fortunate.

The lucky colors for 2024 are red, yellow and white. If you wish to have good luck, believe it or not, you need to incorporate these colors in your wardrobe. It's incredible that good luck can be generated in something as simple as colors.

The most exciting event for our club's president was the Lanakila's annual Christmas party held on December 8, 2023 at the Ala Moana Hotel. It was a drumroll and to her surprise and most unexpected moments that President Dorothy Mau was selected 2023 Outstanding Volunteer of the Year by Lanakila Multi-Purpose Senior Center! This prestigious award was by nomination and selection by LMPSC staff. She was escorted to the stage by her daughters to receive a beautiful plaque by Emcee Riva Torno. She was humbled and grateful by the stage filled members, family and friends who greeted her with leis overflowing her head and then holding others in her arms! Mahalo KeAkua for my longevity and thank you to all my beautiful friends for all my gifts!

CCC also celebrated its birthday members and Christmas (Jesus birthday) at Jade Dynasty on December 15, 2023! Thank you co-chairs Blossom and Beverly Mau for the reservations, menu, favors and "Doong Kwa", centerpieces and doorprizes. Thank you Jadine Lee for the strawberry cake. It was a fun time and everyone was happy! A very blessed Holiday Season and a Happy New Year!



HAWAIIAN CULTURAL CLUB UPDATE

By Roland Manuel

ALOHA! What a difference a year makes... it all depends on you. The year 2024 promises to be even better with the grace of God by our side. The year of the dragon is happening in 2024 of which I'm proud of is strength and endurance....be strong. The Hawaiian Cultural Club will stay focus and focus to be better.

We had a wonderful, splendid evening at the Christmas party. Sharon Tulba, Arlene Gray, and Roland Manuel recited the poem Twas The Night Before Jesus came and closed the traditional Mele Kalikimaka. Simply amazing!!!

Hau'oli Makahiki Hou!



Class and Club New Year's Messages

Some of our classes and clubs saying "Happy New Year" 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
"May 2024 be blessed with good health, and happiness for everyone."



Ping Pong

Class and Club New Year's Messages

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



Sahm Bo Dahn



Sewing by Nakasone



Special Events Group



Stretch & Tone



Yoga



Zumba Gold

HAPPY BIRTHDAY

(continued)

Lorna Muraoka	Mi Sook Park	Kwock	Ingrid Toth	Nobu Yoshioka
Stanley Nagamine	Almeda Pasion	Joan Sima	Mark Troedson	Nancy Young
Yusei Nagamine	Constance	Lois Sueda	Adele Tsukamoto	Patricia Young-
Mary Nakamoto	Petersen	Patrice "Pat"	Grace Tsukayama	Sasaki
Janice Nakamura	Lynn Phung	Sumikawa	Katherine "Kathy"	Susanne Yuu
Jean Nakanishi	Dannette Purdin	Yoshiko Suzuki	Uyehara	Run Tian Zhong
Peter Nakanishi	Winerfer "Wendy"	Sachiko I	Luvimina Valentin	
Harry Nakasone	Ramos	Takahashi	Kathleen "Kathy"	
Sumiko Nakasone	Bessie Rodriguez	Cheryl Takayama	Vance	
Hatsuko Nakata	Jennie Rosario	Young Ja "Tina"	Conchita	
James Nakata	Leighton	Takeda	Watanabe	
Song Cha	Sakamoto	Karen Takeshita	Gertrude Werilli	
Nishikawa	Sandra "Sandy"	Nelson Tamashiro	Jane Williams	
Irene Oka	Samori	Florence Tamura	Aileen Wong	
Dawn Omoto	Connie Sasaki	Aileen Tanabe	Joan Wylie	
Calvin Onogi	Michael Seki	Katsuyo Tanaka	Jean Yamanaka	
Jean Oshiro	Frances Shimazu	Linda Tanaka	Iris Yamashiro	
Janice "Jan" Oto	Wendy Shimoda	Edwin Taniguchi	Alan Yamashita	
Maria Oya	Julie Shimonishi	Rose Togashi	Kazutoshi Yato	
Hui Ying Pang	Ruth Shinmon	Irma Tom	Clara Yee	
Helen Park	Chu Lan Shubert-	Orie Toma	Suzanne Yoon	





Mahalo

*Thank you so much for
your generosity!*

PIKAKE (\$1000+)

HawaiiUSA Federal Credit
Union
Masuo, Diane
Matsumoto, Robert

OHI'A A LEHUA (\$500)

Fujita, Henry & Beverly
Toma, James & Dorene

KAHILI GINGER (\$250+)

Hawaii State Teachers
Association
Zukemura, Carol

HIBISCUS (\$100+)

Castillo, Mary
Chang, Nohea
Ching, Sylvia
Close, Lee Ann
Doughty, Doris
Fong, Randal
Gum, Lenora
Hanakahi, Barry
Henry, Norman
Ho, Brenda

Honolulu Blend Chorus

Hu, Lorna
Kobashigawa, Sharon
Kunimura, Jane
Lee, Nadine
Manabe, Cynthia
Matsuo, Joyce
Mikami, Beatrice
Tada, Jane
Takemoto, Karen
Taketa, Lucille
Tanaka, Lillian
Tokumura, Michael & Violet
Toma, Frank
Tramontano, Geraldine IMO:
Ellen Kong
Tsuda, Siri
Ueoka, Gertrude
Uyechi, Linda
Wong, Aileen IMO: Jack
Katahira

BIRD OF PARADISE (\$50+)

Ching, Eric
Ige Toyama, Amy

Ige, Vivian

Kawakami, Norman M/M
Kwock, Christopher M/M
Lind, Judy
Matias, Judy
Matsuno, Leslie
Vaughn, John M/M
Young, Colette

ANTHURIUM (\$49 & under)

Eastlack, Sandra
Inatsuka, Lillian
Kanemaru, Tina
Koyama, Earl
Ku, Veronica
Ma, Beaudine
Nakamoto, Mary
NARFE
Orinion, Cora
Sasaki, Laura
Sasaki, Teresa
Sugiyama, Hisako
Wong, Joyce
Yamasaki, Glenn
Young Sasaki, Patricia

IN KIND DONATION

Chan, Corinne
Gakiya, Nancy
Guerrero, Donald
Hirai, Donald
Hokama, Sandy
Ikeda, Charlene
Miyashiro, Janet
Muraoka, Lorna
Nagasawa, Alicia
Nakamura, Joyce
Oshiro, Cynthia
Sakagawa, Amy
Sakoda, Eileen
Saupan, Kimo & Jeanne
So, Celina
Tsuda, Siri
Wong, Edwin
Wong, Joyce
Young, Henry & Sharon



We ended the year with Christmas brunch prepared by Director Susie Chun Oakland, Jeanne Chun and Phil Chun.
Photos by Evan Ching.

January 2024 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	Fujii	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	Chuan Tai Chi	Pham	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

January 2024 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
	11:00 AM	Yoga	Fujii	Lanai
	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
	9:30 AM – 11:00 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
	9:15 AM	Beginning Intermediate Conversational French	Graham	Library Room
	10:30 AM	Spanish	Shaw	Library 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.

January 2024

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 CENTER CLOSED New Year's Day	2 Strength Training w/ Televeda (8:00 am)	3	4 Strength Training w/ Televeda (8:00 am)	5 Leadership Training (9:00 am) CRP Training with HFD (1:00 pm)	6 Eyeglass Drive Through Service Project (10:00 am)
7	8 Travel Club (1:00 pm) <i>Winter Session 2024 Starts</i>	9 Strength Training w/ Televeda (8:00 am) BINGO (9:00 am)	10 Orange Xpress Concert (12:00 pm) Magic Island Walk (4:00 pm)	11 Strength Training w/ Televeda (8:00 am) Navigating the UH CTAHR Links Garden Workshop (8:00 am) Coffee, Tea and Talk Story (8:30 am) Kupuna Aikido (10:00 am)	12 Beginner Yoga (11:00 am)	13 Honolulu Orchid Society Judging (9:30 am) PC Computer Class (9:00 am)
14	15 CENTER CLOSED Dr. Martin Luther King Jr. Day	16 Strength Training w/ Televeda (8:00 am) Ke Ola Mamo Workshop (9:30 am)	17 Visit to Opening Day of Legislature Magic Island Walk (4:00 pm)	18 Strength Training w/ Televeda (8:00 am) Mountain View Farm Tours (10:00 am)	19 Board Games (8:00 am) Making Envelope with Calendar Workshop (10:00 am) Center closes at 2:00 pm)	20 PC Computer Class (9:00 am)
21	22 Sakura Tour (10:30 am)	23 Strength Training (8:00 am) Traditional Chinese Medicine (9:00 am) Maluhia Hospital Vol. Presentation (11:30 am) Oldies but Goodies Concert (12:00 pm)	24 New Member Orientation (9:00 am) Magic Island Walk (4:00 pm)	25 Strength Training w/ Televeda (8:00 am)	26 Sakura Tour (10:30 am)	27 Brain Health Exercises (9:00 am) PC Computer Class (9:00 am)
28	29 Sakura Tour (10:30 am)	30 Strength Training w/ Televeda (8:00 am)	31 Sakura Tour (10:30 am) Long Tern Care Insurance Presentation (2:00 pm) Magic Island Walk (4:00 pm)			

*Calendar subject to change

Susie Chun Oakland	Program Director	suzanne.oakland@catholiccharitieshawaii.org
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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

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