

February 2024| No. 97

# LANAKILA KŪPUNA NEWS



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CATHOLIC CHARITIES  
HAWAII

## A MESSAGE FROM SUSIE

Aloha Lanakila Multi-Purpose Senior Center Members, Friends and Family:

Thank you to all the cultural club officers, class instructors and facilitators, and daily volunteers for attending the Annual Leadership Training in January. There were over 80 senior center leaders who were able to join us. The Winter Session classes and our 7 cultural clubs have started their activities and Lanakila is filled with laughter, music, singing, arts and crafts, dancing, pickleball, ping pong, many exercise classes, cooking, and useful presentations and workshops.

Mahalo a nui loa to the senior center members who visited the Hawaii State Legislature on Opening Day to thank legislators, Governor and Lt. Governor for their service to the State of Hawaii and their support of Lanakila Senior Center. We are grateful to our elected officials for their diligence and hard work.

There were so many fun and educational opportunities in January, including Digital Technology with Naithan Alva from Lanakila Pacific, Foot Health with Dr. Drew Cheng, Brain Exercises with Damien Chang and Ivey Zhong, Beginning Yoga with Katelyn Stenger, Fit and Flexible workouts with Janelle Mayeshiro, Organic Pest Control with Andy Nowinski, tours to Wahiawa to enjoy the Sakura flowers and the delicious lunches at Guieb Café, making udon at MOA Hawaii, building energy through Chinese Traditional Medicine with Diane Fujio, concerts with Glenn Sasaki and Les Del Prado as well as Orange Xpress, Computer Fix It projects with Joan Matsukawa, gardening classes with Ferdinand Madriaga and Jessie Delos Reyes, PC Windows with Paul Aoki, iPhone one-on-one's with Hiromi Kawasaki, and much more!

Happy Lunar New Year, the Year of the Dragon! We look forward to celebrating together on Tuesday, February 6, 2024, from 11:30 a.m. – 12:45 p.m. at Lanakila Senior Center. We will feature various cultural practices and foods to welcome the New Year! We will also have Tong Goh, Gao, and other treats for sale.

We will enjoy Valentine's Day together on Wednesday, February 14, 2024, from 10:30 a.m. – 12:00 p.m. with a salad bar utilizing the fresh vegetables in the senior center garden, poke that will be donated by the Honolulu Elks Lodge, and many other delicious food choices. This will be followed by a concert by Orange Xpress at noon. There will be 500 roses donated by AARP's Cupid Crew Program to our Lanakila senior center members, so please stop by in our lanai from 10:30 a.m. until 2:00 p.m. to receive a rose.

Lanakila Senior Center will also have its first Show and Sell of 2024 on Friday, February 23<sup>rd</sup>, from 8:00 a.m. – 10:30 a.m. There will be many great bargains, a plant sale, fresh produce (potatoes, onions, carrots, avocado, watercress, apples, oranges, and more), delicious bentos for sale, many homemade items prepared by the cultural clubs and classes, and just opportunities to see old friends and meet new friends. This event is open to the public!!

If you want an electronic copy of the LMPSC Event Planning Calendar for the whole year, please feel free to email the Program Director at [suzanne.oakland@catholiccharitieshawaii.org](mailto:suzanne.oakland@catholiccharitieshawaii.org) or call (808) 847-1322. The calendar is updated regularly with new and exciting events.

A special thank you to volunteers Tiana Kiaaina and Damien Cheng for sharing their time and talent with us these past few months. We will miss the both of you, but hope to see you again soon.

Best wishes to all of you for good health and much happiness,  
Susie Chun Oakland, Program Director



Do you know?

What kind of cacti is this?  
Let the front desk know!

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## Welcome New Members!



Lorraine (Lorry) Aschenbrenner  
Verna Chow  
Temoana Makolo  
Miles Okimura  
Gail Ontai  
George Shibata




# Health Tips and Recipe

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

## February: Kō'elepālau (Sweet Potato Pudding)

Chocolates aren't the only foods that can improve your mood but also sweet potato, poi, salmon, poultry, spinach, avocados, pineapples, and nuts & seeds. This mood boosting sweet potato recipe is not only tasty but is also rich in vitamin A, vitamin C, and fiber.

### KŌ'ELEPĀLAU SWEET POTATO PUDDING




Prep time: 70 minutes | Makes 15 servings  
1 serving: 1/2 cup

#### Ingredients

- 3 large Okinawan sweet potatoes, about 9 cups
- 1 cup of coconut milk
- Optional: 2 Tbsp sugar, honey, or sugar-free sweetener to taste

#### Directions

1. Boil sweet potatoes for 1 hour until tender or steam for 30 minutes, then cool.
2. Peel the skin off then mash the sweet potatoes.
3. In a mixing bowl, fold together the coconut milk with the sweet potatoes. Add a sweetener if desired. Whip together until well incorporated and fluffy.
4. Chill in the fridge or serve as is. Top with coconut milk, fruit, or nuts as desired.



Recipe adapted from :  
[manoa.hawaii.edu/hawaiifoods/recipe/sweet-potato-palau](http://manoa.hawaii.edu/hawaiifoods/recipe/sweet-potato-palau)

'Uala was one of the original canoe plants that the Polynesians brought to Hawai'i many centuries ago. This sturdy and nutrient-dense crop was a key part of the Native Hawaiian diet. Okinawan sweet potatoes were brought to Hawai'i in the 1900s. This local favorite is high in Vitamin A, Vitamin C, fiber, and potassium. Enjoy this dish in place of rice or as a healthier dessert!

## Photo Gallery



Kudos to this Rotary Club and AARP Hawaii for their generous grants to have the raised gardens built by Aloha Community Shed, the compost provided by MOA Hawaii, and the garden equipment, plants, and dirt purchased with the funding! What an excellent job! Photo provided by Cyndi Sugiki.

# Cultural Club Reports

## OKINAWA NENCHOSHA CLUB UPDATE

By Diana Kawaguchi

## II SOGWACHI DEEBIRU or SOUGWACHI (Happy New Year or Lunar New Year)

The Okinawan New Years is celebrated the same time as the Chinese New Year's, which marks the 1<sup>st</sup> day of the lunar calendar, which this year falls on Saturday, February 10, 2024, welcoming the Year of the Wood Dragon. Although many celebrate New Year's on January 1<sup>st</sup>, there are still families who celebrate the lunar New Year, which is one of the traditional observances passed down from their ancestors. At home people pray for the health and prosperity of their families by offering New Year's decorations and food to Buddha. It's customary to bring a variety of dishes in colorful boxes, including rice steamed with azuki beans, various type of seafood & mugwort mochi, made from the Yomogi leaves that makes this mochi a vivid green color.

### JANUARY EVENTS:

**January 18:** We welcome everyone back after our long holiday break, with our New Year's 2024 Program, by our talented Nenchosha club members. Program started off with Jean Sugihara playing the Taiko drums, welcoming the New Year. This was followed by a new talent in Phil Uyehara, singing "Because". Our Hula Sisters (Mona Bernado, Hope Hironaga, Muyeng Sueno, and Lynn Howells) of the Okinawan club, dancing a beautiful hula to "The Prayer".

Our Okinawan dance ladies (Suzuko Demola, Kay Fukuhara, Takako Goya, Diana Kawaguchi, Yoshiko Kumura, Yasuko Miyazawa, Nobuko Oshiro and Sharon Shiraki) performed 2 celebratory dances.

Husband and Wife team of Jimmy & Dorene Toma singing "Shimanchu Nu Takara", which included audience participation. This was fun to watch as we could hear Dorene tell Jimmy, "it's my turn to sing", but Jimmy forgot himself, and kept on singing!

Frank Toma, with his melodic voice sang "Ai San San", followed by a beautiful dance "Hana" by Diane Kawakami. Richard Tada ended the program with his beautiful singing of "Mifai Yu".

**January 25<sup>th</sup>:** Thanks to Frances Nakachi sensei, who was scheduled to entertain us, asked the director of the Okinawan High School students group to do a short program for us first, since they were scheduled to perform at the Lanakila Elementary School. So, we had a wonderful surprise from the Okinawa High School Students, organized by the Board of Education of Okinawa. This high school group consisted of 16 students who entertained us with their energetic singing, dancing, and playing of the Taiko drums and sanshin. Though a short performance, it was memorable. This was followed by the Tamagusuku Ryu Senjukai, Frances Nakachi Sensei and some of her adult students entertain us.

Nakachi sensei's dance academy has a legacy spanning over 27 years. "Through their heartfelt artistry, they hope to enrich lives, kindle hope, and infuse the community with boundless joy, one dance at a time." With this thought, they entertained us with their beautiful traditional Okinawan dances, wearing vivid costumes. They also danced some wonderful folk dances. Frances Nakachi Kuba Sensei, selected a dance "Katamibushi" to wish us all much joy and happiness. Their last dance, "Kotobuki No Mai", expresses joy and wishing all of us happiness & a successful 2024!

Ended with audience participation to song "Kachashi". What a fun entertaining morning we all had.





# Cultural Club Updates

## JAPANESE CULTURAL CLUB UPDATE By Clarice Kumura

### Happy Valentine's Day



Valentine's Day in Japan is celebrated on February 14<sup>th</sup>, just like in many other countries. However, the way it is celebrated in Japan is quite unique. In Japan, women give Chocolates to men on Valentine's Day. This is because women are considered to be too shy to express their love. The chocolates given to men are two types – giri-choco and hon-mei choco. Giri-choco is to male colleagues, bosses, and friends, while hon-mei choco is given to the man the woman loves. Men are expected to return the favor on March 14<sup>th</sup>, which is known as White Day. On this day, men give gifts to women, usually in the form of white chocolate or marshmallows. Here in Hawaii, we women would love to receive chocolates, romantic dinner, and/or jewelry on Valentine's Day, February 14. Love you guys!



**Events:** To kickoff 2024, the group Zenidaiko / Naleo Nahenahe Na Kupuna entertained us with their colorful costumes and intricate dance numbers, including hula and singing performances. We had a refreshing group to start our first gathering of the year. On Jan. 22, the group Orange Express, led by Wayne Uejo, received loud applause for their singing medley of popular hits from the 40's, 50's and 60's. As usual, their group harmony and their solo singing by members of the group, brought JCC members to their feet to dance or hum along.

**Tanjoubé Omedetou Gozaimasu** to: Carol Cabebe, Gail Fukunaga, Sophie Hatakenaka, Dorine Ichikawa, Pamela Robello, Steven Sakagawa, and Dennis Shimabuku.



**Feb. Events :**

- 5 - Honolulu Police Dept. Kupuna Safety
- 12 - New Year's Celebration – Paradise Sanshin Odori Group
- 19 - Holiday – President's Day
- 26 - Birthday/Aiko Karaoke Club



## FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

It's the second month of 2024 and it's FEBRUARY and LOVE is in the AIR.

Moving forward the FILIPINO CULTURAL CLUB OF HONOLULU had their first meeting on January 6, 2024 after three weeks of "RECESS". Everyone was so happy to see each other and thanks God everybody were okay. Hoping for a productive year and hoping for the best of 2024.

On January 5 officers of ALL the cultural clubs had the yearly LEADERSHIP TRAINING. We learned a lot from this event. It's like a refresher course.

Come February 6, 2024 EVELYN AMBROCIO and ESTRELLA PABLO will represent FCCH at the Neal S. Blaisdell Center for the 2024 SENIOR CITIZENS VALENTINE DANCE.

On February 17, 2024 F C C H will celebrate January and February birthdays and at the same time celebrate VALENTINES honoring the chosen REPRESENTATIVES at the VALENTINE DANCE.

Happy LOVE month to ALL. "LOVE ONE ANOTHER as LOVE MAKES THE WORLD go ROUND."

GOD BLESS US ALL



Nancy Akamichi  
Charlene Asano  
Liwayway Asis  
Evelyn Au  
Agustina "Tina" Balatico  
Robert Brown  
Carol Cabebe  
Blandina Cadelina  
Violeta "Violet" Calpito  
Nemensia "Menchie" Camilo  
Pius Casiano  
Jovita "Jo" Cassidy  
Corinne Chan  
Mela Chan-Cantorna  
Natividad "Naty" Chang  
Nancy China  
Marilyn Ching  
Shirley Cho  
Mona Chock  
Susan Chock  
Daryl Chow  
Cindy Choy  
Gaylene "Uilani" Ciacci  
Dorotea "Dorothy" Coloma  
Mary Dang  
Helmer Dela Cruz  
Calista Diane  
Pedro "Pete" Factora  
Rosalind Felipe  
Naomi Ferreira  
Ronald Fitzgerald  
Suzy Flaherty  
Christy Fujii  
Susan Fujimoto  
George Fujioka  
Gail Fukunaga  
Henriette "Lei" Galang  
Catherine Graham  
Hyun Ja Han  
Jung Sook Han  
Christine Harris  
Sharon Hata  
Sophie Hatakenaka  
Laura Hirayama  
Rebecca "Becky" Ho  
Lorna Hu  
Elsie "Liko" Hummel  
Dorine Ichikawa  
Charlene "Penny" Ikeda  
Harriet Isa  
Virginia Ishida  
Sandra Ishihara-Shibata  
Harriet Ito  
Janet Ito  
Young Ae Jang  
Daniel Kailukaitis  
Keala Kaimimoku

HAPPY BIRTHDAY!



# HAPPY BIRTHDAY!

Claudia Kamiyama  
Yoshiko Kaneshiro  
Eric Kanja  
Jeannie Kawakami  
Norman Kawakami  
Jean Kawamura  
Percy Kihano  
Benjamin Kim  
Cera Kim-Sunada  
Shizue Kimura  
Roberta "Bobbie" Kiyuna  
Kyoung "Jade" Klobe  
Marilyn Kobata  
Hiromi Kohler  
Fredrick Kolios  
Mitchell Kong  
Betty Kotani  
Jane Kurahara  
Betsy Kwock  
Jadine Lee  
Martha Lee  
Shannon Lee  
Alison Leong  
Jeanette Leong  
Evelyn Leroux  
Carin Lim  
Judith "Judy" Lind  
Cecilia Lindo  
Shu Ping Liu  
Cathy Loo  
Diana Lucht  
Madeline Lum  
Claire Matsumoto  
Rumiko Mau  
Cynthia "Cindy" Megill  
Joseph "Joe" Megill  
Mildred Miike  
Ethel Milner  
Sally Minami  
Joyce Mitsunaga  
Chieko Miyasato  
Yoko Miyashiro  
Johanna "Jo" Mohika  
Marilyn "Lyn" Moku  
Kumcha Moon  
Yonok Moriyama  
George Moy  
Hyo Sik Mun  
Mary Muraoka  
Sandra "Sayoko" Nagamine  
Flora Nakasone  
Sheila Nishimura  
Milnora "Lehua" Nuuhiwa  
Chester Oda  
Lillian Odo  
Calvin Oka  
Dale Okuda

## CHINESE CULTURAL CLUB UPDATE

By Dorothy Mau

Happy Valentine's Day to Everyone! We say "I love you" to our loved ones everyday but on Valentine's Day, it's extra special and we say "I love you, You are my Heart, You are my Treasure, my Today, my Tomorrow, my Forever and my Everything."

Chinese Cultural Club will continue to meet on the first and third Fridays of each month. On Friday February 23, 2024, we will be participating in the Show and Sell.

This year we'll continue singing our Theme song "The Moon Represents my Heart" led by Sue Fujitani! and dancing the hula led by Beverly and Blossom Mau with Erlene, Gilbert and Tommy on the ukulele! This will be very informal and flexible. We just want to always have fun!

At our first meeting of the year we had a simple but beautiful display of Chinese things to bring good fortune to our club for this Year of the wood dragon! There was a beautiful vase of lucky bamboo plants, Chinese calligraphy of the dragon, Chinese calendar, oranges, tangerines, li-see, and a big winter melon, Doong Kwa, decorated with the Chinese characters for Kung Hee Fat Choy! To all our friends at Lanakila, May your hearts be filled with love and kindness everyday and your life be long and healthy!

This is an auspicious year for the Chinese Club and we welcome you all to join us whenever you have time! Until then, Joy Ghin, Joy Ghin or see you again, see you again!



## HAWAIIAN CULTURAL CLUB UPDATE

By Roland Manuel

Aloha! Our club will be celebrating two member's birthdays soon. A very happy birthday to John Burrows and Sharon Tulba.

Our small group is looking for people to join our club. If you would like to check us out, we will start to meet every Tuesdays except the last Tuesday of the month from 9:00 am to 10:00 am in the Activity Room.

Some may have noticed several occasions our club has decorated the round table in the Activity Room to celebrate holidays like Thanksgiving and Christmas, just to name a few. We hope you are enjoying the sight. Please be aware of the seasonal displays on the table. We hope to continue this tradition as often as possible.

# Photo Gallery



Many thanks to LMPSC member Steve Murashige, and Sandra and David Pendleton, who put together a karaoke system for members to enjoy singing. There are thousands of songs to choose from.



Rotary Club of West Honolulu's raised garden service project.



Cyber Safe Inc. made up of Punahou School students and members of the Girl Scouts of Hawaii did an informative Cyber Safety Presentation on Saturday, January 13, 2024, for Lanakila seniors. We express much gratitude to the students for a job well done!



Members enjoyed the first French language class held by instructor and LMPSC member, Catherine Graham.



Paul Aoki, Kapiolani Community College intern at Lanakila Senior Center, provides invaluable expertise in PC technology to LMPSC members every Saturday for 6 months, from last Fall until April 2024. Mahalo to Paul for sharing his knowledge and being so patient and kind.



Members pose near a Sakura tree at our Sakura Tour excursion. Photo by Pearl Lee.



Members enjoy a nice lunch after viewing the beautiful sakura in Wahiawa. Mahalo CCH Transportation program for the tour! Photo (left) provided by Beth Miguel and photo (right) provided by Pearl Lee.



Thank you to Steve, Dawn, Teri June and other MOA Hawaii volunteers and staff for teaching Lanakila members how to make udon noodles. Photo provided by Cyndi Sugiki.





# Mahalo

*Thank you so much for  
your generosity!*

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

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

Behr, Steven  
Toma, James & Dorene

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

Padilla, Maryann  
Takabayashi, Alda Mae

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

Dauer, Frederick M/M  
Honolulu Chinatown Lions Club  
Nakasato, Dennis  
Tsukamoto, June

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

Chinese Women's Club of Honolulu  
Inouye, Hester  
Shimomura, Dorothy  
Toyama, Janet

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

Morimoto, Akiyo  
Weidmann, Lily  
Yamasaki, Glen

## **IN KIND DONATION**

Arakawa, Lei Nani  
Asao, Bryant  
Awakuni, Diane  
Bratt, Amy  
Chan, Corinne  
Chun Oakland, Suzanne  
Clarke, Eileen  
Eto, Noel  
Fujishige, Lynn  
Fujita, Georgian  
Ham Produce  
Iwamura, James  
Kimura, Grace  
Moore, John  
Murata, Jo-ann  
Ota, Chance  
Richmond, Chanarra  
Rolland, Virginia  
Sakumoto, Atsuko  
Sugiura, Josiah  
Takeuchi, Yasuko  
Tsutsumi, Alice  
Uehara, Setsuko  
Wong, Joyce  
Zukemura, Carol



Honolulu Orchid Society donated \$1,000 to Lanakila Multi-Purpose Senior Center on Saturday, January 20, 2024. A big mahalo to President Brad Lau and members of HOS for their generosity!

## **HAPPY BIRTHDAY**

**(continued)**

Janice Olbrich	Steven Sakagawa	Robert "Bob"	Tong	Yamamoto
Estrella "Ester"	Gail Sakihara	Takushi	Cassandra Tsuda	Jintang Yang
Pablo	Lucille Sanchez	Julie Anne	Sharon Tulba	Roger Yim
Shana Paek	Lorraine Sawai	Tamayori	Chong Suk Turner	Hisako Yogi
Grace Park	Angelita "Angie"	Yun Hie Taniguchi	Kazue Uejo	Betty Young
Elizabeth Pham	Sera	Virginia "Ginny"	Laurita Villanueva	Helen Yuen
Maryalice Prioleau-	Dennis Shimabuku	Tanji	Valerie Waki	Hisami Yui
Lewis	Myongsup Shin	Loriann Tavares	Eric Waltz	
Donna Punzal	Diana "Lyn" Stewart	Ryoko Teague	Lily Weidmann	
Cynthia Rennix	Simeona "Mona"	Angela Tisseraud	Nancy Withers	
Grace Rhoads	Supnet	Chieko Tokuda	Diana Worthington	
Pamela "Emi"	Carole Suzui	Clayton Tom	Hugh Yamaguchi	
Robello	Sarah Swisher	Victoria "Vicky"	Arlene "Dee"	

# February 2024 Class & Club Schedule

\*Most classes and clubs are an hour long, unless noted otherwise below.

Day	Time	Class	Facilitator	Location
<b>Monday</b>	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
<b>Tuesday</b>	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 (No mtg last Tues. of 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
<b>Wednesday</b>	11:30 AM – 2:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	8:00 AM	Tai Chi*	Koike	ONLINE



# February 2024 Class & Club 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)	Schoeppner	Activity Room
	9:45 AM – 12:00 PM	Sewing by Nakasone	Nakasone, Ito	Craft Room
	10:00 AM	Korean Dance Cultural Club	Hasegawa	Dance Room/Lanai
	10:30 AM – 12:00 PM	Shigen	Tokugawa	Library Room
	10:30 AM	Garden Group	J. Nakamura	See facilitator
	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	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	B. Nakamura	Dance Room
	9:00 AM – 10:30 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
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 <sup>st</sup> & 3 <sup>rd</sup> 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.

# February 2024

SUN MON TUES WED THUR FRI SAT

				1 Strength Training w/ Televeda Online (8:00 am) Walk & Shop at Windward Mall (10:30 am) Vaccinations (1:30 pm)	2 Sakura Tour (10:30 am)  Milestone Workshop (2:00 pm)	3
4	5 Computer Fix-It Service Project (12:30 pm) Travel Club (1:00 pm) Making Jai Mom's Way (1:00 pm)  AARP Tax Prep Starts	6 Strength Training w/ Televeda (8:00 am) BINGO (9:00 am) Lunar New Year Celebration (11:30 am)	7 Ti Leaf Lei Making Service Project (9:00 am)  Magic Island Walk (4:00 pm)	8 Strength Training w/ Televeda (8:00 am)  Active Aging with NKFH (10:30 am)	9 Beginner Yoga (11:00 am)  Korean Culture and Cuisine (2:00 pm)	10 Honolulu Orchid Society Judging (9:30 am) Cybersecurity Presentation (10:00 am) Personal Technology (12:00 pm)
11	12 Manoa Heritage Center (10:00 am)  Making Shaka Lei & Movie (1:30 pm)	13 Strength Training w/ Televeda (8:00 am) Bingo (9:00 am) Malama Mentors (2:30 pm)	14 Ti Leaf Lei Service Project (9:00 am) Valentine's Day Program (10:30 am) Orange Xpress (12pm) Magic Island Walk (4:00 pm)	15 Strength Training w/ Televeda (8:00 am)	16	17
18	19 HOLIDAY Presidents' Day CENTER CLOSED	20 Strength Training (8:30 am) Ke Ola Mamo Presentation (9:30 am) Chinese Dancing (12:15 pm) Mandarin Language (2:00 pm)	21 Ti Leaf Lei Service Project (9:00 am) New Member Orient. (9:00 am) Manoa Heritage Center (10:00 am) Genki Ball (1:00 pm) Magic Isle Walk (4pm)	22 Strength Training w/ Televeda (8:00 am)  UH Geriatric Fellows Visit (8:15 am)	23 Show & Sell (8:00 am)	24 Brain Health Exercises (9:00 am)
25	26	27 Strength Training w/ Televeda (8:00 am) Bingo with Televeda (9:00 am) Chinese Traditional Medicine (9:00 am) Oldies But Goodies (12:00 pm)	28 Ti Leaf Lei Making Service Project (9:00 am) Magic Island Walk (4:00 pm) Bayview Mini Golf (10:00 am) BOH Sr. Financial Expoitation (1:00 pm)	29 Tech Thursday with Televeda Online (9:00 am)		

\*Calendar subject to change

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