

March 2024| No. 98

# LANAKILA KŪPUNA NEWS



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## Happy Girl's Day and St. Patrick's Day

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CATHOLIC CHARITIES  
HAWAII

## A MESSAGE FROM SUSIE

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

The Lunar New Year celebration and Valentine's Day lunch and concert were such memorable experiences this past month and we cannot thank all the performers, the exceptional cultural displays and ceremonial traditions, people who made the delicious meals and desserts, the beautiful photos that were taken for the occasions, and the lovely roses that were given to each member of the center who attended. Thank you to everyone for your generous and kind hearts.

Thank you to our Lanakila members, our neighbors, friends and family who attended the first Show and Sell of 2024! The cultural clubs and classes worked hard to offer such great crafts, plants, produce, yummy foods, unique items, clothing, and household goods. The funds raised help to support the operations of Lanakila.

This month, Lanakila Senior Center will be enjoying corned beef and cabbage for a Saint Patrick's Day lunch; three concerts with Orange Xpress, Silver Foxes, and Oldies but Goodies with Glenn Sasaki and Les Del Prado; and many interesting presentations.

On Monday, March 11, 2024, early class registration for the Spring Session will begin. There are a number of new classes added to the schedule. Mahalo to all the teachers, assistant instructors, and facilitators that allow us to enjoy the wide variety of exercises, arts and crafts, music, dancing, singing, sports, languages, and other cultural and educational opportunities available for our senior center members to participate in.

A heartfelt mahalo to Henry Isara for providing a generous donation that covered the cost of the supplies for the genki balls that were made by center members on February 21<sup>st</sup>. The next step will be to unwrap the genki balls this month and then toss them into the Ala Wai later in March to continue cleaning this waterway. Our Center's commitment to make genki balls 4 times this year is commendable. Thank you to all the Lanakila members who spent their time to make this happen in February. We hope more members and their guests will participate in the remaining 3 Genki Ball events.

We will be collecting clothing and other donations for the SAVERS FUNraiser and delivering the donations to the Moiliili SAVERS on Friday, March 8, 2023. We will load our cars at 8:30 a.m. and deliver the donated items by 9:30 a.m. Mahalo to all who will be helping with this service project.

On March 30<sup>th</sup>, the members of Lanakila Senior Center and invited guests will be helping to beautify our grounds and clean the senior center to maintain a healthy and safe environment for all who come to Lanakila Senior Center. We look forward to a fun time! For LMPSC members who served as volunteers this past year and a representative of organizations who volunteered to help Lanakila, please SAVE the DATE for Volunteer Appreciation Day on Wednesday, April 17, 2024, from 9:00 a.m. – 11:00 a.m. A formal invitation will be sent to these volunteers in March. We also hope that you will attend Lanakila's Memorial Program to honor our center members who have passed. It will be on Thursday, May 23, 2024, from 9 – 10 a.m. We want to honor their memories and express our love for them always.

Mahalo a nui loa and Happy Girl's Day and Happy St. Patrick's Day to all of you!

Me ke aloha pumehana, Susie Chun Oakland, Program Director

## Welcome New Members!



Bonny Bannister  
Philip "Phil" Chun  
Joett Colgan  
Kiyoto Fujita  
Hsiu-Fong "Betty" Fuse  
Gerald Imai  
Jill Kajikawa-Kent  
Tisha Kalua  
Steven Kaneshiro  
Sharon Kelly

Kyoung "Jade" Klobe  
Feng Jiao Lin  
FJ "Star" Manson  
Irene "Ronnie" Mulford  
Earl Nagamine  
Elizabeth Pham  
Supattra "Patty" Priest  
Gail Sasaki

Cassandra "Cassie"  
Sherod  
Michael Shockley  
Robert "Bob" Takushi  
Rui "Judy" Wang  
Xiuming Wang  
Lucy Wu  
Meili Zhang



# Health Tips and Recipe

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

## March: Miso Soup with Eggplant

Take care of your digestive health by eating foods high in probiotics (friendly bacteria) such as miso, kim chi, yogurt, and fermented vegetables. Try this savory miso soup recipe with eggplant to support your gut health.

### MISO SOUP WITH EGGPLANT



Prep time: 5 minutes | Cooking time: 10 minutes  
Makes 4 servings

#### Ingredients

- 3 cups of low sodium vegetable broth
- 1/2 of 14 oz package of firm tofu drained
- 1-2 Japanese eggplant sliced and quartered
- 2/3 cup of thinly sliced leek
- 2 tablespoons of white miso
- 2 tablespoons of sliced green onion

#### Directions

1. Turn the burner onto high heat and bring vegetable broth to a gentle boil in a medium sauce pan.
2. While the broth is heating up, drain tofu and cut into 1/2 inch cubes. Slice the eggplant into coins, then quartered pieces. Cut up the leek and green onion into thin slices.
3. Add sliced eggplant and leeks to the broth and boil for 7-8 minutes until the eggplant is tender.
4. Reduce burner to low heat. In a separate bowl, mix miso with 3-4 tablespoons of the broth.
5. Add miso mixture and tofu pieces to the soup and cook for 1-2 more minutes. Then scoop soup into a bowl, garnish with green onions, and enjoy!

\*Recipe adapted from foodandnutrition.org\*



This soup is warming and comforting on a cold or rainy day. Japanese eggplant is packed with fiber, potassium, and vitamin C. Miso is a form of fermented soybean that is rich in probiotics that can help with digestion. It also provides trace minerals but can be high in salt. This recipe incorporates these two nutritional powerhouses to create a savory, lower-sodium soup.

# Cultural Club Reports

## OKINAWA NENCHOSHA CLUB UPDATE

By Diana Kawaguchi

### HAMAURI (Women's Festival)

Hamauri is the Women's festival in Okinawa that takes place on March 3<sup>rd</sup>, which is the Girl's day celebration, Hinamatsuri in Japan. On Hamauri, Okinawan families take their daughters down to the beach, & purify themselves with ocean water. It's also customary to bring a variety of dishes in colorful boxes, including rice steamed with adzuki beans, various types of seafood, mugwort mochi & sangwachi-gwashi (a type of confectionary), traditionally eaten on the beach.

**.February 8<sup>th</sup>:** Members had a great day with Denise Werle doing Stretch & Tone exercises sitting in their chairs listening to wonderful music. Denise taught them stretches of their total body, including their fingers. It was a great morning in stretching & toning up their bodies.

**.February 15<sup>th</sup>:** Li sogwachi Deebiru, Happy Lunar New Year's celebration with performances by the Nenchosha club members. Performance started off with the Taiko playing of "Miruku Munari", a lively uplifting Okinawan song, representing Peace & Prosperity by Judy Di Bianco & John Awakuni. The next performance was, "Mensore", meaning "Welcome" to the year of the Wood Dragon with dancing from Jane Higa, Diane Kawakami, Yaeko Miyahira, Richard Tada, Setsuko Uehara & Phil Uehara.

We were entertained with two wonderful Okinawan dance numbers by: Takako Goya, Yoshiko Kumura, Kay Fukuhara, Sharon Shiraki, Suzuko Demola & Hiroko Nishihara.

Our member with the melodious voice, Bobby Ishihara, wooed us with an Okinawan love song.

All the members participated dancing to the song "Shimachu nu Takara", meaning "The Treasurers of the Island People" by group Begin. Our last special performance was "Nada Sou Sou" meaning "Large Tears are falling". Their touching dance version to this song, performed by Jane Higa, Richard Tada & Phil Uehara. Ladies sitting on the stage doing the hand motions were: Diane Kawakami, Yaeko Miyahira, Flora Nakasone, Jean Sugihara & Setsuko Uehara.

We ended the morning with Judy & John playing Kachashi on the Taiko, with everyone dancing.

It was a fun entertaining morning, with everyone taking home their special New Year's bento!

**February 22<sup>nd</sup>:** Entertainment by Paranku Club of Hawaii with MC, Jane Tateyama., started off with their Paranku signature dance. We were entertained not only by their Paranku playing, but their talented members also danced the hula, Okinawan dance with our Nenchosha club member, Hope Hironaga (mother is Elaine Gushiken) & her cousin, Annette Tamanaha, who is daughter of Betty Taira. They danced in honor of their mothers who are our Nenchosha club members.

Members were able to participate doing a bon dance to the Paranku group playing "Asadoya Yunta". They ended their wonderful program with their beautiful, touching dance "Mifaiyu" to show their gratitude for inviting them to our club & for all of us being a wonderful audience.

**"Umaribi-kariyushi yaibii-n", Happy Birthday** to: Eleanor Arakaki, Sally Arakaki, Sadao Imamori, Helen Katahira, Raymond Mabuni, Yasuko Miyazawa, Suzanne Stigar, Aiko Sugai, Jean Sugiyama, Jane Tada & Carol Toyama.

### Happy Girl's Day!





# Cultural Club Updates

## JAPANESE CULTURAL CLUB UPDATE By Clarice Kumura

### Happy Hinamatsuri (Japanese Doll Festival – Girls' Day)



On the 3<sup>rd</sup> of March, families celebrate Hinamatsuri (doll festival) to wish good health and future happiness for girls. Each family sets up hina dolls clothed in colorful kimonos. These dolls or hina-ningyo are not played with and are usually from grandparents or inherited from the girl's mother. Other traditions observed on this occasion are special foods such as chirashi sushi served with ushio-jiru (clear clam soup) and sweets such as Sakura mochi and strawberry Daifuku. Have a fun Hinamatsuri Day!

On February 5, we were educated by Officer Jonathan Ng of HPD on various scams and fraud. Some of the tips he gave were: Get sleeves to protect credit cards; Clasp purse to shopping cart; Carry lightweight when walking and wear a jacket to cover purse; When riding bus, sit in front close to the bus driver; Hang up when you have a phishing call and sign up for fraud protection; Look into Smart 911.com to find out what's happening in your neighborhood. On February 12, Paradise Tanoshi Odori Group performed with their beautiful kimonos and their repertoire of Odori, Hula, Karaoke and Bell dances. It was fitting for our New Year's celebration.

Tanjoubi Omedetou Gozaimasu to: Bridget Arrastia; Pat Ching; Helen Katahira; Blossom Mau; Akiyo Morimoto; Gloria Reynon; Linda Shimamoto; Jean Sugiyama and Jane Tada. Wishing all of you many more Happy Birthdays!



Events: March 4 - Variety Show  
March 11 – Senior Oral Health  
March 18 - Birthday – Woody and Friends  
March 25 Immune Health



## FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

It's the month of March and it's cold - beautiful weather. The trees and plants are happy because rain pours every now and then.

Anyway, last month of February was an awesome month. On February 6, 2024 the FILIPINO CLUB participated in the 53rd Annual SENIOR Citizen's VALENTINE DANCE at the Neill S. Blaisdell Center-Exhibition Hall. EVELYN AMBROCIO and ESTRELLA PABLO represented our club.

Last February 17, 2024 the Club celebrated the birthdays of January and February born members namely: Lei Fabinal- Josie Llaneza-Ester Pablo- Dorothy Coloma- Lily Weidmann- Angie Sera- Evelyn Leroux - Mona Supnet and Violet Calpito. Representative May Besario Mizuno and his brother Clint Besario , Representative Rosebella Martinez and her husband Flor Martinez came to attend the simple celebration.

Some LOCAL 5 RETIREE members also came and performed some line dances directed by MEL and ROSE CALPITO. Friends and family of FCCH members came too for this event. The FCCH VALENTINE REPRESENTATIVES were also honored on this occasion. They were offered TROPHY donated by ERLINDA DONGON and LETTY DOLOR.

On our regular meetings we are practicing two Filipino Folk Dances for our forthcoming Anniversary and Coronation on August 17, 2024 at Ala Moana Hotel.

Till next issue. "GOD BLESS US ALL"



Tomeko Akamine  
 Ann Akasaki  
 Eleanor Arakaki  
 Sally Arakaki  
 Bridget Arrastia  
 Lynda Asato  
 Lorraine "Lorry"  
 Aschenbrenner  
 Marilyn Au  
 Diane Awakuni  
 Joanne Awaya  
 Felipe Baliba  
 Luzviminda "Luz" Birks  
 Lolita Cagdan  
 Wendy Calizar  
 Remedios "Remy" Canon  
 Cynthia Carreira  
 Adele Ching  
 Mayette "May" Ching  
 Patricia "Pat" Ching  
 Janet Choung  
 Canossa Choy  
 Chow Fook Choy  
 Karen Chun  
 Umeko Cook  
 Florentina Cuevas  
 Roland Dacoscos  
 Jeannie Vee Davidson  
 Ruth de Mesa  
 Peter D'Errico  
 Resurreccion "Rosie" Diego  
 Tracylee "Tracy" Dudoit  
 Jim Dunn  
 Yoi Endo  
 Dolores "Dee" Enomoto  
 Clarice Evans  
 Kay Fujii  
 Lynn Fujishige  
 Henry Fujita  
 Joyce Fukuda  
 Cordelia "Cordie" Fukuhara  
 Shizuko Fukumitsu  
 Gayle Fukunaga  
 Heidi Gagnon  
 Diego Gallardo  
 Anna Giunta-Togo  
 Rita Goto  
 Jesse "Kalu" Guevara  
 Ruith Haituka  
 Wynn Hamano  
 Edward "Eddie" Hasegawa  
 Sharon Hayashi  
 Yong Ae "Linda" Hieda  
 Edith Higa  
 Howard Higa  
 JoAnn Higuchi  
 Wayne Hikida

HAPPY BIRTHDAY!



# HAPPY BIRTHDAY!

Amy Hirohata-Goto  
Brenda Ho  
Leila Hoe  
Yuezhen Huang  
Roy Imai  
Sadao Imamori  
Yoko Inatsuka  
Faith Inoshita  
Valerie Ito  
Robert Jewell  
Chong Cha Jones  
Cathy Kaneshiro  
Shirley Kaneshiro  
Yon Kwa "Esther" Kang  
Helen Katahira  
Hiroshi Kato  
Marianette Kauahikaua  
Michael Kauhane  
Diana Kawaguchi  
Chun Eui Kim  
Heesook "Clare" Kim  
Paullete Kim  
Duk Keum "Sandra" Kim  
Earl Koyama  
Dorene Koyanagi  
Elisa Kuwada  
Lincoln Laysa  
Ann Chong Lee  
Hugh Lee  
Yeu Tsu "Margaret" Lee  
Erika Lees  
Edmund Leong  
Roberta Wong Leung  
Rose Li  
Wan Yi Liang  
Pearl Lopez  
Thelma Lum  
Hong Mei Ma  
Raymond Mabuni  
Kachorn Manalo  
Roland Manuel  
Amy Matano  
Lane Matsumoto  
Robert Matsumoto  
Blossom Mau  
Randall "Randy" Mau  
Kazuko Meyer  
Stanford Miike  
Doreen Miyamoto  
Rose Miyashiro  
Edward Miyata  
Yasuko Miyazawa  
Akiyo Morimoto  
Lorna Murai  
Paul Nagamine  
Litheia Nakamoto  
Peggy Nakamoto

## CHINESE CULTURAL CLUB UPDATE By Dorothy Mau

February was a very happy and busy month for our members. On February 2nd, we had gao Chinese new year mochi) and brown rice cakes! The gao is sticky and symbolizes togetherness and teamwork for our club in 2024 Year of the wood dragon!

On February 6th we celebrated Lunar New Year with Lanakila center's excellent program. Chinese Cultural Club had a beautiful table display of Chinese artifacts and things symbolizing Chinese culture and traditions. Thank you to Beverly, Blossom and her mom for this display of love and good fortune!

We are also very grateful to Susie Chun Oakland, her hardworking staff and volunteers for the delicious dim sum lunchbox , tong go, sesame peanut candy ,tea , table favors and entertainment!

On February 14 , 2024 Valentines Day , we enjoyed Lanakila MPSC's outstanding program filled with love, roses for everyone, favors , delicious lunch, singing and dancing! A big Mahalo again to Susie, her staff and volunteers for their unceasing labor of Love! Xie Xie from all of us! We were very fortunate to KHON2 and the famous Star Advertiser's photographers Craig Kojima and AARP's Craig for interviewing Dorothy Mau and her friends! Yes, we are so fortunate to be on the news and TV again! Praise God!

Thank you Calvin Hara for sharing ono food and precious memories with us!  
At our last meeting on February 16th we featured Jadine Lee who shared her digital chart and booklets of memories! Thank you Jadine for volunteering your time to anyone who wishes to do this.

Thank you to Tan Fung and Chun Hui Ying for frying our noodles and gau gee for Show and sell on February 23rd!

As you see this year promises to be a better year of good health , happiness, good fortunes and peace for everyone ! Let us Love One Another!



## HAWAIIAN CULTURAL CLUB UPDATE By Roland Manuel

ALOHA! February was Hawaiian language month. 'Olelo Hawaii, the Hawaiian language. Today, Hawaiian is the fifth most spoken language across the islands, with an estimated 24,000 fluent Hawaiian language speakers and approximately 2,000 native speakers remaining. I share these common greetings and challenge all to use them with everyone in your Lanakila neighbors and friends-

Aloha Kakahiaka  
Aloha Awekea  
Aloha Auinala  
Aloha Ahiahi  
A'ole Pilikia  
Ho'omaika'i  
E Malama Pono  
A hui hou kakou

Good Morning  
Good Day (11a – 1p)  
Good Afternoon  
Good Evening  
No Problem  
Congratulations!  
Take Good Care!  
Unit we meet again

ALOHA! E malama pono!!! A hui hou kakou!

Note: 2024 Year of the wooden dragon.

Birthdays: 1/16 Sharon Tulba, 2/14 John Burrows, 3/10 Roland Manuel





# Photo Gallery



Lunar New Year Celebration on 2/6/24. Photos by Beverly Mau, Donna Compton, and Pearl Lee.



A lovely Valentine's Day Celebration on 2/14/24. Photos by Evan Ching.



Raised Garden Service Project with Rotary Club of West Honolulu, AARP Hawaii, Aloha Community Shed, and MOA Hawaii - Veggies used for a yummy salad bar on Valentine's Day



Okinawa Nenchosha Club celebrating their lunar new year with lots of dance and music.





# Mahalo

*Thank you so much for  
your generosity!*

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

Honolulu Orchid Society  
Harmony Chapter #4 Order of the  
Eastern Star

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

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

Katahira Properties

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

Endo, Yoi  
Hironaga, Hope  
Iwamura, Steven  
Katsuda, Roy & Betty  
Masuda, Marion  
Moku, Marilyn  
Yeda, Nancy  
Yu, JinSuk

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

Kawaguchi, Diana  
Yi, Ellen

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

NARFE

Koyama, Earl  
Mitchell, Namiko  
Orinion, Cora  
Tokuda, Chieko  
Uehara, Setsuko  
Uyehara, Jane

### **IN KIND DONATION**

Bernudez, Etsuko  
Cabebe, Carol  
Chan, Valerie  
Ching, Sylvia  
Eric Woo Design  
Furumori, Sandy  
Ganeku, Charlene  
Hayama, Alison  
Hironaga, Hope  
Hokama, Sandy  
Hong, Mae  
Hook, Clara  
Ishiki, Leila  
Kinder, Jill  
Kobata, Marilyn  
Landers, Weiling  
Lee, Helen  
Mackawa, Dennis  
Mackawa, Reiko  
Matsumoto, Robert  
Miyashiro, Janet

Morreira, Jane  
Nagamine, Rumiko  
Nishida, Jean  
Ontai, Gail  
Oshiro, Cynthia  
Pang, Carol  
Sabat, Raul  
Sugiki, Burt  
Sumida, Val  
Takai, Yurie  
Tom, Robert  
Wakazuru, Mae  
Wong, Ed  
Yamada, Jane  
Yamamoto, Sharon

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## **HAPPY BIRTHDAY**

**(continued)**

Susan Nakamoto  
Calvin Nakata  
James Neff  
Kathleen "Kathy"  
Nekomoto  
Earl Ng  
Gen Yee Ng  
Mei Lian Nie  
Fumiko Nishida  
Masako Ogawa  
Patrick Oka  
James Okahara  
Jane Onishi  
Kwang Suk Pak  
Ethel Pakele  
Steven Park

Evelyn "Eva" Puahi-  
Medeiros  
Filomena "Fely"  
Raposas  
Joseph "Joe"  
Ratcliffe  
Gloria Reynon  
Carol Richardson  
Celestina "Tina" Ruiz  
Patricia "Patti"  
Sakamoto  
Jean Shibuya  
Linda Shimamoto  
Kiyoko Shimoyama  
William Short Jr.  
Kyoko Smith

Faith Sodetani  
Lucile "Lu" Soong  
Lucy Soong  
Suzanne Stigar  
Aiko Sugai  
Jean "Jeannie"  
Sugiyama  
Nancy Sullivan-Soto  
Bong Ki Sung  
Jane Tada  
Karen Takamine  
Priscilla Takimoto  
George Tamashiro  
Alice Tanaka  
Victor Tangonon  
David Teruya

Karen Teruya  
Yoshino Teruya  
Muitruong Thi  
Jean Tokunaga  
Carmen Tom  
Carol Toyama  
Tan Kim Tran  
Kum Hui "Kay"  
Troedson  
Gordon Tsukamoto  
Shinei Uehara  
Taka Uehara  
Roberta Umeno  
Elaine Wong  
Karen Wong  
Leighton Wong

Charlene Yamada  
Charlotte Yamamoto  
Sandra "Sandy"  
Yamane  
Feng Zhen Yang  
Judy Yano  
Kate Yashima  
Wayne Yasuda  
Alan Yee  
Ellen Yi  
David Yokoyama  
Diane Yoshida  
Calvin Young

# March 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        |
|                  | 12:30 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             |



# March 2024 Class & Club Schedule

| Day             | Time                | Class   | Facilitator      | Location                  |
|-----------------|---------------------|---|------------------|---------------------------|
|                 | 9:00 AM             | Stretch & Tone  | Werle            | Lanai                     |
|                 | 9:30 AM             | Portuguese Cultural Club<br>(2 <sup>nd</sup> & 4 <sup>th</sup> Wed. of the month) | Frank            | 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 | Shigin  | Tokugawa         | Library Room              |
|                 | 10:30 AM            | Garden Group<br>(Last Wed. of the month)  | J. Nakamura      | See facilitator           |
|                 | 10:30 AM            | Happy Senior Serenaders   | Ramiro, Young    | 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                |
| <b>Thursday</b> | 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<br>(2 <sup>nd</sup> & 4 <sup>th</sup> Thurs. of the month)  | Suzuki           | Library Annex;<br>Go Room |
|                 | 1:00 PM             | Zumba Gold  | Hokama           | Lanai                     |
| <b>Friday</b>   | 8:00 AM             | Tai Chi*  | Koike            | ONLINE                    |
|                 | 9:00 AM             | Fusion  | Gittelman        | ONLINE                    |
|                 | 9:00 AM – 2:30 PM   | Enka  | Arakaki          | Sewing Room               |
|                 | 9:30 AM             | Chinese Cultural Club<br>(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;<br>Go Room |
|                 | 11:15 AM            | American Sign Language  | Shimizu          | ONLINE                    |
|                 | 12:00 PM – 2:30 PM  | Ping Pong   | Ream             | Lanai                     |
| <b>Saturday</b> | 9:00 AM – 11:30 AM  | Filipino Cultural Club  | Ibay             | Activity Room             |
|                 | 9:15 AM             | Beginning Intermediate<br>Conversational French                                   | Graham           | Library Room              |
|                 | 10:30 AM            | Spanish   | Shaw             | Library Room              |
| <b>Sunday</b>   | 9:30 AM             | Tai Chi for Health  | Lau              | ONLINE                    |
|                 | 10:30 AM            | Qi Gong   | Lau              | ONLINE                    |

\*Special registration- see staff for more info. Do not fill out a registration form.

# March 2024

| SUN   | MON  | TUES   | WED   | THUR   | FRI  | SAT   |
|---|--|--|---|--|--|---|
|   |  |  |   |  | 1<br>Strength Training w/<br>Televeda Online<br>(8:00 am)<br>Milestone Book<br>Workshop<br>(2:00 pm)                                   | 2<br>Brain Health<br>Using Chess<br>(9:00 am)   |
| 3   | 4<br>Travel Club<br>(1:00 pm)                  | 5<br>Strength<br>Training w/<br>Televeda<br>(8:00 am)  | 6<br>Ti Leaf Lei Making<br>Service Project<br>(9:00 am)<br>Computer Fix-it<br>(12:30 pm)<br>Genki Bll Unwrapping<br>(1:00 pm)<br>Magic Island Walk<br>(4:00 pm)         | 7<br>Strength<br>Training w/<br>Televeda<br>(8:00 am)  | 8<br>SAVERS (8:30 am)<br>Beginner Yoga<br>(11:00 am)<br>Karaoke Sing Along<br>(12:30 pm)<br>Korean Culture and<br>Cuisine<br>(2:00 pm) | 9<br>Brain Health Using<br>Chess (9:00 am)<br>Honolulu Orchid<br>Society Judging<br>(9:30 am)<br>Cybersecurity<br>Presentation<br>(10:00 am)<br>Personal Technology<br>(12:00 pm) |
| 10  | 11   | 12<br>Strength Training<br>w/ Televeda<br>(8:00 am)<br>Bingo<br>(9:00 am)<br>Genki Ball Toss<br>(1:00 pm)                        | 13<br>Ti Leaf Lei Service<br>Project (9:00 am)<br>Orange Xpress<br>(12:00 pm)<br>Magic Island Walk<br>(4:00 pm)   | 14<br>Strength Training<br>w/ Televeda<br>(8:00 am)<br>Coffee, Tea &<br>Talk Story<br>(8:30 am)          | 15   | 16<br>NARFE Meeting<br>(9:30 am)  |
| ---Walk-in registration starts 3/11 – 3/15 8:00 am to 10:30 am--- |  |  |   |  |  |   |
| 17  | 18<br>St. Patrick's<br>Day Lunch<br>(12:00 pm) | 19<br>Strength Training<br>(8:30 am)<br><br>Ke Ola Mamo<br>Presentation<br>(9:30 am)<br>Oldies but Goodies<br>Concert (12:00 pm) | 20<br>Ti Leaf Lei Service<br>Project (9:00 am)<br>Pest Control (11am)<br>Silver Foxes<br>Performance<br>(1:30 pm)<br>Magic Isle Walk (4pm)                              | 21<br>Strength<br>Training w/<br>Televeda<br>(8:00 am)   | 22<br>Kunia Orchid<br>Show Excursion<br>(9:00 am – 12:30<br>pm)  | 23<br>Brain Health<br>Using Chess<br>(9:00 am)  |
| 24  | 25   | 26<br>HOLIDAY<br>Prince Kuhio<br>Day   | 27<br>Ti Leaf Lei Making<br>Service Project<br>(9:00 am)<br>New Member<br>Orientation<br>(9:00 am)<br>Bayview Mini Golf<br>(10:00 am)<br>Magic Island Walk<br>(4:00 pm) | 28<br>Tech Thursday<br>with Televeda<br>Online<br>(9:00 am)<br>East-West<br>Center Gallery<br>(10:30 am) | 29<br>HOLIDAY<br>Good Friday   | 30<br>Brain Health<br>Using Chess<br>(9:00 am)<br>Spring Cleaning<br>Service Project<br>(9:00 am)   |
| 31  |  |  |   |  |  |   |

\*Calendar subject to change

|                           |                            |  |
|---------------------------|----------------------------|--|
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| Lodi Tapawan              | Custodian                  |  |
| Cyan Lau, LSW             | Case Manager/Social Worker | <a href="mailto:cyan.lau@catholiccharitieshawaii.org">cyan.lau@catholiccharitieshawaii.org</a>                 |
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## Let's Keep in Touch

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