

June 2024| No. 101

LANAKILA KŪPUNA NEWS



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Summer Time!

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CATHOLIC CHARITIES
HAWAII

A MESSAGE FROM SUSIE

Dear Lanakila Senior Center Members and Ohana:

We are completing our Spring classes this month and so many other fun and educational excursions, workshops, presentations, and special activities. The newsletter captures many of the cool things we have done and we hope you enjoy reading and experiencing them with us. With the heavy rains, our facility continues to need attention, care, and upgrade. Mahalo to our community and government partners, friends, and LMPSC members for your part in keeping our center safe, clean and lovingly maintained, despite the physical challenges with an older building. Thank you to the Hawaii State Legislature and Governor for providing a \$100,000 grant-in-aid for operating funds, along with financial support for many other important needs in our State. We are grateful for their support.

This issue is a tribute to our mothers, fathers, grandparents, and great grandparents for their love and support. Happy belated Mother's Day and Happy Father's Day. We will always love you and thank you for all you do and have done for us these many years. Happy Kamehameha Day on June 11th! Congratulations to all those who have recently or will soon be graduated. We love you and are very proud of all you have accomplished.

There are many who have gotten sick with the weather. Please remember to keep warm and dry, open up your home and allow fresh air to circulate, and continue to exercise, drink lots of water, and eat healthy.

Me ke aloha pumehana,

Susie Chun Oakland
Program Director



Thank to LMPSC member Mae Hong for sharing the beautiful spray of honohono orchid from her home with the seniors and visitors to enjoy this past month.



Beauty surrounded the Memorial Program at Lanakila Senior Center on May 23, 2024. Mahalo to our members for donating such lovely flowers and greenery and Babs Miyano-Young for creating all the floral arrangements for this special tribute to our members who passed away this past year.

Welcome New Members!



Alfreda Julian
Aloha Jenkins
Ann Oshiro
Beverly Merrian
Charles Spencer
Ching Lan Wang

Diane Takushi
Greta Morioka
Jane Change
Larry Miyasato
Loraine Fujiwara
Marcia Miyasato

Sau Ah Cheng
Susan Higa


Health Tips and Recipe

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

June: Homemade Acai Bowls

Fruits such as blueberries, red grapes, and acai berries contain an antioxidant called anthocyanin which can help reduce the risk of heart disease, improve brain function, and prevent cancer. Acai bowls make a great breakfast or snack to cool down during the hot summer months.

HOMEMADE ACAI BOWLS




Prep time: 10 minutes | Makes 1 serving

Ingredients

- 1 pack (100 g) of unsweetened frozen acai
- 1 banana
- 2 tablespoons granola
- 2 tablespoons fresh or frozen blueberries & strawberries
- Honey (optional)
- Ice (optional for an icier consistency)

Directions

1. Cut banana in half and save one half for blending with acai. Slice the other half into smaller pieces for toppings. Wash and cut up the berries.
2. Allow frozen acai packet to thaw for a few minutes prior to blending. Use a blender and blend one packet (100 g) of unsweetened frozen acai with half a banana. Blend additional ice for a more frozen consistency.
3. Scoop/pour the blended mixture into bowls. Top with banana slices, granola, and berries or your fruit of choice. Drizzle honey on top as desired. Serve and enjoy!



Acai "ah-sigh-EE" berries are native to South American rainforests. It is a very nutritious fruit and contains antioxidants that can help reduce inflammation and improve brain health. Acai is also high in Vitamin A, Vitamin C, fiber, and healthy fats which promote eye health. This homemade recipe is easy to prepare and provides 2 servings of fruit!

Memorial Day Program

On May 23, 2024 We remember and honor those who have passed. Forever in our hearts!



Cultural Club Reports

OKINAWA NENCHOSHA CLUB UPDATE

By Diana Kawaguchi

OTOU NU JI, GUSUUJI SABIRA (Let's Celebrate Father's Day)

Father's Day in the United States & Okinawa is celebrated on the 3rd Sunday of June, June 16.

Although exact dates varies from one country to another, the sentiment behind this special day remains the same. On this special day, we honor our fathers & father-figures to show our appreciation & gratitude, & to honor the contributions & sacrifices they made for the lives of their children. Special meals are shared with loved ones on this special, "Happy Father's Day".

May 9th: Thank you members, Phil Uyehara & Giselle Miyashiro for inviting your personal Fitness trainer, Jedd Ramos of Kaizen F.I.T.N.E.S.S. to spend time & teach our members.

According to Jedd it's never too late to be healthy & fit to have a long life by 1st, staying active, by doing chores, yard work & other activities. 2nd the food that you eat, should be basic not Junk food. 3rd you need to have meaningful relationships, like our ONC group, to be there for each other & doing things together, have friends. First thing to do before you do anything is BREATHING through your nose, which is very important. 80% of people breathe through their mouth, which is unfiltered, & you end up with a cough, cold & tend to snore while sleeping. Breathing through your nose, gets filter moistened air. Important to breathe through your nose, hold it, & take in another breath, then breathe out normally. MOBILITY is IMPORTANT! You first need to warm your body up, so you don't get injured. To stay strong & stable, you need to build your Core, which is from your mid thighs to your upper chest area. Jedd taught us many stretches of our entire body, from our fingers to our toes. We did proper breathing throughout these exercises. What a great day of breathing properly & learning to build strength in our Core.

May 16th: Mother's Day celebration with Tamagusuku Ryu Senju Kai & Frances Nakachi senseis dance Academy, which has a legacy spanning over 27 years. Currently her students range from 3-83 years young. It's always a nice time to have Nakachi sensei & her students entertain us with their beautiful costumes, traditional & folk dances. They end their wonderful program with members doing "Kachashi", then passing out a snack to all of them for Mother's Day.

May 23rd: Memorial Day celebration to remember all our LMPSC members who passed away last year, 2023. Families, friends and members gathered to honor their loved ones & special deceased members. It was a wonderful, touching program. As names of the deceased were called, family members & friends were given a White mum, to be placed in the vases set up in the front, in memory of their loved ones. Each cultural club President's or representative paid their respects too, with a presentation of this white mum, followed by all other members who were there. Beautiful floral arrangements by members graced the room.

Umaribi-kariyushi yaibii-n (Happy Birthday) to: Mona Bernardo, Hermina Imamura, Yoshiko Kumura, Teresa Sasaki, Mildred Suzuki, Frank Toma, Yoneko Tsuchiyama & Jeanette Yamane



Cultural Club Updates

JAPANESE CULTURAL CLUB UPDATE

By Clarice Kumura

Chichi No Hi Omedetou (Happy Father's Day)



Well, it's time to celebrate Father's Day and sometimes you guys are overshadowed by Mother's Day. We really appreciate you and would like to express our love and respect to all Dads, Grandpas and Uncles. After all, you are our superheros. To make you proud, here are some of our words of appreciation in Japanese, from your loved ones:

Otosan, iroiro arigatou (Dad, thank you for everything)

Otosan, itsumo issho kenmei hataraitte kurete arigatou-ne (Dad, thank you for always working so hard)

Otosan, itsumademo genkide ite-ne (Dad, please stay healthy for years to come)

HAPPY CHICHI NO HI

We had another successful **Show and Sell** day last Tuesday. Thank you all for your support. We would appreciate any suggestions for an even bigger successful sale next year.

On May 6, we were entertained by **Sensei Yuriko Tcheou's Japanese Cultural Program**. Dancers wore beautiful kimonos for their odori numbers and koto music. Songs such as Sakura, Kojo No Tsuki and many more were played. Of course members enjoyed their participation in dancing the popular Tanko Bushi. **On May 13**, the **Project Dana Dancers** choreographed their dances to songs such as New York, New York, and What a Wonderful World. **On May 20**, Lanakila's **Happy Senior Serenaders** entertained us with their group playing ukulele and singing their own arrangements of songs such as Paniolo Country, Hawaiian Superman, Nada Sou Sou, Sora and many more. Of course, the group also had their talented hula dancers dance to E Huli Makou, and My Yellow Ginger Lei.

Tanjoubi Omedetou Gozaimasu to: Lei Nani Arakawa; Mona Bernardo; Puna Frank; Glenn Kodama; Jean Murakami; Teresa Sasaki; Jeanette Shiohira; Mildred Suzuki; Frank Toma; Nishie Tomiyama; and Alice Tsutsumi. Happy Birthday to all of you and many more.



June Events: 3 - Bingo
10 - Yui Buyo
17 - Birthday/Jukebox Singers
24 - Stretch & Tone exercises



FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

Five months got by so fast and now we are at the second quarter of the year. It will be Summer and it's the time for travel for Rest and Recreation or merely visit family and friends. But staying home and just do family and friends backyard barbecue is also nice.

Our FILIPINO CLUB just want to have fun so we continue to practice line dances and Filipino Folk dances or just socializing and enjoying each other company every time we meet regularly on Saturdays.

Last May 17, the Club celebrated Mother's Day and May birthdays. The celebrants were: EVELYN AMBROCIO, CELESTE CABACCANG, CRESENTE and EMELITA GUILLERMO, JULIE INIBA, ESTER LANSANGAN and AURELIA TIBURCIO. The chosen FCCH MOTHER OF THE YEAR 2024 was JOSEFINA LLANEZA. Her TROPHY was donated by LETTY DOLOR and her SASH was donated by VIRGILIO and LOLITA LUCAS.

TRACY ARAKAKI, Chief of Staff of Representative ROSEBELLA MARTINEZ came to award the CERTIFICATE of RECOGNITION to the FCCH Mother of the Year 2024 in her behalf. BIRTHDAY GREETING CERTIFICATES were also given to the celebrants from Representative ROSEBELLA MARTINEZ as well which was appreciated by the celebrants.

On May 23 I attended the MEMORIAL CELEBRATION at LMPSC remembering our members who went ahead of us. I enjoyed the HULA performance of our very own DIANE KAWAKAMI and RIVA TORNIO. They were so graceful.

Till next month. Stay safe always everyone.

GOD BLESS US ALL.



Young Acopan
Jean Akamine
Yasuko Arakawa
Lei-Nani Arakawa-Brooke
Charles Asao
Benjamin Asato
Cynthia Baclaan
Debra Barnes
Joan Batula
Carmen Bautista
Monica Bernardo
David Burgos
Erna Cabral
Kathy Cambra
Simeon Campado
Inocencia Caneso
Lina Chan
Violet Chang
Richard Cheong
Linda Ching
Channing Ching
June Ching
Stanley Chow
Richard Chun
Blandina Daet
Trinidad Dela Cruz
Jean-Jacques Dicker
Warren Fo
Elouise Frank
Richard Fujimoto
Doreen Fujita
Norene Furutani
Ronald Gabriel
Juliet Garcia
Doreen Goshima
Bong Ok Ha
Nancy Haines
Stephanie Hashimoto
Wade Hayama
Robert Hee
June Higa
Nancy Hirano
Carol Holden
Timothy Holden
Dexter Hong
Clara Hook
Charlene Hosokawa
Cheng Yih Hsu
Roy Hung
Amy Ibara
Lucy Ige
Koren Ihara
Daphne Ikeda
Hermina Imamura
Sadako Imoto
Linda Inouye

HAPPY BIRTHDAY!

Laurie Iona
 Janice Itsuno
 Kil Cha Kadooka
 June Kamioka-Fuller
 Sunday Kenison
 Henriann Kikuta
 Koong Ja Kim
 Chang Woung Kim
 Glenn Kodani
 Betty Kon
 Lily Kumura
 Yoshiko Kumura
 Meriam Ladrillono
 Stephen Lai
 Rogelio Lardizabal
 John Lee
 Gui Qun Li
 Lai Ngor Li Chow
 Miao Feng Liao
 Zanuck Lindsey
 Harry Lopes
 Elizabeth Lum
 Carl Makino
 Doreen McCrann
 Caron Menard
 Ruth Mikami
 Marcia Miyasato
 Sueno Miyasato
 Raymond Miyashiro
 Kenneth Miyazono
 Kazuko Morita
 Glenn Moriyama
 Natalie Mun-Takata
 Jean Murakami
 Earl Nagamine
 Karen Nakachi
 June Nakamasu
 Ray Nakamoto
 Irene Nakamoto
 Joyce Nakamura
 Yoneko Nakasone
 Walter Nakayama
 Gladys Nakoa
 Patsy Nanbu
 Lillian Nauka
 Mary Nazarino
 Hideko Nebres
 Lai Ming Ng
 Carol Nishiki
 Amy Nishimura
 Melvin Nishiyama
 Sharilyn Nitta
 Phyllis Ono-Evangelista
 Kenneth Oshiro
 Maryann Padilla
 Anita Pangan

CHINESE CULTURAL CLUB UPDATE

By Dorothy Mau

Xie Xie to our Lanakila's members who helped to make over 8,000 leis for the Veterans Memorial Day! Memorial Day celebration was excellent and well planned by our center's Program Director Susie Chun Oakland and her volunteers. President Dorothy Mau represented our club and put white carnations in the vases for our 8 members who passed away in the past year. They are Jocelyn Ho, Leonard Ho, Klaus Lai, Neng Li, Jenny Tang, Clifford Wong, Thelma Wong and David Young! RIP our dear friends On June 7th meeting Teresa Sasaki will talk to us on Travels. We will also celebrate Father's Day at our June 21, 2024 meeting! Remember we'll be celebrating January to June birthdays on July 5, 2024 at Happy Days Restaurant!

The older Chinese generation never express their love like Americans do. I like this quote "The quietest love of the world is the father who never says I love you but only uses his actions to show it". On June 11, 2024 center will be closed for King Kamehameha's Day!

It's interesting to know that King Kamehameha was the father of 2 sons, Liholiho and Kauheaoulu. To all the Fathers out there, "Happy Father's Day!"



HAWAIIAN CULTURAL CLUB UPDATE

By Roland Manuel

ALOHA! What a splendid day we had at the Honolulu Zoo. From the reactions of our members Arlene Gray, Sharon Tulba, Diana Antonio, and yours truly the Honolulu Zoom is now ranked the top 10 zoos in the nation. Based on our disability, the zoo is immense in size. So much we were beat tired knowing that we could not complete the zoo in its entirety.

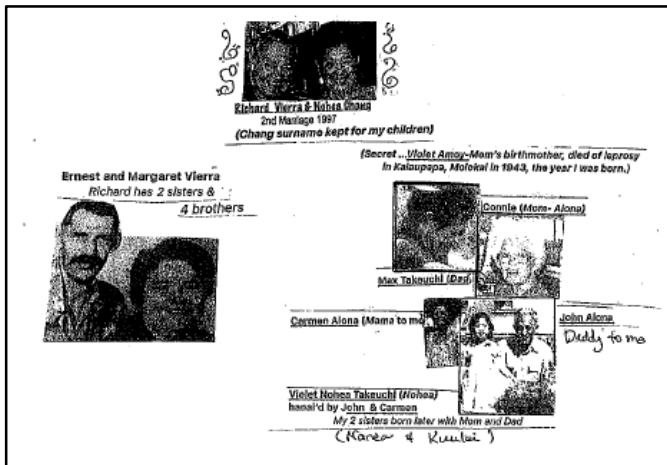
The purpose of the Hawaiian Cultural Club shall be to develop appreciation for the Hawaiian culture and to promote fellowship and welfare of our members. We desperately in need of increasing our membership and will strive to be the best ever.

Farrington graduates Roland class of 1970, Diana class of 1962, Sharon class of 1965 has a fair on Farrington campus in late April featuring tasty food and crafts. Wow!!

ALOHA! E MALAMA PONO!!! A HUI HOU KAKOU!



Photo Gallery



Submitted by Nohea Chang.



Right-Yashiro and Neno Watanabe, grandparents of Eileen Clarke, Linda Oka, Sandi Ishihara-Shibata, and Russell Ishihara, members and friends of LMPSC.



Masami and Shizue Ishihara, parents of Eileen Clarke, Linda Oka, Sandi Ishihara-Shibata, and Russell Ishihara.



"G'pa and his flowers. We love you very much!" Submitted by Lauren Oakland.



"Sally Nakata will be 101 years old on May 15, 2024. Our family is so blessed and grateful to have such a wonderful and caring mother and grandmother" -Dora Kitabata.



Walter & Winifred Lau with eight of their 23 great grand children. Submitted by Walter Lau.



"Left to right daughters Kennly Asato, Leiali'iakamakua Asato and me, Lynda Asato. Taken at Studio 3 in 2022."



"In loving memory of a favorite Auntie Cynthia who loved me like her own. Was a good second mom, mentor & shining example ♡" Forever in our hearts, your loving niece, Faye R.



"My mom Cecilia Seabury on a visit to CA. to see daughter Judy, grandson Scott and great grandchildren Greyson & Peyton." - Katherine O'Connor



"My mother, Margaret Chiu, was good at Chinese brush painting. Here she poses with one of her paintings at an exhibition. My father, Wan Cheng Chiu, was multi-talented. In addition to being a professor of meteorology at UH, he played the Chinese violin and did his own home remodeling!" - Linda Chiu



"Left side is my Mother Estelle Hayes and right side my mother identical twin sister Esther Hayes. Her cousin in the back in 1935 or 1936." - Arlene Gray



Mahalo

*Thank you so much for
your generosity!*

PIKAKE (\$1000+)

OHI'A A LEHUA (\$500)

Ishihara, Geraldlyn: IMO
Jocelyn Ho

KAHILI GINGER (\$250+)

HIBISCUS (\$100+)

Asato, Lynda
Chun Oakland, Suzanne
Davauchelle, Thomas
District 50 Hawaii Liond
Fujitani, Sue
Hong, Mae
Kong, Yuet Mui
Koyanagi, Dorene
Shimamoto, Dennis

BIRD OF PARADISE (\$50+)

Baba, Pauline
Ige, Vivian
Landers, Wei Ling
Nakasone, Chieko
PCC: IMO Jocelyn Ho,
Vivian Vance & David
Young
Shimabukuro, Fujiko

Sugiyama, Hisako
Toyama, Amy Ige

ANTHURIUM (\$49 & under)

Anonymous
Koyama, Earl
Morimoto, Akiyo
NARFE
ONC: IMO Jocelyn Ho
Orinion, Cora
Prioleaulewis, Marie
Sonson, Aurelia
Yamasaki, Glenn
Yoshikawa, Arson

IN KIND DONATION

Abe, Marian
Ambrocio, Evelyn
Berongis, Sylvia
Ching, Sylvia K.
Choy, Susan
Dang, Mary
Endo, Yoi
Fukunaga, Gayle
Furumori, Sandra
Gonsalves, Pamela
Goodbody, Angie
Hayama, Alison
Hirata, Susan

Ige, Eleanor
Ikegami, Darlene
Inkinen, Kathy
Isa, Harriet
Iwamura, James
Kagami, Nancy
Kageno, Madeline
Kawasaki, Jennie
Kawasaki, Mariko
Kimura, Alyson
Kishimoto, Ellen
Kodani, Glenn
Kono, Nancy
Lattimer, Deborah

Lee, Edward
Lee, Helen
Maekawa, Reiko
Masuda, Marion
Milner, Ethel
Muraoka, Lorna
Nakamura, Aiko
Nishimujra, Rhonda
Noji, Greg & Julie
Oda, Pat
Okimura, Miles
Oshiro, Cynitha
Padilla, Maryann
Sakagawa, Amy
Samari, Sandy
Shigemitsu, John

Shimuzu, Joy
Swindel, Cathy
Takai, Yurie
Takeshita, Karen
Tamayori, Julie Ann
Tanaka, Lilliahn
Tateshi, Donna
Wakazuki, Mac
Wong, Valerie C.
Wright, Midgeann
Yamamoto, Terri
Yamane, Jeanette
Yamashita, Joy
Young, Sharon



Oahu Contractors Association members Ed Wong and Maurice Torigoe (and two Torigoe employees) complete the 4th phase of installing new sprinkler systems in the senior center's front yard and raised gardens on Saturday, May 18, 2024. A big mahalo to these gentlemen and the generosity of their time and expertise. They worked on 4 weekends, including during the Christmas holidays to assist LMPSC. Also, a big mahalo to Harris United Methodist Church Global Missions for their donation of \$2,000 to cover the cost of water sprinkler and garden supplies for this project.

HAPPY BIRTHDAY

(continued)

Janice Pangelina
Anthony Polansky
Viliamu Pulusila
Eva Ralar
Gloria Raytarr
Sumiko Reinertson
Harold Robertson
Luis Roig
Mary Ruth Sagawa
Carol Sakuma
Suzan Santiago
Teresa Sasaki
Miriam Sato

Jeanette Shiohira
Paulette Silva
Herbert Sloatman
Lenora Springer
Hisami Springer
Carl Suetsugu
Wayne Suga
Patricia Suzuki
Brian Suzuki
Mildred Suzuki
Susan Takamoto
June Takekawa
Thomas Tamanaha

Cynthia Teramoto
Dorinda Teruya
June Tokuda
Michael Tokumura
Franklin Toma
Nishie Tomiyama
Kazuko Toyama
Yoneko Tsuchiyama
Siri Tsuda
June Tsukamoto
Alice Tsutsumi
Rosemarie Tucker
Wayne Uejo

Gertude Ueoka
Cynthia Ueunten
Jane Uyetake
Eufemia Vicente
Louis Vierra
Saturnina Villasista
Ching Lan Wang
Betsy Wong
Gregory Wong
Yong Tang Xie
Theresa Yamamoto
Jeanette Yamane
June Yamanuha

William Yee
Nancy Yomogida
Louise Yoshimura
Shirland Yoshimura
Darlene Yoshioka
Janice Yoshizawa
Geraldine Young
Jin Lian Zhang
Lizhen Zhao

June 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
	10:45 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
Tuesday	TBA (day & time varies)	Composting Wormies Group*	Uyehara	TBA
	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
	10:00 AM	Sahm Bo Dahn	Higuchi	Lanai
	11:30 AM	Ti Chi for Fall Prevention (Formerly 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
	9:00 AM	Stretch & Tone	Werle	Lanai
	9:30 AM	Portuguese Cultural Club (2 nd & 4 th 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

June 2024 Class & Club Schedule

Day	Time	Class	Facilitator	Location
	10:30 AM	Garden Group* (Last Wed. of the month)	J. Nakamura	See facilitator
	10:30 AM	Happy Senior Serenaders	Ojiri, Ramiro, Young	Lib Annex, Go Room
	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
	12:15 PM – 1:45 PM	Chinese Traditional Dance	Feng, Hou	Dance Room
	1:30 PM	Fit & Flexible	Mayeshiro	Lanai
	2:00 PM – 2:45 PM	Conv. Mandarin Language	Xu, Hou	Dance Room
Thursday	9:00 AM – 1:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	9:00 AM	Traditional Chinese Medicine	Fujio	Library Annex
	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 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
	8:30 AM	Basic (Beginning) Ukulele	Nishiyama, Young	Go Room
	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	Feagins, Ferreira	Dance Room
	10:30 AM	Sing For Your Life	Richmond	Lib Annex, Go Room
	11:15 AM	American Sign Language	Shimizu	ONLINE
	12:00 PM – 2:30 PM	Ping Pong	Ream	Lanai
	12:30 PM – 2:30 PM	Beginner Oldies Karaoke	Murashige	Go Room
Starting 6/24	1:00 PM	Breathing for Health & Wellness	Azama-Park	Activity Room
Saturday	9:00 AM – 11:30 AM	Filipino Cultural Club	Ibay	Activity 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.

June 2024

SUN MON TUES WED THUR FRI SAT

						1 Going Green (8:30 am)
2	3	4 Strength Training w/ Televeda (8:00 am)	5 Genki Ball Service Project (1:00 pm) Magic Island Walk (4:00 pm)	6 Strength Training w/ Televeda ONLINE (8:00 am) Maui Recovery Briefing (12:00 pm)	7 International Fellows Service Project (9am) Computer Fixit (11am) Milestones Workshop (2pm) <i>*Spring Session Ends*</i>	8 Brain Health w/ Chess (9:00 am) Cybersecurity (10:00 am) Personal Tech (12:00 pm)
-----Walk-in Registration 6/3/24 – 6/7/24 8:00 am to 10:30 am -----						
9	10 Foster Botanical Gardens and Lunch (11:00 am)	11 CENTER CLOSED King Kamehameha I Day	12 Program Committee Meeting (8:30 am) BINGO (10:00 am) Orange Xpress (12:00 pm) Board Games (12:30 pm) Magic Island Walk (4:00 pm)	13 Strength Training w/ Televeda ONLINE (8:00 am)	14 Aiea Orchid Show and Waimalu Chop Suey (9:00 am) Food Handler Class (9:00 am) Korean Culture & Cuisine (2:00 pm)	15 Brain Health w/ Chess (9:00 am) NARFE Meeting (9:30 am)
16	17 Mini Golf at Bayview (10:00 am) Preventing & Identifying Strokes (1:00 pm)	18 Strength Training (8:30 am) Ke Ola Mamo Presentation: Caregiver Burnout (9:30 am)	19 Urinary Incontinence (8:00 am) New Member Orientation (9:00 am) PAB Meeting (12pm) Board Games (12:30 pm) Ho'omaluhia Gardens (10:00 am) Genki Ball Unwrapping (1:00 pm) Magic Island Walk (4:00 pm)	20 Strength Trainingw/ Televeda ONLINE (8:00 am) Coffee, Tea & Talk Story (8:30 am) Iolani Palace (10:30 am) CMP Meeting (2:00 pm)	21 Active Seniors Expo and Lunch at Ala Moana Center (9:00 am) Bingsu & Japchae Demo (1:00 pm)	22 Brain Health w/ Chess (9:00 am)
23	24 <i>*Summer Session Starts*</i>	25 Oldies but Goodies Concert (12:00 pm)	26 Board Games (12:30 pm) Genki Ball Toss at Ala Wai (1:00 pm) Magic Island Walk (4:00 pm)	27 Tech Thursday with Televeda (9:00 am)	28 CENTER CLOSED CCH Staff Conference	29 Brain Health w/ Chess (9:00 am)
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*Calendar subject to change

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