

May 2024 | No. 100

LANAKILA KŪPUNA NEWS



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May Day is Lei Day in LMPSC

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CATHOLIC CHARITIES
HAWAII

A MESSAGE FROM SUSIE

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

We would like to pay tribute to the mother's in our lives and thank them for their love and sacrifices to raise us well. There are many amazing moms, grandmothers, great grandmothers, great great grandmothers, and others who played this important role in a child's life at Lanakila Senior Center. Thank you for being positive, supportive and loving role models for us all.

The Volunteer Appreciation Day on April 17th was well attended and the laughter, smiles and fellowship made our hearts full and happy. We thank the members of our center and community partners for coming and contributing awesome desserts, decorations, door prizes, beautiful lei, and memories that will last a lifetime. Mahalo to the AARP Community Service Committee and Catholic Charities Community and Senior Services supervisors (and LMPSC members) for helping our staff with set up, parking, manning the office, decorations and lei, food service, and clean up. Mahalo also to Kahai Street Kitchen for making the 400 bento, Prestige Valet Service and Calvary Baptist and the Co-Cathedral of St. Theresa for assisting us with parking, Dustin Ebesu and Zahava Czara for the massage, Evan Ching and Carolyn Kimura for taking photos, Glenn Sasaki and Les Del Prado for the mellow music, and Frank DeLima for making us laugh so hard!

The experiences that seniors from Lanakila had at the 99-acre Ho'olu 'Aina program of Kokua Kalihi Valley, Iolani Palace, the health and wellness Kroc Center in Kapolei, the Kokua Hale affordable housing project in Downtown, and other cool excursions were awesome. We thank our community partners for making this possible.

There will be a May Day Program on May 1st at Lanakila, a special Pearl Harbor Boat tour lead by Stanford Yuen on May 23rd, and much more. The signup sheets in the binders on the Concession counter at Lanakila, along with word-of-mouth, this newsletter, our Event Planning Calendar at the reception desk and on the Center Bulletin Board, the Catholic Charities Hawaii website, and the many emails sent to LMPSC members, are a good way to learn what is happening at the senior center.

Our dear Membership Specialist Iris Hiramoto will be on leave for 3 months (end of April to end of July) and we send good wishes her way. During this time, we have asked Mei Feng to help with Membership Specialist duties, along with our staff taking on additional responsibilities until Iris returns. Your patience and understanding would be most appreciated.

We also thank the students from Waipahu High School and Punahou for their wonderful contributions to our program these past few months and congratulate them on their graduation from high school!

Enjoy the beauty around you, cherish the friends and family in your lives, and make the precious time we have meaningful for yourself and others. We hope you enjoy the many photos of our senior center members and friends in our community.

Me ke aloha pumehana,
Cookie, Iris, Lodi, Riva, and Susie, Your Devoted Staff of Lanakila Senior Center

Welcome New Members!



Anthony "Tony" Alcover
Leilani Alcover
Daryl Ching
Adele Chung
Ruby Cobb
Jean-Jaque Dicker
Rie Hachiya
Cheng Yi "Adele" Hsu

Lily Kumura
Thomas Loo
Geraldine "Gerri" Migita
Liz Mitsuka
Debra "Debbie" Miyasato
Annette Miyashiro
Kazuko Morita
Marlene Nalani

Renee Nip
Norie Nishimura
David "Buzz" Paris
Abigail "Abby" Ping
Annette Tamanaha
Charlotte Yamashiro

Health Tips and Recipe

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

May: Easy Lettuce Wraps

Trying to reduce your starch and carbohydrate intake? Lettuce wraps are low in carbohydrates and an easy way to incorporate more vegetables into your diet.

EASY LETTUCE WRAPS

Prep time: 10 minutes | Cook time: 15 minutes
Makes 4 servings

Ingredients

- 1 pound ground chicken, lean beef, turkey, or tofu
- 4 green onions
- 2 teaspoons of grated ginger
- 4 cloves of garlic
- 1 red bell pepper
- 4 Tablespoons of low sodium soy sauce
- 2 teaspoons sesame oil
- 1 teaspoon chili paste or flakes (as desired)
- 1 head of lettuce washed and dried

Directions

1. Slice green onions and separate green and white parts. Dice red pepper, mince garlic, and grate the ginger.
2. Turn the stove onto medium-high heat. Coat a non-stick skillet with the sesame oil. Cook 1/2 of the minced garlic and ginger with 1 pound of ground chicken or protein until the meat is browned.
3. Add white parts of the green onions & diced bell pepper. Stir in soy sauce and chili paste/flakes and cook for 5 minutes.
4. Scoop cooked meat onto a lettuce leaf then garnish with green onions. Fold lettuce over like a taco and serve!

Recipe adapted from easylowcarb.com



Lettuce is a leafy green that is rich in Vitamin K, Vitamin A, and folate. These wraps are low in carbohydrates and quick to prepare. You can use chicken, turkey, beef, or even tofu to make the flavorful filling. You can also use different varieties of lettuce for this recipe. Adjust the spice level as you desire. This recipe makes a healthy and fresh light meal or appetizer!

THANK YOU! *Mahalo!* **THANK YOU!**

"A very big MAHALO to Lanakila Senior Center members, who made or prepared delicious desserts for the Volunteer Appreciation Day on April 17, 2024! The volunteers thoroughly enjoyed EVERYTHING! Thank you to Nohea Chang, Chow Fook Choy, Cindy Choy, Judy DiBianco, Willa Donnelly, Yoi Endo, Puna Frank, Gail Fukunaga, Angie Goodbody, Arlene Gray, Hope Hironaga, Amy Imaguchi, Nancy Kagami, Marty Kaili, Merriam Ladrillono, Linda Maballo, Joan Matsukawa, Marion Masuda, Beth Miguel, Pauline Naumu, Cynthia Oshiro, Rosie Ramiro, Carol Richardson, Virginia Rolland, Amy Sakagawa, Jeannie Salmon, Barbara Sasahara, Carole Suzui, Lillian Tanaka, Erlene Waiau, Aileen Wong, Val C. Wong, Midge Wright, Arlene "Dee" Yamamoto, Theresa "Terri" Yamamoto, and Lynn Yoshida. Also, a big MAHALO to Mary Chun and Puna Frank for making the ti leaf and eyelash lei to give to our special guests. We appreciate your efforts very much!"

Cultural Club Reports

OKINAWA NENCHOSHA CLUB UPDATE

By Diana Kawaguchi

ANMA-NU HI GUSUUJI SABIRA (Let's celebrate Mother's Day)

On Sunday, May 12th, we celebrate and remember our Mother's & motherhood, & their influence on our lives everywhere. Families will be honoring their moms. Aunts, grandmothers & anyone else who is a Mother figure to them, with special meals at home or dining out. Gifts and flowers will be given in remembrance of their love, & roles they played in their lives. To all our Mother's, happy Mother's day!

March 28th: Main Office Honolulu Police Dept. Recruitment Unit and Major Raynor Ikehara, who said he's often referred to as Chantel's father, or Jane's son-in-law, who wanted to do a presentation to our club members. We normally get the presentation from the Kalihi Police Department, but Major Ikehara asked his mother-in-law, Jane Higa, he wanted to come this time. His staff talked about Scams, Schemes and Frauds & what we need to be aware of. Identity theft is done by scammers looking into mail boxes, dumpsters, & using your credit cards. If you see any suspicious activity in your bank accounts, call 911 for the Police to create a report, then go to the bank to have them investigate. It's not your fault or responsibility for any fraudulent activity in your account, the bank will take responsibility. The Police Dept. will never call or threaten you. DON'T give out any personal information on the phone. Be aware! The Honolulu Police Dept. is recruiting people to join their new position, Police Services. Requirement is a High School diploma, 18 years or older, a valid driver's license. Recruitment is 4x a year (25-30 people per class). Selection process takes 4-6 months based on their background, & six months training program. Starting pay is \$70,000. Our LMPSC photographer, Evan Ching is also a retired Police Major.

APRIL EVENTS: **April 4th:** We played anyway Bingo, Horizontal & Vertical Bingo, with final game Blackout Bingo. Those that won were excited as they received a prize. It was a fun, relaxing Bingo day.

April 11th: Yui Buyo with Instructor, Aiko Sugai & her energetic ladies, danced to various Okinawan songs. Ms. Sugai did chair, stand up & breathing exercises with the members. Her exercises also included: hand, finger, leg exercises & coordination with these body parts. It was very challenging to do this. We all had a fun entertaining morning, ending with everyone dancing Kachashi.

April 18th: Variety show by Members: We heard wonderful singing of Japanese songs by: Harry Nakasone, Jean Ishihara, Sumiko Nakasone & Dorene Toma. Frank Toma sang "Tennessee Waltz" & Bobby Ishihara with "My Way". Phil Uyehara amazed everyone with his "Uta Sanshin" (playing the Sanshin & singing). Okinawan dance, "Toraju Ondo" by Kay Fukuhara, Takako Goya, Diana Kawaguchi, Yaeko Miyahira & Janice Yokooji. Mona Bernardo did a beautiful hula to "Hawaiian Lullaby" & Diana Kawakami did a touching hula to Okinawan song, "Tinsagu Nu Hana". Joyce Kishimoto & helpers did a line dance version to "Marui Shiawase" (What is round happiness?) Members participated by putting their arms up, when they heard the word "Marui", by making a circle above their head for exercise.

Congratulations (Karii) to Jean & Bobby Ishihara on their 70th Wedding Anniversary.

"Umaribi-kariyushi yaibii-n" (Happy Birthday) to: Ellen Endo, Sharon Kim, Lari Koga, Giselle Miyashiro, Paul Morisato, Sharon Nakai, Sally Nakata, Hiroko Nishihara, Grace Okuma, Karen Takemoto, & Nancy Yeda.



Cultural Club Updates

JAPANESE CULTURAL CLUB UPDATE

By Clarice Kumura

Kodomo No Hi (Children's Day)



Children's Day is a day set aside to respect children's personalities and their happiness. The day is a Japanese national holiday which takes place annually on May 5th. Historically, the fifth day of the fifth month has been a day of celebration in Japan since ancient times. The special day is also called "Tango no Sekku". It was a day exclusively celebrating boys, but later, the Japanese government converted Boy's Day ("Tango no Sekku") into the present Children's Day (Kodomo No Hi). Since then, it has been changed to include both boys and girls, as well as recognizing mothers along with fathers and family qualities of unity. Interestingly, there is "Girls Day" on March 3, and it has not been changed like Boy's Day. On Children's Day, families with children raise Koinobori (carp flags). The black carp at the top represents the father, the red carp represents the mother, and the following carps represent children of the family. In addition, there are a couple of traditional sweets for Children's Day. One is Kashwa-Mochi which is a mochi rice cake wrapped in oak leaves. Another one is Chimaki which is a kind of rice paste wrapped in an iris or bamboo leaf. Here in Hawaii, let's all celebrate with our families on Kodomo No Hi!

JCC is hosting the Tuesday, May 7, Show and Sell event. Please be sure to attend and support not only JCC's but other clubs selling their specialties,

Do we all want to live a healthy life? Well, of course. On April 1, Randy Lau, Tai Chi instructor at LMPSC, showed us how to relax our muscles, prevent falls, doing balances exercises and other tips in order to live a safe and healthy life. On April 8, representatives of the Honolulu Fire Department gave a great presentation on fire safety to help reduce the risk of fire in your home. They distributed a publication which gives information on safety for electrical, kitchen and cooking, appliances, hazardous materials, housekeeping and smoke alarms and sprinklers. On April 15, Elsie's karaoke group entertained us with a variety of English and Japanese songs. The singers gave us a good start to the day with their melodious voices and songs.

Tanjoubi Omedetou Gozaimasu to: Tsuyako Iwamoto (90+); Sally Nakata (90+); Karen Oda (90+); Karen Takamoto (90+); Paul Morisato; Sharon Nakai; Barbara Sasahara; Nancy Yeda; and Audrey Young. Have a Wonderful Birthday!!



- Events for May:**
- 6 - Yuriko Tcheou – Japanese Cultural Program
 - 7 – (Tuesday)-Show and Sell
 - 13 - Project Dana (Mother's Day)
 - 20 - Birthday – Happy Senior Serenaders
 - 27 – Holiday (Memorial Day)



FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

May is a beautiful month. Flowers are blooming and the surroundings are getting colorful and smelling good.

Throw back April: FUN and SWEET MEMORIES we made.

April 15- Celebrated the birthday of ANA RARANGOL, Filipino Club member at their beautiful home at KALIHI VALLEY with some club members and their family. They served Filipino dishes and lots of fruits and desserts which we enjoyed so much.

April 17 - VOLUNTEER APPRECIATION CELEBRATION held at the Lanai of Lanakila Senior Center. Volunteers enjoyed the COMEDY ACT of the famous Frank de Lima. There were lots of RAFFLE PRIZES but I was not lucky to get one. Yummy BENTO was also given to ALL attendees during the program.

April 20 - Celebrated the birthdays of March and April born members. They are FELY BALIBA and MILA JULIAN for March ANA RARANGOL, JOSEPHINE AGUILAR ,VIRGILIO LUCAS and Councilmember RADIANT CORDERO for April. Enjoyed the Pancit, Puto, Bibingka, lots of Fruits and a variety of goodies donated by the Celebrants. Some club members entertained the attendees with line dances directed by LETTY DOLOR. Our Senior friends and guests also performed couple of Line Dances directed by MEL and ROSE CALPITO. Representative MAY BESARIO MIZUNO awarded the birthday celebrants from January to April with BIRTHDAY GREETINGS CERTIFICATE which was greatly appreciated by the honorees.

The Valentines Representative of F C C H last February at the Neill S. Blaisdell Exhibition Hall for the Senior Valentines Dance were also awarded CERTIFICATES. They are EVELYN AMBROCIO and ESTRELLA PABLO. Everyone enjoyed dancing with the awesome MUSIC provided by Bong Acosta. Councilmember RADIANT CORDERO came to join us and delivered a short and meaningful message. Although she was busy for her Clean Up Project at her district she came by to see US ALL.

In closing I may quote:

"THE GREATEST JOY IS MAKING OTHERS HAPPY"

Till next time. Aloha and God bless Us ALL.



Evelyn Ambrocio
Alice Arakaki
Pauline Arakaki
Harvey Arkin
May Asato
Cely Bartolome
Karom Burke
Carol Anne Burrows
Celestina "Celeste" Cabaccang
Veronica "Ronnie" Cabal
Stephanie Carrier
Susan Caswell
Su Lan Chen
Siu Ling Cheung Chen
Yvonne Chin
Alison Ching
Sylvia K.S. Ching
Karen Chow
Wendell Chun
Mae Chung
Lee Ann Close
Donna Compton
Rogelio "Roger" Cortez
Helen Costa
Joycelynn Costa
Amando De Peralta Jr.
Ellen Endo
Manuel "Manny" Espeleta
Cheryl Feagins
Peggy Fearn
Margarita "Maggie" Flores
Carol Fong
Sterling Foster
Monica Furuhashi
Judy Furukawa
Violet Ganeku
Alma Goo
Susan Goya
Cresente "Cris" Guillermo
Emelita "Emy" Guillermo
Caryn Gushikuma
Rie Hachiya
Betsy Hall
Suzie Hasegawa
Qin Ren He
Ellen Higa
Lillian Higa
Roddy Higa
Katherine Higuchi
Grecia Hill
James "Jim" Hino
Pok Ye Hirata
Sharon Hirose
Roseline "Loke" Ho
Bonnie Hokama
Betty Honma

HAPPY BIRTHDAY!

HAPPY BIRTHDAY!

- Wendell Hue
- Juliana Iniba
- Elsie Ishiki
- Tsuyako "Tsu" Iwamoto
- Sylvia Iwasaki
- Youngsoon Jhun
- Karen Kanbe
- Margaret Kaulukukui
- Diane Kawamoto
- Juanita Kawamoto
- Jennie Kawasaki
- Demitrius "Dee" Keliholokai
- Chongae Kim
- Myung Ok Kim
- Sharon Kim
- Laraine "Lari" Koga
- Kimiyo "Yuki" Kuhns
- Jane Kunimura
- Karen Kurihara
- Caroline Kuwahara
- Sang Sook Kwak
- Kyoung Cha "Kay" Lamson
- Ester Lansangan
- Lorraine Lau
- Sunny "Hosuk" Lee
- Mu Cha Leiggi
- Wan Ping Lin
- Rita Lo
- Isaac Lujan
- Sau Yue Lum
- Wing Yee Lau "Carolyn" Lum
- Calvin Maballo
- Hyun Soon Maerki
- Cynthia Ann Manabe
- Mae Matsumoto
- Dorothy "Dottie" Mau
- Giselle Miyashiro
- Kelvin Miyazaki
- Yoko Mizuno
- Felicita "Fely" Mohika
- Kiyomi Morisato
- Paul Morisato
- Keiji Murakami
- Kenneth "Ken" Nakagawa
- Sharon Nakai
- Melvin Nakama
- Lynne Nakamoto
- Michael Nakamoto
- Aiko Nakamura
- Annie Nakamura
- Doris Nakamura
- Sally "Sal" Nakata
- Hiroko Nishihara
- Walter Obata
- Karen Oda
- Patricia "Pat" Oda

CHINESE CULTURAL CLUB UPDATE

By Dorothy Mau

To all our dear friends out there the Chinese Cultural Club members say to you Jow Sun or Good Morning! In April members enjoyed the mini Easter celebration with some Easter candies and listening to the songs of Easter Parade and Here Comes Peter Cottontail by Tommy Duvachelle on the piano . Our veteran members Paul Morisato, Randy Mau and his friend Charlie received a big Mahalo for their services to our country and an American flag donated by Elks Honolulu Lodge! On March 29, 2024 there was a Vietnam War Veterans Day parade in Waikiki!

Please come to our meeting on Friday , May 3, 2024 and bring flowers to sew a lei for yourself or for a friend! Let's celebrate May Day is Lei Day in Hawaii! Until next time, Joy Ghin Joy Ghin or see you Again!



HAWAIIAN CULTURAL CLUB UPDATE

By Roland Manuel

ALOHA! May Day also known as lei day is cultural and historical celebration. On May day people wear colorful leis. The tradition began in the 1920's and giving lei(s) has been a custom of ancient Hawaiians. In Hawaiian culture, the lei is associated with everlasting love. The yellow hibiscus is the State flower also known as pua aloalo or ma'o hau-hele.

The Hawaiian Cultural Club salute the boys (men) on May 5th, Boys Day.

Let's pay tribute to Sharon Tulba and Arlene Gray...Happy Mother's Day and to all mothers present and past, living and passed.

Putting all things aside, Memorial Day happens. We remember our loved ones that have gone and reminder those who fought for our country.

Because of our (club) enrollment, we have decided to meet on the first and third Tuesdays.

ALOHA! E Malama Pono!!! A hui hou kakou!

Photo Gallery

Volunteer Appreciation Day Program on April 17, 2024

Photos by Evan Ching and Carolyn Kimura



Photo Gallery

Photos by Evan Ching and Carolyn Kimura



Photo Gallery

Photos by Evan Ching and Carolyn Kimura



Photo Gallery



Spring Cleaning Beautification Project



Kabuki in Hawaii Display at the East-West Center. Photo by Donna Compton. She notes, "One of the interesting parts of the exhibit was how they would press their heavily made up Kabuki faces into a silk cloth, leaving a permanent record".



Ho'olu 'Aina in Kalihi Valley Tour.



Waipahu High School Community Health Workers conducting a variety of classes for our seniors including Tagalog language classes, technology help desk, friendship bracelet and ribbon lei-making workshops, ukulele, and more!

Photo Gallery



Breathing Workshop with Debbie Azama-Park



Silver Foxes Performance



Kroc Center Tour. Photo taken by Lauren Oakland of Lanakila Seniors with the Kroc Center staff Matthew and Jill. LMPSC members loved visiting the facility and wish there was one in town!



Our hula class, Wahine Hula o Lanakila, at the "21st Hawaii International Summit on Preventing Violence, Abuse and Trauma Across the Lifespan" coordinated by the Institute of Violence, Abuse and Trauma. Lanakila's hula dancers, teacher Temoana Makolo, and her musicians received a standing ovation and a Hana Hou!!! Great job!! L-R: Sharon Nakai, Elsie Maruno, Lynne Howells, Erlene Waiau, Bev Mau, Carole Suzui, Dorothy Mau, Jeanne Murakami, Mona Bernardo, Karen Sakihama, Blossom Mau, and Myunghee Sueno. Photo by Stacey Gaspar.



Pearl Lee, Aileen Wong, Edna Jackson and Merriam Ladrillono enjoy cheesecake at Ka Makana Ali'i's Cheesecake Factory after the Kroc Center excursion. Yummy!



Dr. Jonn Kim teaches seniors about artificial intelligence at LMPSC.



Photo from Linn Ito of LMPSC Member Betty Schoeppner, who helped Lanakila members repot their orchids, on her birthday!



Mahalo

*Thank you so much for
your generosity!*

PIKAKE (\$1000+)

OHI'A A LEHUA (\$500)

KAHILI GINGER (\$250+)

Young, Patrick & Chock, Mona

HIBISCUS (\$100+)

Davidson, Jeannie Vee

Kalua, Tisha

Shiohira, Jeanette

Takamine, Karen

Young, Henry & Sharon

BIRD OF PARADISE (\$50+)

Fukunaga, Gail

Ikegami, Darlene

Wu, Leijun

ANTHURIUM (\$49 & under)

Baclaan, Nalani

Baligan, Earl

Chun Oakland, Suzanne

Hijirida, Kyoko

Koyama, Earl

Lumabao, Florentine

Maeda, Gerri IMO: Annie

Shimabukuro

Rainey, Faye

Sera, Angelita

Shawhan, Sandra

Shigemitsu, Jon

Villanueva, Laurita

Weidmann, Lily

Yamasaki, Glenn

IN KIND DONATION

Arakaki Brooks, Lei-Nani

Bratt, Amy

Chang, Lisa

Chun Oakland, Suzanne

Feng, Sunny

Fujii, Christy

Fukuda, Kenn

Fukuda, Sandra

Fukunaga, Gail

Hironaga, Hope

Hokama, Sandy

Hong, Mae

Ige, Janice

Ishiki, Jan

Ishiki, Leila

Kawasaki, Mariko

Maekawa, Reiko

Morisato, Paul

Morreira, Jane

Oshiro, Cynthia

Pang, Carol

Rolland, Virginia

Sakumoto, Atsuko

Sawai, Lorraine

Shigetani, Kate

Shiroma, Nadine

Takaki, Steve

Tajima, Ellen

Wong, Fred

Yamamoto, Arlene

Yamamoto, Terri

Yara, Linda

HAPPY BIRTHDAY

(continued)

Dore Oishi
Donald Ojiri
Jonathan Okabe
Miles Okimura
Grace Okuma
June Onishi
Betty Ono
Chiyoko Oshiro
Norma Oshiro
Seiji Oshiro
Grace Paik
Carol Pang
Debra Pang
Mae Rosen
Michiko Runyon
Gary Sakuma
Lynn Sari
Barbara Sasahara

Mary Jo Segawa
Benjamin "Ben" Sercena
Jae Sook Shinsato
Alice Shiroma
Dixie Sinkovits
Etsuko Smith
Marie Sokol
Edna Sonomura
Aurelia "Aurie" Sonson
Eileen Su
Karen Suehiro
Karen Takemoto
Lucille "Lucy" Taketa
Annette Tamanaha
Jan Titgen
Mae Tsukamoto
Julie Umemoto
Rudolph "Rudy" Villamil

Dionie Villanueva
May Watanabe
Takako Welch
Stuart Yamada
Takeshi Yamane
Xiao Ping Yang
Janet Yasumatsu
Nancy Yeda
James "Jimmy" Yee
Yongsuk Yi-Jackson
Audrey Young
William "Bill" Young



May 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
	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	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

May 2024 Class & Club Schedule

Day	Time	Class	Facilitator	Location
	10:30 AM – 12:00 PM	Shigin	Tokugawa	Library Room
	10:30 AM	Garden Group* (Last Wed. of the month)	J. Nakamura	See facilitator
	10:30 AM	Happy Senior Serenaders	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
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.

May 2024

SUN MON TUES WED THUR FRI SAT

			1 Ti Leaf Lei Making Service Project (9am) May Day Program (9:00 am) HPU Neurological Class (9:00 am) Worm Harvesting (12pm) Board Games (12:30 pm)	2 Strength Training w/ Televeda ONLINE (8:00 am) School St. Redevelopment Presentation (12:00 pm)	3 Hawaii Okinawa Health & Wellness Fair (9:00 am) Ribbon Lei Workshop (12:00 pm) Milestone Book Workshop (2:00 pm)	4 Ribbon Lei Workshop (9:00 am) Beginning Ukulele (9:00 am) Friendship Bracelet (12pm) Beg. Tagalog (12pm) Lion's Club Mtg (12pm)
5	6 Cinco De Mayo Lunch (12:00 pm)	7 Strength Training w/ Televeda (8:00 am) Show & Sell (8:00 am) Yuzu Grafting Workshop (12:00 pm)	8 Program Committee Meeting (8:30 am) Ti Leaf Lei Making Service Project (9:00 am) Orange Xpress (12pm) Board Games (12:30 pm) Magic Island Walk (4:00 pm)	9 Strength Training w/ Televeda ONLINE (8:00 am) Coffee, Tea & Talk Story (8:30 am)	10 U.S. Dept. of State Fellows Service Project (9:00 am) Korean Culture and Cuisine (2:00 pm)	11 Honolulu Orchid Society Judging (9:30 am) Cybersecurity (10:00 am) Personal Tech (12:00 pm)
12	13	14 Strength Training w/ Televeda (8:00 am) BINGO (9:00 am) Plaza at Kaneohe (9:30 am) Karaoke Sing Along (12:30 pm)	15 Basic Anatomy (8:00 am) Ti Leaf Lei Service Project (9:00 am) Board Games (12:30 pm) Card Making (1pm) Magic Island Walk (4:00 pm)	16 Strength Training w/ Televeda ONLINE (8:00 am)	17 Ikebana Workshop (10:00 am)	18 Brain Health Using Chess (9:00 am) NARFE Meeting (9:30 am)
19	20 Plaza at Kaneohe (10:30 am) Relay Services (2:30 pm)	21 Strength Training (8:30 am) Ke Ola Mamo Presentation (9:30 am)	22 Ti Leaf Lei Service Project (9:00 am) New Member Orientation (9:00 am) PAB Meeting (12pm) Board Games (12:30 pm) Taxes in Retirement (2pm) Magic Island Walk (4:00 pm)	23 Strength Training w/ Televeda ONLINE (8:00 am) Memorial Program (9:00 am) Pearl Harbor Movie and Boat Tour (3:00 pm)	24 Flower Lei Making for Memorial Day (9:00 am)	25 Brain Health Using Chess (9:00 am) Tech Help Desk (9:00 am) Beginning Ukulele (9:00 am)
26	27 HOLIDAY Memorial Day	28 BINGO with Televeda (9:00 am) Oldies but Goodies (12:00 pm)	29 Board Games (12:30 pm) Pest Control (1:00 pm)	30 Tech Thursday with Televeda (9:00 am) Hypertension and Chronic Kidney Disease (10:30 am)	31	

*Calendar subject to change

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