

December 2024| No. 107

LANAKILA KŪPUNA NEWS



Inside This Issue:

Great Memories in 2024

Message from Program Director	2
Health Tips & Recipe	3
Photo Gallery	3
Cultural Club Updates	8
Mahalo to Our Donors	13
Schedule of Classes	14
Upcoming Special Events	16



A program of Catholic Charities Hawai'i funded in part by the State of Hawaii via contract with the State Executive Office on Aging (EOA) and the C&C of Honolulu, Elderly Affairs Division, and a Persons In Need grant from the May Templeton Hopper Fund of the Hawai'i Community Foundation..



CATHOLIC CHARITIES
HAWAII

A MESSAGE FROM SUSIE

Dear Lanakila Senior Center Members and our big ohana:

This is a special time of year and you are a special part of our family. On behalf of Cookie, Iris, Lodi, Riva, and me, we wish you all a holiday season full of good health, joy, peace, and, most of all, love.

Take good care of yourselves and we look forward to seeing you at the Christmas Party or some time during the month of December to share time together! We hope you enjoy this newsletter ... reflecting on 2024 and how much we learned, how much fun we had together, and how very fortunate we are to have each other and to call Hawaii our home!

Deeply grateful to all of you,

Susie Chun Oakland
Program Director

"The best way to find yourself is to lose yourself in the service of others." - Mahatma Gandhi



Welcome New Members!

Steve Akamine
Elizabeth Chow
Jacqueline "Jackie"
Chun

Lynn Lee
Florence "Flo" Olayan
Jan Ota
Ann Park

Yong Sil Schmidt
Betty Teramoto
Teri Anne Teramoto

Honoring Our Veterans



Health Tips and Recipe

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

December: Poi Parfait

Poi is a spiritual and staple food for Native Hawaiians that is made from the pounded corm of the kalo (taro) plant. It is hypoallergenic and a great first food for infants. Poi contains probiotics, prebiotics, and fiber which help to support digestive health.

POI PARFAIT



Prep time: 5 minutes | Makes 1 serving

Ingredients

- ½ cup of poi mixed with 2 tablespoons water
- 2 tablespoons granola
- 2 tablespoons blueberries
- ½ banana
- 2 tsp Honey (optional for added flavor)

Directions

1. Mix poi with water in a small bowl.
2. Cut up banana and wash berries or fruits.
3. Layer granola, blueberries, half a banana, and other fruits as desired.
4. Drizzle with honey for added sweetness (optional).
Serve and enjoy!

Recipe adapted from www.tarobrand.com



Kalo or taro is a staple of the Hawaiian diet and sacred to the Native Hawaiians. The corm or root of the plant is pounded into poi. It is starchy but also high in fiber which helps with digestion and prevents blood sugar spikes. Poi is a great source of B vitamins, Vit C, Vit E, and iron. Try this recipe for breakfast or a satisfying snack.

Photo Gallery



"We are thankful for the opportunity to socialize! Happy holidays!"
" from Cribbage class. Photo submitted by Dennis Kono.



"The Sing For Your Life class wishes you and yours a happy, healthy, heart-warming Holiday Season!" Photo provided by Linda Chun.



"We wish all of you a very happy holiday season. Merry Christmas".
Aloha from the Okinawan Dance Class.
Photo provided by Diana Kawaguchi.



"Our Filipino Club ohana wishes each and every one a VERY MERRY CHRISTMAS and A PROSPEROUS NEW YEAR 2025.

Photo Gallery



Walk and Shop at Ala Moana Center



Some Halloween fun by a few inmates (staff) Haha!



55th Anniversary blessing of our Center. Photo submitted by Marvi Shibuya.



Tanzaku arrangement gifted to the Center by the Japanese Calligraphy class to commemorate our 55th Anniversary.



Susie, Cookie and Amy Bratt enjoying lunch.



Lanakila Members Sharon Tulba and Diane Kawakami and LMPSC Staff Cookie Irvine having fun together.



Lanakila's Needle and Thread Class selling beautiful blankets, dish towels, pot holders and other cool items at Show and Sell.



Korean Cultural Club making delicious authentic Korean food at Lanakila Senior Center.



Lanakila Seniors helping raise funds for programs at Liliha Public Library with Friends of Liliha Library.



Filipino Cultural Club performing at a special community event.



Hawaii Pacific University Physical Therapy doctorate students learning how to work with Lanakila Seniors being their "patients".

Photo Gallery



Getting blood pressure checks twice a week at Lanakila Senior Center with LMPSC member Amy Young.



Playing BINGO together once a month at Lanakila Senior Center.



Practicing hula together with Temoana Makolo twice a week at Lanakila Senior Center.



Playing Mah Jong weekly at Lanakila Senior Center.



Learning Salmunori, a Korean percussion class, at Lanakila Senior Center.



Enjoying an excursion to Ho'omaluhia Botanical Gardens.



Tossing Genki Balls into the Ala Wai Canal! Genki Hou!!!



Preparing salads at a special event at Lanakila Senior Center.



Enjoying a 4th of July Barbecue at Lanakila Senior Center.



Mimi Yoshikawa saying a beautiful prayer during a special event.



Taking a food safety class conducted by State Department of Health at LMPSC.



Lanakila Senior Center members enjoying a tour of Chinatown with the Hawaii Heritage Center.



Lanakila seniors sewing beautiful flower lei for our veterans.

Photo Gallery



Photo Gallery



Lanakila Members going on a special Pearl Harbor tour with Stanford Yuen.



Janet's Craft Class celebrate Rosie's birthday on 11/13. Photo submitted by Donna Compton.



Sewing projects are done at Sewing by Nakasone class weekly at Lanakila.



Evan Ching, our fave photographer! Photo submitted by Walt Miyashiro.



Veteran's Program 2024



Cultural Club Reports

OKINAWA NENCHOSHA CLUB UPDATE

By Diana Kawaguchi

SHIWAASHI (DECEMBER)

The actual day of Christmas is not necessarily known to Okinawans. While primarily a Shinto & Buddhist country, many have adopted Christmas translations in their own versions. Christmas is celebrated in Okinawa as a social event, a "date night" for couples, & a time to spend with friends & loved ones. Those that don't go out on Christmas, pre-order fried chicken from places like KFC, Mos Burger, or from Aeon & SanA grocery stores. If no pre-orders, you don't get to eat your fried chicken on Christmas day!

From the ONC we want to wish all of you, a very "Merry Christmas" & a happy holiday season!

October 31st: Palolo Hongwanji Karaoke Group is a sing-a-long group that get together every Wednesday, to sing & talk stories. We were surprised to see our photographer, Carolyn Kimura in this group, who sang various Japanese & Okinawan songs. It was very entertaining to see Rodney Morita the MC, sing a medley of Elvis songs, come out wearing a white outfit with bell bottom pants, depicting Elvis Presley himself! An Okinawan proverb was shared in one of their songs, "NANKURUNASAI", 'don't' worry & be happy"! This morning of entertainment was filled with fun & gusto & Happy Halloween!

November Events: Nov. 6th, election of ONC office 2025. Elected officers are as follows:

.President: Jane Higa, VP: Richard Tada, Secretary: Diana Kawaguchi, Treasurer: Diane Kawakami, Asst. Treasurers: Janet Ito & Phil Uyehara, Auditors: Frank Toma, Flora Nakasone, Diana Kawaguchi, Membership: Nancy Gakiya, Attendees: Jane Fuji & Mona Bernardo, Entertainment: Flora Nakasone, Audio & Visual: Frank Toma, James Toma, & Richard Tada.

After the election, we were entertained by "Shiyukai", led by Yamauchi sensei & her group of Japanese dancers & singers. The dancers wore their colorful kimonos & danced with flower straw hats, beautiful fans & umbrella. The final number was a beautiful Japanese dance by Yamauchi sensei herself, accompanied by her male singer, Katsutaro Kumano.

.Nov.14th: Energetic entertainment by Nakama Taiko led by Keith Nishimura. It was a wonderful morning, with members learning to hit the Taiko, which was harder than it looked. We ended with members making a circle, doing a fun, energetic bon dance with movements of digging, picking, gathering, perspiring, turning the clock, & throwing a net while moving in a circle.

.Nov. 21st: Group, Hui O' Laulima who call themselves "Churakagi Angwata" which means "beautiful aunties", are not professional dancers, but came to entertain us in the spirit of sharing what they have learned. MC Ellen Higa, introduced the variety of entertainment of Paranku dancers, Hula, Okinawan dancing, Karaoke singer, & uta-sanshin performance by Dexter Teruya. It was a very memorable morning with finale of entire group dancing to "Mii Fi Yu", expressing gratitude, & thank you to the ONC for always inviting them to our gatherings. Ended with group participating in "Kachashi".

Umaribi-kariyushi yaibiin-n (Happy Birthday) to: Amy Bratt, Tomei Higa, Hope Hironaga, Sally Joyce, Carolyn Kimura, Clarice Kimura, Beth Miguel, Jo-Ann Murata, Masako Oda, Ronald Oshiro, Jean Sugihara, Patrick Young, & Carol Zukemura.



Hermima Imamura, calling herself "Pochamina".



"Good Witch" Mona Bernardo, surrounded by helpers: Yoshiko, Diane, Jane & Nancy



Carolyn Kimura (duet w/Larry)



Yoko Miyashiro & daughter

Cultural Club Updates

JAPANESE CULTURAL CLUB UPDATE

By Clarice Kumura

'Tis the Season



Yes, the end of the year is upon us, and it is a time to get into the holiday spirit for fun and good cheer. It is also a time for families to gather, exchange gifts, and eat a special meal together. The past year was filled with fun as all of you participated in our games such as Bingo, summer fun games, craft, and other activities. We also learned a lot through various speakers who spoke on Breathing for Health; Crime Stoppers; Safe Falling; and many other educational topics. President Mary Sueda and the Officers of JCC would like to take this opportunity to send our warmest wishes to you and your loved ones. May you all experience the magic and excitement of the season. Have a Merry Christmas!

December events: 2 - Orange Express (Wayne Uejo and Friends)
9 - Marion Arakaki (Enka Singing)

On Nov. 4, there were a lot of huffing and puffing as Dr. Chieko Kimata led us in doing various Zumba exercises. We definitely had a good workout. **On Nov. 18,** we had a fabulous performance by Arlene and Friends. They were great singers with energetic backup dancers.

Tanjoubi Omedetou Gozaimasu to: Amy Bratt; Hope Hironaga; Clarice Kumura; Janet Miyashiro; Jo-Ann Murata; Ronald Oshiro; Jean Sugihara; and Carol Zukemura. May you all have a Merry Happy Birthday!



[This Photo](#) by Unknown
Author is licensed under [CC BY-SA](#)

JCC MEMBERS



Cultural Club Updates

FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

It's the 12th month of the year the most awaited month because it is CHRISTMAS TIME.

Families, friends and acquaintances take this time to re-connect, have fun together and create more memories to cherish as time goes by.

November was kind of busy as we continue to practice our two folk dances for the Lanakila Christmas Party on December 13 at Ala Moana Hotel.

Our homemade Christmas decorations are ready to be displayed at the Activity Room on November 30 after Thanksgiving Day.

The Filipino club will celebrate the birthdays of the November born members : LEONARDA "LEONIE" RAMIREZ and ESTRELLA TONGPALAN on November 23 with POTLUCK LUNCH after a simple program.

Planning to celebrate Christmas and the birthdays of December born members on December 21 which will also our last get together for 2024.

See you all 2025.

MERRY CHRISTMAS AND HAPPY NEW YEAR.

GOD BLESS US ALL.



CHINESE CULTURAL CLUB UPDATE

By Dorothy Mau

Doong Chit Fai Lok - Merry Christmas!

The 2025 officers for Chinese Cultural Club are President Dorothy Mau, Vice president Cindy Choy, Secretary Blossom Mau, Treasurer Beth Miguel, Auditor Edward Lee, Sgt at arms Chow Fook Choy, Randy Mau and Charles Spencer, and Advisor Beverly Mau.

Members and guests enjoyed an awesome 55th Anniversary celebration of the Chinese Cultural Club on December 13, 2024. The room was filled with happy, excited and jubilant members wearing their red and yellow dragon shirts and enjoying a cup of tea served by Edward Lee. Meanwhile the Mau Ohana set up the display of photo charts, State Senate Proclamation of our 36th Anniversary in the year 2000 signed by our own PD Susie as Senator Suzanne Chun Oakland! There were also flowers, fruits, good luck bamboo plants and embroidered red lanterns. We were honored to have Program Director Suzanne Chun Oakland and James Lea as our special guests! Emcee Beverly Mau welcomed everyone to this auspicious occasion. President Dorothy Mau gave a brief history of our club. This was followed by our entertainment program. Tommy Duvauchelle played the piano. our hula dancers Dorothy, Beverly and Blossom Mau, Earline Waiau and Darlene Ikegami danced "The Moon Represents my Heart!". Chow Fook Choy with his assistant Cindy performed their amusing magic!

A yellow butter cake with chocolate frosting and decorated with our 55th anniversary theme was cut by President Mau and served with brownies and good luck candy for all to enjoy! Members took home their bento of long life noodles, beef broccoli, white sugar rice cake and gin dui or round mochi dumplings. We ended our program by joining hands and singing "Hawaii Aloha"



Iluminada "Luming" Acosta

Kay Agena

Juanita Agustin

Virginia Ahuna

Nancy Alvey

Leo Ancheta

Toshimasa Arai

Vernon Au

Anthony "Tony" Baldomero Sr.

Amy Bratt

Robert "Bob" Burdon

Cathy Caberto

Lynn Carey

Sharon Carroll

Sun Ye Chae

Mary Lynn Chan

Taling Chan

Aida Chapman

Carolyn Ching

Catherine Chinn

Salwyn Chinn

Stanley Choi

LaVina Chow

Susan Choy

Shirley Chu

Mary Chun

Philip "Phil" Chun

Soledad "Sally" Corpus

Veronica Diniega

Akira "Steve" Doi

Erlinda Dongon

Noel Eto

Richard Frey

Clifford Gakiya

Kazuyo Gillespie

Carol Goto

Helen Goya

June Hafer

James Haioka

Lili Hallett

Carol Hamasaki

Barrymore "Barry" Hanakahi

Bradley Hara

Warren Hasegawa

Carol Hayashida

Norman Henry

Ruth Heu

Leonore Higa

Tomie "Elsie" Higa

Ken Hirate

Hope Hironaga

Evelyn Ho

Julie Ho

Paul Hoe

Holly Honbo

Lyn Hurlbutt

HAPPY BIRTHDAY!

George I
Maelin Ibara
Wilhelmina "Wilma" Ibay
Amy Imaguchi
Geri Imai
Susan Imai
Henry "Easy" Isara
Joanna Ito
James "Jimmy" Iwamura
Eileen Iwanaka
Edna Jackson
Lisa Jama
Sally Joyce
Dawn Kadota
Tisha Kalua
Mildred "Millie" Kamei
Muriel Kashiwa
Mohammad Keshavarzi
Carol Kihano
Young Hwa Kim
Carolyn Kimura
Ralph Kiyon
Reagan Kiyuna
Janice Kujubu
Clarice Kumura
Edward Kuoha Jr.
Weiling Landers
Bradley Lau
Bessie Lee
Helen Lee
Yong Sun Lee
Young Soo Lee
Paul Lin
Ferdinand Madriaga
Temoana Makolo
Jesus Manuel
Ana Marshall
Gladys Martin
Melvin Masaki
Verna McLean
Beth Miguel
Lauren Mineshima
Cynthia Miyashiro
Janet Miyashiro
Grace Morikawa
Ellen Murai
Stephen Murashige
Jo-Ann Murata
Lynn Nakada
Charlene Nakagawa
Roy Nakasato
Jeanne Nakasone
Elaine Nakayama
Gary Namba
Gail Ninomoto
Hyon-Ok Kim Nishida

HAWAIIAN CULTURAL CLUB UPDATE

By Roland Manuel

ALOHA! The year 2025 is quickly approaching and ____ we forget the most wonderful time of giving and showing Christmas 2024. We look forward to performing one of the least forgotten Christmas hits "If Everyday Would Be Like Christmas" by Elvis Presley.

Mele Kalikimaka and Hauoli Makahiki Hou!

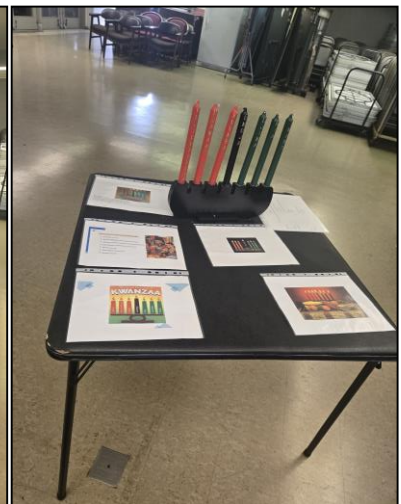
ALOHA!!! E malama pono! A hui hou kakou!

"Happy are those who take life day by day, complain very little and are grateful for the little things in life!"



AFRICAN AMERICAN CULTURAL CLUB UPDATE

By Arlene Gray





Mahalo

*Thank you so much for
your generosity!*

PIKAKE (\$1000+)

OHI'A A LEHUA (\$500)

KAHILI GINGER (\$250+)

Fujiwara, Sylvia
Murata, Carrie

HIBISCUS (\$100+)

Arakaki, Marion
Asato, May
Chiu, Linda
Farinas, Lucy
Kashiwada, James IMO:
Jean Kazuyo Yamamoto
Katsutani, Calvin M/M
Kon, Myra
Kumura, Yoshiko
Michinaka, Roy
Nanbu, Patsy

Okimura, Miles
Sugihara, Jean
Tada, Richard
Tagomori, Lynne IMO: Jean
Kazuyo Yamamoto
Tamayori, Julie Anne
Wakazuru, Mae
Wong, Joyce
Yamamoto, Arlene

BIRD OF PARADISE (\$50+)

Amina, Thomas
Howells, Lynne
Ige, Eleanor

ANTHURIUM (\$49 & under)

Chang, Nohea
Diego, Resurreccion

Maekawa, Reiko
Orinion, Cora
Sakamoto, Jean IMO: Jean
Kazuyo Yamamoto
Sato, Myrna IMO: Jean
Kazuyo Yamamoto
Yamasaki, Glen

IN KIND DONATION

Brown, Pamela
Burrows, Carol
Chun Oakland, Susie
Chun, Dawn
Consillio, Sumie
Endo, Yoi
Eto, Noel
Hata, Sharon
Hokama, Kazuko
Honolulu Elks
Ko, Sin Cha
Lum, Elizabeth (IMO)

Ma, Hong Mei
Matsumoto, Robert
Matsunaga, Karen
Murata, Carrie
Tanaka, Drusilla
Tsutsumi, Alice
Yamamoto, Dee
Yoshida, Mark

**Thank you all for your
generous donation during
our 2024 annual donation
drive! We had 249
members raise a total of
\$25,155.00 in donations!**

HAPPY BIRTHDAY

(continued)

Jean Nishida
Masako Oda
Fujiko Okita
Alban Oshiro
Doris Oshiro
Ronald Oshiro
Be Pham
Abigail "Abby" Ping
Erlene Pool
Katherine Sakai
Karen Sakihama
Estelita Sarmiento
Verna Schubert
Kate Shigetani
Claire Shirota

Hal Shito
Yoshiko Sickels
Susan Sing
Lenora Stone
Francine Suan
Randolph "Randy" Sugai
Jean Sugihara
Cynthia Sugiki
Pamela Sunwoo
Filipinas "Fely" Tabula
Ella Tagawa
Gail Tamashiro
Lorraine Tamashiro
Patsy Tamashiro
Clarence Tanaka

William Tate
Donna Tokuda
Janet Tokuda
Hideko Tokugawa
Chiyoko Tomori
Kiet Luong Truong
Jason Tsubaki
Ruby Uehara
Yuriko Vaughn
Maria Villanueva
Isabel Volpone
Neena Wahi
Sharene Williams-Fine
Ellen Wong
Paula Yamamoto

Linda Yara
Hyang-Suk "Sue" Yashima
Raymond Yee
Denise Yess
Jeannette Yoshimori
Marjorie Yoshioka
Helena Young
Patrick Young
Richard Young
Carol Zukemura



December 2024 Class & Club Schedule

****Please note session ended 11/22/24. Only some classes are offering make-up classes during the first two weeks in December. All classes officially on break after 12/14/24.**

***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
	10:00 AM – 12:00 PM	Hula	Makolo	Courtyard
	10:30 AM	Basic Japanese	Sasaki	Sewing Room
	10:45 AM	Yoga	Hasegawa	Lanai
	12:00 PM	Ping Pong	Ream	Lanai
	12:30 PM – 2:30 PM	Cribbage	Kono	Patio
Tuesday	TBA (day & time varies)	Composting Wormies Group*	Uyehara	TBA
	8:00 AM – 11:00 AM	Needle and Thread	Oshiro	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 Class*	Rasmussen	ONLINE
	9:00 AM	Hawaiian Cultural Club (1 st & 3 rd Tues. of the month)	Manuel	Activity Room
	9:00 AM – 11:00 AM	Hula	Makolo	Courtyard
	9:15 AM – 12:00 PM	Pickleball	Matsumoto, Lardizabal	Lanakila Gym
	9:30 AM	Music Lovers Group	Espeleta	Library Annex
	10:00 AM & 11:00 AM	Beginner's iPhone Class*	Kawasaki	Library Room
	10:00 AM	Sahm Bo Dahn	Higuchi	Lanai
	11:15 AM – 12:45 PM	Tai Chi for Fall Prevention (Formerly Chuan Tai Chi)	Pham	Dance Room
	11:30 AM	Japanese Calligraphy	Usami	Sewing Room
	1:00 PM	Line Dance	Matsunaga, Sonson	Lanai
Wednesday	8:00 AM	Tai Chi*	Koike	ONLINE
	8:30 AM – 9:45 AM	Fit & Flexible	Mayeshiro	Dance Room
	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

December 2024 Class & Club Schedule

Day	Time	Class	Facilitator	Location
	10:00 AM – 12:00 PM	Korean Dance Cultural Club	Hasegawa	Dance Room/Lanai
	10:30 AM	Happy Senior Serenaders	Ojiri, Ramiro	Library Annex
	10:30 AM – 12:00 PM	Shigin	Tokugawa	Library 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
	2:00 PM – 2:45 PM	Conv. Mandarin Language	Xu, Hou	Dance Room
Thursday	9:00 AM – 10:30 AM	Okinawa Nenchosha Club	Higa	Lanai
	9:00 AM – 11:00 AM	Hanafuda	Samori	Dance Room
	9:15 AM – 12:00 PM	Pickleball	Hino	Lanakila Gym
	11:00 AM – 1:00 PM	Cribbage	Kono	Patio
	11:00 AM	Okinawan Dance	Kawaguchi	Lanai
	11:30 AM – 2:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	12:00 PM – 2:30 PM	Brian's Karaoke Class (2 nd & 4 th Thurs. of the month)	Suzuki	Library Annex, Go Room
Friday	8:00 AM	Tai Chi*	Koike	ONLINE
	9:00 AM	Fusion	Gittelman	ONLINE
	9:00 AM – 2:30 PM	Enka	Arakaki	Sewing Room
	9:30 AM	Chinese Cultural Club (1 st & 3 rd Fridays of the month)	Mau	Activity Room
	9:30 AM – 11:00 AM	Yui Buyo	Sugai	Lanai
	10:00 AM- 12:00 PM	Tap Dance	Feagins, Ferreira	Dance Room
	10:30 AM	Sing For Your Life	Richmond	Lib Annex, Go Room
	11:00 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	Lee, Murashige	Go Room
Saturday	9:00 AM – 11:30 AM	Filipino Cultural Club	Ibay	Activity Room
	10:00 AM	Zumba Gold	Hokama	Dance Room

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

Classes subject to change

December 2024

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2 Sudoku Online Class (10:30 am) Travel Club (1:00 pm) Alzheimer's (2:00 pm)	3 Strength Training w/ Televeda (8:00 am)	4 Genki Ball Toss at Ala Wai Canal (1:00 pm)	5 Strength Training w/ Televeda (8:00 am) Haircuts (12:00 pm) CMP Meeting (2:00 pm)	6 Grief of the Loss of a Spouse (9:00 am) Korean Cuisine and Culture (1:00 pm)	7 Chess (9:00 am)
8	9 Holiday Displays at Honolulu Hale (9:00 am) Honolulu City Lights (4:00 pm)	10 Strength Training w/ Televeda (8:00 am) BINGO (9:00 am) Holiday Displays at Honolulu Hale (9:00 am) Honolulu City Lights (4:00 pm)	11 Program Committee Mtg (8:30 am) Orange Xpress Concert (12:00 pm)	12 Strength Training w/ Televeda (8:00 am) Coffee, Tea & Talk Story (8:30 am) (Haircuts (12:00 pm)	13 LMPSC Christmas Program at Ala Moana Hotel (Center Closed)	14 Chess (9:00 am) Orchid Society Judging (9:30 am) Cybersafety (10:00 am) Personal Technology (12:00 pm) Honolulu Blend Choir (1:00 pm)
15	16 Holiday Displays at Honolulu Hale (9:00 am) Lights in a Bottle Workshop (11:00 am) Honolulu City Lights (4:00 pm)	17 Strength Training w/ Televeda (8:00 am) Holiday Displays (9:00 am) Voices of Aloha (11:00 am) Oldies but Goodies (12:00 pm) Honolulu City Lights (4:00 pm)	18 Financial Planning for Retirees (online) (2:00 pm)	19 Strength Training w/ Televeda (8:00 am)	20	21
22	23	24 Strength Training w/ Televeda (8:00 am)	25 CENTER CLOSED Christmas Day	26 Strength Training w/ Televeda (8:00 am)	27	28 CENTER CLOSED
29	30	31 Strength Training w/ Televeda (8:00 am)				

*Calendar subject to change

Susie Chun Oakland	Program Director	suzanne.oakland@catholiccharitieshawaii.org
Riva Torno	Program Specialist	riva.torno@catholiccharitieshawaii.org
Iris Hiramoto	Membership Specialist	ihiramoto@catholiccharitieshawaii.org
Elizabeth "Cookie" Irvine	Program Support Assistant	elizabeth.irvine@catholiccharitieshawaii.org
Lodi Tapawan	Custodian	
Cyan Lau, LSW	Case Manager/Social Worker	cyan.lau@catholiccharitieshawaii.org
Lourdes Adame, LSW	Case Manager/Social Worker	lourdes.adame@catholiccharitieshawaii.org

Let's Keep in Touch

1640 Lanakila Avenue
Honolulu, HI 96817

(808) 847-1322

www.catholiccharitieshawaii.org

