

April 2025| No. 111

LANAKILA KŪPUNA NEWS



Inside This Issue:

Spring Showers & Volunteer Hours

| | |
|-------------------------------|----|
| Message from Program Director | 2 |
| Photo Gallery | 3 |
| Cultural Club Updates | 4 |
| Mahalo to Our Donors | 9 |
| Schedule of Classes | 10 |
| Upcoming Special Events | 12 |



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, Friends and Family:

The month of April is a time that Lanakila Senior Center takes time to recognize and thank our precious volunteers for their service to our center. Over 800 center members, family and friends helped this past year to create many fun, educational and meaningful experiences for our members and the broader community as well as have taken good care of the senior center facility and grounds. To our volunteers, the impact of your good-hearted actions is truly immeasurable. We will be honoring our volunteers on Wednesday, April 16th. If you know someone who volunteered on LMPSC's behalf, please thank them for their service and, if you would like to donate a door prize or a dessert to the Volunteer Appreciation Day event on April 16th, please get in touch with me by texting (808) 778-9146 or leaving a message with the Lanakila Senior Center front desk for me. Our work phone number is (808) 847-1322. Enjoy the beginning of Spring and take in the beauty around you every day.

Me ke aloha pumehana,

Susie Chun Oakland
Program Director



Welcome New Members!

Mary Ann Arakaki
Maureen Chun
Mieko Crans
Francis Goh
Dolores Juan

Mikyong Kim-Goh
Joanne Lim
Linda Nagai
Linda Stringer
Donna Villanueva

Joanne Villanueva
Orlando Villanueva
Mike Yoshida

Photo Gallery



Shibori Workshop hosted by LMPSC member Corinne Chan. Shibori Workshop is a many step process. On the far right, Linn Ito is squeezing her shirt and handkerchief after tying her garments with rubber bands to create a design.



Chinese Cultural Club reviews the event schedule.



Waipahu Students harvesting vegetables from our garden to give to center members. Photo by Floyd Tasaka.



African American Club hosted Black History Month celebration. President Arlene Gray made the delicious food and treated everyone to an authentic experience. Far left photo: Famous Amos' wife was their guest speaker.



Yui Bujo Class practice in the senior center's courtyard.



"Home Sweet Home" presentation on home care services that are available to residents on Oahu. Cici Fong lead the workshop from Griswold Home Care for Oahu.



Karaoke Sing Along with LMPSC Steve Murashige.



Tap Dance Class enjoy time together.



Our devoted and hard working front desk volunteers Rose Yanagawa, Jean Sugihara, and Diane Kawakami.



Lanakila members enjoyed the beautiful blue ocean and sky, the luxury ship behind them, the Honolulu Star Cruise Ship, and delicious lunch at Spaghetti Factory together.



Okinawa Nenchosha Club Reception volunteers proudly wearing their Happi coats from ONC President Jane Higa. L to R: Mona Bernardo, Jane Fujii, Janet Ito and Nancy Gakiya.



Financial Advice Pop-up held on Friday, 3/21/25. Mahalo to all the financial professionals who gave of their time to help LMPSC members.



HPU Physical Therapy Doctorate Students teach a series of Strength and Balance classes.



Michele Lee's Drawing Class.



Cultural Club Reports

OKINAWA NENCHOSHA CLUB UPDATE

By Diana Kawaguchi

SHIIMII (Tomb Visiting Season)

Shiimii or seimeisai, is a tradition in Okinawa where they visit their family tombs, which starts on April 4-20th. Along with obon, a tradition to commemorate ancestors in late summer, shiimii is a big event for Okinawan families on the Island. Before enjoying the food, & things they brought for their ancestors, they will sweep the floor, cut grass, rinse vases with water to put in new flowers & dedicate them to their ancestors. Shiimii, though mood is relatively quiet, is a relaxed event, they have fun chatting, eating food, & sharing that moment with their ancestors.

We recently lost one of our beloved devoted, Nenchosha Club member, Robert "Bobbie" Ishihara, who led the members in our weekly theme song in Uchinaguchi (Okinawan language). We miss his presence, but still listen to his singing leading us, as Richard Tada had the foresight to tape him singing. Bobbie is still with us, in spirit. We send our condolences to his devoted wife Jean, & family.



MARCH EVENTS

.March 6th: Tevita Apina, though of Tongan, Italian, Puerto Rican ancestry, has the heart & soul of a Japanese. Tevita, thrilled the audience with his beautiful soulful singing. The club was thrilled that he attempted to sing two Okinawan songs. One song, "Asadoya Yunta", he was overwhelmed with the clubs participation as he sang. It was a wonderful, entertaining morning.

.March 13th: Walkwise Hawaii with Lance Roe, who recently lost their state funding, is now a non-profit organization called, Drive Wise America. First Insurance Co. of Hawaii kindly donates to this organization so leaflets, posters, & other things can be bought for presentation purposes. "Safety First" on crossing tips & as a Pedestrian was discussed. Everyone was given a leaflet on these safety tips, please be sure to read them for your safety. As a pedestrian, "Dress to be seen". We were all given a green reflector band to wear on ourselves, or on our bags while walking during evenings. When walking, be sure to carry an ID with you.

.March 20th: Lively entertainment by the Jukebox Singers with Doug Oshiro & Company. This group composed of 2 men & 4 women, wooed us with their lively, singing of Japanese & American songs. Though seniors themselves, they had fun, not only singing, but dancing & moving around like "teenagers"! Their energetic energy & spirit made everyone participate with clapping. Their fun filled entertainment ended with an original composition to the song "Rudolph the Red Nose Reindeer"! Doug sang his original composition while introducing his singers, one of his lyrics was: "Jukebox singers came to Lanakila singing a happy song."!

Umaribi-kariyushi yaibiin-(Happy Birthday) to: Naomi Badamo, Judy Di Bianco,

Lynne Howells, Herbert Imamura, Doris Nagamine, Alicia Nagasawa, Toby (Toshi) Sullivan, Betty Taira, & Keiko Watanabe.



Cultural Club Updates

JAPANESE CULTURAL CLUB UPDATE

By Donald Chun

Aloha All:

It is with a lot of pride and a great deal of fear that I start off this column for the space normally filled by your friend and mine Clarice Kumura. She in all of her infinite wisdom or in this case lack thereof, asked me to help with this month's entry. She has written a very special piece (close to her heart that she wants to share. So with trembling hands (recovering frozen right shoulder and ongoing left arm rotator cuff injury) and weak, shaky hands (just old age) I wanted to introduce or re-introduce you to her.

Clarice by choice doesn't want to stand out in a crowd but when she smiles, she can't help but light up a room. Like a freshly brewed morning cup of coffee, she brings comfort and warmth just by blending in. We all know her or at least know about her, and if you don't, you should. She's not hard to find, just look for the biggest smile. I'll help get things started by revealing a little bit of history that shows a hidden side.

Once upon a (life) time well over 20 years ago, I first met this woman who would become an inspiration. We were students in an evening continuing adult education class at Farrington High School. She had the same smile and was eager and ambitious to succeed even then. So with purpose and gusto she sought to improve herself, gain knowledge, broaden her understanding of the world and expand her horizons by enrolling in a karaoke class! Yes, she sings not only in the shower or in the car but out in public under the bright lights with a microphone. For real! She was seen over the years at venues like Genji, a popular Korean bar, and performing on stage with Al Waterson and friends at Don Ho's. You may still find her now-a-days if semester is in session Thursday nights at the Farrington karaoke class singing for Ed Ramones, vocalist/keyboardsist for the Krush.

On top of that she loves to dance. Back then in class she was like a go-go dancer gyrating to "I'm Too Sexy" and boogying to "I'm Just a Singer in a Rock n Roll n Band". Yes....those were the days we thought would never end and we'd sing and dance forever and a day...". This is the essence of what makes Clarice - enthusiastic and full of life.

So, you know she writes, she sings, and she dances. She is an integral part of the Lanakila Ohana. She always gives of herself. Simply put she shares. Now it's our time to listen to the next chapter of the life of Clarice Kumura. So clear your ears, open your eyes and then open your hearts. No need for your green safety shirts or hard hats, all the hard heavy work is done. Just be there for support and understanding.

Living with Cerebellar Ataxia

By Clarice Kumura

Hi everyone. My name is Clarice Kumura. I'm the one walking with the pink bling walker.

Thank you all for your patience when I occasionally hold up traffic at Lanakila center.

Here is my story about my walking condition.

It all began around 20 years ago in 2005. I found myself starting to walk awkwardly, walking crooked, bumping into someone, and my legs felt heavy.

Walking became worrisome, especially at work because I would have to make sure there were railings I could hold on to while climbing stairs. Carrying things became difficult as it would make me go off balance. It became apparent that retirement was inevitable.

At the end of 2005, I retired from the City and County of Honolulu.

My journey to find out what my problem was began with visits to many doctors. At first, I was told to exercise and watch my diet. My walking was the same. Then it was to consult with a psychiatrist because it could be a psychological problem. Thank goodness nothing was wrong; I wasn't making this up. Then a chiropractor said he could help me. After spending \$4,000 and about six months of treatment, there was no improvement in my walking. I tried several treatments of acupuncture with no happy results.

All of the above treatments are viable treatments to correct a problem. However, I had yet to find my problem. Then at the recommendation of my primary care doctor, I started to see a Neurologist. At this point, it had been about three years since the beginning of my walking problem. At first, I was told it was the narrowing of my spine. In January 2009, I underwent C-cell fusion surgery. I was hoping to be walking after the surgery. Well, my legs were status quo. Another disappointment although it may have delayed my condition to worsen. I was still able to walk, although I would look for something I could hold on to. Eventually, I walked with the aid of a cane, then I was dependent on a walker in 2018.

Following the surgery, I just hoped and prayed that my legs would be normal, and everything would be the same as before. Dancing was one of the passions I had and as my balance slowly became worse, it was a disappointment that I couldn't dance anymore. However, I am grateful that I can do chair hula, and chair exercise. Because the balancing problem was a slow progression, I am able to accept my limitations.

During the years following surgery, I knew that a cell in my brain was deteriorating, but I didn't know the name of this disorder. I was going to physical therapy over the years which helped strengthen muscles and gave me endurance. Finally in 2024, I found out that what I have is called Cerebellar Ataxia which is rare neurological disorder. Ataxia as defined is a "neurological disorder by a lack of voluntary muscle coordination to unsteady movements and a loss of balance. It is caused by damage to its cerebellum or its connecting pathways to the brain".

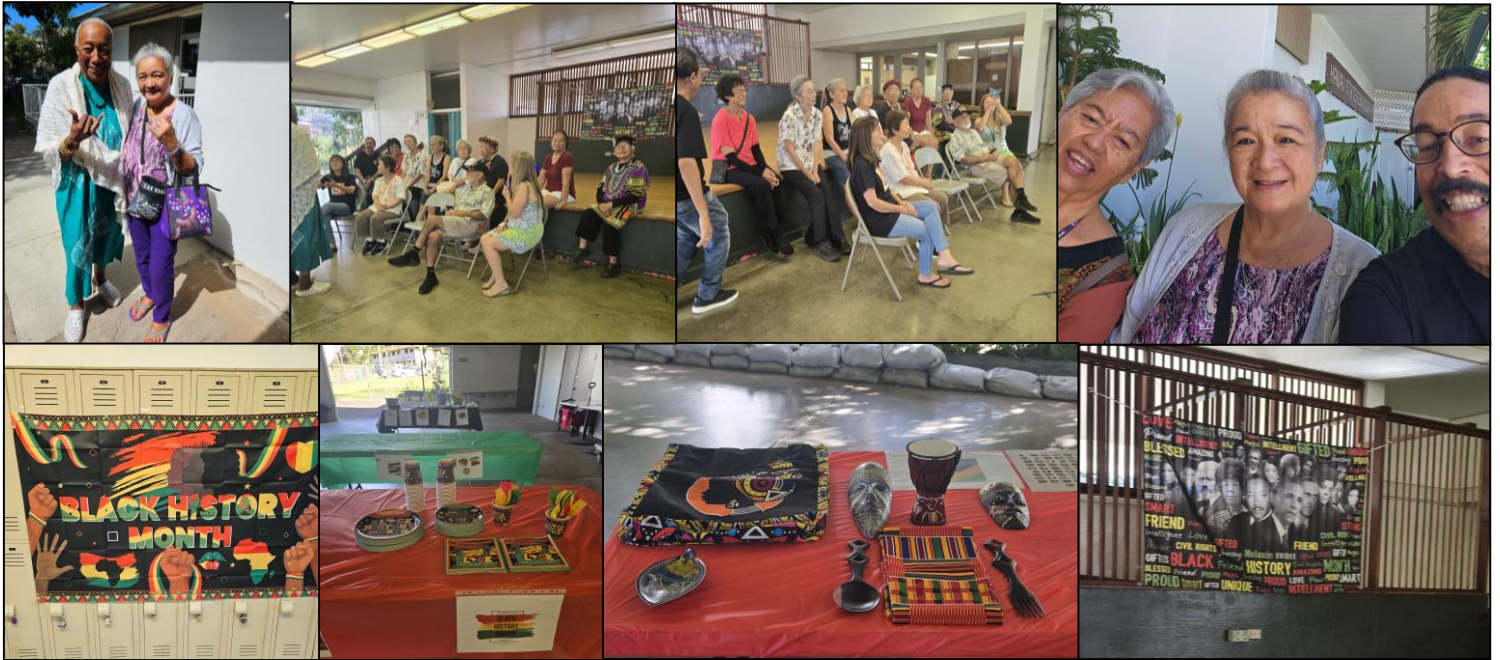
Knowing the name of my walking problem made me more aware of what to expect in the future. It has been a difficult 20+ years but am grateful that I can still function productively. My purpose for this article is to bring awareness of this disorder. I can still engage in a lot of activities though limited to sitting. Again, my heartfelt appreciation to all of you for coming to my aid when I needed it. You may see the difficulty in my walking worsens but my spirit will not be diminished.



Cultural Club Updates

AFRICAN AMERICAN CULTURAL CLUB UPDATE

By Arlene Gray



FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

Hello APRIL. First quarter of the year went by so fast leaving some precious memories behind.

On March 16 it was relaxation time for some members as they organize a PICNIC get together at MAGIC ISLAND BEACH PARK. Each and everyone brought yummy food for everybody to share. Later we did ZUMBA practice. The day went by so fast as we enjoyed each other's company exchanging our life stories. Laugh laugh and more laugh.

On April 16 - we would not miss this SPECIAL EVENT - "VOLUNTEER APPRECIATION DAY" FCCH will surely be attending.

On MAY 1 May Day celebration some members will perform two folk dances directed by AURIE SONSON

We are planning to celebrate the BIRTHDAY of March and April born members on APRIL 5, 2025

Sharing a sad NEWS: ILUMINADA "LUMING" ACOSTA joined our Creator last March 18, 2025 at their home. She is the Mother of BONG ACOSTA who is our patient and talented MUSIC PROVIDER during F C C H' s special events.

TILL NEXT TIME.

STAY SAFE and I LOVE YOU ALL.



CHINESE CULTURAL CLUB UPDATE

By Dorothy Mau

Awards for making the Chinese Zodiac cutouts were given to Rose Ho, Erline Waiau, Blossom and Beverly Mau. Members cut and wore green shamrocks for good luck and in celebration of St. Patrick's Day.

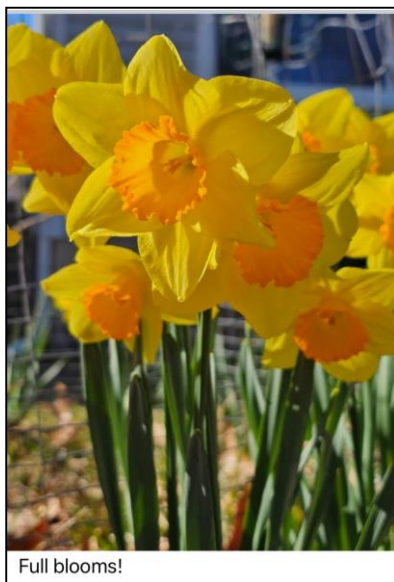
Everyone looked wonderful, however, our photographer Bev Mau was at work and so we missed a nice group picture. We hope to have a nice Easter group picture next month! By then Edward Lee will return from Hong Kong!

March 20th is the first day of Spring. We revive from the dormant Winter months. It's the season of hope and optimism.

We have happy thoughts of beautiful flowers blooming and new life! I was happy to receive beautiful pictures of my son Byron's front yard in Maryland filled with hundreds of beautiful yellow daffodils!

The most exciting news was the birth of a beautiful new baby girl born on the first day of Spring to the daughter of our Program Director Susie Chun Oakland. Congratulations to Grandma Susie and her family!

Gong xi, gong xi in mandarin and Kung Hee, kung hee in Cantonese! We will celebrate the birthdays of the members born January to June at Happy Day Restaurant on Waialae Avenue April 18, 2025 at 10:30am. Happy Birthday! Sang Yat Fai Lok! to Cindy and Chow Fook Choy, Blossom Mau, Dorothy Mau, Rose Ho, Carol Burrows, Puna Frank and Erline Waiau!



Full blooms!

Josephine Aguilar
Pilsun Amina
Marion Arakaki
Elizabeth Ayau
Naomi Badamo
Chong Ok Bang
Waldtraut "Ursula" Belschner
Debra Braiman
Hyun Byun
Douglas Cadiente
Charles "Mark" Campbell
Nancy Campbell
Arceli Chan
Koonyat Cheng
Sau Ah Cheng
Mildred Chibana
Mee Ok Choi Park
Zhong Chow
Cynthia Chun
Joett Colgan
Carolyn Corrigan
Judy Di Bianco
Sandra Joy Eastlack
Vera Egge
Chitra Ensor
Thomas Fujimoto
Marietta Fujio
Sue Fujitani
Sharon Funasaki
Lelia Gateb
Angela "Angie" Goodbody
Michiko Goshi
Claire Groom
Donald Guerrero
Lolita Guillermo
Caroline Harano
Kathy Haruno
Charlotte Higa
Satsuki Higa
Susan Higa
Masataka Hirayama
Karen Horiuchi
Lynne Howells
Terrie "Teruko" Ikemi
Michiko Imai
Herbert Imamura
Sharon Isa
Rufina Ishikawa
Amy Iwasaki
Dolores Juan
Eileen Kajioka
Tina Kanemaru
Hannah Kawakami
Diane Kawauchi
Peter Kealoha
Mela Kealoha-Lindsey

HAPPY BIRTHDAY!

HAPPY BIRTHDAY!

Rhonda "Mahealani" Kekua
Sandra Young Kim
Ellen Kishimoto
Yvonne "Yaeko" Kobashigawa
Ruriko Kono
Sharon Kuboyama
Myong Suk "Sue" Kurashige
Dorothy Kuromoto
Reiko Kusumoto
Gale Lane
Marie Laroze Cervetti
Lynette Lasiter
Gisele Lau
Elaine Lee
Lillian Lee
Lorraine Lee
Marjorie "Margie" Lee
April Leong
Shu Zhen Li
Melvin Ling
Ann Lopez-Hirata
Virgilio "Rudy" Lucas
Darlene Madriaga
Susan Maida-Giangarra
Irene Masuoka
Lorrin Matsunaga
Yoshie Matsuura
Elsie McGrew
Roy Michinaka
Leinani Miyashiro-Demond
Doris Nagamine
Alicia Nagasawa
Carl Nakamura
Stanley Nakamura
Kathryn Narusawa
Betty Ngai
Shirley Nishizawa
Dennis Noe
Greg Noji
Sharon Nomura
James Ogata
Linda Oka
Glenn Ooka
Theodosia "Teddi" Pacarro
Ana Rarangol
Marjorie Sasuga
Betty Ann Schoeppner
Leslie Shibuya
Joy Shimizu
Arlene Shimokawa
Earl Stuckey Jr.
Toshi "Toby" Sullivan
Stephanie Sur
Catharina "Cathy" Swindell
Setsuko Taguchi
Betty Taira
Katsuko Taira

HAWAIIAN CULTURAL CLUB UPDATE By Roland Manuel

ALOHA! April 20th denotes Easter...the resurrection of our Lord Jesus Christ. The Lenten season, weeks before Easter, proves how worthy and predictable you are and how disciplined you wanna be. HAUOLI LA I ALA HOU AI KA HAKU (Happy Easter.)

We had a wonderful time at Ruby Tuesday Moanalua celebrating first quarterly birthdays of Sharon Tulba and Roland Manuel. HAUOLI LA HANAU (Happy Birthday) to Mela Kealoha-Lindsey.

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



HAPPY BIRTHDAY (continued)

Iris Takushi
Lillian Tanaka
Valerie Teruya
Rosemarie Tom
Gwendolyn Valdez
Janet Wakakuwa
Mae Wakazuru
Hatsuko Walker
Rui "Judy" Wang
Keiko Watanabe
Edward Wong
Liejun Wu
Misako Yagi
Sharon Yamamoto
Gail Yamasaki
Cyrilla Yonehara
Bok-Dong Yoon
Lynn Yoshida
Meili Zhang
Yuhua Zheng





Mahalo

*Thank you so much for
your generosity!*

PIKAKE (\$1000+)

Anonymous
Sumida, Gerald

OHI'A A LEHUA (\$500)

Aanerud, Gladys IMO: Gladys Goka

KAHILI GINGER (\$250+)

HIBISCUS (\$100+)

Cabral, Erna
Endo, Yoi
Fujita, Kiyoto
Harano, Caroline
Higa, Ellen
Koyanagi, Dorene
Kurosaki, Trudy
Shimamoto, Denis
Sugai, Aiko

BIRD OF PARADISE (\$50+)

Gushiken, Sueko
Oshiro, Nobuko
Yonehara, Cyrilla

ANTHURIUM (\$49 & under)

NARFE
Dano, Glennell
Loo, Tom
Orinion, Cora
Sonson, Aurelia
Yamasaki, Glenn

IN KIND DONATION

Aschenbrenner, Larry
Bratt, Amy
Ching, Adele
Chun Oakland, Suzanne
Eto, Noel
Fujii, Christy
Fujita, Georgiana
Hironaga, Hope
Hong, Mae
Hook, Clara
Ige, Janice
Isa, Harriet
Ishiki, Elsie
Kageno, Lori & Kirk
Kawasaki, Mariko
Kishimoto, Carol
Kobayashi, Candice
Kobayashi, Candace
Lardizabal, Archie
Lee, Marjorie
Maida Giangarra, Susan
Matsunaga, Karen
Mau, Dorothy
Milner, Ethel
Morioka, Greta
Nakamoto, Lynne
Nakamura, Joyce
Richmond, Chanara
Rolland, Virginia
Sakumoto, Atsuko
Sasaki, Teresa
Sasaki, Laura
Takahashi, Sac'hiko
Tomei, Edith
White, Bernadine
Yamaguchi, Ethel
Yoshida, Mark

April 2025 Class & Club Schedule

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

*Please note Spring Session starts 3/31

| 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 | Sasaki | Sewing Room |
| | 10:30 AM – 12:00 PM | Hula | Makolo | Dance Room |
| | 10:45 AM | Yoga | Hasegawa | Lanai |
| | 11:00 AM | Tai Chi for Health | Lau | Activity Room |
| | 12:00 PM | Ping Pong | Ream | Lanai |
| | 12:30 PM – 2:30 PM | Cribbage | Kono | Patio |
| | 12:30 PM – 2:30 PM | Samulnori | Lee | Sewing Room |
| Tuesday | 8:00 AM – 11:00 AM | Needle and Thread | Oshiro | Sewing Room |
| | 8:00 – 11:00 AM | Mah Jong | Sugihara | Library Room |
| | 8:30 AM | Beginner Guitar | Dacoscas | Lanai |
| | 8:30 AM | Strumming For Fun | Hirai, Young | Lib Annex, Go Room |
| | 9:00 AM | Hawaiian Cultural Club (1 st & 3 rd Tues. of the month) | Manuel | Activity Room |
| | 9:15 AM – 12:00 PM | Pickleball | Lardizabal, Tsubaki | Lanakila Gym |
| | 9:30 AM | Music Lovers Group | Espeleta | Library Annex |
| | 9:30 AM – 11:00 AM | Hula | Makolo | Dance Room |
| | 10:00 AM & 11:00 AM | Beginner's iPhone Class* | Kawasaki | Patio |
| | 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 | TBA (day & time varies) | Gardening Group* | Nakamura | TBA |
| | 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 |
| | 10:00 AM – 12:00 PM | Korean Dance Cultural Club | Hasegawa | Dance Room |
| | 10:30 AM | Happy Senior Serenaders | Ojiri, Ramiro | Library Annex |

April 2025 Class & Club Schedule

| Day | Time | Class | Facilitator | Location |
|-----------------|-------------------------|---|--------------------|---------------------------|
| | 10:30 AM – 12:00 PM | Shigin | Tokugawa | Library Room |
| | 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 | TBA (day & time varies) | Composting Wormies Group* | Uyehara | TBA |
| | 9:00 AM – 10:30 AM | Okinawa Nenchosha Club | Higa | Lanai |
| | 9:00 AM – 10:30 AM | Taisho Koto | Takeuchi | Library Room |
| | 9:00 AM – 11:00 AM | Hanafuda | Samori | Dance Room |
| | 9:15 AM – 12:00 PM | Pickleball | Hino, Lau | Lanakila Gym |
| | 12:00 PM – 2:00 PM | Cribbage | Lardizabal | 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 | Basic Ukulele | Nishiyama | Dance Room |
| | 8:00 AM | Tai Chi* | Koike | ONLINE |
| | 9:00 AM | African American Cultural Club (2 nd & 4 th Fri. of the month) | Gray | Activity 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, S. Nakasone | Lanai |
| | 9:30 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 | Murashige | Go Room |
| Saturday | 9:00 AM – 11:30 AM | Filipino Cultural Club | Ibay | Activity Room |
| | 10:30 AM | Zumba Gold | Hokama | Dance Room |
| Sunday | 9:30 AM | Tai Chi for Health and Qi Gong | Lau | Online |

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

Classes subject to change

April 2025

| SUN | MON | TUES | WED | THUR | FRI | SAT |
|-----|--|--|--|---|--|---|
| | | 1 Ho'olu 'Aina Excursion (9:00 am) | 2 Ti Leaf Lei Making (9:00 am) Drawing Workshop (1:00 pm) Gateball (4:00 pm) Walk at Ala Moana (4:30 pm) | 3 Strength Training w/ Televeda (8:00 am) Coffee Tea & Talk Story (8:30 am) Haircuts (12:00 pm) SHARE Presentation (12:30 pm) Drawing Workshop (1:00 pm) | 4 HPU Strength and Balance (1:00 pm) Milestones Workshop (1:00 pm) | 5 IT Help Desk (9:00 am) Understanding Your Vital Signs (9:00 am) Arts & Pot Painting (10:00 am) Bake with Rianne (11:00 am) |
| 6 | 7 AARP Tax Aide Appt. Only Sandy Beach & Lunch (11:00 am) Travel Club Meeting (1:00 pm) | 8 Strength Training w/ Televeda (8:00 am) BINGO (9:00 am) Kroc Center Excursion (11:00 am) | 9 Program Committee Mtg (8:30 am) Ti Leaf Lei Making (9:00 am) Orange Xpress Concert (12:00 pm) Painting Workshop (12:30 pm) Gateball (4:00 pm) Walk at Ala Moana (4:30 pm) | 10 Strength Training w/ Televeda (8:00 am) Coffee Tea & Talk Story (8:30 am) Haircuts (12:00 pm) | 11 Occupations Fair (9:00 am) Painting Workshop (12:30 pm) HPU Strength and Balance (1:00 pm) HPU Post Assessment (1:45 pm) | 12 IT Help Desk (9:00 am) Orchid Society Judging (9:30 am) Cybersecurity (10:00 am) Sit Down Volleyball (11:00 am) Personal Technology (12:00 pm) |
| 13 | 14 Core with Carol (9:00 am) | 15 Tagalog Language Class (1:00 pm) | 16 Ti Leaf Lei Making (9:00 am) Volunteer Appreciation Day (9:00 am) Painting Workshop (12:30 pm) Gateball (4:00 pm) Walk at Ala Moana (4:30 pm) | 17 Strength Training w/ Televeda (8:00 am) Haircuts (12:00 pm) Painting Workshop (12:30 pm) Koi Nobori Craft (1:00 pm) CMP Meeting (2:00 pm) | 18 Center Closed HOLIDAY Good Friday | 19 IT Help Desk (9:00 am) NARFE Meeting (9:30 am) Flower Making (10:00 am) Liliha Library Service Project (11:00 am) |
| 20 | 21 AARP Driver Safety Appt. Only (10:00 am) Haleiwa Town & Lunch (11:00 am) | 22 Strength Training w/ Televeda (8:00 am) Sing Along Karaoke (12:15 pm) | 23 New Member Orientation (9:00 am) Ti Leaf Lei Making (9:00 am) PAB Mtg (12:00 pm) Gateball (4:00 pm) Walk at Ala Moana (4:30 pm) | 24 Strength Training w/ Televeda (8:00 am) Haircuts (12:00 pm) Senior Center Leadership Mtg (1:00 pm) | 25 Palliative Care vs. Hospice (10:00 am) Caregiver Support Group (11:00 am) | 26 Conversational Korean Language (9:00 am) Friendship Bracelet (9:00 am) IT Help Desk w/ WHS (9:00 am) IT Help Desk w/ Donnie (9:00 am) Floral Art (10:00 am) Movie Day (11:00 am) |
| 27 | 28 Waikiki Aquarium (10:00 am) | 29 Strength Training w/ Televeda (8:00 am) North Shore (8:30 am) | 30 Assistive Technology Resource Center Fair (1:00 pm) CPR Training (1:30 pm) | | | |

*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

