

May 2025| No. 112

# LANAKILA KŪPUNA NEWS



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## Make a Lei Wear a Lei Give a Lei

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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:

We were amazed to have over 50 volunteers, most of whom were LMPSC members, participate in the Spring Cleaning and Beautification project on Saturday, March 29, 2025, who did re-bagging sand bags to manage storm water coming into the senior center property after heavy rains, building brick raised gardens in the front yard, mopping, cleaning glass windows and doors, re-organizing spaces, cleaning fans, picking up trash, weeding, cutting the grass, watering the plants, sanitizing the tables and other high touch areas of the senior center. It was fun to be in the company of many positive and caring people and meeting new friends. Mahalo to LMPSC member Marvi Shibuya, the Mana Loa Nimitz Lions Club, and leaders of the District 50 Lions Club for their kokua as well!

Mahalo a nui loa to over 350 volunteers joining LMPSC on Wednesday, April 16, 2025, and enjoying a day of relaxation activities, beautiful music, and a delicious lunch. We thank the many senior center members who made and bought delicious desserts for the occasion, Catholic Charities Hawaii's leadership team and Community Senior Services Supervisors, the AARP Hawaii's Community Service Committee, Calvary Assembly of God, Central Pacific Bank, Co-Cathedral of Saint Theresa, Costco, Hawaiian Electric, Hawaii State Teachers Association, Kamehameha Bakery, Lanakila Elementary School, Meadow Gold Dairies, MOA Hawaii, Natsunoya Tea House, Prestige Valet, Kapiolani Community College and Waipahu High School Community Health Worker Practicum Students, Starbucks, Don Quiote/Times Supermarkets, Watanabe Floral, Lynda Asato, Mona Bernardo, Jeanne Chun, Mary Chun, Gwen and Sterling Coria, Zahava Czara, Master Haku Lei Maker Jamie Detwiler, Dustin Ebesu, Puna Frank, Diane Kawakami, Michelle Lee, Fred Lum, Elsie Maruno, Diane Masuo, Rosie Ramiro, Amy Sakagawa, Jeannie Salmon, Memory Simor, Mary Sueda, Jean Sugihara, Richard Tada, Representative Jenna Takenouchi, Floyd Tasaka, Jimmy and Dorene Toma, Rodney Villanueva, Rose Yanagawa, Linda Yara, and many others for their generosity of time and kokua to create such a festive and fun Volunteer Appreciation Day for all! We really appreciate the support, team work and outstanding effort to make it a special time for our volunteers.

A special thank you to our hard working Lanakila Staff ~ Riva Torno, Lodi Tapawan, Cookie Irvine, and Iris Hiramoto! Their dedicated service for so many years is truly commendable and appreciated. Cookie celebrated 30 years of service last year, Iris will be celebrating 30 years of service this year, Lodi celebrated 10 years of service last year, and Riva will be celebrating 10 years of service with Catholic Charities Hawaii this year. We are fortunate to have them with us. Our thanks also to full-time volunteers ~ Diane Kawakami, Jean Sugihara, Mary Sueda, and Rose Yanagawa for spending their precious time with us. Their longstanding commitment to Lanakila Senior Center is truly remarkable and we thank them for their outstanding service. We also thank our cultural club officers and class instructors whose gift of time and devoted service makes our center so wonderful to be a part of. Mahalo to all for your generous and caring spirit! May is the beginning of Summer and a time where we celebrate with our graduates and their accomplishments. Congratulations to friends and family who have achieved important educational milestones in their lives and best wishes for much success in the future.

We will be celebrating May Day on Thursday, May 1<sup>st</sup>, with song, dance, and an ono Hawaiian plate from Young's Fish Market from 9 – 11 a.m. at Lanakila Senior Center. Mahalo for Te Moana Makolo and Na Wahine Hula o Lanakila, Filipino Cultural Club, Okinawa Nenchosha Club, and Portuguese Cultural Club for your willingness to perform. There will be other nice surprises.

On Tuesday, May 6, 2025, Lanakila will have its second Show and Sell for the year. It will be from 8:00 a.m. – 10:30 a.m. This is an opportunity where cultural clubs and classes of Lanakila Senior Center can earn money by offering delicious foods, unique arts and crafts, and other items as well as for the Senior Center to offer beautiful plants, clothing, household items, and other treasures for sale to support the operations of the senior center. Japanese Cultural Club is our host. Our Lanakila members and the public are invited.

The members of LMPSC have been hard at work, since the end of January, to help the City make ti leaf lei for our loved ones on Memorial Day on May 26th. They have prepared about 8,000 ti leaf lei, to date, and will continue making lei until May 23<sup>rd</sup> in remembrance of all those you have passed before us. Come and join the fun!

Our Lanakila Memorial Program will be held from 9 – 10 a.m. on Thursday, May 22, 2025, in the Senior Center's lanai. We hope you will be a part of the celebration of life to remember our dear friends at Lanakila.

Have a beautiful May Day, Happy Mother's Day on May 11<sup>th</sup>, and let us remember all those who came before us on Memorial Day on May 26th and their love and many sacrifices which allow us to enjoy what we have today. Keep active and enjoy life to its fullest!

Me ke aloha pumehana,  
Susie Chun Oakland  
Program Director



## Welcome New Members!

Rachel Cardenas  
Grant Higa  
Becky Huebsch

William "Bill" Lum  
Soon Won Pak  
My "Mimi" Sugane

Darren Torii



# Photo Gallery



Waialeale Outlet and Lunch at Chili's Excursion.



Bayview Mini Golf Excursion.



Strength & Balance led by HPU Doctorate PT Students.



Drawing Class with Michelle Lee



Posing for pictures at the Plaza at Punchbowl excursion.



Ho'olu 'Aina excursion. Mahalo to Aulani who provided many valuable lessons and stories of this place as did the members of LMPSC. On the right, Grace and Liz Lum share a special moment together. Grace taught our kupuna about medicinal plants growing in Kalihi Valley.



"Bake with Rianne was enjoyed by all who attended", expressed Member Liz Lum, "Yummy and very good!" Photo by Liz Lum.



Sandy Beach excursion photo op! Back row: Sharon Yamamoto, Michael Tokumura, Cynthia Oshiro. Middle Row: Janet Miyashiro, Violet Tokumura, Joyce Kobayashi. Front Row: Ruth Shinmon, Rosie Ramiro, Linda Maballo, Beth Miguel, Doris Doughty, Ethel Milner, Vickie Kim. Photo by Violet Tokumura.



Excellent Pikake Propagation Workshop by LMPSC Member Ferdinand Madriaga. Photo by Darlene Madriaga.



Occupational Fair with Hawaii Pacific university OT Doctoral Students.



Master Haku Lei Maker Jamie Detwiler taught Val K. Wong, Judy DiBianco, and Diana Kawaguchi how to make haku wristlets at Volunteer Appreciation Day. Photo provided by Jamie Detwiler.



Mahalo Starbucks for your generous donation of coffee at VAD. Your presence and participation was most appreciated. Photo by Aldrinana Leung.



Lanakila Members at VAD posing after the origami workshop with Starbucks and the MOA Hawaii Flower Arranging. Photo by Aldrinana Leung.



Lanakila's very own hula class performed at this year's IVAT conference. Na Wahine Hula o Lanakila did a fantastic performance!



# Cultural Club Reports

## OKINAWA NENCHOSHA CLUB UPDATE

By Diana Kawaguchi

## ANMA-NU HI, GUSU-JI SABIRA (Let's Celebrate Mother's Day)

Mother's day is celebrated in many countries on the second Sunday of May, which will be this year, May 11, 2025. Though other countries celebrate Mother's day at different times of the year, Okinawa celebrates Mother's day the same time as the United States. On this special day, we celebrate & honor all the Mothers, Mother figures (grandparents, aunts, friends, etc.) & thank them for all their unconditional love, support, sacrifices & encouragements. Our Mothers are our 1<sup>st</sup> friend, best friend & forever friend. We wish all of you a very happy, blessed Mother's Day!

**.March 27:** Presentation from the Honolulu Police Department talked to us about Kupuna Safety. Honolulu is ranked in the top 25 cities in the country that is considered a safe place to live. We were taught the **3 A's** of how to protect ourselves: 1. be **AWARE** of your surroundings.

2. **ASSESS** the situation & possible threats if in an uncomfortable situation. 3. **ACT** quickly, make a decision. Be vigilant & safe. You only need to carry 1 or 2 ID's & credit cards, in the event it's lost or stolen, least amount in your wallet to replace. Check your account for fraudulent charges. Call 911 immediately if you feel you are being scammed. Always be aware, as scammers pry on senior citizens. The morning was filled with valuable information on safety.

### APRIL EVENTS

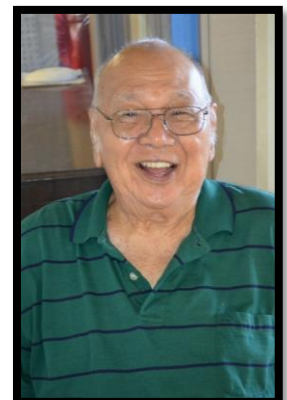
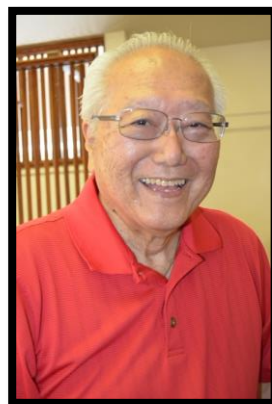
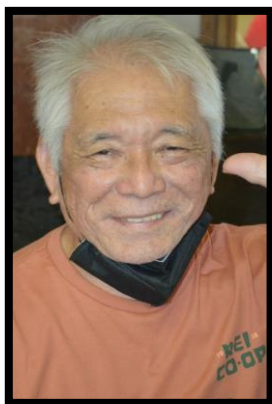
**.April 3<sup>rd</sup>:** Brian Suzuki & his group of senior singers entertained us with their energy singing various Japanese & oldies songs. It was an entertaining morning listening to Brian give us some background of the songs & participating in their singing.

**.April 10<sup>th</sup>:** Lively & fun entertainment by Paranku Club of Hawaii, with MC, Jane Tateyama, who introduced their signature dance "Sakaeru Okinawa Shi". Though this group is made up of seniors, they are full of vigor & vitality, who entertained us to their Paranku music & dance to Okinawan songs. Two of their members, performed a beautiful dance to song "Basho Fu". Ukulele playing by one of their members leading us to group singing of folk & children Japanese song. This was followed by group participation to "Ashibina" & "Beautiful Sunday". Performance ended with "Mifaiyu" which expresses the gratitude & thanks of the Paranku club members for inviting them, followed by group participation "Kachashi", to signify the celebration & camaraderie today.

**.April 17<sup>th</sup>:** Members of Yui Buyo with instructor Aiko Sugai, entertained us with their exercise like forms to Okinawan music. We were also entertained by a surprise visit from Misako Yagi, who performed wonderful various Japanese dances. We had group dancing to "Ashibina".

**Umaribi-kariyushi yaibiin-(Happy Birthday) to:** Ellen Endo, Roddy Higa, Sharon Kim, Giselle Miyashiro, Sharon Nakai, Sally Murata, Patricia (Pat) Oda, & Nancy Yeda.

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# Cultural Club Updates

## JAPANESE CULTURAL CLUB UPDATE

By Clarice Kumura

## OKAASAN ITSUMO ARIGATO



In Japan, Mother's Day is celebrated annually on the second Sunday of May and is known as "Haha No Hi". On this day families honor their mothers with gifts and cards to show appreciation for all that they do. Popular gifts include flowers, chocolates and special handmade cards, while some people also like to take their mother out for a special meal. The sentiment behind celebrating Mother's Day in Japan reflects deeply rooted values around family ties within Japanese culture, an idea which has been preserved over time through generations. Respect for parents, especially mothers, is highly valued in Japanese society, so it's no surprise that Mother's Day is celebrated with enthusiasm in Japan each year. So here in Hawaii, whatever plans you have, express gratitude and love to Moms for all that they do for us. **HAPPY "HAHA NO HI"!**

**May Events:**

- 5 - Shigin – Children Days/Boy's Day
- 12 - Brian Suzuki (Mother's Day)
- 19 - Zenidaiko
- 26 - Memorial Day/Holiday



**Activities in April** - On **April 7**, Mellow Friends, a group of fantastic singers, showed off their talent by singing songs such as "Can't Help Falling in Love With You"; "Honolulu City Lights"; "God Bless the USA"; and many more. On **April 14**, Angie Ishihara from Walk Wise Hawaii discussed pedestrian safety and the importance of choosing the safest route to your destination. On **April 21**, the versatile group from Project Dana performed a variety of dances with instruments and even had audience participation with the popular Tanko Bushi, Bon Odori style.

**Tanjoubi Omedetou Gozaimasu to:** Dorothy Mau (90+), Sally Nakata (100 +), Karen Oda (90+), Barbara Sasahara (90+), Keiji Murakami, Sharon Nakai, and Nancy Yeda.  
Wish you all a Happy Birthday on your special day.



# Cultural Club Updates

## FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

MAY is a colorful month as the flowering plants start to bloom. Our surroundings comes bighter and even smell good.. Time flied so fast and we are now in the fifth month of the year.

Throw back: APRIL MEMORIES of our club:

April 5- Celebrated the birthdays of the March and April born members. They are: FELY BALIBA-MILA JULIAN- JOSIE AGUILAR- ANA RARANGOL and VIRGILIO LUCAS. Roasted pig or 'LECHON" was donated by Josie Aguilar, one of the celebrants. All the other celebrities and members brought their favorite dishes to share. We enjoyed Filipino desserts and lots of other goodies. Guests and friends were entertained with line dances directed by AURIE SONSON. Everybody participated with the beautiful tunes provided by our very own BONG ACOSTA. Our Senior family and friends performed too with the leadership of MEL and ROSE CALPITO.

On April 16 the LMPSC had a " VOLUNTEER APPRECIATION CELEBRATION" . The event started with Coffee, Tea, pastries, chocolates and fruits plus a GIFT CARD upon registration. LUNCH BENTOS were distributed to all attendees. And lots of Raffle Prizes were given away. It was an awesome and fun day.

May 1- Some members will perform 2 Folk Dances for the May Day Celebration at the Center.

May 6 - FCCH will participate at the SHOW and SELL at LMPSC.

May10- Our club will celebrate MOTHER'S DAY and the birthdays of MAY born members.

Before I close- It' sad news that one of our members ILUMINADA "LUMING" ACOSTA already joined our Creator.

"GOD IS GOOD ALL THE TIME. JUST BELIEVE IN HIS POWER"

Till next month. Salamat ng marami.



## HAWAIIAN CULTURAL CLUB UPDATE

By Roland Manuel

May day is celebrated as Lei Day on May 1<sup>st</sup>. Lei Day is a tradition of wearing and making lei which are considered a symbol of aloha (love) and are given to show affection, friendship or celebration. The first Lei Day was celebrated on May 1, 1928. It's a time for locals and visitors to enjoy the spirit of Aloha by wearing lei in hula performance, lei making demos, and many more. Hau'oli lahui.

We had fun playing BINGO as a club for the first time this year and hopefully and heartedly 2 prospective members. We will never stop growing and expanding. We look forward in selling baked goods and our delicious pickled onions on May 6.

Rest in peace Pope Francis.

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





## CHINESE CULTURAL CLUB UPDATE

By Dorothy Mau

What a wonderful world it is to celebrate Easter with the Chinese Cultural Club members ! We enjoyed wearing our Easter Bonnets that Beverly Mau shared with us! Tommy Duvachelle played the piano as the ladies sang and paraded around the room singing the Easter Parade song. It was such a joy to see Erline Waiau, Dorothy and Beverly Mau, Cindy Choy and Carol Burrows wearing their pretty hats with all the frills upon it! What a wonderful Good Friday it was when we celebrated our Birthday members and Easter at Happy Day Restaurant. The prayer was given by President Mau before we partake our lunch of onolicious dim sum , chicken salad, long life noodles and "gin dui", "the fried mochi ball. The flower arrangements and table centerpieces were won by Cindy and Chow Fook Choy, Edward Lee, Rose Ho and her nephew and lyseas Lea and her grandson. April showers bring May flowers 🌸 and we will be sewing Plumeria and crown flower leis for May Day is Lei day in Hawaii. We'll also honor our mothers for Mothers Day. Our mothers will always love us unconditionally through all our storms and calms of life! They are so awesome and will always be there for us. Happy Mothers Day to all our mothers everywhere! We love you forever and ever!



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

HAPPY BIRTHDAY!



# HAPPY BIRTHDAY!

Elsie Ishiki  
 Tsuyako "Tsu" Iwamoto  
 Sylvia Iwasaki  
 Youngsoon Jhun  
 Karen Kanbe  
 Diane Kawamoto  
 Juanita Kawamoto  
 Jennie Kawasaki  
 Demetrius "Dee" Keliiholokai  
 Chongae Kim  
 Myung Ok Kim  
 Sharon Kim  
 Lynne Kobayashi  
 Laraine "Lari" Koga  
 Kimiyo "Yuki" Kuhns  
 Jane Kunimura  
 Karen Kurihara  
 Caroline Kuwahara  
 Sang Sook Kwak  
 Kyong Cha "Kay" Lamson  
 Ester Lansangan  
 Lorraine Lau  
 Sunny "Hosuk" Lee  
 Mu Cha Leiggi  
 Joanne Lim  
 Wan Ping Lin  
 Rita Lo  
 Thomas Loo  
 Isaac Lujan  
 Sau Yue Lum  
 Wing Yee Lau Lum  
 Calvin Maballos  
 Hyun Soon Maerki  
 Cynthia Ann Manabe  
 Mae Matsumoto  
 Dorothy "Dottie" Mau  
 Giselle Miyashiro  
 Kelvin Miyazaki  
 Yoko Mizuno  
 Kiyomi Morisato  
 Keiji Murakami  
 Kenneth Nakagawa  
 Sharon Nakai  
 Melvin Nakama  
 Lynne Nakamoto  
 Michael Nakamoto  
 Aiko Nakamura  
 Annie Nakamura  
 Sally Nakata  
 Hiroko Nishihara  
 Walter Obata  
 Karen Oda  
 Patricia Oda  
 Dore Oishi  
 Donald Ojiri  
 Jonathan Okabe  
 Miles Okimura



Lanakila School Principal and LMPSC Participant Advisory Board (PAB) Member Kerry Higa takes photos with community leaders, including \_\_\_\_\_, Calvary Assembly of God Pastor \_\_\_\_\_ and LMPSC PAB Member Aaron Tsang, and Max \_\_\_\_\_ as well as Council Member Tyler Dos Santos-Tam, Representative Daniel Holt, and Senator Donna Mercado Kim at Lanakila Elementary School's 100<sup>th</sup> Anniversary Celebration. LMPSC Program Director Susie Chun Oakland is a proud alumna of Lanakila Elementary School as are many center members, their children, and grandchildren!



Mahalo to AARP tax-aide volunteers for wrapping up a successful tax season for the community. L-R Michael Ballin, John Awakuni, Shar Hashimoto, Lucille Holzgang, Steven Takaki, and Edna Nomura.

## HAPPY BIRTHDAY (continued)

|                        |                         |
|------------------------|-------------------------|
| Grace Okuma            | Eileen Su               |
| June Onishi            | Karen Suehiro           |
| Betty Ono              | Karen Takemoto          |
| Chiyoko Oshiro         | Lucille "Lucy" Taketa   |
| Norma Oshiro           | Annette Tamanaha        |
| Seiji Oshiro           | Jan Titgen              |
| Grace Paik             | Mae Tsukamoto           |
| Carol Pang             | Julie Umemoto           |
| Debra Pang             | Rudolph "Rudy" Villamil |
| Mae Rosen              | Dionie Villanueva       |
| Michiko Runyon         | May Watanabe            |
| Gary Sakuma            | Takako Welch            |
| Lynn Sari              | Stuart Yamada           |
| Barbara Sasahara       | Xiao Ping Yang          |
| Mary Jo Segawa         | Janet Yasumatsu         |
| Benjamin Sercena       | Nancy Yeda              |
| Jae Sook Shinsato      | James "Jimmy" Yee       |
| Alice Shiroma          | Yongsuk Yi-Jackson      |
| Dixie Sinkovits        | Audrey Young            |
| Etsuko Smith           | William "Bill" Young    |
| Marie Sokol            |                         |
| Edna Sonomura          |                         |
| Aurelia "Aurie" Sonson |                         |







# Mahalo

*Thank you so much for  
your generosity!*

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

Central pacific Bank  
HawaiiUSA Federal Credit Union

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

Hawaii Electric  
Kim, Victoria

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

Ishihara, Jean- IMO: Bobby Ishihara

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

Ebisatani, Ger.-IMO Jean Yamamoto  
Fukunaga, Gail  
Miyamoto, Brian-IMO Jean Yamamoto  
Noguchi-Greenwell, Judy  
Purdin, Danette  
Takara, Doris  
Yamamoto, Wayne-IMO Jean Yamamoto

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

Nakamoto, Mary  
Tominaga, Sunny

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

Hanson, Belinda  
Kagawa, Eldred  
Konno, Ginger  
Lardizabal, Archie  
Loo, Tom  
Masuo, Diane  
Reyes, Edralin-IMO Gail Martin  
Sugiki, Cynthia  
Vaughn, John & Charlene

## **IN KIND DONATION**

Acosta, Iluminada IMO  
Asao, Bryant  
Aschebrenner, Larry  
Bratt, Amy  
Burrows, Carol  
Ching, Adele  
Chun Oakland, Suzanne  
Ferreira, Naomi  
Fukunaga, Gail  
Furumori, Sandy  
Giangarra, Susan  
Gorski-Brough, Sandy  
Harano, Caroline  
Hong, Mae  
Ikegami, Darlene  
Kiyung, Bobble  
Kobayashi, Candice  
Kobayashi, Lynne  
Kowalsky, Kumi  
Lum Elizabeth IMO  
Morioka, Greata  
Murakami, Jean  
Nitta, Sharilyn  
Ontai, Gail  
Oshiro, Cynthia  
Park, Sun Ja  
Sakumoto, Atsuko  
Shigetani, Kate  
Shigetani, Kate  
Soong, Lu  
Stone, Lenora  
Sugiura, Wendy  
Underwood, Stephanie  
Wong, Ed  
Yee, William  
Yoshida, Mark



Mahalo to Jeannie Yukitomo from HawaiiUSA FCU for blessing the Center with their \$1,000 donation! We are so grateful!

# May 2025 Class & Club Schedule

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

| Day              | Time                    | Class   | Facilitator         | Location           |
|------------------|-------------------------|---|---------------------|--------------------|
| <b>Monday</b>    | 8:30 AM                 | Picking Ukulele   | Nishiyama, Young    | Sewing Room        |
|                  | 9:00 AM – 10:30 AM      | Japanese Cultural Club  | Sueda               | Lanai              |
|                  | 9:15 AM                 | Guitar  | Hirai               | Library Room       |
|                  | 9:30 AM – 11:30 AM      | Victor's Kapakahi Group   | Tangonan            | Lib Annex, Go Room |
|                  | 10:30 AM                | Basic Japanese  | 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  | Tom                 | Patio              |
|                  | 12:30 PM – 2:30 PM      | Samulnori   | Lee                 | Sewing Room        |
| <b>Tuesday</b>   | 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<br>(1 <sup>st</sup> & 3 <sup>rd</sup> 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              |
|                  | 11:30 AM                | Japanese Calligraphy  | Usami               | Sewing Room        |
|                  | 1:00 PM                 | Line Dance  | Matsunaga, Sonson   | Lanai              |
| <b>Wednesday</b> | 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<br>(2 <sup>nd</sup> & 4 <sup>th</sup> Wed. of the month) | Frank               | Activity Room      |
|                  | 9:45 AM – 12:00 PM      | Sewing by Nakasone  | Nakasone, Ito       | Craft Room         |
|                  | 10:00 AM – 12:00 PM     | Korean Dance Cultural Club  | Hasegawa            | Dance Room         |
|                  | 10:30 AM                | Happy Senior Serenaders   | Ojiri, Ramiro       | Library Annex      |



# May 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                |
| <b>Thursday</b> | 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<br>(2 <sup>nd</sup> & 4 <sup>th</sup> Thurs. of the month)        | Suzuki             | Library Annex,<br>Go Room |
| <b>Friday</b>   | 8:00 AM                 | Basic Ukulele   | Nishiyama          | Dance Room                |
|                 | 8:00 AM                 | Tai Chi*  | Koike              | ONLINE                    |
|                 | 9:00 AM                 | African American Cultural Club<br>(2 <sup>nd</sup> & 4 <sup>th</sup> 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<br>(1 <sup>st</sup> & 3 <sup>rd</sup> Fridays of the month)       | Mau                | Activity Room             |
|                 | 9:30 AM – 11:00 AM      | Yui Buyo  | Sugai, 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                   |
| <b>Saturday</b> | 9:00 AM – 11:30 AM      | Filipino Cultural Club  | Ibay               | Activity Room             |
|                 | 10:30 AM                | Zumba Gold  | Hokama             | Dance Room                |
| <b>Sunday</b>   | 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

# May 2025

| SUN       | MON   | TUES  | WED   | THUR   | FRI  | SAT  |
|-----------|---|---|---|--|--|--|
|           |   |   |   | <b>1</b><br>Strength Training w/ Televeda (8:00 am)<br><b>MAY DAY PROGRAM</b><br>(9:00 am)<br>Haircuts (12:00 pm)<br>Painting Workshop (12:30 pm)  | <b>2</b><br>Senior Health Fair at Okinawa Center (9:00 am)<br>Worm Composting (12:00 pm)<br>Painting Workshop (12:30 pm)<br>Milestone Book (1:00 pm) | <b>3</b><br><b>IT Help Desk (9:00 am)</b><br><b>Floral Bouquet Making (10:00 am)</b>   |
| <b>4</b>  | <b>5</b><br>Core with Carol (9:00 am)<br>Hawaii Quilt Show (9:30 am)<br>Travel Club Meeting (1:00 pm)               | <b>6</b><br>Strength Training w/ Televeda (8:00 am)<br><b>SHOW &amp; SELL (8:00 am)</b><br><b>Wills &amp; Trusts (12:30 pm)</b> | <b>7</b><br>Ti Leaf Lei Making (9:00 am)<br>SAVERS FUNraiser (10:00 am)<br>Drawing Workshop (1:00 pm)<br>Gateball (4:00 pm)<br>Walk at Ala Moana (4:30 pm)                                  | <b>8</b><br>Strength Training w/ Televeda (8:00 am)<br>Chinatown Tour (9:00 am)<br>Haircuts (12:00 pm)<br>Drawing Workshop (1:00 pm)   | <b>9</b><br>Occupations Fair (9:00 am)<br>Painting Workshop (12:30 pm)<br>Drawing Workshop (1:00 pm)<br>Korean Culture & Cuisine (2:00 pm)           | <b>10</b><br>Chuukese Culture (9:00 am)<br>Orchid Society Judging (9:30 am)<br>Cybersecurity (10:00 am)<br>WHS CHW Mahalo Party (11:00 am)<br>Personal Technology (12:00 pm) |
| <b>11</b> | <b>12</b><br>Core with Carol (9:00 am)<br>Visit to Sheraton Waikiki (11:00 am)                                      | <b>13</b><br><b>BINGO (9:00 am)</b><br><b>Na Pueo Park (10:30 am)</b><br><b>Sing Along Karaoke (12:15 pm)</b>                   | <b>14</b><br>Ti Leaf Lei Making (9:00 am)<br>Program Committee Mtg (8:30 am)<br>Orange Xpress (12:00 pm)<br>Drawing Workshop (1:00 pm)<br>Gateball (4:00 pm)<br>Walk at Ala Moana (4:30 pm) | <b>15</b><br>Strength Training w/ Televeda (8:00 am)<br>Bishop Museum (10:30 am)<br>Haircuts (12:00 pm)<br>Drawing Workshop (1:00 pm)<br>Koi Nobori Craft (1:00 pm)<br>CMP Meeting (2:00 pm) | <b>16</b><br><b>Caregiver Support Group (11:00 am)</b><br><b>Drawing Workshop (1:00 pm)</b>  | <b>17</b><br><b>NARFE Meeting (9:30 am)</b>  |
| <b>18</b> | <b>19</b><br>North Shore Tour (8:30 am)<br>Core with Carol (9:00 am)<br>AARP Driver Safety by Appt. Only (10:00 am) | <b>20</b><br>Strength Training w/ Televeda (8:00 am)<br>Nutrition & Your Kidneys (8:00 am)<br>North Shore Tour (8:30 am)        | <b>21</b><br>Ti Leaf Lei Making (9:00 am)<br>PAB Mtg (12:00 pm)<br>Drawing Workshop (1:00 pm)<br>Gateball (4:00 pm)<br>Walk at Ala Moana (4:30 pm)  | <b>22</b><br>Strength Training w/ Televeda (8:00 am)<br>Live Well Presentation (10:30 am)<br>Haircuts (12:00 pm)<br>Drawing Workshop (1:00 pm)   | <b>23</b><br><b>Flower Lei Making (9:00 am)</b><br><b>Drawing Workshop (1:00 pm)</b>   | <b>24</b>  |
| <b>25</b> | <b>26</b><br><b>Center Closed HOLIDAY Memorial Day</b>  | <b>27</b><br>Strength Training w/ Televeda (8:00 am)<br>Oldies but Goodies (12:00 pm)   | <b>28</b><br>New Member Orientation (9am)<br>PAB Meeting (12:00 pm)<br>Gateball (4:00 pm)<br>Walk at Ala Moana (4:30 pm)  | <b>29</b><br><b>Haircuts (12:00 pm)</b>  | <b>30</b><br><b>Estate Planning for Your Future (10:00 am)</b>   | <b>31</b>  |

\*Calendar subject to change

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

## Let's Keep in Touch

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