

July 2024 | No. 102

LANAKILA KŪPUNA NEWS



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Summer Events In Session

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CATHOLIC CHARITIES
HAWAII

A MESSAGE FROM SUSIE

Dear Lanakila Senior Center Members and Ohana:

Summer Session has started with over 60 classes offered each week. We hope you enjoy these learning opportunities. The seven cultural clubs, including Chinese, Filipino, Hawaiian, Japanese, Korean, Okinawan, and Portuguese, meet on a regular basis throughout the month. Any member of Lanakila can join and learn about these cultures and acquire cultural understanding and appreciation. See the club officers for more information.

Last month, Iris Fukunaga from Foster Botanical Gardens informed our center that we made over 12,000 ti leaf lei and over 1,000 flower lei to adorn the gravesites of the Punchbowl Cemetery on Memorial Day. Thank you so much to the many Lanakila members and friends, who came to the center each Wednesday for months or took the ti leaves home and made these lei. Your volunteer effort was tremendous!

In June, excursions to Foster Botanical Garden, Ho'omaluhia Botanical Gardens, Iolani Palace, Active Seniors Expo, the Aiea Orchid Show, and enjoying lunch together at Waimalu Chop Suey, Ala Moana Food Court, and Zippy's were fun. Our cultural clubs and classes have also been busy performing at many public events, nursing care facilities, and special community events. Mahalo to all of you for giving of your time and talent! Thank you to our members and friends for helping with various service projects, including the Going Green recycling project, the Genki Ball project to improve water quality in the Ala Wai Canal, and the daily assistance in sanitizing and caring for our senior center to keep our members and guests healthy and safe. Also, please be vigilant in being prepared for hurricane season.

This issue is a tribute to those who have dedicated and continue to dedicate their lives protecting our freedoms; to everyone that helps to educate generations of people to be responsible citizens of the United States of America; and human beings that care for their families, friends, and the community as well as care for our natural resources and environment daily through thoughtful action. Happy Independence Day! For Lanakila members who plan to participate in the 4th of July celebration on Wednesday, July 3, 2024, from 9:00 a.m. - 11:00 a.m., please remember to sign up at the Front Desk and pay your \$5.00 for the barbecue by July 2nd!

Also, please remember that Lanakila Senior Center will be having its Candidates' Fair on Wednesday, July 10, 2024, from 9:00 a.m. – 11:00 a.m. We look forward to meeting the candidates for federal, state and county races whose districts represent the senior center's primary service area of Ward Avenue to Fort Shafter from the mountain to the ocean. The general public is welcomed to attend as well as our senior center members.

Our best wishes for a continued happy and healthy summer!

Me ke aloha pumehana,
Lanakila Multi-Purpose Staff Cookie, Lodi, Mei, Riva, and Susie



LMPSC continues to achieve its goal to be a food, flower and fern hub in the community. Growing avocado, calamungai, papaya, sweet potato, green beans, lima beans, oregano, rosemary, basil, turmeric, chili pepper, noni, Manoa lettuce, Swiss chard, kale, butter lettuce, egg plant, bitter melon, dragon fruit, pineapple, green onion, chives, parsley, cotton, puakenikeni, pikake, plumeria, ti leaves, Pele's hair, night blooming series, succulents of all kinds, and much more has been fun and exciting. The center utilizes all of these for special events and shares with others in the community.

Welcome New Members!



Hwazi Akita
Koonyat Cheng
Carolyn Ching
Sanford Ching
Milton Ikehara
Karleen Spaulding
Sharon Dumas

Dennis Noe
Daryl-Jean Wong
Randall Stone
Eric Harada
Linda Niimi
Jeanette Pang
Christine Tong

Gui Rong Wang
Jane Crystal
Satsuki Higa
Dawn Chun
Alvah Stricklan
Patricia Sherman



Health Tips and Recipe

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

July: Mango Lassi Smoothie

Smoothies are an easy way to incorporate different fruits and vegetables into your diet. This 5-minute mango lassi smoothie is refreshing and high in vitamin D and calcium to support bone health.

MANGO LASSI SMOOTHIE



Prep time: 5 minutes | Makes 4 servings

Ingredients

- 1.5 cups of 1% low-fat milk or non-dairy milk (almond, coconut, soy, etc)
- 1 cup plain low-fat yogurt or non-dairy yogurt
- 2 cups peeled ripe mango OR frozen mango
- Ice (optional)

Directions

1. If using fresh mango, wash the fruit then cut off the two sides around the mango pit. Score each side and scoop out the flesh with a spoon. Cut around the core to remove the remainder of the flesh. You can also use frozen mango if fresh is not available.
2. Blend milk, yogurt, and mango flesh together until smooth. Blend ice as desired and serve chilled.

Mangoes are originally from India and first arrived in Hawai'i in the 1800s. They are rich in Vitamin A and C which help with maintaining healthy skin, vision, and immunity. Lassi is a yogurt-based drink from India that is a great source of probiotics which can help with digestion. This easy 3-ingredient recipe makes a refreshing and nutritious drink on a hot day!

Recipe adapted from www.myrecipes.com/recipe/mango-lassi-smoothie

Photo Gallery



Thank you all for helping with the Genki Balls! Great teamwork!!



Aiea Orchid Show Excursion

Cultural Club Reports

OKINAWA NENCHOSHA CLUB UPDATE

By Diana Kawaguchi

SICHIGWACHI (Seventh Month)

Sichigwachi or Seventh month in Okinawa is the Ghost month, where people show their respect, devotion, love, & honor for their ancestors & deceased loved ones. This is an expression of “Filial Piety” which is an attitude of respect for parents & ancestors. In some culture there is a belief that the dead have a continued existence.

May 30th: Kalakaua Seniors with Elsie Kawamoto entertained us with their variety of English and Japanese songs. Though some of their bodies were fragile, they were youthful in “SPIRIT” as they sang from their hearts. Their eldest being 92 years young, but still loves to go to Las Vegas! One could see the energy and determination in these senior faces, as they each sang their songs. Singing not only helps your vocal cords to stay strong, but it also keeps you youthful, energetic, positive, and ability to socialize with one another, with a positive outlook on life.

June 6th: This was a “FUN DAY” for the ONC members with participation of everyone broken up into 4 color Teams. Each group had a specific color, represented by their designated Team leaders of Yellow Team/Sumiko Nakasone, Light Blue Team/Carol Zukemura, Pink Team/Yuri Uyehara, and Red Team/Alicia Nagasawa. They all each played 4 games of Bean bag toss, Bean bag tic-tac-toe, Ring toss on bottles, and Mini golf. What fun it was to see everyone so excited, determination & enthusiasm in their faces & bodies as they aimed to hit their marks! Everyone was a WINNER, as they all got prizes of Cup of noodle, Crest toothpaste, Toilet paper, & Water, all necessities we use and love. What a great Fun, energizing day of camaraderie & Team Work. **June 13th:** Father’s day celebration with beautiful singing by Tevita “Tora” Apina and Amy Katsumoto with their powerful melodic voices, entertaining us with Japanese and Hawaiian songs. Tevita grew up living in Waipahu, with his grandmother. He said “he wouldn’t be singing, & I’m what I am today due to my grandma.” In 6th grade he loved Enka music, borrowing Karaoke CD’s from the Library. During this time he met Amy Katsumoto, who was a Kindergarten teacher, who did Karaoke. Tevita started learning singing from Craig Shimizu for 13 years. Meeting Amy was the start of a beautiful, life changing, and long friendship of singing.

At the end of this event for Father’s day, everyone went home with their bento lunches & water.

June 20th: Entertainment by Nakasone Dance Academy with MC Lisa Nakandakari, Shihan. The Nakasone Dance Academy was started in 1956 by their mother Lynne Yoshiko Nakasone, sensei to perpetuate the Okinawan dance & culture. Their performance was mesmerizing with their beautiful costumes, energy & determination to show us their skill s& talent. Coming to the ONC, gave each of them, especially the newer students, the opportunity to practice their actual dances, & showcased what they learned. Everyone was thrilled to see their wonderful traditional & folk dances. We all saw the talent & professionalism in their performance. They ended their performance with “Yuimaaruu”, the Okinawan spirit of helping one another. We wish them a successful, 68th Anniversary recital on October 12th.

Umaribi-kariyushi yaibii-n (Happy Birthday) to: Jane S. Higa, Jean Ishihara, Fujiko Shimabukuro, Mary Sueda, Yurie Takai, James (Jimmy) Toma & Rose Yanagawa.

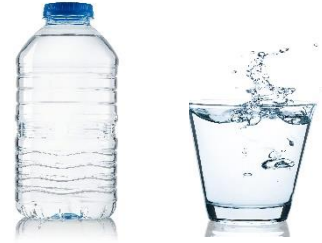


Cultural Club Updates

JAPANESE CULTURAL CLUB UPDATE

By Clarice Kumura

Summer is Here- Stay Hydrated



As the weather begins to get hot, it is important that you take precautions to stay cool and hydrated. Being well hydrated is essential for good health. Consuming water is especially important to remember during the summer months when we need to increase our fluid intake to counteract warmer temperatures and higher humidity. Here are some tips to stay hydrated: 1) Drink six to eight 8 oz. glasses of water each day; 2) Carry a reusable water bottle to fill and drink water throughout the day; 3) Drink water during your meals. Not a huge fan of drinking plain water? Here's a recipe for a refreshing drink:

1 pitcher of water; 1 cucumber sliced thinly; Juice of 4 – 5 limes.

Add lime juice and cucumber in the pitcher of water and stir. Refrigerate or serve over ice. Enjoy!

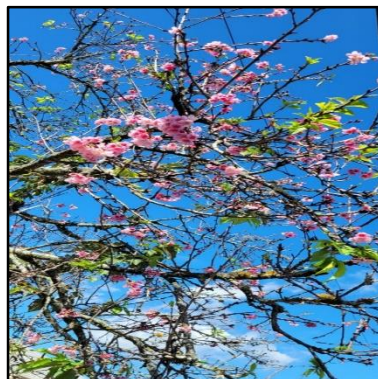
On **June 3**, we had a great time playing various ways of Bingo and Blackout. There were lots of prizes for all winners and also for those who didn't get a Bingo. On **June 10**, we enjoyed the Yui Buyo dancers led by Sensei Aiko Sugai. We were all energized by the exercises coached by Sensei Aiko. On **June 17**, we were captivated by the talent of the Jukebox Singers led by Douglas Oshiro. In addition to the beautiful singing of the Jukebox Singers, members participated in doing the Chicken Dance and cheering to the song Round the Old Oak(Mango) Tree sung by Sensei Doug.

Tanjoubi Omedetou Gozaimasu to: Yurie Takai (90+); Vivian Ige; Yoko Shaw; Mary Sueda; Ann Takaki; Rose Yanagawa. Happy Birthday to all of you and many more joyful years!

- July Events:**
- 1 Zenidaiko /Naleo Nahenahe Na Kupuna
 - 8 Pacific Health Fair – Centerwide event (No JCC)
 - 15 Birthday/Victor's Kapakahi Group
 - 22 Crime Stoppers – Sgt. Chris Kim
 - 29 Summer Fun Games



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FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

Hello July - Students are out from school - enjoying, maybe going vacation, attending summer school, going to parties, hanging out with friends or having fun with families.

June memories:

On June 1st, attended the High School Graduation celebration of the grandson of Fely Baliba. It was an awesome party with plenty of food and attendees.

On June 4th it was a welcome party for a relative of Dolly Juan (a supporter of the Filipino Club) visiting from the Philippines. Lots of food and dancing which everybody enjoyed.

On June 9th CARMEN BAUTISTA celebrated her birthday at their beautiful home. There were abundant Filipino dishes prepared by the celebrant which everyone enjoyed. And lots of food to take home, too. Representative ROSEBELLA MARTINEZ came to greet the celebrant and joined in the celebration.

Of course a party is not complete without dancing. Line dances and ballroom dancing was enjoyed by all.

FILIPINO CLUB will celebrate June and July birthdays on July 6. We will celebrate Father's Day at the same time. Planned to do Potluck.

It's also 4th of July celebration so we agreed to wear RED or WHITE or BLUE or combination for a colorful celebration.

For our forthcoming Coronation and Anniversary we are practicing our 2 FOLK DANCES and LINE DANCES. The event will be on August 17, 2024 at ALA MOANA HOTEL.

In closing I quote:

"LEAVE THE PAST BEHIND

LIVE THE NOW"

GOD BLESS US ALL.

Linda Akamu
Susan Asuncion
Kayuk "Jade" Au
Wayne Awakuni
Teresita Barrett
Etsuko Bermudez
Beverly Bernal-Masuda
Dennis Brouillette
Helen Buenavista
William "Bill" Burke III
Ruby Chan
Tan-Fung Chan
Anna Chang
Yuet Siu Chang
Lei Ching
Jane Choi
Wendell Chow
Raymond Chu
Alberta "Berta" Chun
Lorelei "Lori" Chun
Adele Chung
Lawrence "Larry" Chung
Christopher "Chrisd" Church
James "Jim" Dempsey
Leiticia "Letty" Dolor
Willa Donnelly
Romula "Romy" Duldulao
Dennis Egge
Joanne Fujii
George Fujimoto
Raquel Ganti
Eugene Gillia
Dong Kun Han
Irene Hrada
Sandra Heu
Jane Higa
Robert "Bob" Higuchi
Kathleen "Kathy" Hikida
Donald Hirai
Susan Hirate
Shizuko Holm
Rodolfo "Rudy" Ibay
Vivian Ige
Evelyn Iha
Milton Ikehara
Viva Inouye
Kathryne Ishida
Jean Ishihara
Kimiko "Gail" Ishiki
George Iwasaki
Nancy Kagami
Doreen Kakinami
Sandra "Sandy" Kam
Donald Kamaka
Christy Kawabata
Visitacion "Bessie" Kawakami

HAPPY BIRTHDAY!



HAPPY BIRTHDAY!

- Yong O Kim
- Fay Kimm
- Yoko Kishaba
- Dennis Kono
- George Kono
- Christopher Kwock
- Isabelle “Belle” Lahui
- Viola Lara
- Jenny “Hui-Chieh” Lau
- Lester Lau
- Lorraine Lau
- Sunny Lee
- Guan Pei Li
- Linda Maballo
- Elaine Madrid
- Doris Maielua
- FJ “Star” Manson
- Nina Myrna Manuel
- Betty Masaki
- Judy Matias
- Gladys Matsuda
- Jean Miyashiro
- Ryan Momohara
- Rieko Morikawa
- Irene Mulford
- Carrie Murata
- Roy Nagata
- Kosei Nago
- Victoria Naholowaa
- Harry Nakahodo
- Dennis Nakasato
- Chieko Nakasone
- Irene Nitta
- Phyllis Paik
- Ronald “Ron” Reddick
- Cleta Rivers
- Sherryl Royce
- Wayne Saito
- Eileen Sakoda
- Atsuko Sakumoto
- Stanley Sato
- Karen Scheiber
- Yoko Shaw
- Jan Shigematsu
- Fujiko Shimabukuro
- Kiyoko Shimabukuro
- Denis Shimamoto
- Ida Shiroma
- Petra Sison
- Yaeko Smith
- James “Jim” Springer
- Sabra Stanton
- Mary Sueda
- Laverna Sugamoto
- Merry Taira
- Yurie Takai

CHINESE CULTURAL CLUB UPDATE

By Dorothy Mau

June was a very productive month for Chinese Cultural Club. We had a good speaker Teresa Sasaki who told us about her Travel class on Monday here at Lanakila and the Travel Club. She informed members for their safety and well being while traveling. We were amazed at how well she communicated with our Chinese club members who speak little English. Her translation in Cantonese was perfect!

Five new members joined our club with much love and enthusiasm. They are Carol and John Burrows, Lyseas Lea, Katherine Chun, and Charles Spencer. May your journey with us be most pleasant with Peace, Love, and Harmony! At our 3rd Friday meeting we celebrated Father’s Day with Father’s Day stories with Raymond Miyashiro, piano music with Tommy Duvachelle, and mango bread for everyone. Meatball spaghetti was given to the Lucky Dads.

July, we’ll celebrate 4th of July. Members may wear patriotic outfits! Show your Red, white and blue spirit and “ask not what we can do for you, but what you can do for your country!” God Bless America!



HAWAIIAN CULTURAL CLUB UPDATE

By Roland Manuel

ALOHA! The month of June was filled with many celebrations including graduations: ceremonies and parties, King Kamehameha I Day, and most importantly, Father’s Day. A time for joy, a time for peace, a time to treasure through the years... We’ll remember always our graduation day from high school or college, King Kamehameha, in my opinion, the GREATEST King of Hawaii of all time. A huge statue accompanied with many leis draped over his arms and immense parade makes Hawaii no ka oi! IMUA KAMEHAMEHA!

A Fathers Day Prayer

Thinking of you on Father’s Day
 And offering a prayer that God
 Will keep you always
 In the shelter of his care.
 May he guide in your daily work
 Bless everything you do
 And grant you all those special joys
 That mean the most to you

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

Photo Gallery



Members during our Memorial Day Lei Making workshop.



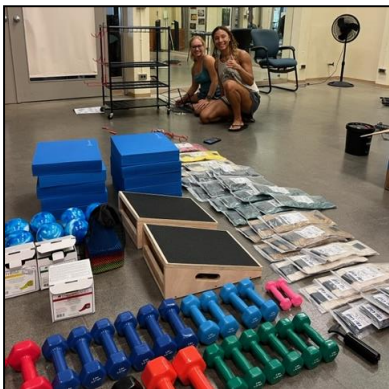
Enjoying the sights at Foster Botanical Gardens with Iris Fukunaga.



LMPSC take pose for a photo at the Pearl Harbor Tour.
Photo by Stanford Yuen.



Looking at all the beautiful quilts at the Hawaii Quilt Show.



A big mahalo to Dr. Qing Zhang and the faculty and students of HPU for securing a grant that helped purchase exercise equipment for the Strength and Balance classes being offered this summer for Lanakila members.



Sing For your Life perform at the Older Americans Month Celebration at 15 Craigside.



Aleksandra Martinesic, an international young professional fellow who spent several weeks assisting the office & meeting with community leaders about women empowerment. She is from Serbia.



Going Green Recycling Service Project on June 1, 2024. Photos taken by Celeste Imamura.



Mahalo

Thank you so much for your generosity!

PIKAKE (\$1000+)

OHI'A A LEHUA (\$500)

Japanese Cultural Club
Toma, James and Dorene

KAHILI GINGER (\$250+)

Kobata, Marilyn
Nakama, Laurie IMO: Keiko
Nakama

HIBISCUS (\$100+)

Hafer, June
Kono, Nancy
Ladrillono, Benjamin
Nanbu, Patsy
Ojiro, Donald IMO: David Young
Park, Helen
Sueno, Myunghee
Tokumura, Michael & Violet

BIRD OF PARADISE (\$50+)

Endo, Yoi
Kuhns, Kimiko
Miyashiro, Janet IMO: Stephanie
Pang
Oshiro, Nobuko

ANTHURIUM (\$49 & under)

Koyama, Earl
Lardizabal, Rogelio
Loo, Tom
Nakamoto, Mary
Orinion, Cora
Sonson, Aurie
Tomei, Edith
Yamasaki, Glenn

IN KIND DONATION

Batula, Joan
Bratt, Amy
Chun Oakland, Suzanne
Clark, Eileen
Chun, Christina
Fujishige, Lynn
Furamori, Sandi
Harano, Caroline
Hong, Mae
Kanemaru, Tina
Kaneshiro, Gary
Kawaguchi, Diana
Kawasaki, Mariko
Kishimoto, Ellen
Kobashigawa, Sharon
Kop, Coralie

Lee, Charles
Lee, Helen
Lee, Marge
Lees, Erika
Mei Ma, Hong
Miyashiro, Raymond
Miyazawa, Yasuko
Oshiro, Nobuko
Sakoda, Eileen
Sugiura, Wendy
Sumaoang, Lourdes
Tanaka, Drusilla
Toma, Ori
Veillard, Kathy
Yu, Jin Suk



Hawaii Foodbank says MAHALO to Lanakila Senior Center for donating 357 pounds of food!!!! Thank you Lanakila members and mahalo to Jean Sugihara for suggesting this service project!

HAPPY BIRTHDAY

(continued)

Ann Takaki	Steohanie	Daniel Wong	Suji Yokota
Steven Takaki	Underwood	Edwin Wong	Jean Yoshihara
Drusilla Tanaka	Derrick Urabe	Peter Wong	Henry Young
Yuriko Tcheou	Lois Vorderbruegge	Henry Woo	
James "Jimmy" Toma	Erline Waiau	Rosaline "Rose"	
Edna Tsukamoto	Gui Rong Wang	Yanagawa	



LMPSC member Mae Hong shared another beautiful orchid with members to enjoy. Thank you, Mae!!

July 2024 Class & Club Schedule

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

Day	Time	Class	Facilitator	Location
Monday	8:30 AM	Picking Ukulele	Nishiyama, Young	Sewing Room
	9:00 AM – 10:30 AM	Japanese Cultural Club	Sueda	Lanai
	9:15 AM	Guitar	Hirai	Library Room
	9:30 AM – 11:30 AM	Victor's Kapakahi Group	Tangonan	Lib Annex, Go Room
	10:45 AM	Yoga	Fujii	Lanai
	11:00 AM	Hula	Makolo	Courtyard
	11:00 AM	Tai Chi for Health	Lau	Activity Room
	12:00 PM	Ping Pong	Ream	Lanai
	12:30 PM	Samulnori: Korean Percussion	Lee	Sewing Room
	12:30 PM – 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	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
	9:30 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	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	Sonson, Matsunaga	Lanai
Wednesday	11:30 AM – 2:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	8:00 AM	Tai Chi*	Koike	ONLINE
	9:00 AM	Stretch & Tone	Werle	Lanai
	9:30 AM	Portuguese Cultural Club (2 nd & 4 th Wed. of the month)	Frank	Activity Room
	9:45 AM – 12:00 PM	Sewing by Nakasone	Nakasone, Ito	Craft Room
	10:00 AM	Korean Dance Cultural Club	Hasegawa	Dance Room/Lanai
	10:30 AM – 12:00 PM	Shigin	Tokugawa	Library Room

July 2024 Class & Club Schedule

Day	Time	Class	Facilitator	Location
	10:30 AM	Garden Group* (Last Wed. of the month)	J. Nakamura	See facilitator
	10:30 AM	Happy Senior Serenaders	Ojiri, Ramiro, Young	Lib Annex, Go Room
	11:00 AM	Body & Brain Beg. Yoga & Tai Chi	Arquette	ONLINE
	11:00 AM	Yoga	Fujii	Lanai
	12:00 PM	Crafts by Janet*	Miyashiro	Craft Room
	12:15 PM – 1:45 PM	Chinese Traditional Dance	Feng, Hou	Dance Room
	1:30 PM	Fit & Flexible	Mayeshiro	Lanai
	2:00 PM – 2:45 PM	Conv. Mandarin Language	Xu, Hou	Dance Room
Thursday	9:00 AM – 1:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	9:00 AM – 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
	11:00 AM – 1:00 PM	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.

July 2024

SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2 Market City Walk & Shop (10:00 am)	3 4 th of July Celebration (11:00 am)	4 CENTER CLOSED Independence Day	5 HPU Strength & Balance (1:00 pm) Milestones Book Workshop (2:00 pm)	6 Chess (9:00 am) Waikiki 2000 Lions Eyeglasses Collection (9:00 am)
7	8 HPH Healthy Living Event (9:00 am)	9 Strength Training w/ Televeda (8:00 am) BINGO (9:00 am) Kailua Walk & Shop (11:00 am)	10 Candidates Fair (9:00 am) Orange Xpress (12:00 pm) Magic Island Walk (4:00 pm)	11 Strength Training w/ Televeda ONLINE (8:00 am) Coffee, Tea & Talk Story (8:30 am)	12 Food Handler Class (9:00 am) HPU Strength & Balance (1:00 pm) Korean Culture and Cuisine (2:00 pm)	13 Chess (9:00 am) Orchid Society Judging 9:30 am Cybersecurity AI Safety (10:00 am) Personal Tech (12:00 pm)
14	15 Kilohana Hula Show (9:30 am)	16	17 Prog. Comm. Mtg. (8:30 am) Emergency Preparedness for Homeowners (12pm) Card-Making (1:00 pm) Magic Island Walk (4:00 pm)	18 Strength Training w/ Televeda ONLINE (8:00 am) Mayor Wright Housing and Kuhio Park Redevelopment (12:00 pm) CMP Meeting (2:00 pm)	19 Lyon Arboretum (9:00 am) HPU Strength & Balance (1:00 pm) <i>Center closes at 2pm for staff mtg</i>	20 Chess (9:00 am) NARFE Meeting (9:30 am)
21	22	23 Strength Training w/ Televeda (8:30 am) Oldies but Goodies with Glenn and Les (12:00 pm)	24 New Member Orientation (9:00 am) Diabetes Self-Management (10:00 am) PAB Meeting (12pm) Magic Island Walk (4:00 pm)	25 Strength Training w/ Televeda ONLINE (8:00 am) Senior Centers Meeting (12:00 pm) Keiki Hula (5:00 pm)	26 HPU Strength & Balance (1:00 pm) Keiki Hula (5:00 pm)	27 Chess (9:00 am) Keiki Hula (12:00 pm)
28	29 Little Plumeria Farm Excursion (11:00 am)	30 Ho'olu Aina Excursion (9:00 am)	31 Bayview Mini Gold (10:00 am) Diabetes Self-Management (10:00 am) Retire Wisen (2:00 pm) Magic Island Walk (4:00 pm)			

*Calendar subject to change

Susie Chun Oakland	Program Director	suzanne.oakland@catholiccharitieshawaii.org
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