

**LANAKILA
KŪPUNA
NEWS**



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**Thankful
for our
Members**

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CATHOLIC CHARITIES
HAWAII

A MESSAGE FROM SUSIE

Dear Lanakila Senior Center Members and our loving Ohana:

The month of November is a time to gather with friends and family and express our gratitude for all that we have in life. It is also a time to say thank you to the members of Lanakila Senior Center for your valuable time, expertise, and generosity. You each contribute something in your own special way to make life happier and more fulfilling for others. Our cultural club officers, instructors, assistant instructors, facilitators, presenters of workshops, organizers of special events and excursions, volunteers doing a myriad of valuable services for others at LMPSC and the broader community, devoted members who take good care of the senior center facility and grounds, those who selflessly and quietly do things for others expecting nothing in return, many community organizations, government offices, businesses, and Hawaii's residents and visitors to our island home for their small or big role in ensuring the health, happiness and safety of others.

Mahalo for our staff Cookie Irvine, Iris Hiramoto, Lodi Tapawan and Riva Torno; our social workers Cyan Lau and Lourdes Adame; and our full-time volunteers Diane Kawakami, Mary Sueda, Jean Sugihara, and Rose Yanagawa for their tremendous efforts each day on behalf of our members and guests of Lanakila. We hope you enjoy our newsletters as they highlight a few of the events, classes, and club activities each month that we have at our senior center and in the community.

Mahalo to our 184 veteran members of LMPSC for your continued sacrifice and service to our nation. We wish you a Happy Veterans Day.

We continue to collect canned goods in November at the Front Desk at LMPSC and will give these donations to community food pantries in our neighborhood.

We look forward to seeing over 100 veterans and special guests at our Veterans Program on November 13th and over 400 center members and special guests at our Thanksgiving Celebration on November 20th. Lots of surprises and fun in store for you. Christmas Party invitations will be distributed through cultural clubs and classes in early November.

Most of all, on behalf of Lanakila Senior Center and Catholic Charities Hawaii, we wish you and your loved ones a very Happy Thanksgiving!!!!

Take good care!
Me ke aloha pumehana,

Susie Chun Oakland
Program Director

**Take time to laugh...
It is the music of the soul.**

**-Old English Prayer
Submitted by Nohea Chang**

Welcome New Members!



Holly Honbo
Stacy Uyehara
Randall S.J. Wong

Health Tips and Recipe

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

November: Roasted Chili-lime Kabocha Squash

Try a pala'ai or squash recipe as we transition into the winter months. Different varieties of winter squash such as butternut, spaghetti, pumpkin, and kabocha are high in protective antioxidants such as vitamin A & C. Squash is easy to bake and goes well in soups or stews. Save the seeds and roast them in the oven for a healthy snack.

ROASTED CHILI-LIME KABOCHA SQUASH



Prep time: 15 minutes | Cook time: 30 minutes
Makes 4 servings

Ingredients

- 1 medium Kabocha squash
- 1 Tablespoon olive oil
- 1 teaspoon salt or salt substitute
- 1/2 teaspoon black pepper
- 1 lime juice and zest
- 1 teaspoon chili flakes (or as desired)
- 1 Tablespoon raw honey
- 4 small scallions for garnish

Directions

1. Preheat the oven to 400 ° F and line a sheet pan with parchment paper.
2. Cut squash into 16 wedges while the oven preheats. Cut the squash in half and scoop out seeds. Then cut each half in half, and in half again until you have 16 1-inch wedges.
3. Place wedges on the sheet pan. Then drizzle olive oil, salt, and pepper over the wedges. Massage into each wedge and bake for 30-40 minutes until squash is soft.
4. While the squash is roasting. Mix honey, lime juice/zest, and chili flakes in a small bowl. Chop the scallions into thin pieces.
5. Remove squash from the oven. Drizzle lime/honey mixture over and garnish with scallions. Serve immediately and enjoy!

Recipe adapted from bakedgreens.com



Kabocha squash, also known as the Japanese squash, is packed in Vitamin A, Vitamin C, iron, and folic acid. This squash grows well in Hawai'i, especially during the fall and winter months. Kabocha provides complex carbohydrates and plenty of fiber; excellent for keeping blood sugars stable. This dish is sweet, tangy, and satisfying!

Photo Gallery



Mahalo for supporting our clubs and classes during this quarter's Show & Sell on October 23rd.



Photo Gallery



LMPSC members Milton Ikehara and Letty Dolor enjoy haircuts with Sylvia Kwon and Hwa Yong at Lanakila Senior Center.



Victor's Kapakahi Group volunteer entertainment at Leahi Adult Day Health



LMPSC's booth at Children and Youth Day. Photo submitted by Liz Lum.



Chinatown Tour – photo submitted by Lynne Howell.



"Happy Thanksgiving!" from Cribbage class. Photo submitted by Dennis Kono.



Sharon Tulba, Diane Kawakami, and Cookie.



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



Rose Yanagawa, Lodi, and Jean Sugihara.

Cultural Club Reports

OKINAWA NENCHOSHA CLUB UPDATE

By Diana Kawaguchi

NIFEE DEEBIRU (THANK YOU)

In America, Thanksgiving is celebrated with a traditional Thanksgiving meal of turkey, stuffing, pumpkin pie, & all the trimmings. It's also a day for parades & American football! It's a day to give thanks in a more general sense to events, people & religion.

In Okinawa, it's called Labor Thanksgiving Day. This is a day to celebrate rights of workers & community involvement. This holiday is an occasion to respect labor, celebrate production, & for citizens to give each other thanks. School children prepare cards or gifts for people in the labor sector to show appreciation. Companies review their accomplishments & congratulate their workers for their dedication. A common lighter, traditional meal in smaller portions of fish, sashimi, tempura, sushi, udon and mochi are eaten.

.September 26th: Original scheduled "Team Angels" last minute canceled. Flora Nakasone, our Entertainment committee chairman, quickly put together game of Bingo, for members to play & enjoy themselves, including prizes for the winners! Phil Uyehara, wrote the numbers on the blackboard as they were called, for all member to see. Phil reminded me, walking across the blackboard writing the Bingo numbers, of Vanna White, the co-host of game, "Wheel of Fortune" who turns the letters on the puzzle board. Variety of Bingo was played, as members, intently listening & hoping that was one of their numbers on their card, so a prize could be won!

October Events:

.October 3rd: Okinawa Nenchosha Club meeting was cancelled that day

.October 10th: Juke Box singers with Doug Oshiro & his members, entertained us with songs from the 1950's-1960's, brought back nostalgic memories for the older ONC members. Songs from Elvis Presley, Bobby Darin, Frankie Avalon, Johnny Mathis, & Chubby Checkers with "Let's Twist Again". Did you dance the "Twist"? Videos were shown with their Japanese songs. What a fabulous fun variety of entertainment we had, & audience participation too!

.October 17th: Kaiser Permanente with speaker, Brandi Ching, spoke to the members regarding one's Medicare plans compared to other plans, as it's now open enrollment period from Oct.15-Dec. 7th. New plan starts Jan.1, 2025. This is a good time to review your current plan,& change if needed, to fit your specific medical needs Suggestion as we get older, you may want to include a gerontologist, (as they listen to seniors), & a social worker in your medical plan.

.October 24th: Naleo Nahe Nahe Ona Kupuna, with Kumu hula Rosemarie Dungca. The members consisted of 7 hula dancers, & 7 musicians from Waipahu to Mokuleia. What a wonderful performance of their beautiful singing & hula dancing to Hawaiian & Japanese songs.

November 11th is Veterans Day, & we would like to **THANK** our ONC Veteran members, Arlene Gray, Rogelio "Archie" Lardizabal, Paul Morisato, Richard Tada, Franklin (Frank) Toma & James (Jimmy) Toma, for their hard work & dedication to our country & its people.

Umaribi-kariyushi yaibiin-n (Happy Birthday) to: Jeanette Akamine, John Awakuni, Nancy Gakiya, Elaine Gushiken, Janice Ige, Juliet Shimabukuro, Doris Takara, Betsy Tamanaha & Dorene Toma..



Dancing "Kachashi"



Bingo Day



ONC members dance and bowing to the song "Shimanju nu Takara"



Cultural Club Updates

JAPANESE CULTURAL CLUB UPDATE By Clarice Kumura



Expressing Gratitude

Thanksgiving is a festival that reminds us to express our gratitude and nourish the bonds we have with each other. But we hesitate, and we think it's unnecessary when we have to express it. On this Thanksgiving and every day after, let's decide to speak gratitude. Here's a gratitude of expression by President Mary Sueda: "To me, being grateful on Thanksgiving is the festivities that I share with my family. But what I think is even more special is that that joyful feeling is spread among others in need." Have a Grateful Thanksgiving!

November Events: .

- 4 Zumba Gold'
- 11 Holiday - Veteran's Day
- 18 Birthday Celebration and Variety Show by Arlene & Friends
- 25 Keola Mano (Mindful Eating and Emotional Needs)

On Oct. 14, we learned from Lance Rae about Pedestrian Safety, particularly some crossing tips such as crossing at corners and marked crosswalks. Also, when crossing in front of stopped cars, make eye contact before crossing in front of cars. **On Oct. 21**, we were entertained by the beautiful voices of Woody and Friends. They sang a variety of Japanese and English songs.

Aloha and Mahalo to Jeanette last 12 years. She is looking else comes her way. Of our budget balanced every well in the years to



Shiohira for her service to JCC as our Treasurer for the forward to spending time with her family and whatever course, we will not only miss her efficiency in keeping month, but also her joyful personality. We wish Jeanette come!

Jenny Yoshimura and Woody



Lance, Yoko, Mr. Lee and Angie



FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

The most awaited month is just a month away since it's now November.
Sharing our activities last month:

On September 28 we had our Election of Officers for next year 2025. They are:

WILHELMINA IBAY - President
CORAZON ORINION - Vice-President
EVELYN AMBROCIO -Secretary
SERGIA ABABA - Treasurer
RENILDA CORDERO - Auditor
CARMEN BAUTISTA/JOSEFINA
LLANEZA/ESTRELLA PABLO-Sgt. At Arms
LETTY DOLOR/ RAQUEL GANTI/
EMELITA GUILLERMO/MILA JULIAN
AURELIA TIBURCIO- Board of Directors

On October 19 some FilipinoClub members performed ISEM ISEM a Filipino Folk Dance at Hawaii Okinawan Center for the Anniversary of TARLAC MUTUAL CLUB OF HAWAII thru the invitation of MILA JULIAN a Club member.

We will celebrate October birthdays and Halloween on October 26 at Lanakila. The celebrants are: RENILDA CORDERO / FLORENTINA LUMABAO and LOLITA LUCAS.

We will also have costume contest just for fun for the most BEAUTIFUL/ORIGINAL and SCARRIEST. Winners will receive a PRIZE. Good luck everyone.

Planning to celebrate birthdays of November born members and THANKSGIVING on November 23 here at the Center.

Saturdays had been a busy day practicing our two folk dances for the LANAKILA Christmas Party at the Ala Moana Hotel.

Thank you much to our Dance Instructor AURIE SONSON for sharing her talent and her patience in teaching us SENIORS.

In closing may I say love one another and enjoy life to the fullest as if there's no tomorrow. LOVE YOU and GOD BLESS US ALL.

ALOHA. Till next time.



FILIPINOCLUB members were honored to have Councilmembers RADIANT CORDERO and TYLER DOS SANTOS-TAM attend their Saturday funday.



Celebrated the birthdays of August and September born members of Filipino Club.



Glenn Ahuna
Jeanette Akamine
Ah Lan Alameida
Anthony "Tony" Alcover
Priscilla "Lani" Amarino
John Awakuni
Bonny Bannister
Richard Barrett
Guy Cabral
Severa Cacal
Emelita "Emmie" Campos
Florence Chan
Eldora "Dee" Chang
Gloria Chang
Yuet Kuen Chang
Susan Chee
Vivian Chee
Daryl Ching
Dennis Ching
Verna Chow
Sumie Consillio
Ellen Cruz
Jane Crystal
Paulette Dibibar
Thomas "Kalani" Duvauchelle
Edith Endo
Mahnaz Firouzmandy
Gail Fujikawa
Kenneth Fukuda
Nancy Gakiya
Chun-Hwan Gaul
Tomi Griffin
Lenora Gum
Elaine Gushiken
Belinda Hanson
Elsie Hasegawa
Paulette Helton
Wendell Hershman
Robert Higa
Irene Hino
Frances Hokama
Dennis Igawa
Carol Ige
Eleanor Ige
Janice Ige
Melvin Inamasu
Charles Inatsuka
Diane Inouye
Mayumi Ito
Ann Kaauomo
Annette Kam
Peter Kam
Shizue Kaneshiro
Steven Kaneshiro
Mildred Kanja
Yu Ling Ke

HAPPY BIRTHDAY!

HAPPY BIRTHDAY!

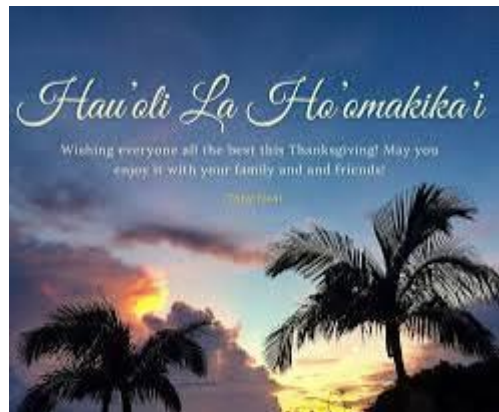
- Savina Kim
- Yong Jin Kim
- Alyson Kimura
- Susan King
- Mary Kitsu
- Naomi Kobayashi
- Stanley Koki
- Myra Kon
- Violet "Leimomi" Kondo
- Nancy Kono
- Veronica Ku
- Irene Kuhns
- Gail Kuranishi
- Shiling Lee
- Susan Leigh
- Sonny Leong
- Gail Levy
- Hui Chan Li
- Lin Zhen Li
- Jean Lin
- Guo Mei Liu
- Michael Loo
- Anthony "Tony" Lui
- Audrey Lim
- William "Bill" Madigan
- Dennis Maekawa
- Margaret "Margie" Matayoshi
- Beverly Mau
- Yoshiko Mier
- Rosario Miguel
- Leila Miyano
- Akiko Miyasaki
- Toshiko Miyazato
- Gayle Mizukami
- Claudia Morikawa
- Renee Morioka
- Lei-Jayne Moy
- Faith Muraoka
- Junko Murphy
- Judy Nakamura
- Pauline Naumu
- Mieko Nhomi
- Alva Nomura
- Jeanette Okamura
- Evan Omoto
- Faith Osurman
- Supattra "Patty" Priest
- Leonardo "Leonie" Ramirez
- Rosieta "Rosie" Ramirez
- Dan Ream
- Chanara Richmond
- Shirley Riley
- Robert "Bobby" Sakata
- Sandra Shawhan
- Janet Shigemura
- Terue "Teri" Shimabuku

HAWAIIAN CULTURAL CLUB UPDATE By Roland Manuel

ALOHA! The holidays is quickly approaching...family time. And time filled with parties and festive foods. Oh yeah, don't forget to vote, vote, vote. On this day, we will celebrate their birthdays at Royal Hawaiian Center. Diana Antonio, Arlene Gray, Thomas Duvauchelle and Jane Morreira (who we heartedly welcome months ago.)

"The best gift anyone can give, is the gift of sharing themselves." –Oprah

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



HAPPY BIRTHDAY

(continued)

- | | | |
|--------------------------|---------------------|---------------------------|
| Juliet "Sue" Shimabukuro | Sharon Tanaka | Clemente Villanueva |
| Young Nyun Shin | Mariko Tolliver | Jane Wakukawa |
| Michael Shockley | Dorene Toma | Charlene Watanabe |
| Young Sik Sim | Sandra "Sandy" Toma | Karen White |
| Jane Smith-Martin | Tsugunori Toma | Randall "Randy" S.J. Wong |
| Barbara Stanton | James Tomi | Judith "Judi" Yogi |
| Randall Stone | Christine Tong | Eileen Yoshimoto |
| Burt Sugiki | Estrella Tongpalan | Alwyn Yoshimura |
| Kirk Sullivan | Donald Touchi | Jenny Yoshimura |
| Doris Takara | Amy Toyama | Amy Young |
| Emiko Takemoto | Janet Toyama | Linda Young |
| Laurie Taketa | Kacy "Kazuko" Troy | Rowena Young |
| Patricia Takeuchi | Karen Usui | Jin Suk Yu |
| Betsy Tamanaha | Linda Uyechi | |
| Susan Tamura-Boyd | Carlos Vergabera | |





Mahalo

*Thank you so much for
your generosity!*

PIKAKE (\$1000+)
Leung, Roberta Wong

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

M/M Henry Fujita
Lamson, Kyong

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

M/M Andrew Tanji
Mona Chock & Patrick
Young

HIBISCUS (\$100+)

Arakaki, Pauline
Cabral, Erna
Cabral, Guy
M/M Chow Fook Choy
Chui, Mildred
Donnelly, Willa
Duvauchelle, Thomas
Endo, Yoi
Filipino Cultural Club
Fukuhara, Cordelia
Fukunaga, Gail
Goo, Glenn
Goto, Gail
Hanakahi, Barry
Hironaga, Hope
Ho, Brenda
M/M Rodolfo Ibay
Imaguchi, Amy
Inatsuka, Charles
Jackson, Edna

Kamalu, Carol
Kato, Hiroshi
Kawakami, Bessie

Kimura, Jane
Kotani, Betty
Kunimura, Jane
M/M Walter Lau
Lum, Madeline
Maruno, Elsie

M/M Jame Matsumoto
Matsunaga, Karen
M/M Larry Miyasato
Miyashiro, Janet
Miyazono, Kenneth
Mizukami, Gayle
Nakamura, Carl
Nakamasu, June
M/M Ray Nakamoto
Nakamura, Joyce
Nakanishi, Peter
Saito, Wayne

M/M Steve Sakagawa
Shimazu, Frances
Shimomura, Dorothy
Shishido, Karen
Taguchi, Taren
Taira, Betty
Takamoto, Susan
M/M George Tamashiro
Tokugawa, Hideko
Tsuda, Cassandra
Tsukamoto, Adele
M/M Clemente
Villanueva

Wong, Beverly
Woo, Margaret

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

Anzai, Carol
Fukuda, Sandra
Furukawa, Judy
Ikegami, Darlene
Ishiki, Leila & Kimiko
Kono, Ruriko
Nagamine, Rumiko
Nakata, Carla
Nakata, Sally
Nhomi, Mieko
Rolland, Virginia
San Juan, Karen
Schubert, Verna
Tanaka, Katsuyo
Tominaga, Sunny
Toyama, Amy
Yoshida, Diane

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

Aguilar, Josephine
Au, Virginia
Baliba, Felipa
Bautista, Carmen
Caberto, Cathy
Chang, Nohea
Cordero, Renilda
Dolor, Leticia
Fay, Lorraine
Goya, Takako

Hanson, Belinda
Kina, Joan

Kishimoto, Ellen
M/M Reagan Kiyuna
Maelua, Doris
Marques, Rosa
M/M Joseph Megill
Miyahira, Yaeko
Miyashiro, Raymond
Morreira, Jane
Nakamoto, Mary
Orinion, Cora
Oshiro, Doris
Raytarr, Gloria
Sugiyama, Shigeo
Taira, Katsuko
Tibuncio, Aurelia
Tokuda, Chieko
Tsuchiyama, Yoneko
Tsutsumi, Alice
Uehara, Ruby
Uehara, Setsuko
Uyehara, Jane
Virgilio, Lolita
Yamamoto, Sharon
Yamane, Sandra
Yoshioka, Darlene
Young, Richard

IN KIND DONATION

Bratt, Amy
Ching, Sylvia
Clarke, Eileen
Ebisuya, Melvin & Karen
Eto, Noel

Fujita, Georgiana
Fukunaga, Gayle
Hayama, Alison
Helton, Paulette
Howells, Lynn
Huyama, Wade
Ikegami, Darlene
Ishimoto, Mabel
Kawamoto, Diane
Kawasaki, Mariko
Ko, Sin Cha
Ladrillono, Meriam
Landers, Weiling
Lum, Elizabeth
Matsunaga, Karen
Miyamoto, Dorene
Morioka, Greta
Murakami, Jean
Murashige, Steve
Nakamura, Karen
Reddick, Ron
Sakoda, Eileen
Sakumoto, Atsuko
Sugiyama, Hisako
Tachikawa, Wendy
Takahashi, Sachiko
Wong, Aileen
Wong, Irene

November 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	
	10:00 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	

November 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

November 2024

SUN MON TUES WED THUR FRI SAT

Walk-in Registration for Winter Session 2025 begins 11/18/24 – 11/22/24. NO early registration on 11/20/24 because of annual LMPSC Thanksgiving Program

1
55th Anniversary Blessing
8:00 am
Walk and Shop and Ala Moana Center (9:00 am)
Bereavement Gp. (9:00 a.m.)

2
Chess (9:00 am)
Volunteer Legal Services Hawaii Pop-Up Clinic (1:00 pm)

3
4
Computer Fix-It Service Project (12:30 pm)
Travel Club (1:00 pm)

5
CENTER CLOSED
Holiday Election Day

6
Program Committee Mtg (8:30 am)
Orange Xpress Concert (12:00 pm)

7
Strength Training w/ Televeda ONLINE (8:00 am)
Haircuts (12:00 pm)

8
Korean Culture and Cuisine (2:00 p.m.)

9
Chess (9:00 am)
Orchid Society Judging (9:30 am)
Cybersafety (10:00 am)
Personal Technology (12:00 pm)

10
11
CENTER CLOSED
Holiday Veteran's Day

12
Strength Training w/ Televeda (8:00 am)
BINGO (9:00 am)
Simple Wills (11:00 am)

13
Veteran's Day Celebration (9:00 am)

14
Strength Training ONLINE (8:00 am)
Coffee, Tea, & Talk Story (8:30 am)
Stress Management (10:30 am)
Haircuts (12 pm)
Genki Ball Creation (1:00 pm)

15
Caregiver Support Group Meeting (11:00 am)

16
Chess (9:00 am)

17
18
AARP Driver Safety (10:00 am)
Caregiver Support Group (11:00 am)

19
Strength Training w/ Televeda (8:30 am)
Simple Wills (11:00 am)

20
Thanksgiving Celebration (9:00 am)
All Occasion Card Making (1:00 pm)
Gateball (4:00 pm)

21
Haircuts (12 pm)
Senior Center Leaders (1:00 pm)
CMP Meeting (2:00 pm)

22
END OF FALL SESSION 2024

23
Mayor's Craft Fair (9:00 am)
Chess (9:00 am)
NARFE Meeting (9:30 am)

Walk-in Registration 11/18/24 – 11/22/24 except for 11/20/24 b/c of Thanksgiving Program

24
25
Travel Club (1:00 pm)
Gateball (4:00 pm)

26
Oldies but Goodies (12:00 pm)
Gateball (4:00 pm)

27
New Member Orientation (9:00 am)
PAB Meeting (12:00 pm)
Genki Ball Unwrapping (1:00 pm)

28
CENTER CLOSED
Holiday Thanksgiving Day

29
30

*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

