

February 2025 | No. 109

LANAKILA KŪPUNA NEWS



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Celebrating Year of the Snake

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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, Family:

The beginning of 2025 has been one of mixed emotions in our community. Tragedy locally and abroad makes our hearts ache and our thoughts are with the families whose loved ones lost their lives, their homes, or who are severely injured. May love embrace them.

Thank you to the cultural club officers; class instructors, assistant instructors, facilitators and assistants; and front desk, kitchen, garden, and sound system volunteers for attending the Annual LMPSC Leadership Training on January 3rd. Your time and service are greatly appreciated. Mahalo to all the senior center members who have been actively involved in all the classes, workshops, excursions, and special events at the center. You make the senior center such a happy and vibrant place to be, having fun with one another, and learning so much together!

We appreciate the volunteers who helped with the After-Holiday Sale and are grateful to TJ Maxx for their generosity. We thank the volunteers who helped with the SAVERS FUNraiser and those coming each Wednesday to make ti leaf lei for our veterans for Memorial Day. Mahalo to Art Kimura and Steve Kaneshiro for teaching members how to play gateball at Ala Moana Park, Ferdinand Madriaga for doing a Pikake Propagation Workshop, Hope Young from Kokua Mau for teaching us how to do advance health care planning, Joni Kamiya from Occupational Therapy Association of Hawaii and McKinley High School Health Academy students for assisting with the Health Management Workshop, Dr. Drew Cheng for teaching us about foot health, and MOA Hawaii for doing another Udon Making Workshop. Kudos to Janet Miyashiro for teaching members how to do Iris-Fold Cards, Lynda Asato for teaching members how to make envelopes out of old calendars, Lions Club 2000 for collecting eyeglasses and hearing aids that then go to help others, Jodi Asato from Assistive Technology Resource Center (ATRC) for teaching us about cool assistive devices to make life easier to do things, King Zelee for familiarizing us with the 2-1-1 information and resource phone service, and the Honolulu Fire Department for providing CPR and AED training. Heartfelt thanks to Evelyn Mizukami, May Akamine and husband Randy, Valerie K. and Randy Wong, Colette Young, and others for their well-organized self-defense workshop. Thank you to Orange Xpress for continuing their concerts on the second Wednesday of each month and Glenn Sasaki and Les Del Prado for the "Oldies but Goodies" concerts on the third Tuesday of each month as well as Arlene Gray for facilitating the BINGO games each second Tuesday of the month. Coffee, Tea and Talk Story will begin in February on the first Thursday of each month and Milestones Book gatherings every first Friday of the month. Mahalo to Doris Doughty, Puna Frank, Jane Higa, Rudy Ibay, Ethel Milner, Sumiko Nakasone, Mary Sueda, Richard Tada, and Theresa Yamamoto for representing us at the Opening of the Legislature and thanking our elected officials for their service. A big mahalo to Rosie Ramiro for making all the lovely Christmas Celebration center pieces, the beautiful cover for our baby grand piano in the Go Room, and for all the handmade omiyage given to the elected officials at the Capitol. Special mahalo to Diane Kawakami, Janet Miyashiro, Mary Sueda, Jean Sugihara, Rose Yanagawa and Iris Hiramoto for the pretty Lunar New Year favors; Dorothy Mau for the beautiful Chinese New Year Display; Jean Sugihara for the Taiko Drum performance, and Jane Higa and members of the Okinawa Nenchocha Club for their Lunar New Year performance. Wishing you a prosperous, healthy, and happy Year of the Snake!

This month, we look forward to the Mayor's Valentine's Day Dance at the NBC on February 11th and Lanakila Senior Center's Valentine's Day Lunch on February 14th. AARP and the Cupid Crew will be providing 500 roses to share with our members at the lunch. For those who are attending, please enjoy this beautiful gesture of love and please help us deliver a rose to another center member who is unable to attend the lunch.

Valentine's Day is a celebration of love, friendship, and togetherness. It is a day to pause and express our heartfelt emotions to those who make our lives meaningful. Some of our loved ones may not be us physically anymore. Nevertheless, the love that you shared together is everlasting and brings joy to our hearts as we remember them. Friendship and family are life's greatest treasures and Valentine's Day is an opportunity to honor that beautiful bond.

Happy Valentine's Day to all of you and thank you for your love and friendship.

Aloha,
Lanakila Senior Center Staff
Susie Chun Oakland, Iris Hiramoto, Cookie Irvine, Lodi Tapawan, Riva Torno



Nature's beauty, like love, is so precious. These flowers are from my dad's garden. Happy Valentine's Day!



Welcome New Members!

James Goodman
David Horen

Jeanette Koga-Horen
Penny Munson

Photo Gallery



Thank you to LMPSC Member Rosie Ramiro for making a beautiful cover for our baby grand piano donated by Retired General Alma Grocki, found by LMPSC member Dan Ream, and tuned by Russell Ishida! We hope we can have mini piano concerts in the Library Annex now!



After holiday sale at LMPSC. Thanks to TJ Maxx!



Lunar New Year décor displayed in our Activity Room. Photo by Helen Lee.



Self Defense Workshop on 1/25/25.



Mahalo to Sharon and John Hata, Liz Lum, Ron Oshiro, Lodi Tapawan, Charlene Vaughn, and Darlene Yoshioka for helping load and unload the donations and for all our members and friends for your generous donations.



Members enjoy a little Sakura Tour in Wahiawa.



Fun udon making workshop at MOA Hawaii with LMPSC Members Sharon Chun, Lovyna Maynes, Yoshiko Suzuki, and Erlene Waiau!

Cultural Club Reports

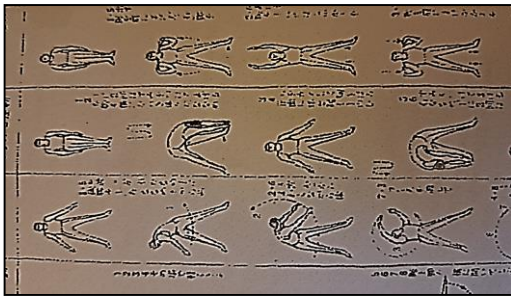
OKINAWA NENCHOSHA CLUB UPDATE

By Diana Kawaguchi

SOOGWACHI (LUNAR NEW YEAR)

Though Japan, which follows the Gregorian calendar, like many parts of the world, celebrates New Years on the 1st day of January. The Okinawan Prefecture celebrates the Lunar New Year, known as Soogwachi on the 1st day of the lunar calendar, which will be on January 29, 2025. On this day, the 1st new moon & Chinese New Year's occurs, which is the year of the Snake. Traits of the Chinese cultures were molded in the developing of the Ryukyuan (Okinawan) cultures. One of these traits was the lunar calendar. Many important festivals & rituals are timed to the lunar calendar, which signifies a deep feeling to ancestral traditions & spirituality.

Every Thursday's when the Nenchosha Club convenes, our club President, Jane Higa leads all the members to a group warm up. This is a Japanese stretch routine, called Radio Taiso, or "Radio Calisthenics". Originating in the early 1920's, it was introduced as a way to promote public health & physical fitness among the Japanese population, and was initially broadcasted through the radio. This gained popularity & became a popular exercise routine in Japan that is performed to music & guidance from radio broadcasts. Over 30 years or so, when Jane was a new member of the Nenchosha club, she was given the task, by her club President to learn an exercise routine that could be shared with the rest of the members. During that time, there was no YouTube to learn from. The only thing Jane found were stick like figures showing each form of exercises. This took Jane a while to learn, & memorize all these stretch routines. Thank you, Jane for diligently learning all these exercises for all of us to enjoy.



JANUARY EVENTS:

.January 16th: We welcome back all the members after a nice long holiday break with entertainment from your Nenchosha club officers. Mistress of Ceremonies, Dorene Toma, Introduced the 1st number, "Mensore" meaning "welcome", dancing to this was our President, Jane Higa, Diane Kawakami, Richard Tada & Phil Uyehara', followed by Diana Kawaguchi dancing "Kajadefu", which is performed for all auspicious occasions. Wonderful singing was heard by James Toma, Flora Nakasone, Phil Uyehara & Richard Tada. We had beautiful dancing done by Mona Bernado & Diane Kawakami. The finale performance, all the officers dancing "Shima No Blues". We ended with all the ONC members dancing bon dance style to "Shima no Blues". Everyone was given a mochi to signify good luck & long life.

.January 23rd: This morning was a fun day with Denise Werle, who led us in various stretches, from our head to toe, standing & sitting in our chairs, coordinating to heartwarming music. Everyone felt relaxed & energized after this fun workout, to face the rest of our challenging day.

Umaribi-kariyushi yaibiin-(Happy Birthday): Nancy Akamichi, Dorine Ichikawa, Harriet Isa, Janet Ito, Yoshiko Kaneshiro, Betty Kotani, Evelyn Leroux, Ethel Milner, Yoko Miyashiro, Mary Muraoka, Sandra Nagamine, Flora Nakasone, Chieko Tokuda, Vicky Tong, & Dee Yamamoto.



Cultural Club Updates

JAPANESE CULTURAL CLUB UPDATE

By Clarice Kumura

EVERYONE LOVES SAKURA (Cherry Blossom)



Cherry Blossom viewing has always been a Japanese tradition. Japanese cherry trees do not bear fruit; they bloom with delicate pink and white blossoms, called Sakura, which is the national flower of Japan. Each Spring Japanese cherry trees bloom for only a few days before the fragile blossoms fall and blown away. This temporary beauty reminds the Japanese of the brevity of life and invokes appreciation for the present. Here in Hawaii, we can enjoy the beauty of the cherry blossoms by taking a tour in the Wahiawa area.

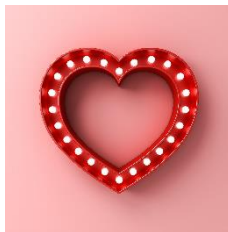
- February Events:**
- 3 - Japanese Choral Group
 - 10 - New Year Celebration - Shiyu Kai Odori Group
 - 17 - Holiday – President’s Day
 - 24 - Birthday/Woody and Friends

On January 6, we heard beautiful singing of Japanese songs by **Aiko’s Karaoke Group**. The amazing singers sang songs that brought back fond memories of yesteryear. **On January 13**, we had a great workout with **Denise Werle** who made us huff and puff but we sure felt good afterwards.

Tanjoubi Omedetou Gozaimasu to: Carol Cabebe; Gail Fukunaga; Dorene Ichikawa; Steven Sakagawa; and Dennis Shimabuku. May you all have many more Happy Birthdays!!



HAPPY



VALENTINES DAY



Cultural Club Updates

FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

It's February and love is in the Air. Young or old, Single or married it's a time worth celebrating. Enjoy everyone because God is Love and Love is God. Chocolates and Red Roses I believe symbolizes Love because wherever I go I see different kinds of Chocolates on display and lots of Red Roses too.

Looking back last month's activities:

FCCH had their first meeting on January 11, 2025 after two weeks of "Rest". Everybody was happy to see other after the Christmas break. Thanks God everybody is accounted for.

On January 3, 2025 Officers of All the 8 Cultural Clubs attended the Leadership Training at the Center. It was a very informative event. Later the FCCH officers proceeded to MAX RESTAURANT for some dessert to celebrate the New Year 2025.

On January 5, 2025 some FCCH members celebrated a belated Christmas Celebration at Carmen Bautista's home who is always willing to host our get together. It was a joyous event with lots of food, dancing and singing.

On January 17 some members of the club welcomed the daughter in law and grand daughter of Josie Aguilar, a club member at a "Picnic" at Ala Moana Beach Park. It was really fun to be with friends and relatives at the beach enjoying the breeze and lots of food, too.

On January 18 it was a get together Lunch at Golden City Restaurant to formally welcome the two new family members of Josie Aguilar.

On February 11, 2025 FCCH Queen ESTER LANSANGAN escorted by CELESTE CABACCANG will represent the Club at the 54th Annual Senior Valentine Dance at the Neal Blaisdell Center.

On February 15 FCCH will celebrate January and February birthdays and at the same time will celebrate Valentines honoring our chosen representatives to the Valentine "

Till next time.

"LOVE and GOD BLESS US ALL"



CHINESE CULTURAL CLUB UPDATE

By Dorothy Mau

Chinese Cultural Club had its first meeting for 2025 on January 17th. Fourteen members paid their dues collected by our new Treasurer Beth Miguel. There were two guests and one is interested in joining to learn more about Chinese culture.

We held a moment of silent prayer for John Burrows who passed away peacefully at Palolo Chinese Home soon after Christmas. John recently joined Chinese club with his beautiful wife Carol Burrows. At his last meeting with us, he personally walked around the room with his funny laughter and gave each one a lollipop! We'll miss you, John and we send sincere condolences to your loving family!

We also send Speedy Recovery and get well wishes to Erna Cabral, lyseas Lea, Tommy Duvachelle, and Lenora Springer!

Our meeting concluded with a good taste of Gao, brown pudding, which is a must for Chinese New Year!

We will participate in Lanakila's Lunar Year Celebration by hanging up red lanterns in the activity room and the Mau Ohana will have a festive table display. Please join us at our next meeting, February 7, 2025 in the activity room at 9:30am!

Until next time, see you again, Joy Ghin, Joy Ghin!



Nancy Akamichi
Charlene Asano
Liwayway Asis
Evelyn Au
Agustina "Tina" Balatico
Robert Brown
Carol Cabebe
Blandina Cadelina
Violeta "Violet" Calpito
Pius Casiano
Jovita "Jo" Cassidy
Corinne Chan
Peter Chan
Mela Chan-Cantorna
Natividad "Naty" Chang
Nancy China
Marilyn Ching
Shirley Cho
Mona Chock
Lois Chong
Daryl Chow
Cindy Choy
Gaylene "Uilani" Ciacci
Dorotea "Dorothy" Coloma
Mary Dang
Helmer Dela Cruz
Calista Diane
Pedro "Pete" Factora
Rosalind Felipe
Naomi Ferreira
Ronald Fitzgerald
Suzy Flaherty
Christy Fujii
Susan Fujimoto
George Fujioka
Gail Fukunaga
Henriette "Lei" Galang
Helen Garduque
Rita Gaspar
Catherine Graham
Hyun Ja Han
Jung Sook Han
Christine Harris
Sharon Hata
Sophie Hatakenaka
Laura Hirayama
Rebecca "Becky" Ho
Lorna Hu
Elsie "Liko" Hummel
Dorine Ichikawa
Charlene "Penny" Ikeda
Harriet Isa
Virginia Ishida
Sandra "Sandy" Ishihara-Shibata
Harriet Ito
Janet Ito

HAPPY BIRTHDAY!

HAPPY BIRTHDAY!

Young Ae Jang
 Jo Ann Jones
 Daniel Kailukaitis
 Keala Kaimimoku
 Claudia Kamiyama
 Yoshiko "Higa" Kaneshiro
 Eric Kanja
 Jeannie Kawakami
 Norman Kawakami
 Jean Kawamura
 Percy Kihano
 Benjamin Kim
 Cera Kim-Sunada
 Shizue Kimura
 Roberta "Bobbie" Kiyuna
 Kyoung "Jade" Klobe
 Marilyn Kobata
 Hiromi Kohler
 Fredrick "Fred" Kolios
 Betty Kotani
 Jane Kurahara
 Betsy Kwock
 Jadine Lee
 Martha Lee
 Shannon Lee
 Ailson Leong
 Jeanette Leong
 Evelyn Leroux
 Carin Lim
 Feng Jiao Lin
 Judith "Judy" Lind
 Cecilia Lindo
 Shu Ping Liu
 Cathy Loo
 Diana Lucht
 Madeline Lum
 Claire Matsumoto
 Rumiko Mau
 Cynthia "Cindy" Megill
 Joseph "Joe" Megill
 Beverly "Trixie" Merrian
 Mildred Miike
 Ethel Milner
 Sally Minami
 Joyce Mitsunaga
 Chieko Miyasato
 Larry Miyasato
 Yoko Miyashiro
 Johanna "Jo" Mohika
 Marilyn "Lyn" Moku
 Kumcha Moon
 Greta Morioka
 Yonok Moriyama
 Hyo Sik Mun
 Mary Muraoka
 Sandra Nagamine

HAWAIIAN CULTURAL CLUB UPDATE By Roland Manuel

ALOHA!!! Shhh...it's 2025, the year of the snake. Happiness is a virtue!

1. Everyone has problems. You are not alone.
2. Life has ups and downs. Challenges are normal.
3. Every problem has a solution.
4. See yourself as valuable and special.
5. Don't worry about what others say.
6. Surround yourself with kind and spiritual people.
7. Don't compare yourself to others.
8. Never give up. There is always hope.

The best advice anyone can give is the gift of sharing and caring.

Love always works...
 ALOHA!!! E malama pono!
 A hui hou kakou.

HAPPY BIRTHDAY (continued)

Flora Nakasone	Robello	Ryoko Teague	Jintang Yang
Renee Nip	Steven Sakagawa	Betty Teramoto	Robert Yim
Norie Nishimura	Gail Sakihara	Angela Tisseraud	Betty Young
Sheila Nishimura	Lucille Sanchez	Chieko Tokuda	Helen Yuen
Milnora "Lehua"	Gail Sasaki	Clayton "Clay" Tom	Hisami Yui
Nuuhiwa	Lorraine Sawai	Victoria "Vicky"	
Chester Oda	Angelita "Angie"	Tong	
Lillian Odo	Sera	Cassandra Tsuda	
Calvin Oka	Dennis Shimabuku	Sharon Tulba	
Dale Okuda	Myongsup Shin	Chong Suk Turner	
Janice Olbrich	Susan Song	Kazue Uejo	
Jan Ota	Diana Stewart	Laurita Villanueva	
Estrella "Ester"	Simeona "Mona"	Valerie Waki	
Pablo	Supnet	Eric Waltz	
Shana Paek	Carole Suzui	Lily Weidmann	
Grace Park	Sarah Swisher	Nancy Withers	
Elizabeth Pham	Robert "Bob"	Kayoko "Kay"	
Maryalice "Marie"	Takushi	Wong	
Pioleau-Lewis	Julie Anne Tamayori	Diana Worthington	
Donna Punzal	Yun Hie Tangiuchi	Lucy Wu	
Cynthia Rennix	Virginia "Ginny"	Hugh Yamaguchi	
Grace Rhoads	Tanji	Arlene "Dee"	
Pamela "Emi"	Loriann Tavares	Yamamoto	





Mahalo

*Thank you so much for
your generosity!*

PIKAKE (\$1000+)

Bonnie Shannon-Moore IMO: John H. Moore
Honolulu Orchid Society Inc.

OHI'A A LEHUA (\$500)

KAHILI GINGER (\$250+)

HIBISCUS (\$100+)

Ching, Sylvia
Davidson, Jeannie
Fukunaga, Gail
Katahira, Helen
Kodani, Glenn
Toma, James & Dorene
Tokogawa, Hideko
Wong, Aileen
Yasuda, Wayne

BIRD OF PARADISE (\$50+)

Ikegami, Darlene
Matsuno, Leslie

ANTHURIUM (\$49 & under)

Kawauchi, Diane
Kim, Yong Jin
Shimamoto, Linda
Sonson, Aurie
Yamasaki, Glenn

IN KIND DONATION

Arakaki, Pauline
Asao, Bryant
Aschenbrenner, Laurie
Byun, Ester
Ching, Pat
Clarke, Eileen
Eto, Noel
Fujii, Christy
Fujishige, Lynn
Hook, Clara
Ikegami, Darlene
Kawasaki, Jennie
Kishimoto, Ellen
Kono, Nancy
Lee, Marjorie
Masuda, Marion & Kodani, Glenn
Migita, Geri
Miyazawa, Yasuko
Moore, Bonnie
Murata, Jo Ann
Nagamine, Rumiko
Ng, June
Nishimura, Rhonda
Oakland Zhang, Allen & Lauren
Oshiro, Cynthia
Sakagawa, Amy
Sasaki, Laura
Shigetani, Kate
Shimokawa, Arlene
Takahashi, Sachiko
Tanaka, Lillian
Yoshida, Mark
Yoshioka, Darlene

February 2025 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	
	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	Dacoscos	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	
9:00 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	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	

February 2025 Class & Club Schedule

Day	Time	Class	Facilitator	Location
	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	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, Tsubaki	Lanakila Gym
	11:00 AM – 1:00 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	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	Murashige	Go Room
Saturday	9:00 AM – 11:30 AM	Filipino Cultural Club	Ibay	Activity Room
	9:30 AM	Spanish	Shaw	Sewing 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

February 2025

SUN MON TUES WED THUR FRI SAT

						1
2	3 AARP Tax Aide Appt. Only Wai Kai Walk and Lunch (11:00 am) Travel Club Meeting (1:00 pm)	4 Strength Training w/ Televeda (8:00 am) Beginner Guitar (8:30 am) Aiea Ele. Reading (12:30pm)	5 Eating Well with Diabetes (8:00 am) Ti Leaf Lei Making (9:00 am) Body Composition – Cancer Research (1:00 pm) Gateball (4:00 pm) Walk at Ala Moana (4:30 pm)	6 Coffee, Tea & Talk Story (8:30 am) Strength Training w/ Televeda (8:00 am) Haircuts (12:00 pm)	7 Milestones Book (1:00 pm)	8 Orchid Society Judging (9:30 am) Cybersecurity (10:00 am) Personal Technology (12:00 pm)
9	10 AARP Tax Aide Appt. Only Ka Makana Walk and Shop (11:00 am)	11 Beginner Guitar (8:30 am) BINGO (9:00 am) Senior Valentine Dance at Blaisdell (9:00 am) Sing Along w/ Steve (12:30 pm)	12 Program Committee Mtg (8:30 am) Ti Leaf Lei Making (9:00 am) Diabetes Self Management (10:00 am) Orange Xpress (12:00 pm) Gateball (4:00 pm) Walk at Ala Moana (4:30 pm)	13 Strength Training w/ Televeda (8:00 am) Geriatric Fellows Tour (8:00 am) Puakenikeni Propagation (8:00 am) Haircuts (12:00 pm)	14 Crabcake Cooking Demo (11:00am) Valentine's Day Program (12pm) HPU Strength & Balance (1:30 pm) Korean Culture and Cuisine (2:00 pm)	15 NARFE Meeting (9:30 am)
16	17 CENTER CLOSED Presidents' Day Holiday	18 Strength Training w/ Televeda (8:00 am) Beginner Guitar (8:30 am) Ho'omaluhia Botanical Gardens (11:00 am)	19 Ti Leaf Lei Making (9:00 am) Introduction to Growing Orchids (1:00 p.m.) Gateball (4:00 pm) Walk at Ala Moana (4:30 pm)	20 Strength Training w/ Televeda Univers(Japan) Foundation/UH Tour (8:00 am) Haircuts (12:00 pm) CMP Meeting (2:00 pm)	21 SHOW & SELL (8:00 am) Caregiver Support Group (11:00 am) HPU Strength & Balance (1:30 pm)	22
23	24 AARP Tax Aide Appt. Only Wai Kai Walk and Lunch (11:00 am)	25 Strength Training w/ Televeda (8:00 am) Beginner Guitar (8:30am) Chinese Traditional Medicine (10 am) Intro to Alzheimers (11 am) Oldies but Goodies (12:00 pm)	26 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)	27 Haircuts (12:00 pm)	28 Black History Month Celebration (9:00 am) Home Sweet Home: Home Care Options (10 am) HPU Strength & Balance (1:30 pm)	

*Calendar subject to change

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

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