

March 2025 | No. 110

LANAKILA KŪPUNA NEWS



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Gearing up for Spring Classes

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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:

Thank you to all our volunteers who continue to give of their time and resources to offer many special events, classes, cultural club activities, educational workshops, excursions, and other great opportunities!!! We truly appreciate your kokua!!

The Winter Session of classes at Lanakila will be completed on Sunday, March 16, 2025. Some of our class instructors will choose to continue their classes without break and others will take the two-week break starting on March 17th. Your instructors will announce what their plans are for the two-week break. Program Specialist Riva Torno will be emailing instructions to LMPSC members of when Early Class Registration will be and other details about the class schedule for the Spring Session shortly. Please remember to fill out the class evaluation form that is passed out after every 10-week class, so that we can receive helpful feedback and suggestions.

We hope you enjoy the newsletter and all the events we have been coordinating so far. Benita is working very hard in the absence of Lodi, our custodian, for two weeks. We also have Floyd and Angel who have been helping us with reception duties and other efforts as well as Donnie on Saturdays. Starting in March, Waipahu High School students with the Community Health Worker Program will be at LMPSC and doing their practicum for 3 months. Please welcome all of them.

For our volunteers, please SAVE the DATE of Wednesday, April 16th, for our Volunteer Appreciation Day, from 9 - 11 a.m. An invitation will be given to you soon. Lanakila Members, please also SAVE the DATE for Thursday, May 1, 2025, for our May Day Program and Thursday, May 22, 2025, from 9 - 10 a.m. for our Memorial Program to honor the lives of our members who have recently passed.

Take good care of yourselves and your loved ones!

Me ke aloha pumehana,

Susie Chun Oakland
Program Director



Flooding that occurred at the Center. Thank you to State DAGS for their tremendous help and Ron Oshiro, Jean Sugihara, Mary Sueda, Transportation and LMPSC Staff for helping!



Welcome New Members!

Lolly Ann Chun
Rachael Fujimoto
Calvin Hara
Mela Kealoha-Lindsey
Dessie Kiyabu

Lynne Kobayashi
Princeslehanani "Lala"
Kumaewakainakaleomomona
Hitoshi Nagai
Kelly Nam

Crispino "Cris" Sampaga
Earl Stuckley
Gayle Todoki
June Woodall

Photo Gallery



Our Lunar New Year festivities on Wed. January 29, 2025. What a fun way to welcome the year of the snake!



Our members enjoying the City & County of Honolulu Senior Valentine's Dace at the Neal Blaisdell Center on February 11, 2025.



Milestones Workshop presentation "Wait, Don't Die Yet!" held on Friday on 2/7/25. Photo sent by Presenter and LMPSC member Annette Kam.



LMPSC members are briefed on the surfing, kayaking, canoe paddling, water obstacle course and other cool activities for the whole family at Wai Kai. Photo by Sachi Takahashi.



Beautiful Wai Kai: Lynda Asato, Harriet Isa, Joyce Wong, Wei Ling Landers, Rosie Ramiro, Linda Maballo, Sachi Takahashi, Irma Tom, Amy Sakagawa, Linn Ito, Susie Chun Oakland enjoy the beautiful scenery. Photo by Rosie Ramiro.



Mahalo to Joni Kamiya from the Occupational Therapist Association of Hawaii, who did health assessments for LMPSC members, with the help of McKinley High School Health Academy students. Members learned a lot!



Celebrating Valentine's Day with a nice meal and roses. Mahalo to AARP for the beautiful roses, LMPSC Member Arlene Gray for making the delicious crab cakes, many Lanakila members who helped set up, clean up, and prepare the potato salad, barbecue chicken, corn and salads! Great team work!

Cultural Club Reports

OKINAWA NENCHOSHA CLUB UPDATE

By Diana Kawaguchi

HINAMATSURI (Girls' Day)

March 3rd, known as Girls' day is a special event in Okinawa & Japan. "Hina" means special dolls. These traditional dolls, representing the Imperial court are set up in one's home. The significance of these dolls are believed to ward off evil spirits, & symbolize well wishes for girls'. "Matsuri" means festival or holiday. This day is dedicated to the health & well-being of girls' & celebrate peace, beauty & happiness. In Okinawa, for lunar calendar date March 3rd, the ladies would go to the beach (called Hamas uri) to wish good health by figuratively cleanse themselves with salt water, called "Sanguwacha". Some of the goodies they ate was "Sanguwatsu guwa-shi" like a rectangular andagi. Ladies, "Happy Girls' Day!

Special wishes, & "THANK YOU" to Betty Kotani & Yoneko Tsuchiyama for all Their dedication for over 20+ years in leading the Nenchosha Club members to "God Bless America". We wish both of them continual good health & happiness.



January 29th: We were honored to have the Ryukyu Performing Arts High School, students from Okinawa entertain us. Every year a new group of multi-talented students are selected to participate in a good will tour to Hawaii. They entertained us with enthusiasm & love, with their Okinawan dancing, singing, & musical instruments.

February Events

February 6th: Entertainment by students of Tamagusuku Ryu Senju Kai of Hawaii.

Frances Nakachi Sensei was honored with a lei, for being elected the new President of the Hawaii United Okinawa Association. Her four senior students entertained us with their various energetic Okinawan dancing. Program ended with group participation of "Kachashi."

February 13th: Elsie Kawamoto's Karaoke group of five gentleman, adorned with silver garland lei's, serenaded the members with their Valentine's Day special of Japanese & American songs. They even passed out some Kisses candies! What a sweet gesture to make one feel special!

February 20th: Okinawa Lunar New Year celebration, entertainment by our members.

We were visited by a group of college students from Hokkaido & Osaka, who were here for the Universal Social Work seminar. They wanted to observe the various programs & activities we do at the Lanakila Multi-Purpose Senior Center. They visited the Nenchosha club first, so participated in our "Radio Taiso" morning exercises, led by President Jane Higa & Phil Uyehara. When they heard our Japanese exercise CD, they were surprised, & laughing as they followed in our exercise, & other morning routines. They watched some of our performances, "Mensore" or welcome dance by our club officers, & several Okinawan dances, then left to visit, observe & participate in other programs. Our songbird, Dorene Toma, wooed us with "Hana", followed by Diane Kawakami's Okinawan dance, "Urizun". Suzuko Demola, Takako Goya, Yoshiko Kumura, Yaeko Miyahira, Yasuko Miyazawa, Sharon Shiraki, Chieko Tokuda & Diana Kawaguchi, graced us with their lively various Okinawan dancing. Our final performance was the heartwarming rendition of dance, "Nada Sou Sou" by Janet Ito, Flora Nakasone, Diane Kawakami, Jean Sugihara, Richard Tada, Jane Higa & Phil Uyehara. Ended with a fun day of group dance participation. .

Umaribi-kariyushi yaibiin-(Happy Birthday) to: Sally Arakaki, Sadao Imamura, Diana Kawaguchi, Erika Lees, Yasuko Miyazawa, Gloria Reynon, Suzanne Stiger, Aiko Sugai, Jean Sugiyama, Jane Tada, Diane Takushi, Carol Toyama & Shinei Uehara.



Cultural Club Updates

JAPANESE CULTURAL CLUB UPDATE By Clarice Kumura

HINA MATSURI- The Doll Festival



HINA MATSURI – THE DOLL FESTIVAL

Hina Matsuri or Girl's Day, which was originated in Japan, is traditionally an occasion to pray for a young girl's growth and happiness. It is celebrated on March 3rd (the third day of the third month). Families celebrate their pride in their daughters by displaying dolls of the Emperor and Empress in a prominent place in the home. These dolls are not played with. They are usually gifts from the grandparents or inherited from the girl's mother and are quite delicate and expensive. Another tradition observed by Hina Matsuri is food served for the occasion. A pink mochi called Sakura mochi is filled with red bean paste, wrapped in a cherry leaf and eaten for dessert. HAPPY GIRL'S DAY

- March Events - 3 - Hinamatsuri Tea Ceremony
10 - Latest scams to be aware of 2025 with Troy Villar
17 - Birthday/ Happy Senior Serenaders
24 - Advance Care Directive with Dr. Craig China
31 - Assistive Technology Devices for seniors with Jason Jillian. Mini magic show with Chow Fook and Cindy Choy

February 3, we enjoyed beautiful singing by the Japanese Choral Group led by Thomas Omuro. The 7 singers and a pianist performance had marvelous harmony with songs such as Kawano No Nagare, Kimito Itsumademo; Sukiyaki and many more. On **Feb. 10**, we celebrated New Years with the Shiyu Kai Odori Group performing traditional Japanese dances. Dancers wore beautiful and colorful kimonos.

Tanjoubi Omedetou Gozaimasu: Pat Ching; Chow Fook Choy (90+); Yoi Endo; Blossom Mau; Akiyo Morimoto; Gloria Reynon; Linda Shimamoto; Aiko Sugai; Jean Sugiyama; Jane Tada.



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Shiyu Kai Odori Group



Japan Choral Group



Cultural Club Updates

FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

March is here and the first quarter of the year is over. Looking back at last month's events of the FILIPINO CULTURAL CLUB.

FEB 11- FCCH QUEEN Ester Lansangan escorted by Celeste Cabaccang represented the Filipino Club at the 54th Annual Senior Valentine Dance at the Neal Blaisdell Exhibition Hall. Most of our club members attended this joyful event including our very own Susie Chun Oakland the LMPSC Program Director. Lots of dancing and entertainment. Some members were even chosen to escort the celebrities. And we were at KHON TV, too. Wow LANAKILA is famous. CELESTE CABACCANG and ME escorted 1 DILLON ANCHETA from KHON.

Susie, our director had fun I believe as she was on the floor dancing to the music that was played most of the time. February 15 - Celebrated VALENTINES DAY and at the same time birthdays of January and February born members. January babies are: JOSIE LLANEZA , LUVIMINA VALENTIN, SARAH DELOS REYES, ALMEIDA PASION and FRANCISCA FABINAL.

February birthdays: DOROTEA COLOMA, EVELYN AU, VIOLETA CALPITO, EVELYN LEROUX, LILY WEIDMANN, ESTRELLA PABLO, SIMEONA SUPNET, ANGELITA SERA and JOHN ZALESKI [long time member] visiting Honolulu from the Mainland.

To include LORENZA BALORAN another January birthday celebrant. There was lots of food brought mostly by the celebrants and all members shared their blessings too. Some friends came to grace the celebration. The FCCH VALENTINE Representative CELESTE CABACCANG was crowned MISS VALENTINE 2025. ESTER LANSANGAN the other VALENTINE Representative was on vacation. There was lots of line dancing and beautiful music was provided by Bong Acosta.

Till next time.

LIFE IS SHORT. ENJOY IT AND HAVE FUN.

GOD IS LOVE and LOVE IS GOD.



CHINESE CULTURAL CLUB UPDATE

By Dorothy Mau

It's truly amazing to see this year of the Snake moving along so swiftly! Two months have already gone by. For some, like me, we must be diligent, alert and prompt, otherwise, if we procrastinate and miss the date, we'll have to pay the penalty. Missing the car registration by December 31st, I paid \$16.00 penalty. Hope we all be prompt and get our taxes done by April 15, 2025!

So grateful am I to have so many awesome friends to help set up our Lunar New Year table display! Among them were Mona Bernardo, Erline Waiiau, Mary Sueda, Beth Miguel, Rosie Ramiro and my two daughters, Beverly and Blossom Mau!

A big Mahalo to AARP for giving each of us a beautiful and fragrant rose on Valentine's Day. I was so blessed to receive a red orange rose! May God bless each of us with longevity and we'll be back next year for another wonderful Valentine's Day at LMPSC. Live each day with Love and Gratitude!

At our last club meeting, President Mau assigned each member in attendance to finish his zodiac animal ball for homework. Bring the ball back to our March 7, 2025 meeting to get a prize! Until next time, Joy Ghin See you again!



Tomeko Akamine
Ann Akasaki
Sally Arakaki
Bridget Arrastia
Lynda Asato
Lorraine "Lorry" Aschenbrenner
Marilyn Au
Diane Awakuni
Joanne Awaya
Felipe Baliba
Luzviminda Birks
Yunja "Ester" Byun
Lolita Cagdan
Wendy Calizar
Remedios "Remy" Canon
Cynthia Carreira
Adele Ching
Mayette "May" Ching
Patricia "Pat" Ching
Janet Choung
Canossa Choy
Chow Fook Choy
Jacqueline "Jackie" Chun
Karen Chun
Umeko Cook
Florentina Cuevas
Roland Dacoscos
Jeannie Vee Davidson
Ruth de Mesa
Peter D'Errico
Resurreccion "Rosie" Diego
Tracylee "Tracy" Dudoit
Jim Dunn
Yoi Endo
Dolores "Dee" Enomoto
Clarice Evans
Kay Fujii
Lynn Fujishige
Henry Fujita
Joyce Fukuda
Cordelia "Cordie" Fukuhara
Shizuko Fukumitsu
Gayle Fukunaga
Heidi Gagnon
Diego Gallardo
Liy Gao
Anna Giunta-Togo
Rita Goto
Jesse "Kalu" Guevara
Ruth Haituka
Wynn Hamano
Eric Harada
Edward "Eddie" Hasegawa
Sharon Hayashi
Yong Ae "Linda" Hieda
Edith Higa
JoAnn Higuchi

HAPPY BIRTHDAY!

HAPPY BIRTHDAY!

Wayne Hikida
 Amy Hirohata-Goto
 Brenda Ho
 Leila Hoe
 Pamela Ho-Wong
 Yuezhen Huang
 Roy Imai
 Sado Imamori
 Yoko Inatsuka
 Faith Inoshita
 Valerie Ito
 Robert Jewell
 Chong Cha Jones
 Alferda "Mila" Julian
 Cathy Kaneshiro
 Shirley Kaneshiro
 Yon Kwa "Esther" Kang
 Helen Katahira
 Hiroshi Kato
 Marianette Kauahikaua
 Michael Kauhane
 Diana Kawaguchi
 Chun Eui Kim
 Paulette Kim
 Dorene Koyanagi
 Elisa Kuwada
 Lincoln Laysa
 Iyseas Lea
 Ann Chong Lee
 Yeu Tsu "Margaret" Lee
 Erika Lees
 Edmund Lee
 Roberta Wong Leung
 Rose Li
 Wan Yi Liang
 Pearl Lopez
 Hong Mei Ma
 Raymond Mabuni
 Kachorn Manalo
 Roland Manuel
 Amy Matano
 Lane Matsumoto
 Robert Matsumoto
 Blossom Mau
 Randall "Randy" Mau
 Kazuko Meyer
 Stanford Miike
 Doreen Miyamoto
 Rose Miyashiro
 Edward Miyata
 Yasuko Miyazawa
 Akiyo Morimoto
 Lorna Murai
 Paul Nagamine
 Litheia Nakamoto
 Susan Nakamoto
 Calvin Nakata

HAWAIIAN CULTURAL CLUB UPDATE

By Roland Manuel

ALOHA!! Roland Manuel and Sharon Tulba are privileged and honored to be King and Queen of the Hawaiian Cultural Club at the Senior Valentine's Dance on February 11th at the Blaisdell arena. This seemed unique and funny when we both were promoted to circle the crowd and processed around the rollators. Ha ha ha...

We were pleased to announce two new members, Jo-Ann Murata and Mela Kealoha-Lindsay. We also are celebrating birthdays of Sharon Tulba and Roland Manuel on March 10th at Ruby Tuesday. We have grown older but we've grown wise and smarter, ha ha ha.

Show & Sell was successful. We had fun and fellow members Ruby Cobb made us delicious egg sandwiches to snack upon. Onolicious!

In order to make our club the best one, we all as members should be able to communicate and support each other in a respectable matter. When there is a meeting, we should put our minds in a respectable way. Raise your hands, there will be no gossip. This message comes from our committed officers. All members obliged to do this. We all want to be happy and enjoy each other as one family/ohana.

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



HAPPY BIRTHDAY

(continued)

James Neff	Sakamoto	Muitruong Thi	Ellen Yi
Kathleen "Kathy" Nekomoto	Jean Shibuya	Jean Tokunaga	Diane Yoshida
Earl Ng	Linda Shimamoto	Carol Toyama	Calvin Young
Gen Yee Ng	Kiyoko Shimoyama	Tan Kim Tran	
Mei Lian Nie	William Short Jr.	Kum Hui "Kay" Troedson	
Fumiko Nishida	Kyoko Smith	Gordon Tsukamoto	
Patrick Oka	Faith Sodetani	Shinei Uehara	
James Okahara	Lucile "Lu" Soong	Taka Uehara	
Jane Onishi	Lucy Soong	Robert Umeno	
Ann Oshiro	Suzanne Stigar	Daryl-Jean Wong	
Kwang Suk Pak	Aiko Sugai	Elaine Wong	
Ethel Pakele	Jean "Jeannie" Sugiyama	Karen Wong	
Ann Park	Nancy Sullivan-Soto	Leighton Wong	
Steven Park	Bong Ki Sung	Xing Zhen Xu	
Evelyn "Eva"	Jane Tada	Charlene Yamada	
Puahi-Medeiros	Karen Takamine	Charlotte Yamamoto	
Filomena "Fely" Raposas	Priscilla Takimoto	Sandra "Sandy" Yamane	
Joseph Ratcliffe	Diane Takushi	Judy Yano	
Gloria Reynon	George Tamashiro	Kate Yashima	
Carol Richardson	Victor Tangonon	Alan Yee	
Patricia "Patti"	David Teruya		
	Karen Teruya		





Mahalo

Thank you so much for your generosity!

PIKAKE (\$1000+)

OHI'A A LEHUA (\$500)

District 50 Hawaii Lions

KAHILI

GINGER (\$250+)

Katahira, John & Lori

HIBISCUS (\$100+)

Arakaki-Schadt, Alicia

Castillo, Mary

Fujita, Kiyoto

Hironagi, Hope

Honolulu Blend Show Chorus

Hu, Lorna

Inouye, Hester

Kuhns, Kimiyo

Purdin, Dannette

Takamine, Karen

Toma, James & Dorene

Yoshizawa, Janice

BIRD OF PARADISE (\$50+)

Ige, Vivian

Kagami, Nancy

Muramoto, Susan

Toyama, Amy

ANTHURIUM (\$49 & under)

NARFE

Lenchanko, Mike

Loo, Tom

Morimoto, Akiyo

Ping, Abigail

Shiohira, Wayne

Sugiyama, Shigeo

Weidmann, Lily

Yamasaki, Glenn

IN KIND DONATION

Burrows, Carol

Chan, Corinne

Chui, Mildred

Chun Oakland, Suzanne

Clarke, Eileen

Ebisuya, Karen

Eto, Noel

Fujimoto, Rachael

Guerrero, Donald

Hirayama, Laura

Isa, Harriet

Ishiki, Leila

Jorge Lan, Yvonne

Kageno Family

Kishimoto, Ellen

Kobayashi, Candice

Kuhns, Kimiyo

Landers, Weiling

Lee, Helen

Maekawa, Dennis

Maekawa, Reiko

Maida-Giangarra, Susan

Matsumoto, Robert

Miyamoto, Doreen

Miyashiro, Eva

Murakami, Jean

Muraoka, Lorna

Nagamine, Rumiko

Nhomi, Mieko

Oka, Linda

Ontai, Gail

Orinion, Cora

Oshiro, Cynthia

Richmond, Chanara

Sakagawa, Amy

Sugiki, Cindy

Tagawa, Ethel

Yoshida, Mark



Cookie and the gang at the CCH Transportation program model the CCH shirts on "Aloha Thursday."



Sara Thompkison from UH School of Medicine and Gerifellows tour Lanakila Senior Center to learn about the prevention and health promotion work LMPSC does in the community. They are meeting with Pickleball Instructor Jim Hino and Jimmy Matsumoto as well as observing our seniors in action as they play this popular sport.



Lanakila's hula class taught hula to 20 Japan social work students, who visited our senior center, as a part of their experience learning what senior centers can offer Kupuna to promote wellness, a real sense of belonging, and happiness. Photo by Donna Compton.



Visiting students Okinawa performed for ONC. Their performance brought joy and excitement!

March 2025 Class & Club Schedule

*Please note Winter Session ends
3/14, Spring Session starts 3/31

*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	
	10:30 AM	Basic Japanese	Sasaki	Sewing Room	
	10:30 AM – 12:00 PM	Hula	Makolo	Dance Room	
	10:45 AM	Yoga	Hasegawa	Lanai	
	11:00 AM	Tai Chi for Health	Lau	Activity Room	
	12:00 PM	Ping Pong	Ream	Lanai	
	12:30 PM – 2:30 PM	Cribbage	Kono	Patio	
	12:30 PM – 2:30 PM	Samulnori	Lee	Sewing Room	
	Tuesday	8:00 AM – 11:00 AM	Needle and Thread	Oshiro	Sewing Room
		8:00 – 11:00 AM	Mah Jong	Sugihara	Library Room
8:30 AM		Beginner Guitar	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	
9:15 AM – 12:00 PM		Pickleball	Lardizabal, Tsubaki	Lanakila Gym	
9:30 AM		Music Lovers Group	Espeleta	Library Annex	
9:30 AM – 11:00 AM		Hula	Makolo	Dance Room	
10:00 AM & 11:00 AM		Beginner's iPhone Class*	Kawasaki	Patio	
10:00 AM		Sahm Bo Dahn	Higuchi	Lanai	
11:15 AM – 12:45 PM		Tai Chi for Fall Prevention (Formerly Chuan Tai Chi)	Pham	Dance Room	
11:30 AM		Japanese Calligraphy	Usami	Sewing Room	
1:00 PM		Line Dance	Matsunaga, Sonson	Lanai	
Wednesday		TBA (day & time varies)	Gardening Group*	Nakamura	TBA
		8:00 AM	Tai Chi*	Koike	ONLINE
	8:30 AM – 9:45 AM	Fit & Flexible	Mayeshiro	Dance Room	
	9:00 AM	Stretch & Tone	Werle	Lanai	
	9:30 AM	Portuguese Cultural Club (2 nd & 4 th Wed. of the month)	Frank	Activity Room	
	9:45 AM – 12:00 PM	Sewing by Nakasone	Nakasone, Ito	Craft Room	
	10:00 AM – 12:00 PM	Korean Dance Cultural Club	Hasegawa	Dance Room	
	10:30 AM	Happy Senior Serenaders	Ojiri, Ramiro	Library Annex	

March 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, Lau	Lanakila Gym
	12:00 PM – 2:00 PM	Cribbage	Lardizabal	Patio
	11:00 AM	Okinawan Dance	Kawaguchi	Lanai
	11:30 AM – 2:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	12:00 PM – 2:30 PM	Brian's Karaoke Class (2 nd & 4 th Thurs. of the month)	Suzuki	Library Annex, Go Room
Friday	8:00 AM	Basic Ukulele	Nishiyama	Dance Room
	8:00 AM	Tai Chi*	Koike	ONLINE
	9:00 AM	African American Cultural Club (2 nd & 4 th Fri. of the month)	Gray	Activity Room
	9:00 AM	Fusion	Gittelman	ONLINE
	9:00 AM – 2:30 PM	Enka	Arakaki	Sewing Room
	9:30 AM	Chinese Cultural Club (1 st & 3 rd Fridays of the month)	Mau	Activity Room
	9:30 AM – 11:00 AM	Yui Buyo	Sugai, S. Nakasone	Lanai
	9:30 AM- 12:00 PM	Tap Dance	Feagins, Ferreira	Dance Room
	10:30 AM	Sing For Your Life	Richmond	Lib Annex, Go Room
	11:00 AM	American Sign Language	Shimizu	ONLINE
	12:00 PM – 2:30 PM	Ping Pong	Ream	Lanai
	12:30 PM – 2:30 PM	Beginner Oldies Karaoke	Murashige	Go Room
Saturday	9:00 AM – 11:30 AM	Filipino Cultural Club	Ibay	Activity Room
	9:30 AM	Spanish (ends 3/15)	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

March 2025

SUN MON TUES WED THUR FRI SAT

1
IT Help Desk
(9:00 am)
RELART
(10:30 am)

2

3
AARP Tax Aide
Appt. Only

Mari's Garden
(11:00 am)
Travel Club
Meeting
(1:00 pm)

4
Strength Training w/
Televeda
(8:00 am)
Beginner Guitar
(8:30 am)
Windward Mall Walk
and Shop
(11:00 am)

5
Program Committee Mtg
(8:30 am)
Ti Leaf Lei Making
(9:00 am)
Iris-Folding Workshop
(12:00 pm)
Pohai Nani Presentation
(12:30 pm)
Gateball (4:00 pm)
Walk at Ala Moana
(4:30 pm)

6
Strength Training w/
Televeda
(8:00 am)
Coffee Tea & Talk
Story (8:30 am)
Iris-Fold Card
Making (10:30 am)
Comm. Resources
Mtg. (12:00 pm)

7
Milestones Book
(1:00 pm)

HPU Strength
and Balance
(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

Aloha Tower
(11:00 am)

11
Beginner Guitar
(8:30 am)
BINGO (9:00 am)
Pohai Nani
(11:00 am)
Sing Along w/ Steve
(12:30 pm)

12
Ti Leaf Lei Making
(9:00 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)

14
HPU Strength &
Balance (1:00 pm)
Korean Culture
and Cuisine
(2:00 pm)
*Winter Session
Ends*

15
IT Help Desk
(9:00 am)
NARFE Meeting
(9:30 am)
RELART
(10:30 am)

----- Walk-in Registration 3/10/25 – 3/14/25 8:00 am to 10:30 am -----

16

17
AARP Tax Aide
Appt. Only

The Plaza Pearl
City
(10:00 am)

18
Strength Training w/
Televeda
(8:00 am)
Pearlridge Walk and
Shop
(10:00 am)
Pest Control
(12:00 pm)

19
New Member
Orientation (9:00 am)
Ti Leaf Lei Making
(9:00 am)
PAB Mtg (12:00 pm)
Stroke Prevention
(1:15 pm)
Gateball (4:00 pm)
Walk at Ala Moana
(4:30 pm)

20
Strength Training
w/ Televeda
Vision and
Hearing
Screening (1:30
pm)
CMP Meeting
(2:00 pm)

21
Kupuna Financial
Advice Fair
(9:00 am)
Caregiver Support
Group (11:00 am)
HPU Strength &
Balance
(1:00 pm)

22
IT Help Desk
(9:00 am)
RELART
(10:30 am)

23

24
AARP Tax Aide
Appt. Only

Waialeale AARP Tax
(10:00 am) Aide Appt.
Only

30

31
*Spring
Session Starts*

25
Strength Training
w/ Televeda
(8:00 am)
Chinese Medicine
(10:00 am)

26
Center Closed
HOLIDAY
Prince Kuhio
Day

27
Bayview Golf
(10:00 am)

28
Senior Smarts-
Game Day
Presentation
(10:00 am)
HPU Strength &
Balance
(1:00 pm)

29
Spring Cleaning
(8:00 am)
Honolulu Blend
Concert
(1:00 pm)

*Calendar subject to change

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