

February 2023 | No. 85

LANAKILA KŪPUNA NEWS



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Celebrate Love With Us

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CATHOLIC CHARITIES
HAWAII

A MESSAGE FROM SUSIE

Aloha Lanakila Senior Center Members and Friends:

February is a time to remember our loved ones on Valentine's Day. We look forward to seeing Lanakila Senior Center members at the Valentine's Day Lunch on Friday, February 10, 2023, from 11 – 12:30 p.m. There will also be a drive through event to pick up roses donated to LMPSC on Valentine's Day, Tuesday, February 14, between 11 a.m. – 12 p.m. in front of Lanakila Senior Center. We also hope to see LMPSC members, friends, family and everyone from the community at our first SHOW AND SELL event of 2023 on Friday, February 24, 2023, from 8 – 10:30 a.m.

A big mahalo to the cultural club officers, class instructors/ facilitators/assistants, front desk/reception/garden/kitchen/sound system volunteers, and other center leaders for taking time out of your busy schedules to attend the Lanakila Senior Center Leadership Conference on Friday, January 6, 2023. Your full participation and willingness to learn about and refresh your understanding of Catholic Charities Hawaii and Lanakila Senior Center policies, event planning, emergency preparedness and safety procedures, club officer duties, and other important topics is truly appreciated.

Mahalo a nui loa to LMPSC Members Lorraine Chang, Kalani Duvachelle, Clem Bautista, Jean Sugihara, Jane Higa and members of the Okinawa Nenchosha Club, Dorothy Mau and members of the Chinese Cultural Club, Suzie Hasegawa, TeMoana Makolo and Lanakila Hula Class students and musicians, Richard Tada, Frank Toma, and Nori Toma for providing such wonderful entertainment for the Chinese, Korean, Okinawan, and Vietnamese New Year Celebration on January 19, 2023. We appreciate Sing Cheong Yuan Bakery for preparing the dim sum lunch for us and the tea, tongo, and gau to welcome the New Year, the Year of the Rabbit.

Lanakila Senior Center members enjoyed Les Del Prado's and Glenn Sasaki's performance on January 24, 2023. They played great "oldies but goodies" music and will continue to entertain the members of LMPSC monthly. Members are excited about this and being able to eat lunch and socialize together. LMPSC members can sign up at the center's concession counter for future concerts. Mahalo to 5 Dollar Bento Box for preparing the chicken adobo, hamburger steak and shoyu chicken bento.

We thank the National Kidney Foundation of Hawaii; Dr. Michael Cheang from the University of Hawaii at Manoa; Televeda and Wellcare; LMPSC member Annette Kam; Candace Young and the State Health Insurance Assistance Program (SHIP) volunteers; Korean Cuisine and Culture presenter Jung Sook Kim; Jane Burigay from Social Security Administration; Trudy Couillard from the Liljestrand House and Linda Martell; John Teruya from Pagoda Restaurant; LMPSC members Susan Tamura, Ginny Tanji, Dorothy and Beverly Mau; Brad Lau from the Honolulu Orchid Society; the Manoa Heritage Center; Stuart Holloway teaching personal technology; and Dr. Kamal Masaki from the University of Hawaii School of Medicine for providing such useful and important information to us through workshops, tours, and presentations. We are grateful to all of you.

Lanakila has scheduled a jazz concert, a number of Karaoke performances, and other great entertainment in 2023. They are listed in the Event Planning Calendar on the LMPSC Bulletin Board as well as LMPSC's monthly newsletter. You can purchase a hard copy of newsletters for 50 cents at the front desk or go online to: www.catholiccharitieshawaii.org and view it in the Senior Programs section. There are many mini excursions scheduled for 2023, including Sweet Land Farms, Liljestrand House, Manoa Heritage Center, Waikalua Loko I'a Fishpond in Kaneohe, the Waikiki Aquarium, Byodo-In Temple, botanical gardens, mini-golf, shopping centers, historical church tours, and more. Lanakila's Chinese, Filipino, Hawaiian, Japanese, Korean, Okinawan, and Portuguese Cultural Clubs also have many special events planned for the New Year. Talk with the club officers to find out more.

Welcome back to Elizabeth "Cookie" Irvine who is Lanakila's Program Support Assistant! We are so fortunate to have her return. Mahalo to Rob Locquiao, Jr. for his service to LMPSC. He is now a full-time staff with the CCH Transportation Program. Happy Valentine's Day to you all!!!!

Aloha, Susie Chun Oakland, Program Director

Welcome New Members!

Toshimasa Arai
Linda Canincia
Ruby Chan
Lori Chun
Arlene Gray
Ruth Haitzuka
Ken Hirate
Susan Hirate

Lance Hironaga
Takako Izumigawa
Danette Kakazu
Chong Ye Kuba
Joyce Mitsunaga
Patricia Miyasawa
Mary Moreno
Shana Paek

Tica Petkoff
George Saiki
Kazuko "Susan" Saiki
Theola Striker
Ann Takaki
Ryoko Teague
Karen Wong
Alwyn "Al" Yoshimura



Community Resources

Med-QUEST Will Cover Adult Dental Benefits

Effective 1/1/2023; MQD is currently working with their dental partners to get this new expanded adult dental benefit ready for MedQuest members.

MQD-DHS partner organization, Community Case Management Corporation (CCMC), will begin accepting calls in January 2023 at 1-808-792-1070, or toll-free at 1-888-792-1070 to explain covered dental benefits and help Medicaid members find a participating dentist.

Like any medical benefit, coverage will depend on the medical necessity of each case. Prevention and control of oral disease will be covered, including cleanings and dental procedures such as x-rays and fillings. Coverage will also include restoration of chewing functions which, based on the individual case, may include root canals, crowns and/or dentures.

source; Hawaii Department of Human Services, Med-QUEST Division, Health Care Services Branch, Contract Monitoring & Compliance Section

Opening and Closing of Section 8 Housing Voucher Waitlist

The U.S. Department of Housing and Urban Development (HUD) Section 8 Housing Choice Voucher Program provides rental assistance to eligible households. Only online pre-applications will be accepted from **Monday, February 6, 2023, 7:45 a.m., through Friday, February 10, 2023, at 4:30 p.m.** Submitted pre-applications will be randomized, and through a lottery, 3,000 selected applications will be placed on the waiting list. There is no first-come, first-served advantage, and only one application will be allowed per household. There is no guarantee for eligibility or housing assistance after applying. Pre-applications will be accepted online from **Monday, February 6, 2023, 7:45 a.m., to Friday, February 10, 2023, 4:30 p.m.,** at <https://tinyurl.com/oahuhcv>

Applicants who need an accommodation, must contact the City before Monday, January 30, 2023 at 4:30 p.m. Please call (808) 768-7098 or email cchs8@honolulu.gov.

Please visit our website <https://www.honolulu.gov/dcs/housing.html> for more information about the program.

Photo Gallery



Liljestrand House Tour Excursion



Photo by Midge Wright at the Old Calendars made into Envelopes workshop



Chinese, Korean, and Okinawan Lunar New Year Celebration Performances: Taiko Drum by Jean Sugihara, a dance Okinawan Nenchosha Club members, Hula by LMPSC Hula classes under the direction of Aunty Temoana Makolo, and Suzie Hasegawa from the Korean Cultural Club

Photo Gallery



Class Instructors, Facilitators, Club officers gather for Leadership Training 2023

The Good Old Days

CHRISTMAS 2022

The year has flown by! About this time last year, I was sending out my "Garden of Poems."

This year, I'd like to share about our last Christmas in Kekaha Mauka, 1937. Our Dad would always say, "If we behaved well, "Santa Claus" will grant your wishes. I was assigned to write the letter to Santa Claus. My sister Shizuye wanted a "miniature tea set." My brother Roger wanted a little car—not a toy but a kid-size car that he could ride in. I asked for a "Baby Grand toy piano." Santa was always generous and granted our wishes. We had two wild pheasants roasted for Christmas dinner, too. Dad enjoyed trapping the pheasants. Other dishes were *unagi sushi*, *tsukemono* with napa cabbage from our garden, *takuan*, *ume*, roasted suckling pig, goat soup from Taira Aunty, apples, oranges and home-made ginger ale. The jumbo dried grapes, dried apricots came from the Camp Boss Joaquin Souza's house. Every Christmas we were invited to his home to view the nativity scene they set up there. Didn't comprehend the story until we enrolled at St. Theresa School in Honolulu. I was awestruck by the nativity scene at Camp Boss house.



Our plot included a bountiful crop of delicious table grapes. Every year, the grapes were harvested and sold at our family store and restaurant. A pig a month was slaughtered and sold at the store, too, likewise chickens, ducks, pigeons and eggs—all raised and sold. Guava grew wild and was made into jelly. Every once in a while, we were treated to a chance to jump into the huge irrigation ditch and swim and play. (Dad tended the irrigation valve, so he knew when it was safe for us.)

Back to 2022: One of the highlights this year was the publishing of my story about our family's "Myogaya Restaurant" in the "Rearview Mirror" column by Bob Sigall in April. In case you missed it, here is my story which I submitted in response to his request to readers for their favorite eateries:

"Before World War II, Myogaya Restaurant on Nuuanu Avenue was surrounded by flower shops and retail stores, like S.M. Iida. There were boarding rooms on the second floors of the stores and shops, and many of the residents were frequent diners at Myogaya.

"A bowl of saimin was 25 cents, and a stick of BBQ meat (five pieces on a stick) grilled over charcoal was 10 cents.

"Among the house favorites were *hekka*, *oyako donburi*, chopped steak, but the most popular was the 'Myogaya Special.' This entrée consisted of fresh island pork, onion, celery, bamboo shoots, fresh tomato, string beans, and topped with slices of myoga (a flavorful tuber in the ginger family), all simmered in a special sauce made from dried shrimp, dashi konbu (kelp), soy sauce, brown sugar and water.

"Served over a bed of hot rice, it was a complete meal—protein, starch and veggies—for 75 cents. If Myogaya were still open today, I'd order the Myogaya Special but with chicken instead of pork!

"During the war, business was reduced to serving breakfast and lunch because of the required blackout in the evenings. The serving of beer and wine was suspended because my father, an alien, lost his liquor license under martial law.

"Thereafter, applicants for the liquor license had to be U.S. Citizens and be able to speak English. After the war I became 'of age' and met the other requirements, so I applied and was successful in obtaining a dispenser general license, even though I did not work in the bar. (A funny story that wasn't included in the article is that after the required sign, "Dispenser General," was painted on the window, passers-by would stop and salute the "general.")

"By this time many of the newly discharged veterans of the 100th Infantry Battalion were regular patrons at Myogaya, as their clubhouse/dormitory was just a couple of blocks away.

"My parents' business prospered with my mother as the chief cook until urban redevelopment targeted the area in the early 1960s, which forced the spacious restaurant and bar to move into a tiny 'delicatessen' on Kalakaua Avenue near Washington Middle School. Shave ice and hot dogs were the bestsellers there!"



This photo was also included in the article. Although there was no caption in the article, here are the names of the Myogaya day shift workers on the day of the re-opening after renovations were completed--lots of flower bouquets, lei and happy smiles from: Front: K. Uechi, Otoy Mayeshiro, Linda Nuha, Dorothy Waniya, Yoshiko Yogi. Back row: Arthur Yonega Arashiro, Fujiko Arashiro, K. Higa, Sumi Aoki, Bernard S. Akamine

Another highlight for 2022 was crossing off an item on my bucket list: Go to Vegas! Candace and Grant took me on a first-class whirlwind trip of eating delicious food at fancy restaurants and gambling at beautiful casinos! I really had my fill of seafood and gambling and just being in "Sin City." What else is on my bucket list? You'll have to wait until next year!

In the mean time, I hope to do a better job in my real garden. The goya (bitter melon) surprised me with this lovely fruit.

Looking ahead at 2023, wishing you and your loved ones a New Year filled with good health and a bounty of blessings!



12/14/2022

Aloha!
Janette S. Kamehine

Mele Kalikimaka!

Hau'oli Makahiki Hou!

Cultural Club Reports

OKINAWA NENCHOSA CLUB UPDATE

By Lari Koga

Started the First Meeting with a Bang!

Jan. 19th was the Okinawa Nenchosa Club's first meeting. The program MC was Judy DiBianco. The wonderful opening was by Jean Sugihara on her taiko. Francis Nakachi's group followed with Okinawa dances: Diana Kawaguchi performed "Bashin Tui"; dancers Takako Goya, Nobuko Oshiro, Yoshiko Kumura, Yaeko Miyahira, Chieko Tokuda, Suzuko Demola, & Kay Fukuhara performed 2 dances. Prior to the meeting ending, all of the ONC members danced to "Asadoya Yunta" & "Shimanchu Nu Takara". Of course everyone participated in Kachashi.

After the ONC meeting, officers Jane Higa, Richard Tada, Diane Kawaguchi, and Flora Nakasone danced to "Mensore" (Welcome) for the Center's Lunar New Year lunch celebration.

Note: 2023 Membership can be renewed at the ONC meetings.



Cultural Club Updates

JAPANESE CULTURAL CLUB UPDATE

By Clarice Kumura

How Does the Japanese Celebrate Valentine's Day in Japan

As we approach February 14th, you might wonder: Do they celebrate Valentine's Day in Japan. And if so, how is it different. It has become a common fact that in the west, men flock to the florist, jewelry or chocolate shops, desperately looking for Valentine's Day gifts for their loved ones. Valentine's day in Japan is a different scenario. It is often the women who are lining up for heart-shaped chocolates to give to the significant males in their lives. There are two main types of chocolate in Japan, based on who you're giving them to and what they are meant to convey. "Giri Choco" loosely translates as obligation chocolate", and it's a simple gift of appreciation given to friends, bosses, co-workers, family members, and other men who aren't viewed as romantic partners. "Honmei Choco" loosely translates to "real objective chocolate", and this is chocolate reserved for a boyfriend, husband, or lover.

But Valentine's Day in Japan is becoming the holiday that it is today and has created changes in the country's culture landscape. The occasion gave way for women to confess their romantic feelings – or kokuhaku in the local language – without fear or judgment. One top activity for Valentine's Day in Japan is the giving of Chocolates.

So listen up men, besides Chocolates, women also love flowers and jewelry.

In January, we began our first program of the year on the 9th with a fantastic performance by the Zenidaiko entertainers. We were mesmerized by their dances, hula numbers and singing. On the 23rd, our own JCC members performed in a variety show. The numbers included singing by Shizue Ishihara, who, at 101 years young sang Mabuta No Haha. Also showcasing their talent were singers Richard Tada, Frank Toma, and Barbara Sasahara. Beautiful hula performances by Diane Kawakami and Clarice Kumura. Sharon Isa wowed us with her leading the Tanko Bushi bon dance and also the Electric Slide line dance. Finale was Japanese song medley on Piano by Kalani Duvauchelle. Good Job!

Birthday celebrants for Dorinne Ichikawa and May your lives be



month of February are: Dennis Shimabuku. fulfilled with many more birthdays.

- Events for February:
- 6 - Ikigai Journey to Gratitude and Kindness (Gerry Yahata)
 - 13 - New Year's Celebration/Paradise Tanoshi Odori
 - 20 - Holiday – President's Day
 - 27 - Birthday/Happy Senior Serenaders



FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

Seconds, minutes, hours, days, months went by so fast- Hello - Year of the RABBIT 2023.

The FCCH had our first meeting on January 7, 2023 after three weeks of "Recess" . Everyone was so excited to see each other after a long "Break".

On January 18, 2023 Josie Aguilar, Evelyn Ambrocio, Lorenza Baloran, Celeste Cabaccang, Letty Dolor, Lisa Jama, Rudy Ibay, Wilma Ibay are some of the FCCH members together with Susie Chun Oakland attended the opening day ceremony for the LEGISLATURE 2023 for the STATE OF HAWAII.

There were lots of ENTERTAINMENT, FOODS and meeting old and new acquaintances.

We also had a chance to meet personally the NEWLY ELECTED OFFICIALS for our STATE.

Come February 7, 2023 CARMEN BAUTISTA and AURELIA TIBURCIO will represent the FILIPINO CULTURAL CLUB of HONOLULU at the Neal S Blaisdell Exhibition Hall for the 52nd Senior Citizen's Annual VALENTINE DANCE.

On February 11, 2023 FCCH will celebrate January and February BIRTHDAYS and at the same time will celebrate Valentine's honoring our chosen representatives to the DANCE.

Have a beautiful HEART and RED MONTH.
GOD BLESS US ALL.



Jean Agena
Nancy Akamichi
Charlene Asano
Liwayway Asis
Thanh Du Au
Robert Brown
Carol Cabebe
Blandina Cadelina
Violeta "Violet" Calpito
Nemensia "Menchie" Camilo
Pius Casiano
Jovita "Jo" Cassidy
Corinne Chan
Mela Chan-Cantorna
Natividad "Naty" Chang
Nancy China
Betty Chinen
Marilyn Ching
Shirley Cho
Mona Chock
Susan Chock
Daryl Chow
Cindy Choy
Gaylene "Uilani" Ciacci
Dorothea "Dorothy" Coloma
Mary Dang
Helmer Dela Cruz
Calista Diane
Pedro "Pete" Factora
Rosalind Felipe
Naomi Ferreira
Ronald Fitzgerald
Suzy Flaherty
Christy Fujii
Donald Fujimoto
Susan Fujimoto
George Fujioka
Gail Fukunaga
Henriette "Lei" Galang
Catherine Graham
Hyun Ja Han
Jung Sook Han
Sharon Hata
Sophie Hatakenaka
Laura Hirayama
Rebecca Ho
Alfonsa Hokulani
Lorna Hu
Elsie "Liko" Hummel
Dorine Ichikawa
Charlene Ikeda
Harriet Isa
Virginia Ishida
Harriet Ito
Janet Ito
Young Ae Jang

HAPPY BIRTHDAY!

HAPPY BIRTHDAY!

- Adelaida Juanatas
- Keala Kaimimoku
- Claudia Kamiyama
- Yoshiko Higa Kaneshiro
- Jeannie Kawakami
- Norman Kawakami
- Jean Kawamura
- Percy Kihano
- Benjamin Kim
- Cera Kim-Sunada
- Shizue Kimura
- Roberta Kiyuna
- Marilyn Kobata
- Hiromi Kohler
- Fredrick Kolios
- Mitchell Kong
- Betty Kotani
- Jane Kurahara
- Betsy Kwock
- Jadine Lee
- Martha Lee
- Shannon Lee
- Alison Leong
- Jeanette Leong
- Judith "Judy" Lind
- Cecilia Lindo
- Shu Ping Liu
- Cathy Loo
- Madeline Lum
- Yvonne Lum
- Claire Matsumoto
- Rumiko Mau
- Cynthia "Cindy" Megill
- Joseph "Joe" Megill
- Mildred Miike
- Ethel Milner
- Sally Minami
- Joyce Mitsunaga
- Chieko Miyasato
- Yoko Miyashiro
- Johanna "Jo" Mohika
- Marilyn "Lyn" Moku
- Setsuo "Sets" Momota
- Yonok Moriyama
- George Moy
- Hyo Sik Mun
- Mary Muraoka
- Sandra Nagamine
- Flora Nakasone
- Sheila Nishimura
- Carolann Noland
- Milnora "Lehua" Nuuhiwa
- Chester Oda
- Lillian Odo
- Calvin Oka
- Dale Okuda

CHINESE CULTURAL CLUB UPDATE

By Dorothy Mau

Chinese Cultural sent Happy Lunar New Year to all our friends at Lanakila by serving tea and singing our favorite songs in Mandarin and Cantonese! The Jasmine song called Mo Li Hua and Zhu ni Sun Nien Fai Lok!

January 22, 2023 began the Year of the Water Rabbit and will end on February 9, 2024. In Chinese culture, the rabbit is the luckiest of all 12 zodiac animals and symbolizes mercy, elegance, and beauty!

Rabbits avoid fighting and arguing ,

so this will be a more serene and peaceful year. Rabbits are also artistic and have good taste in life. The lucky colors are red, blue and pink.

Jai or Monks food, a vegetarian dish is served on New Years day, Gau or Chinese brown pudding made with mochi flour and is sticky to symbolize unity and togetherness!

Tong go or Chinese sweets made with carrots symbolize gold coins, coconuts for good relationship between father and son, melons or squash for Long continuous line of descendants, lotus seeds for continuous production of sons, lotus roots represent endless friendship and other foods The favorite flower for Chinese New Year is the Narcissus which I carved every year until the pandemic. Have hope that one day we can import the bulbs from China again!

This year, give a lisee or red envelope enclosed with a quarter or dollars to a friend for good luck and prosperity!

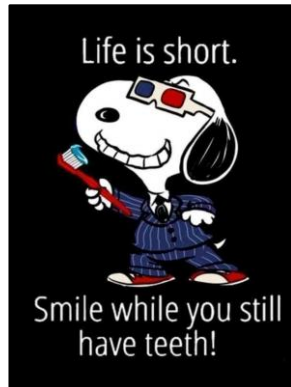
Until next month stay well and happy, my friends! Joy Ghin!



CCC Members who sang and served Tea at the Center's Lunar New Year Dim Sum Celebration.

HAWAIIAN CULTURAL CLUB UPDATE

By Roland Manuel





Mahalo

*Thank you so much for
your generosity!*

PIKAKE (\$1000+)

OHI'A A LEHUA (\$500)

Anonymous
James & Clair Min
Carol Zukemura

KAHILI GINGER (\$250+)

Maryann Padilla
James & Dorene Toma
Mona Chock & Patrick
Young

HIBISCUS (\$100+)

Anonymous
Dorothy Alvarado
Mary Castillo
Corinne Chan
Honolulu Chinatown
Lions Club
Edward Hasegawa
Carol Ige
James Iwamura
Alyson Kimura
Jane Kimura
Stephen Lai

William Madigan
Joyce Matsuo
Kosei Nago
Leroy Nagasako
Calvin & Irene Oka
Florence Shibuya
Lynn Shoji (IMO)

Lorraine Kusumoto),
Steven Takaki
Doris Takawa
Michael & Violet
Tokumura
Pedro Factora & Siri
Tsuda

BIRD OF PARADISE (\$50+)

Dorothy Higashi (IMO
Jack Katahira)
Wilhelmina Ibay
Vivian Ige
Hester Inouye
Violet & Eldred Kagawa
Jennie Kawasaki
Grace Kimura
Christopher & Betsy
Kwock
Rolando Manuel

Amy Matano
Beatrice Mikami
Doreen Miyamoto
Jean Nishida
Yoko Shaw
Kay Takaezu
Amy Ige Toyama
Diane Yoshida

ANTHURIUM (\$49 & UNDER)

Anonymous
Lina Chan
Jocelyn Ho
Naomi Kobayashi
Florentine Lumabao
Jean Nishida
Virginia Rolland
Glenn Yamasaki

IN-KIND GIFTS

Ebata, Nora
Hokama, Sandra
Leung, Roberta
Shigetani, Kate
Toyama, Karen
Ching, June

HAPPY BIRTHDAY

(continued)

Janice Olbrich
Toshio Ozeki
Shana Paek
Grace Park
Maryalice Prioleau-Lewis
Donna Punzal
Grace Rhoads
Steven Sakagawa
Gail Sakihara
Lucille Sanchez
Lorraine Sawai
Dennis Shimabuku

Myongsup Shin
Diana "Lyn" Stewart
Simeona "Mona" Supnet
Carole Suzui
Sharah Swisher
Sachiko Takahashi
Julie Anne Tamayori
Yun Hie Taniguchi
Virginia "Ginny" Tanji
Loriann Tavares
Ryoko Teague
Angela Tisseraud

Chieko Tokuda
Clayton Tom
Cassandra Tsuda
Sharon Tulba
Chong Suk Turner
Kazue Uejo
Laurita Villanueva
Valerie Waki
Eric Waltz
Lily Weidmann
Nancy Withers
Diana Worthington

Hugh Yamaguchi
Arlene "Dee" Yamamoto
Jintang Yang
Roger Yim
Hisako Yogi
Betty Young

February 2023 Schedule

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
	9:30 AM – 11:30 AM	Victor's Kapakahi Group	Tangonan	Lib Annex, Go Room
	10:30 AM	Basic Japanese 1	Sasaki	Sewing Room
	10:45 AM	Yoga	Hasegawa	Lanai
	11:00 AM	Hula	Makolo	Dance Room
	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
	1:00 PM	Cribbage*	Kono	Go Room
Tuesday	TBD	Composting Wormies Group	Uyehara	TBD
	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
	8:30 AM	Cheng Man Ching Tai Chi and Qi Kung	Gottdiener	Dance 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
	9:15 AM	Pickleball	Baldomero, Wong, Hino, Yee	Lanakila Gym
	9:30 AM	Music Lovers Group	Espeleta	Library Annex
	10:00 AM	Beginner's iPhone Class*	Kawasaki	Library Room
	10:00 AM	Hula	Makolo	Dance Room
	10:15 AM	Sahm Bo Dahn	Higuchi	Lanai
	10:30 AM	Intermediate Ukulele	Olayan	Lib Annex, Go Room
	11:30 AM	Japanese Calligraphy	Usami	Sewing Room
	1:00 PM	Line Dance	Sonson	Lanai
Wednesday	11:30 AM – 2:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	8:00 AM	Tai Chi*	Koike	ONLINE

February 2023 Schedule

Day	Time	Class	Facilitator	Location
	9:00 AM	Stretch & Tone	Werle	Lanai
	9:30 AM	Portuguese Cultural Club (1 st & 3 rd Wed. of the month)	Frank	Activity Room
	9:45 AM	Sewing by Nakasone	Nakasone, Ito	Craft Room
	10:00 AM	Korean Dance Cultural Club	Hasegawa	Dance Room/Lanai
	10:30 AM	Happy Senior Serenaders	Ojiri, Ramiro	Lib Anx, Go Rm; ONLINE
	11:00 AM	Body & Brain Beg. Yoga & Tai Chi	Arquette	ONLINE
	12:00 PM	Crafts by Janet*	Miyashiro	Craft Room
	2:15 PM	Sahm Bo Dahn	Group	ONLINE
Thursday	8:30 AM	Garden Group	Nakamura	See facilitator
	9:00 AM – 1:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	9:00 AM – 10:30 AM	Okinawa Nenchosha Club	Higa	Lanai
	9:15 AM	Pickleball	Baldomero, Wong, Hino, Yee	Lanakila Gym
	9:00 AM – 11:00 AM	Hanafuda	Nakamura	Dance Room
	9:00 AM – 11:00 AM	Taisho Koto	Takeuchi, Sueda	Library Room
	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
	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	Yui Buyo	Sugai	Lanai
	10:00 AM- 12:00 PM	Tap Dance	Martin, Feagins, Koepke	Dance Room
	11:15 AM	American Sign Language	Shimizu	ONLINE
	12:00 PM – 2:30 PM	Ping Pong	Ream	Lanai
Saturday	8:30 AM – 11:30 AM	Filipino Cultural Club	Ibay	Activity Room
	9:00 AM	Zumba Gold	Hokama	ONLINE
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.

February 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
			1 How to Increase Stamina, Endurance & confidence (10:15 am) CapTel Trivia (11:00 am) Liljestrand Tour (1:30 pm)	2 Ask Jim (8:00 am) Strength Training with Televeda (8:00 am) Fire Truck Demo (11:00 am) Community Res. Grp. (12:00 pm) Mac Q&A (1:00 pm)	3 Jazz Performances (11:00 am) Milestones Workshop (2:00 pm)	4
5	6 Aging and Dying with Dignity (1:00 pm) Cribbage 1:00 pm	7 Strength Training with Televeda (8:00 am) Mindfulness Meditation 4:00 pm	8 Program Committee Meeting (8:30 am) Local Genki Balls Lunch (11:30 am) Magic Island Walk (4:00 pm)	9 Coffee, Tea & Talk Story (7:30 am) Strength Training with Televeda (8:00 am) Kidney 101 (11:00 am) Mac Q&A (1:00 pm)	10 Valentine's Day Celebration (11:00 am) Korean Cuisine (2:00 pm)	11 Silver Streaks Walk at Magic Island (7:30 am) Orchid Society Judging (9:30 am) Personal Technology (12:00 pm)
12	13 Cribbage (1:00 pm)	14 Strength Training with Televeda (8:00 am) BINGO (9:00 am) V-Day Drive Thru (11:00 am) Mindfulness Meditation (4:00 pm)	15 Magic Island Walk (4:00 pm)	16 Strength Training with Televeda (8:00 am) Tour of Pauoa Gardens (9:30 am) Liljestrand Tour (10:30 am) Mac Q&A (1:00 pm) Pest Control (1:30 pm)	17 Calligraphy Art Workshop (10:30 am)	18
19	20 Shredding (12:00 pm) Cribbage 1:00 pm	21 Strength Training with Televeda (8:00 am) Oldies but Goodies Performance & Lunch (12:00 pm) Mindfulness Meditation (4:00 pm)	22 New Member Orientation (9:00 am) PAB Meeting (12:00 pm) Magic Island Walk (4:00 pm)	23 Strength Training with Televeda (8:00 am) Senior Centers Leadership Meeting (12:00 pm) Mac Q&A (1:00 pm) Easy to Grow Orchids (2:00 pm)	24 Aquarium Virtual Tour (1:00 pm)	25
26	27 Cribbage 1:00 pm	28 Strength Training with Televeda (8:00 am) Legacy Planning (2:30 pm)				

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