



Kapahulu Center

3410 Campbell Avenue ~ Honolulu, Hawaii 96815 ~ (808) 737-1748 ~ www.kapahulucenter.org

NOVEMBER 2022

IMPORTANT DATES:

**** HURRICANE SEASON (thru Nov. 30) ****

November 3 - Safe Falling Presentation
courtesy of Kupuna Aikido (in-person)

November 10 - **FINAL DUE:** See's Candies
Orders (no late orders)

November 11 - Veteran's Day (Center Closed)

November 15 - BingoPalooza! (in-person)

November 21 - **FINAL DUE:**
Holiday Bento Orders

November 24-25
Thanksgiving
(Center Closed)



SEE'S CANDIES REMINDER:

FINAL DUE: Thu., Nov. 10, 2022

All orders are prepaid (NO LATE ORDERS)

PRICES: 1lb assorted chocolates is \$25

1lb nuts & chews is \$25

1lb can of toffee-ettes is \$25

1lb 5oz of assorted lollipops is \$24

\$25 Gift cards also available



MEMBERS' HOLIDAY BENTO DRIVE-THRU PICKUP

Similar to last year, in place of our annual members' Christmas Party, we are holding a drive-thru pickup of prepaid bento on **Friday, December 9**. A big thank you again to John Teruya and his team at Pagoda Catering who will be preparing the bento! Also free random prize giveaways will again be included!

FINAL ORDERS DUE: Mon., Nov. 21, 2022

All orders are prepaid (NO LATE ORDERS)

COST: \$12.00 per bento (payable via cash, credit or check to "Kapahulu Center")

For any members without transportation who would still like to participate, please call the office and let us know at 808-737-1748, or email Kelli at kxu@kapahulucenter.org. Thank you!



A Friendly Check-In:

Dear Members and Friends of Kapahulu Center:

Happy November! Please see below our class schedule for this month. Participants must sign-up with the office in advance (NO WALK-INS).

Visitors also need to make an appointment prior to stopping by the office. Thanks for your understanding and cooperation!

Tue/Thu, 9:00am: Yoga (DVD thru 11/10/22)

Tue, 10:30am: Kanikapila

Tue, 11am: Moving for Fun & Fitness

Wed, 8:30am: Crafts/Plastic Canvas

Wed, 9:30am: Tai Chi

Wed, 11:00am: Hula

Thu, 8:30am: Hawaiian Quilting

Thu, 10:30am: Ukulele

Sat., (varied): Bon Dance Beg. & Int.

MAHALO! Foodland Give Aloha Final Report:

Thank you again to all those who participated! We received \$1,632 in individual donations of which Foodland and the Western Union Foundation matched 24.35% for an additional \$397.45, making our total received \$2,029.45! As with all of our fundraising initiatives, these funds help to defray our operational costs and we deeply appreciate all of your continued support!

Other Upcoming & Important:

- **Kahala Mall Very Merry Fundraising:** Tickets are available in the office to purchase (\$5 each), and the center keeps 100% of the profit. This year, the mall's shopping event is scheduled for Fri., Dec. 9 - Sun., Dec. 11, 2022.
- **Annual Cleaning Day:** With help from a community partner, we're holding our annual clean up of the center on **Sat., Dec. 17, from 9am-12pm**. Please let us know if you're able to volunteer, or sign up on the clipboard outside the office. All cleaning supplies will be provided as well as take home refreshments.
- **7-Eleven HI Lima Kokua Fundraiser booklets:** Booklets are available in the office to purchase. The cost is \$6 per booklet, and the center keeps \$3 of each booklet sold. They're redeemable at all 7-Eleven stores on Oahu, Kauai, and Big Island, thru Dec. 31, 2023!

Please continue to take care, and stay healthy!
Kapahulu Center Board of Directors and Exec. Dir.

ACTIVITIES:

In-person Fall Safety Presentation: Courtesy of Kupuna Aikido, please join us for an informative safe falling presentation!

DATE: Thu., Nov. 3, 2022

TIME: 11 AM

ROOM: Craft Room

RSVP: Thu., Oct. 27 (1wk prior)

COST: FREE

In-person Paper Crafting Club: No formal projects are planned, but sign up with the office for some crafting fun!

DATE: Mon., Nov. 14, 2022

TIME: 9 - 11 AM

ROOM: Craft Room

COST: \$2/member, \$7/non-members

In-person Hawaii BingoPalooza:

Join us for some bingo fun with free goody bags!

DATE: Nov. 15, 2022

TIME: 10 - 11 AM

ROOM: Ballroom

COST: FREE

RSVP: Mon., Nov. 14, 2022

MAX: 15ppl maximum

Sign-ups Needed: Computer Basics for

Seniors A reminder that we are in need of at least 10ppl to sign-up for this class before we can proceed trying to bring this opportunity to our center! No experience necessary.

MEMBER REMINDERS:

Discontinuing Mailed Newsletter (Members only): A friendly reminder for members to please sign-up if you'd like to continue to receiving a mailed copy of the monthly newsletter. Thank you!

COVID VACCINE BOOSTER INFO: A reminder to check the State of HI Dep. Of Health's website for updated information regarding the COVID vaccine and boosters at: <https://hawaii-covid19.com/> OR call 808-586-8832 (toll free at 833-711-0645).



Gail Fujikawa
Susan Judah
David Kalahiki
Barbara Kamana
Sharon Kawatomari
Diane Kochiyama
Ardel Lee
Gayle Mizukami
Sonette Muramoto
Darren Okimoto
Barbara Ota
Frances Shiota
Patricia Smith
Janet Toyama
Kyle Yoneshige

Welcome



NEW MEMBERS:

Frederick Ing & Karen Yorimoto

MAHALO ALL RETURNING MEMBERS!

COMMUNITY PARTNER SPOTLIGHT: Mediation Center of the Pacific

Courtesy of Katie Ranney and Kapahulu Center member Bill Watts (thank you!)

Have you ever felt frustrated when you have a disagreement with someone? Have you wished you could get help talking to that person so you could find a solution? The Mediation Center of the Pacific (MCP) can help! A local non-profit that has been serving Oahu's communities since 1979, MCP helps families, businesses, and individuals talk and resolve their differences through a process called mediation. Mediation brings people together with mediators, impartial people trained to assist, to resolve their conflicts.

While mediation can help almost any type of conflict, MCP's Kupuna Pono program is designed especially for families with an elder family member. Kupuna Pono helps the kupuna talk about sensitive issues in a family conference and work with their family to create a plan for aging well and end-of-life that supports their wishes, needs, and values. MCP works with the family before the family conference to create an agenda that addresses current and future concerns. During the family conference, facilitators guide the conversation between all family members and take notes of what was discussed and what was decided to do. All participants receive a printed family plan after the conference. If you are interested in organizing a family conference, call (808) 521-6767 to talk to a MCP Client Services Specialist.

For more information about The Mediation Center of the Pacific, visit our website at <https://www.mediatehawaii.org/> For information about the Kupuna Pono program, go to <https://www.mediatehawaii.org/kupuna-pono>