



Kapahulu Center

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

MARCH 2025

IMPORTANT DATES:

March 3 - 10am Girls' Day Ikebana with Charmaine (full)

March 17 - St. Patrick's Day

March 31 - **FINAL DUE** Spring Fundraiser Orders

April 18 - Fundraiser prep (volunteer sign up)

April 19 - Fundraiser drive-thru pickup



WORKSHOPS:

Workshop: Girls' Day Ikebana with Charmaine



DATE: Mon., March 3 (10-11am)
LIMITED: 10 ppl max
COST: \$10/mbr, \$15/non-mbr
RSVP: (full)

Workshop: Single Straw Lei Making

Come learn how to make the popular, and perfect for beginners, single straw eyelash yarn lei! Supplies and tools will be provided. Make one to take home, and help make one for the center! Repeat workshops also available depending on the amount of member interest. Sign-up using the clipboard in the hallway, or call/email the office.

DATE: Fri., April 11 (9:30-11am)
RSVP by: Mon., April 7 (4days prior)
COST: \$10/member, \$15/non-member (supplies & tools will be provided)
Limited: 10ppl max (first come, first serve)



Weekly Schedule:

Reminder: Schedule is subject to change.

Participants must sign-up in advance (no walk-ins)

Tue/Thu, 9:00am: Yoga
Tue, 9:00am: Beginning Ukulele
Tue, 10:30am: Kanikapila (Mar. 4, 11, 18)
*last Tue, 10:30am: Japanese Ukulele (Mar. 25)
Tue/Fri, 5 & 6pm: Aikido (Kids/Adult)
Wed, 9:00am: Tai Chi
Wed, 10:45am: Zumba Gold
Thu, 10am: Shigin
Thu, 10:30am: Moving for Fun & Fitness
Sat, 11am & 1pm: Japanese Bon Dance (waitlist)

HAPPY BIRTHDAY!



Minh Doran
Joyce Fukuda
Helen Hamasaki
Daniel Kau
Maxine Nagamine
Hatsuko Nakazato
Myra Ono
Helen Ferrer
Kristina Golasz
Tad Iwata
Janice Miyahira
Taro Nakamura
Rosemary Nishi
Nancy Tokuda
Frances Yeh



NEW MEMBERS:

Isaac Carpio, Conrad Ferrer, Helen Ferrer, Shannon McMonagle, Bella & Lilisa Ortiz

MAHALO ALL RETURNING MEMBERS!

ANNUAL SPRING FUNDRAISER

Just in time for Easter, please help support our Annual Spring Fundraiser, this year with Zippy's & Cookie Corner! Order now thru Mar. 31. Drive-thru pickup will be at the Center, Sat., April 19, (Easter Weekend).

As our primary fundraiser, we ask that each member participate by placing an order, ordering for a friend/neighbor, making a monetary donation, or volunteer! All proceeds directly help to defray operational costs and keep program fees low for everyone. Every contribution is appreciated!

8oz bags of bitesize **Cookie Corner cookies** are \$10 each. Flavors are Chocolate Chip, Triple Chocolate with Nuts, & Oatmeal Raisin.

Zippy's tickets are \$11 each, and can be redeemed at any Zippy's location for 1.5 lbs. of chili or Portuguese bean soup, OR a meat & egg breakfast with regular coffee or soft drink, OR 5pcs cornbread.

Kapahulu Center Spring Fundraiser Order Form

Name: _____ Phone Number: (____) _____

Suggested orders per member are a set of 12 bags of cookies & 15 Zippy's tickets for \$285 total, OR \$200 donation.

of Zippy's tickets: _____ (15 tickets)

of Cookies: (choco chip) _____ + (triple choco w/nuts) _____ + (oatmeal raisin) _____ = _____ **TOTAL Cookies**

Donation: \$ _____ (\$200 suggested) (12 bags total)

SITE COUNCIL

Volunteer Site Council Members Still Needed!
Please consider joining our next meeting in April!

The Site Council's duty is to help listen, communicate and keep in touch with members, and help with decision making concerns. Our goal is to have at least one representative from each class. Highlights of each meeting are also posted to the bulletin board outside the office.

Thank you, Kapahulu Center Site Council

Reminders:

The Food Pantry: As you clean out your pantry, please consider donating soon-to-expire or just expired items to The Food Pantry in Kalihi (<https://thepantry.org/>).

Mailed Newsletter: A reminder that members can sign-up with the office for monthly mailed copies of the newsletter. Thank you!

Matsuri Volunteer Captains

In order for a future Matsuri to be held at our center, we still need committed KC member volunteer leaders (see list of areas in need below). This will not be for 2025. Please let the office know if you're interested, and for a full list of responsibilities and expectations:

- **Light Poles:** Assembly & setup of poles & string lights.
- **Front Gate:** Guard front gate & assist crowd control.
- **Kiddie Games:** Solicit, manage, & oversee volunteers, games, coordinate supplies, setup, booth, & signs.
- **Food Booth:** Solicit, manage, & oversee volunteers, booth, coordinate supplies, setup, signs, food vendors.
- **Crafts:** Solicit, manage, & oversee, crafters, volunteers, coordinate inventory, supplies, setup, pricing, & signs.
- **Cleanup:** Solicit & direct volunteer cleanup & storage.

These are the volunteer captains for other areas:

- **Baked Goods** (Gert Ueoka & Kelly Kalapa)
- **Bon Dancing** (Joyce Gushiken)
- **Grounds** (Rosemary Nishi)
- **Guri Guri** (Sharon Tamaru & Karen Takara)
- **Prize Redemption** (Office)
- **Cashiers** (Board)

WELCOME NEW TENANTS!



Dr. Monique Yuen brings over 24 years of experience as a naturopathic physician specializing in functional medicine. A graduate of the National University of Natural Medicine, she focuses on treating inflammatory and autoimmune conditions. Her approach to medicine was shaped by personal health battles with allergies, eczema, renal disease, and cancer, which revealed both the value and limitations of conventional treatments. These experiences drive her mission to uncover root causes of illness while empowering patients through education. Rather than simply managing symptoms, Dr. Yuen combines natural medicines with conventional treatments when needed, creating comprehensive healing plans. Her practice demonstrates how integrative medicine can support optimal health by addressing underlying causes while providing patients with tools for their wellness journey. Visit her website for more: <https://www.drmoniqueyuen.com/>

Japanese Calligraphy Classes

書道教室

子供 | 大人
水曜日 午後3時~5時
無料体験レッスン

Children | Adults
Wednesdays 3-5pm
Free Trial Lesson

Place: Kapahulu Center, Upstairs Classroom

Contact: Sensei Iwai, 808-218-8389
<https://www.kaedehawaii.com/>

***This is not a Kapahulu Center class or program.
Contact Sensei Iwai directly for pricing and availability.



Instagram: @kaedehawaii

HELP BOOST OUR CLASS PARTICIPATION!

Help us spread the word about our programs and classes!

ZUMBA GOLD

NEW regular class with Mae Chun!
Weekly on Wednesdays at 10:45am!



Aikido Kids & Adults

Weeknights on Tuesdays and Fridays!
Kids class at 5pm and Adults at 6pm
Check with the office to learn more and when you can stop by to try it out!



Moving for Fun & Fitness

Weekly on Thursdays at 10:30am!
A fun fitness session featuring music from the 50's - 80's! Stay fit at any age!