

MARCH 2020

IMPORTANT DATES

- March 17 - Workshop:** Camera Phone Basics with Travis
- March 16 & 20 - Activity:** Open/Games Café and Ask Travis (IT Help)
- March 23 - Excursion:** Hanauma Bay Education Center
- March 24 - Workshop:** Card Making with Janet Miyashiro (Spring Theme)
- March 31 - FINAL DUE:** Fundraiser orders, payments, & unsold tickets (no late orders)

REMINDERS

For plants and greenery on property, **please check with the office** before taking cuttings, pruning, or adding new plants. A friendly reminder, these areas do not belong to individuals, and are cared for by various volunteers throughout the week.



Please do not double park. Cars have difficulty turning around to exit the parking lot.

If your name is highlighted and in bold letters on your class attendance sheet, this a reminder that your membership is due. **Membership dues are \$50 per person & \$75 for couples.**

Please remember if you have changed any information from your registration form such as address, phone number, and emergency contact information, please let the office know. If you are not sure, just visit the office and check. It is **IMPORTANT** that we have the correct information. Thank you!

PLEASE KOKUA

Let's all work together! We appreciate that you turn off lights and fans, close windows, and lock doors after your class. Please throw your trash into the rubbish cans. Mahalo for your kokua and cooperation!

ANNUAL SPRING FUNDRAISER

2020 Spring Fundraiser is upon us! A big Mahalo and shout out to the fundraising programs of **Cookie Corner** and **Kettle Corn Hawaii!**

All members should have received their packets of 20 tickets (10 each for Cookie Corner and Kettle Corn HI), which were distributed in classes and activities the last week of February.

The final deadline for orders, payments, and unsold tickets to the office is **March 31 (no late orders)**. **ALL ORDERS ARE PREPAID**, and check payments can be written to "Kapahulu Center". Pickup will be hosted at the Center on **Saturday, April 11, from 9am - 12pm (Noon)**.

Cookie Corner 8oz bags are **\$8.00**, and Kettle Corn HI 4qt bags of kettle popcorn are **\$10.00**.

These classic crowd pleasing treats make great additions to potlucks, family dinners, and as gifts for friends. As our primary fundraiser, we thank all members for continued participation and support in our efforts to defray operational costs. Every bit that's contributed is greatly appreciated!

Cyber Generations

TBA: Continue to keep an eye out for another session Cyber Generations!

Similar to the trial series that was hosted in Fall 2019, we're working to partner again with the State of Hawaii Department of Defense and our local cybersecurity professional community to host Cyber Generations, a cyber safety class for senior citizens that covers basic cyber safety topics, and provides additional resources, which can help seniors identify potential cyberattacks directed at them or their loved ones. For any questions, please check with the Office.

SITE COUNCIL

Want to be more involved at the Center and with its members? The Site Council welcomes you. Our duty is to communicate to the members the programs and/or activities discussed by the Executive Director and Program Assistant, with whom we meet basically on the first Monday of the year's odd months.

Our goal is to have a representative advise each class; however, if unable to do so, we do list the Highlights of the meeting which are posted on the bulletin board outside the office.

We also strive to encourage the members to join classes that they would be interested in and to acknowledge their presence at the Center. If interested, please advise the office staff, who will communicate with us.

Thank you,
Kapahulu Center Site Council

FREE SMOKE ALARM INSTALLATION

Courtesy of the American Red Cross of HI, sign-up for a free appointment at **739-8111**, or email preparehawaii@redcross.org. Please also ask the office for assistance to setup appointments. **DATES: Saturdays, April 18 and 25, May 2.**

MEDICARE 101

Calling all members who have questions about Medicare or want more info! Please use the sign up sheet, or contact the office. Topics would cover Medicare parts A, B, C & D, how to avoid costly penalties, how to enroll, supplemental options, and much more! This **FREE** workshop is already available on various dates at the Ala Moana Pacific Center (see flyers).

Welcome

NEW MEMBERS

Lorene Kim
Larry Dammana

MAHALO RETURNING MEMBERS

HAPPY BIRTHDAY!

Nancy Chong	Rosemary Nishi
Minh Doran	Cheryl Nitta
Kristina Golasz	Teri Okamoto
Helen Hamasaki	Linda Shimamoto
Mildred Ino	Lynn Tamanaha
George Kaisan	Eiko Teraoka
Stan Kim	Nancy Tokuda

EXCURSION

Hanauma Bay Education Center: Courtesy of the bay's education program and the UH Sea Grant College Program, learn about the ecology of the bay and more! 15ppl max)

DATE: Monday, March 23
TIME: 9:15am (bus departs Kapahulu Cntr)
COST: \$10.00
SIGN-UP BY: March 16 (1 week prior)
LUNCH: HI Kai Shopping Center (on your own)

WORKSHOPS

Camera Phone Basics (repeat): Rejoin Travis Shimozone for a basic overview of camera phone features and functions. Ask questions and practice your photography skills! Please bring your phone or device with you. Refreshments provided.

DATE: Tuesday, March 17
TIME: 10:15 am
PLACE: Conference Room
COST: \$5.00
SIGN-UP BY: March 13 (week prior)

Card Making with Janet Miyashiro: Limited availability. Sign-up today for this Spring themed card making workshop!

DATE: Tuesday, March 24
TIME: 9:30am
COST: \$10.00
ROOM: Conference Room
SIGN-UP BY: March 17 (1 week prior)

TRIAL ACTIVITY

OPEN/GAMES CAFE: Sign-up with friends to socialize over board or card games. Use the Center's games or bring your own! You can also meet with Travis for IT/tech/computer help.

DATES: Monday, March 16 (Conf. Room)
Friday, March 20 (Craft Room)
TIMESL 8am-12pm (Noon)
SIGN-UP: Please use the sign-up sheet
COST: \$2.00

UPCOMING IN APRIL - MAY

April 10 - Good Friday (no classes)
Fundraiser Packing Day (volunteers needed)

April 11 - Fundraiser Pick-Up Day

April 20 - Excursion: TBA

May 1 - Workshop: Traffic Apps with Travis

CENTERS FOR DISEASE CONTROL AND PREVENTION: CORONAVIRUS INFO
www.cdc.gov/COVID19

Gathered on Feb. 28, 2020 from the CDC website and pamphlets, below is some hopefully helpful information for daily reference regarding the Coronavirus Disease (COVID-19):

Symptoms:

Patients have had mild to severe respiratory illness with symptoms of:

- fever
- cough
- shortness of breath

Potential severe complications:

Pneumonia in both lungs

Suggested simple/everyday preventative actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol.

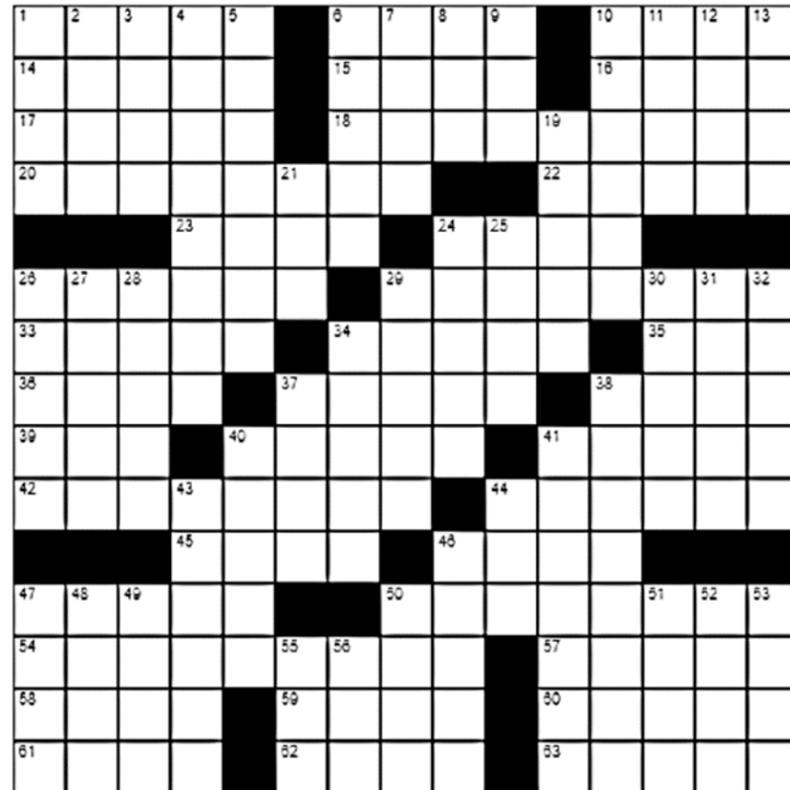
For updates and more information visit: <https://www.cdc.gov/COVID19>

Information for travel/travelers: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

BestCrosswords.com - "Weekly Breeze #64" by Mark McClain
published on 2/27/2020

Across

1- Narrow openings; 6- ___ mater (old school); 10- Glasgow native; 14- Snake charmer's snake; 15- Lunch or dinner; 16- Grassy "pet" grass; 17- Bird-related; 18- ___ quality (pleasant trait); 20- One counted in the population; 22- Round things in the spine; 23- Cherry seeds; 24- Bloke; 26- It was parted by Moses (2 wds.); 29- Volcanic explosion; 33- Slicker, in winter; 34- On the ball; 35- Singing couple; 36- Small body of water; 37- Basic typeface; 38- Bics, et al.; 39- Large deer cousin; 40- Universally recognized truth; 41- "Will & ___" (old sitcom); 42- Maximally dangerous; 44- Hoodwinked; 45- Lymphatic junction; 46- Triumphant victory; 47- Shallow area; 50- Used up; 54- Found guilty by a jury; 57- Impressive lineup; 58- Competent; 59- First class (hyph.); 60- Look unflinchingly; 61- Some kindergarten kids; 62- Dispose of; 63- Songs from the pews;



Down

1- Surgical souvenir; 2- Valentine's Day emotion; 3- White wading bird; 4- Walked (around); 5- More like a beach; 6- Prayer closings; 7- Period after Mardi Gras; 8- Insane; 9- Pub favorite; 10- Actor's document; 11- Greek Xs; 12- Sound from a sty; 13- T-shirt labels; 19- Change with the situation; 21- Pilot's landing guess (abbr.); 24- Rich dairy product; 25- Throw forcefully; 26- More fully matured; 27- Dangerous bacteria (2 wds.); 28- Tennis drop shots; 29- ___ Ness ("Untouchables" leader); 30- Perfect; 31- 1/16 of a pound; 32- Snooped (around); 34- Come up; 37- Cut out, in a way; 38- Piece of land, say; 40- Garlicky sauce; 41- Hungarian stew; 43- Rogues; 44- Vain fellow; 46- Gives away, legally; 47- Nature's wound cover; 48- Rambling Depression Era worker; 49- Mere; 50- Cozy rooms; 51- Trolley car; 52- Get, through hard work; 53- Pre-Easter purchases; 55- Tom or tabby; 56- Also;

WEEKLY SCHEDULE

Monday

8:00 - 9:00 - Tai Chi

Lisa Wong

9:00 - 10:00 - Medical Qigong

Lisa Wong

9:00 - 10:30 - Japanese Ukulele

Helen Hamasaki

Tuesday

8:00 - 9:00 - Yoga

Lisi Yang

8:00 - 12:00 - Mah Jong

8:00 - 12:00 - Conv. Japanese I, II, III
 (Temporarily Closed)

9:00 - 10:00 - Aerobics

Al Alvarez

Wednesday

8:30 - 10:00 - Craft/Plastic Canvas

Cheryl Takayama

10:00 - 11:30 - Kanikapila

Anita Edwards

10:00 - 12:00 - Poker

11:00 - 12:00 - Hula

Leilani Kahoano

PROGRAM FEES VARY

\$2.00 - \$5.00 (Member)

\$7.00 - \$10.00 (Non-Member)

ANNUAL MEMBERSHIP

\$50 (Adult)

\$25 (Child)

Thursday

8:00 - 9:00 - Yoga

Lisi Yang

8:30 - 10:30 - Hawaiian Quilting

Millie Ino

9:00 - 10:00 - Aerobics

Al Alvarez

10:15 - 11:15 - Tai Chi

Carol Price

10:15 - 11:30 - Beginning Ukulele

Kristina Golasz

Friday

8:00 - 12:00 - Mah Jong

9:00 - 12:00 - Tri-Chem

(Temporarily Closed)

10:00 - 12:00 - Beginners Knitting

Betty Moy

10:00 - 12:00 - Poker

Saturday

9:00 - 11:00 - Shigin

Tamae Oshiro

9:30 - 11:15 - Beginning Bon Dance

Joyce Gushiken

11:30 - 1:15 - Intermediate Bon Dance

Joyce Gushiken

Sunday

4:00 - 5:00 - Okinawan Culture Class