

## JANUARY 2021



### MEMBERS ONLY: **FREE GOODY BAG!!!**

For members only, courtesy of the Chaminade Girls' Soccer Team and with donations from Queen's Hospital, sign up with the Kapahulu Center office to drive-thru and pickup a free goody bag at the Center on Saturday, January 30, 2021.

**DRIVE THRU PICK UP**

**Members must sign up for this pickup with the Kapahulu Center office by Saturday, January 23.**

### IMPORTANT DATES

January 1 - New Year's Day (Office Closed)

January 5 & 19 - Senior Crafts (WCC)

January 14 - Book Borrowing Basics (Lanakila)

January 18 - Martin Luther King Jr (Office Closed)

January 20 - Memory Café (HADI)

January 28 - Tea Ceremony (Lanakila)

**January 30 - Members Only: Free goody bag pickup day**

TBA - Virtual Workshop: Ikebana Making (with materials kit)

### A Friendly Check-In:

Dear Members and Friends of Kapahulu Center:

We hope you continue to be strong and healthy as we start a new year! Although in person programs continue to be suspended, we are working on virtual, and socially distanced activities. A reminder that the office is open with varying hours, and visits are by appointment only for safety precautions.

A friendly note that we will be mailing out reminders for membership renewal for the new 2021-22 year. Also being issued to active members is a 2020 report, that is in place of our usual Annual Meeting.

Lastly a big and deeply heartfelt thank you to all those who helped make our Christmas Bento drive-thru pickup day possible! BIG MAHALO to/for:

- **Volunteers** Alan and Owen from the **Okinawan Shorin-Ryu Karate Association**, and Chae, Pat, Karl, and Glenn from **Diamond Head Lions Club**
- **Donations** of gift cards from **Senator Ihara Jr's Office**, beautiful holiday ikebana arrangements from member **Charmaine Yee-Hollison**, delicious pound cake from member **Diane Kochiyama**, and various assorted prizes and the goodies bags from both our Board and Kapahulu office staff.

We'd also like to thank the members who were able to participate and we hope you enjoyed the bento!

Please continue to take extra care, and all of our best wishes to each of you for a brighter 2021!

Kapahulu Center Board of Directors and Exec. Dir.



## \*\* CORONAVIRUS (COVID-19) \*\*

All Kapahulu Center in-person member activities continue to remain temporarily suspended.



Joni Arafiles	Lorene Kim
Sueko Bures	Kay Kimura
Anita Edwards	Miki Maeyoshimoto
Lynette Fujiyoshi	Lillian Mamiya
Lynette Hanaoka	Greg Matsumoto
Phyllis Harada	Barbara Miyashiro
Sandra Ichiyama	Jane Mun
Karen Izuo	Mary Nakamoto
Alice Kakumitsu	Cynthia Nakashima
Janet Kaneshiro	Cheryl Takayama
Verna Kickland	Janie Tomihara
Karen Kihara	Ben Ung

Amy Yasuda

~ MAHALO ALL RETURNING MEMBERS ~

### IMPORTANT NOTES:

**Annual Cleaning:** Postponed until further notice. If you haven't already done so, please sign-up to be notified for when this will be rescheduled.

**Connect Online:** Make an appointment to visit the office and bring in your laptop, iPad, Chromebook, tablet, or smartphone for assistance. Practice Zoom or ask questions. We want to make it easy for you to continue staying in touch, and take advantage of all the **FREE** online activities that are available. Please also sign-up to receive emails about virtual activities being shared by other local senior center programs and organizations!

**Generations Magazine:** Make an appointment to stop by the office and pick up the latest copy!

### ACTIVITIES + WORKSHOPS:

DATE		TIME	TITLE	ORG	JOIN VIA
MON	Jan. 4, 11, 18, & 25	1:00 PM	Senior Moves with Trish (meets weekly)	Waikiki	Zoom (ask KapCntr office)
WED	Jan. 6, 13, 20, & 27	12:00 PM	Lettuce Talk, Lunch & Chat (meets weekly)	Waikiki	Zoom (ask KapCntr office)
FRI	Jan. 8	2:00 PM	Milestones Group (meets monthly)	Lanakila	Zoom (ask KapCntr office)
TUE	Jan. 12 & 26	2:00 PM	Crafty Seniors with Donna (meets every other Tuesday); no skills necessary; & ok to bring your own projects.	Waikiki	Zoom (ask KapCntr office)
THU	Jan. 14	8:30 AM	Book Borrowing Basics with HI State Library	Lanakila	Zoom (ask KapCntr office)
WED	Jan. 20	4:00 PM	Memory Café (meets monthly)	HADI + UH Cntr Aging	Register: <a href="http://tiny.cc/memorycafe">http://tiny.cc/memorycafe</a>
THU	Jan. 28	2:00 PM	Tea Ceremony in the Golden Room	Lanakila	Zoom (ask KapCntr office)

### 5 Quick Brain Teasers For Your Attention & Working Memory Muscles!

From SharpBrains (<https://sharpbrains.com/blog/2015/12/01/brain-teasers-for-adults-to-flex-two-key-mental-muscles-attention-and-working-memory/>)

- Say the days of the week backwards, then in alphabetical order.** (Speak other languages? Try doing the same in Spanish, French, Mandarin...)
- Say the months of the year in alphabetical order.** Easy? Well, why don't you try doing so backwards, in reverse alphabetical order.
- Find the sum of your date of birth, mm/dd/yyyy.** Want a tougher mind teaser? Do the same with your spouse's or best friend's date of birth (without looking it up...)
- Name two objects for every letter in your first name.** Work up to five objects, trying to use different items each time.
- Look around you, wherever you are, and,** within two minutes, try to find 5 red things that will fit in your pockets, and 5 blue objects that are too big to fit.