

# July 2024 Class & Club Schedule

\*Most classes and clubs are an hour long, unless noted otherwise below.

Day	Time	Class	Facilitator	Location
<b>Monday</b>	8:30 AM	Picking Ukulele	Nishiyama, Young	Sewing Room
	9:00 AM – 10:30 AM	Japanese Cultural Club	Sueda	Lanai
	9:15 AM	Guitar	Hirai	Library Room
	9:30 AM – 11:30 AM	Victor's Kapakahi Group	Tangonan	Lib Annex, Go Room
	10:45 AM	Yoga	Fujii	Lanai
	11:00 AM	Hula	Makolo	Courtyard
	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
	12:30 PM – 2:30 PM	Cribbage	Kono	Patio
<b>Tuesday</b>	TBA (day & time varies)	Composting Wormies Group*	Uyehara	TBA
	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
	9:00 AM	Beginner Macintosh (Apple) Class*	Rasmussen	ONLINE
	9:00 AM	Hawaiian Cultural Club (1 <sup>st</sup> & 3 <sup>rd</sup> Tues. of the month)	Manuel	Activity Room
	9:30 AM	Music Lovers Group	Espeleta	Library Annex
	10:00 AM	Beginner's iPhone Class*	Kawasaki	Library Room
	10:00 AM	Hula	Makolo	Courtyard
	10:00 AM	Sahm Bo Dahn	Higuchi	Lanai
	11:30 AM	Tai Chi for Fall Prevention (Formerly Chuan Tai Chi)	Pham	Dance Room
	11:30 AM	Japanese Calligraphy	Usami	Sewing Room
	1:00 PM	Line Dance	Sonson, Matsunaga	Lanai
<b>Wednesday</b>	11:30 AM – 2:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	8:00 AM	Tai Chi*	Koike	ONLINE
	9:00 AM	Stretch & Tone	Werle	Lanai
	9:30 AM	Portuguese Cultural Club (2 <sup>nd</sup> & 4 <sup>th</sup> Wed. of the month)	Frank	Activity Room
	9:45 AM – 12:00 PM	Sewing by Nakasone	Nakasone, Ito	Craft Room
	10:00 AM	Korean Dance Cultural Club	Hasegawa	Dance Room/Lanai
	10:30 AM – 12:00 PM	Shigin	Tokugawa	Library Room

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Day	Time	Class	Facilitator	Location
	10:30 AM	Garden Group* (Last Wed. of the month)	J. Nakamura	See facilitator
	10:30 AM	Happy Senior Serenaders	Ojiri, Ramiro, Young	Lib Annex, Go Room
	11:00 AM	Body & Brain Beg. Yoga & Tai Chi	Arquette	ONLINE
	11:00 AM	Yoga	Fujii	Lanai
	12:00 PM	Crafts by Janet*	Miyashiro	Craft Room
	12:15 PM – 1:45 PM	Chinese Traditional Dance	Feng, Hou	Dance Room
	1:30 PM	Fit & Flexible	Mayeshiro	Lanai
	2:00 PM – 2:45 PM	Conv. Mandarin Language	Xu, Hou	Dance Room
<b>Thursday</b>	9:00 AM – 1:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	9:00 AM – 10:30 AM	Okinawa Nenchosha Club	Higa	Lanai
	9:00 AM – 11:00 AM	Hanafuda	B. Nakamura	Dance Room
	9:00 AM – 10:30 AM	Taisho Koto	Takeuchi, Sueda	Library Room
	11:00 AM – 1:00 PM	Cribbage	Kono	Patio
	11:00 AM – 12:00 PM	Okinawan Dance	Kawaguchi	Lanai
	12:30 PM – 2:30 PM	Brian's Karaoke Class (2 <sup>nd</sup> & 4 <sup>th</sup> Thurs. of the month)	Suzuki	Library Annex, Go Room
	1:00 PM	Zumba Gold	Hokama	Lanai
<b>Friday</b>	8:00 AM	Tai Chi*	Koike	ONLINE
	8:30 AM	Basic (Beginning) Ukulele	Nishiyama, Young	Go Room
	9:00 AM	Fusion	Gittelman	ONLINE
	9:00 AM – 2:30 PM	Enka	Arakaki	Sewing Room
	9:30 AM	Chinese Cultural Club (1 <sup>st</sup> & 3 <sup>rd</sup> Fridays of the month)	Mau	Activity Room
	9:30 AM – 11:00 AM	Yui Buyo	Sugai	Lanai
	10:00 AM- 12:00 PM	Tap Dance	Feagins, Ferreira	Dance Room
	10:30 AM	Sing For Your Life	Richmond	Lib Annex, Go Room
	11:15 AM	American Sign Language	Shimizu	ONLINE
	12:00 PM – 2:30 PM	Ping Pong	Ream	Lanai
	12:30 PM – 2:30 PM	Beginner Oldies Karaoke	Murashige	Go Room
<b>Saturday</b>	9:00 AM – 11:30 AM	Filipino Cultural Club	Ibay	Activity Room
	10:30 AM	Spanish	Shaw	Library Room
<b>Sunday</b>	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.

# July 2024

SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2 Market City Walk & Shop (10:00 am)	3 4 <sup>th</sup> of July Celebration (11:00 am)	4 <b>CENTER CLOSED</b> Independence Day	5 HPU Strength & Balance (1:00 pm) Milestones Book Workshop (2:00 pm)	6 Chess (9:00 am) Waikiki 2000 Lions Eyeglasses Collection (9:00 am)
7	8 HPH Healthy Living Event (9:00 am)	9 Strength Training w/ Televeda (8:00 am) BINGO (9:00 am) Kailua Walk & Shop (11:00 am)	10 Candidates Fair (9:00 am) Orange Xpress (12:00 pm) Magic Island Walk (4:00 pm)	11 Strength Training w/ Televeda ONLINE (8:00 am) Coffee, Tea & Talk Story (8:30 am)	12 Food Handler Class (9:00 am) HPU Strength & Balance (1:00 pm) Korean Culture and Cuisine (2:00 pm)	13 Chess (9:00 am) Orchid Society Judging 9:30 am Cybersecurity AI Safety (10:00 am) Personal Tech (12:00 pm)
14	15 Kilohana Hula Show (9:30 am)	16	17 Prog. Comm. Mtg. (8:30 am) Emergency Preparedness for Homeowners (12pm) Card-Making (1:00 pm) Magic Island Walk (4:00 pm)	18 Strength Training w/ Televeda ONLINE (8:00 am) Mayor Wright Housing and Kuhio Park Redevelopment (12:00 pm) CMP Meeting (2:00 pm)	19 Lyon Arboretum (9:00 am) HPU Strength & Balance (1:00 pm) <i>Center closes at 2pm for staff mtg</i>	20 Chess (9:00 am)  NARFE Meeting (9:30 am)
21	22	23 Strength Training w/ Televeda (8:30 am) Oldies but Goodies with Glenn and Les (12:00 pm)	24 New Member Orientation (9:00 am) Diabetes Self-Management (10:00 am) PAB Meeting (12pm) Magic Island Walk (4:00 pm)	25 Strength Training w/ Televeda ONLINE (8:00 am) Senior Centers Meeting (12:00 pm) Keiki Hula (5:00 pm)	26 HPU Strength & Balance (1:00 pm) Keiki Hula (5:00 pm)	27 Chess (9:00 am)  Keiki Hula (12:00 pm)
28	29 Little Plumeria Farm Excursion (11:00 am)	30 Ho'olu Aina Excursion (9:00 am)	31 Bayview Mini Gold (10:00 am) Diabetes Self-Management (10:00 am) Retire Wisen (2:00 pm) Magic Island Walk (4:00 pm)			

\*Calendar subject to change

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