

# September 2024 Class & Club Schedule

**Please note we are on a class break from Sept. 3-13, 2024. Please see your instructor should they have class during the break. Fall Session begins Monday, September 16, 2024.**

\*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
	10:00 AM – 12:00 PM	Hula	Makolo	Courtyard
	10:30 AM	Basic Japanese	Sasaki	Sewing Room
	10:45 AM	Yoga	Hasegawa	Lanai
	12:00 PM	Ping Pong	Ream	Lanai
	12:30 PM – 2:30 PM	Cribbage	Kono	Patio
	<b>Tuesday</b>	TBA (day & time varies)	Composting Wormies Group*	Uyehara
8:00 AM – 11:00 AM	Needle and Thread	Oshiro	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 Class*	Rasmussen	ONLINE	
9:00 AM	Hawaiian Cultural Club (1 <sup>st</sup> & 3 <sup>rd</sup> Tues. of the month)	Manuel	Activity Room	
9:00 AM – 11:00 AM	Hula	Makolo	Courtyard	
9:15 AM – 12:00 PM	Pickleball	Matsumoto, Lardizabal	Lanakila Gym	
9:30 AM	Music Lovers Group	Espeleta	Library Annex	
10:00 AM & 11:00 AM	Beginner's iPhone Class*	Kawasaki	Library Room	
10:00 AM	Sahm Bo Dahn	Higuchi	Lanai	
11:15 AM – 12:45 PM	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	Matsunaga, Sonson	Lanai	
<b>Wednesday</b>	8:00 AM	Tai Chi*	Koike	ONLINE
8:30 AM – 9:45 AM	Fit & Flexible	Mayeshiro	Dance Room	
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	

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	10:00 AM – 12:00 PM	Korean Dance Cultural Club	Hasegawa	Dance Room/Lanai
	10:30 AM – 12:00 PM	Shigin	Tokugawa	Library 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
	2:00 PM – 2:45 PM	Conv. Mandarin Language	Xu, Hou	Dance Room
<b>Thursday</b>	9:00 AM – 10:30 AM	Okinawa Nenchosha Club	Higa	Lanai
	9:00 AM – 11:00 AM	Hanafuda	Samori	Dance Room
	9:00 AM – 10:30 AM	Taisho Koto	Takeuchi, Sueda	Library Room
	9:15 AM – 12:00 PM	Pickleball	Hino	Lanakila Gym
	11:00 AM – 1:00 PM	Cribbage	Kono	Patio
	11:00 AM	Okinawan Dance	Kawaguchi	Lanai
	11:30 AM – 2:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	12:00 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
<b>Friday</b>	8:00 AM	Tai Chi*	Koike	ONLINE
	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
	11:00 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	Lee	Go Room
<b>Saturday</b>	9:00 AM – 11:30 AM	Filipino Cultural Club	Ibay	Activity Room
	10:00 AM	Zumba Gold	Hokama	Lanai

\*Special registration- see staff for more info. Do not fill out a registration form.

Classes subject to change

# September 2024

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2 <b>HOLIDAY</b> Labor Day CENTER CLOSED	3 SAVERS Service Project (8:30 am)  Big Island Trip Meeting (12:00 pm)	4 Genki Ball Toss at Ala Wai (1:00 pm)	5	6 Milestones Book Workshop (2:00 pm)	7 Chess (9:00 am)
8	9 Grandparent's Day with Japanese Cultural Club (9:00 am) Reminiscence and Life Stories (10:00 am) Special Sing Along/Karaoke (12:30 pm)	10 Strength Training w/ Televeda (8:00 am) BINGO (9:00 am) Chinese Traditional Medicine (10:00 am)	11 Program Committee Mtg (8:30 am) Orange Xpress (12:00 pm)	12 Strength Training w/ Televeda ONLINE (8:00 am) Coffee, Tea & Talk Story (8:30 am)	13 Generations Magazine Senior Fair and Senior Fun Walk (10:00 am) Korean Culture and Cuisine (2:00 pm)	14 Chess (9:00 am) Orchid Society Judging 9:30 am Cybersecurity (10:00 am) Personal Technology (12:00 pm)
15	16 Reminiscence and Life Stories (10:00 am) Caregiver Support Group with SW Lourdes <i>Fall Session Begins</i>	17 Power of Attorney (11:00 am)	18 Exercise Demo 1 w/ Rehab Hospital of Pacific (8:00 am) All Occasion Card Making (1:00 pm) Magic Island Walk (4:00 pm)	19 Strength Training w/ Televeda ONLINE (8:00 am) CMP Meeting (2:00 pm)	20 Caregiver Support Group Meeting (11:00 am)  CENTER CLOSSES at 2pm	21 Chess (9:00 am) Liliha Library Service Project (9:00 am) NARFE Meeting (9:30 am)
~~~~~ Big Island Trip Sept. 17 to Sept. 20 ~~~~~						
22	23 Kilohana Hula Show (9:30 am) Reminiscence and Life Stories (10:00 am)	24 Strength Training w/ Televeda (8:30 am) BINGO (9:00 am) Social Security (10:00 am) Glenn & Les Concert (12:00 pm) Legacy of Life (12:15 pm)	25 New Member Orientation (9:00 am) Participant Advisory Board Meeting (12:00 pm) Pest Control (1:00 pm)	26	27 Grief of the Loss of a Spouse w/ Navian Hawaii (9:00 am)	28 Chess (9:00 am)
29	30					

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