

February 2025 Class & Club Schedule

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

| Day | Time | Class | Facilitator | Location | |
|---------------------|---------------------|---|-----------------------|--------------------|--------------|
| Monday | 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 | |
| | 11:00 AM | Tai Chi for Health | Lau | Activity Room | |
| | 12:00 PM | Ping Pong | Ream | Lanai | |
| | 12:30 PM – 2:30 PM | Cribbage | Kono | Patio | |
| | 12:30 PM – 2:30 PM | Samulnori | Lee | Sewing Room | |
| | Tuesday | 8:00 AM – 11:00 AM | Needle and Thread | Oshiro | Sewing Room |
| | | 8:00 – 11:00 AM | Mah Jong | Sugihara | Library Room |
| 8:30 AM | | Beginner Guitar | Dacoscos | Lanai | |
| 8:30 AM | | Strumming For Fun | Hirai, Young | Lib Annex, Go Room | |
| 9:00 AM | | Hawaiian Cultural Club (1 st & 3 rd 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 | Patio | |
| 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 | |
| Wednesday | | TBA (day & time varies) | Gardening Group* | Nakamura | TBA |
| | | 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 nd & 4 th Wed. of the month) | Frank | Activity Room | |
| | 9:45 AM – 12:00 PM | Sewing by Nakasone | Nakasone, Ito | Craft Room | |
| | 10:00 AM – 12:00 PM | Korean Dance Cultural Club | Hasegawa | Dance Room | |
| | 10:30 AM | Happy Senior Serenaders | Ojiri, Ramiro | Library Annex | |

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| | 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 |
| Thursday | TBA (day & time varies) | Composting Wormies Group* | Uyehara | TBA |
| | 9:00 AM – 10:30 AM | Okinawa Nenchosha Club | Higa | Lanai |
| | 9:00 AM – 10:30 AM | Taisho Koto | Takeuchi | Library Room |
| | 9:00 AM – 11:00 AM | Hanafuda | Samori | Dance Room |
| | 9:15 AM – 12:00 PM | Pickleball | Hino, Tsubaki | Lanakila Gym |
| | 11:00 AM – 1:00 PM | Cribbage | Lardizabal | 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 nd & 4 th Thurs. of the month) | Suzuki | Library Annex, Go Room |
| Friday | 8:00 AM | Basic Ukulele | Nishiyama | Dance Room |
| | 8:00 AM | Tai Chi* | Koike | ONLINE |
| | 9:00 AM | African American Cultural Club (2 nd & 4 th Fri. of the month) | Gray | Activity Room |
| | 9:00 AM | Fusion | Gittelman | ONLINE |
| | 9:00 AM – 2:30 PM | Enka | Arakaki | Sewing Room |
| | 9:30 AM | Chinese Cultural Club (1 st & 3 rd 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 | Murashige | Go Room |
| Saturday | 9:00 AM – 11:30 AM | Filipino Cultural Club | Ibay | Activity Room |
| | 9:30 AM | Spanish | Shaw | Sewing Room |
| | 10:30 AM | Zumba Gold | Hokama | Dance Room |
| Sunday | 9:30 AM | Tai Chi for Health and Qi Gong | Lau | Online |

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

Classes subject to change

February 2025

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| 2 | 3 AARP Tax Aide Appt. Only Wai Kai Walk and Lunch (11:00 am) Travel Club Meeting (1:00 pm) | 4 Strength Training w/ Televeda (8:00 am) Beginner Guitar (8:30 am) Aiea Ele. Reading (12:30pm) | 5 Eating Well with Diabetes (8:00 am) Ti Leaf Lei Making (9:00 am) Body Composition – Cancer Research (1:00 pm) Gateball (4:00 pm) Walk at Ala Moana (4:30 pm) | 6 Coffee, Tea & Talk Story (8:30 am) Strength Training w/ Televeda (8:00 am) Haircuts (12:00 pm) | 7 Milestones Book (1:00 pm) | 8 Orchid Society Judging (9:30 am) Cybersecurity (10:00 am) Personal Technology (12:00 pm) |
| 9 | 10 AARP Tax Aide Appt. Only Ka Makana Walk and Shop (11:00 am) | 11 Beginner Guitar (8:30 am) BINGO (9:00 am) Senior Valentine Dance at Blaisdell (9:00 am) Sing Along w/ Steve (12:30 pm) | 12 Program Committee Mtg (8:30 am) Ti Leaf Lei Making (9:00 am) Diabetes Self Management (10:00 am) Orange Xpress (12:00 pm) Gateball (4:00 pm) Walk at Ala Moana (4:30 pm) | 13 Strength Training w/ Televeda (8:00 am) Geriatric Fellows Tour (8:00 am) Puakenikeni Propagation (8:00 am) Haircuts (12:00 pm) | 14 Crabcake Cooking Demo (11:00am) Valentine's Day Program (12pm) HPU Strength & Balance (1:30 pm) Korean Culture and Cuisine (2:00 pm) | 15 NARFE Meeting (9:30 am) |
| 16 | 17 CENTER CLOSED Presidents' Day Holiday | 18 Strength Training w/ Televeda (8:00 am) Beginner Guitar (8:30 am) Ho'omaluhia Botanical Gardens (11:00 am) | 19 Ti Leaf Lei Making (9:00 am) Introduction to Growing Orchids (1:00 p.m.) Gateball (4:00 pm) Walk at Ala Moana (4:30 pm) | 20 Strength Training w/ Televeda Univers(Japan) Foundation/UH Tour (8:00 am) Haircuts (12:00 pm) CMP Meeting (2:00 pm) | 21 SHOW & SELL (8:00 am) Caregiver Support Group (11:00 am) HPU Strength & Balance (1:30 pm) | 22 |
| 23 | 24 AARP Tax Aide Appt. Only Wai Kai Walk and Lunch (11:00 am) | 25 Strength Training w/ Televeda (8:00 am) Beginning Guitar (8:30am) Chinese Traditional Medicine (10 am) Intro to Alzheimers (11 am) Oldies but Goodies (12:00 pm) | 26 New Member Orientation (9:00 am) Ti Leaf Lei Making (9:00 am) PAB Mtg (12:00 pm) Gateball (4:00 pm) Walk at Ala Moana (4:30 pm) | 27 Haircuts (12:00 pm) | 28 Black History Month Celebration (9:00 am) Home Sweet Home: Home Care Options (10 am) HPU Strength & Balance (1:30 pm) | |

*Calendar subject to change

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|---------------------------|----------------------------|--|
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