

# January 2025 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
	10:00 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
	12:30 PM – 2:30 PM	Samulnori	Lee	Sewing Room
<b>Tuesday</b>	TBA (day & time varies)	Composting Wormies Group*	Uyehara	TBA
	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	Happy Senior Serenaders	Ojiri, Ramiro	Library Annex
	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 – 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	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	Basic Ukulele	Nishiyama	Dance Room
	8:00 AM	Tai Chi*	Koike	ONLINE
	9:00 AM	African American Cultural Club (2 <sup>nd</sup> & 4 <sup>th</sup> 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 <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	Murashige	Go Room
<b>Saturday</b>	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

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

Classes subject to change

# January 2025

SUN	MON	TUES	WED	THUR	FRI	SAT
			1 CENTER CLOSED New Year's Day Holiday	2 iPad Workshop (1:00 pm)	3 Leadership Training (9:00 am) Assistive Technology Presentation (12:30 pm) Aloha United Way 2-1-1 Presentation (1:00 pm) CPR Training (1:30 pm)	4 Waikiki Lion's Eyeglasses and Hearing Aid Collection (10:00 am)
5	6 Travel Club Meeting (1:00 pm)	7 Strength Training w/ Televeda (8:00 am) Envelope Making w/ Calendars Workshop (9:00 am)	8 Program Committee Mtg (8:30 am) Kokua Mau Presentation (11:00 am) Orange Xpress Concert (12:00 pm) Gateball (4:00 pm) Walk at Ala Moana (4:30 pm)	9 Strength Training w/ Televeda (8:00 am)	10 Korean Culture and Cuisine (2:00 pm)	11 Orchid Society Judging (9:30 am)  Personal Technology (12:00 pm)
12	13	14 BINGO (9:00 am) Chinese Traditional Chinese Medicine (10:00 am)	15 Opening Day of State Legislature (9:00 am)  Gateball (4:00 pm) Walk at Ala Moana (4:30 pm)	16 Strength Training w/ Televeda (8:00 am)	17 SAVERS FunRaiser (9:00 am)	18 Occupational Therapy Fall Clinic (10:00 am)
19	20 CENTER CLOSED Martin Luther King Day Holiday	21 Strength Training w/ Televeda (8:00 am) Sing Along (12:30 pm)	22 Ti Leaf Lei Making (9:00 am) New Member Orientation (9:00 am) Kokua Mau Presentation (11:00 am) PAB Mtg (12:00 pm) Foot health (1:00 pm) Gateball (4:00 pm) Walk at Ala Moana (4:30 pm)	23 Strength Training w/ Televeda (8:00 am)	24 Udon Making at MOA (12:00 pm)	25 Self Defense Workshop (10:00 am)
26	27 Sakura Tour (11:00 am)	28 Strength Training w/ Televeda (8:00 am) Oldies but Goodies (12:00 pm)	29 Ti Leaf Lei Making (9:00 am) Lunar New Year Lunch (12:00 pm) Gateball (4:00 pm) Walk at Ala Moana (4:30 pm)	30	31	

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Catholic Charities USA

