

LMPSC Class and Group Descriptions

American Sign Language - Instructors: Cheryl Shimizu, Lillian Inatsuka

Learn basic American sign language online. Beginners, hearing, and non-hearing persons are welcome.

Basic Japanese I - Instructor: Teresa Sasaki

Learn basic Japanese language, conversation, and culture. Lectures are based on romaji and hiragana.

Basic Ukulele - Instructor: Mel Nishiyama

Learn basic ukulele chords and strumming through a variety of songs.

Beginner Guitar - Instructor: Roland Dacoscos

Beginner Oldies Karaoke - Instructor: Steve Murashige

Attendees will practice and confidently sing at least two oldies songs of their choosing. 1950's-1970's music. A karaoke unit will be used to provide on screen lyrics and some melody assistance.

Beginning Apple Macintosh - Instructor: Ross Rasmussen

Learn Mac basics such as setting up an Apple ID and email, learning to “surf” the web, and using the mouse and keyboard. Classes focus on understanding how to interact with your computer so you get the best experience. Classes are tailored to students' needs and are slow paced to allow all learners a chance to improve their skills.

Body and Brain Beginning Yoga and Tai Chi - Instructor: Rochelle Arquette

On-line and in-studio classes feature yoga, tai chi, meditation, and breathwork. This class offers a unique system of mind-body exercises to help you feel healthier, happier, and more peaceful.

Brian's Karaoke Class - Instructor: Brian Suzuki

With over 20 years of experience, Brian hosts the Karaoke Class with his vast collection of Japanese, American pop/standards, Hawaiian, and some Chinese and Korean songs. For those who can't read Japanese, there is a library of Romanized lyrics. You can receive tips on singing, the use of the microphone, timing, singing on key, and interpreting the meaning of the song. Brian can also make a karaoke version of your favorite song. Singing is therapy for body and mind.

Composting Wormies Group - Facilitator: Phil Uyehara

Worms recycle food scraps and other items into compost. Learn about and maintain a worm composting bin at the center. Harvest and take home vermicast twice a year.

Cribbage - Instructor: Dennis Kono

Come and join us to play Cribbage. Beginners are welcome and will receive personal tutoring to learn this classic game. We also play a variation called Cooperative Cribbage in which there are No Losers because all players team up against the board. This levels the playing field for all.

Digital Technology - Instructor: James Li (Lanakila Pacific)

In partnership with Lanakila Pacific (LP), any LMPSC member is welcome to join the class at the center on Thursday, weekly. Learn the basics and become comfortable with your Apple or Android devices, and receive personal tips and solutions, too.

Enka - Instructor: Marion Arakaki

This class, taught by Marion since 1985, will appeal to students who like older, pre-WWII Japanese songs. The karaoke songs are romanized for easy learning. Marion teaches techniques and guides the students to make the songs their own.

Fit and Flexible - Instructor: Janelle Mayeshiro, Neuro-Reflex Therapist

Exercises that will build core strength and balance.

Fusion - Instructor: Daniel Gittelman

Classes incorporate rhythmic and breath filled movements, aligned stretching and relaxation tailored to the participants needs. Participants can grow and develop in their own practice: enhancing body awareness, strength, function, flexibility, range of motion and mental clarity. Incorporating the benefits of yoga, Pilates, and isometric resistance, classes aren't just a workout, they're a lesson on the body.

Garden Group - Facilitator: Joyce Nakamura

Garden Group features lectures, field trips, and tips on landscaping and growing plants. Share your experiences with fellow green thumbs. Meetings are scheduled several times a year.

Gateball Practice - Facilitator: Susie Chun Oakland, Guest Trainer: Art Kimura

Learn how to play gateball. Practices will be held every Wednesday from 4:00 p.m. – 5:30 p.m. at Ala Moana Park on the Diamond Head side of the tennis courts and pavilion.

Hanafuda - Instructor: Sandy Samori

Learn and play Hanafuda, a Japanese card game brought to Hawaii by Japanese “issei” or first-generation. Beginners and experienced players are welcome.

Happy Senior Serenaders - Instructors: Donald Ojiri, Rosie Ramiro, and Patrick Young

We are a class of intermediate and advanced level ukulele players with a passion for singing. Our current repertoire consists of 60 songs in English, Hawaiian, Filipino, Japanese, and Korean. We enjoy sharing our music with other LMPSC members as well as senior care facility residents because we truly believe that music is healing and rejuvenating for both the singers and their audiences.

Hula - Instructor: Temoana Makolo

From her hula heritage, Temoana Makolo shares her love of the dance by continuing the long popular hula class at LMPSC. She teaches mainly au‘ana (modern hula) and shares not only the dance steps but also insights into the songs, meaning, and history of the dances. Class size is limited to 25.

Intermediate Guitar - Instructor: Donald Hirai

1. Member needs to have guitar playing experience.
2. Member needs to bring their own guitar in playable condition.
3. Member needs to know how to read music or play by ear.
4. There will be no more than 12 members in the class.

Learn English, Hawaiian and Japanese songs with the guitar.

iPhone for Beginner Beginners - Instructor: Hiromi Kawasaki

Learn iPhone basics such as settings, security, making and receiving calls and text messages, and care of your phone. Start to get the most out of your iPhone. One-on-one and two-on-one group lessons. By appointment only.

iPhone Online Class - Instructor: Ross Rasmussen

In this online class, learn to unlock all the features of your iPhone. There will be lessons in understanding the user interface, customizing your iPhone (or iPad) to your liking, and a review of the various apps that come with your iPhone. There is an in-depth look at the System Settings, to familiarize you with them, and to help you understand how the settings can be changed to make your iPhone work like you want it to. You must have an iPhone or iPad for this class, and be willing to learn new ways to use it.

Janet's Craft Class - Instructor: Janet Miyashiro

Janet Miyashiro, crafter and greeting card maker extraordinaire, gathered a group of women with a variety of skills and enthusiasm to learn and share their talents. The class has created inspirational painted rocks, unique gift cards, no-sew t-shirt bags, favors, unique greeting cards, sock bunnies, fascinators, and many other treasures.

Due to the size of the classroom, participation is limited to 20, typically by invitation only. They meet the second Wednesday of every month to create treasures for personal use and to do service projects to benefit all LMPSC members. Contact staff for more information.

Japanese Calligraphy - Instructor: Hideko Usami

Using a brush and black ink, learn to artfully write Japanese characters or “kanji.” Improve your concentration, posture, and hand control while learning about the culture and meaning of the characters.

Supplies needed: Writing paper (not copy paper), brush for Calligraphy (not for painting), ink, small plate for ink, paper weight, felt mat.

Korean Dance Cultural Club - Instructor: Suzie Hasegawa

Learn the movements, gestures, and steps for traditional Korean dance. Beginners are welcome. The group occasionally performs at care homes to share the beautiful dances.

Line Dancing - Instructors: Karen Matsunaga, Aurie Sonson

Stay active, make new friends, and have fun line dancing to a variety of music.

Mah Jong - Instructor: Jean Sugihara

Mah Jong is a game developed in China usually played by four people on a card table. It is similar to the card game gin rummy but played with tiles. The game is completed when a hand is formed with four sets of three tiles plus a pair (the eye). Mah Jong is a game of skill, strategy, and luck. Although there are many variations of playing the game, LMPSC plays with the basic tiles (144) and follows the rules passed down by the people who started this class many years ago.

Mandarin Conversational Language - Instructor: Hui Xu

Learn Some basic knowledge about Pin Yin, daily conversation such as greeting, introduction, shopping, practical sentence pattern and some basic knowledge about Chinese characters. For beginners.

Music Lovers Group - Instructor: Manny Espeleta

If you play ukulele or guitar and enjoy singing, then this music lovers' group is for you. Join in the fun and camaraderie.

Needle and Thread - Instructor: Cynthia Oshiro

Engage in sewing various craft projects, either their own or projects shared and taught by other members. Two heavy duty Singer sewing machines are available for use during class, but having your own sewing machine at home would be most helpful to finish or create new projects. Members are encouraged to provide their own fabric and notions for personal use. Basic sewing skills are desired.

Okinawan Dance - Instructor: Diana Kawaguchi

Continuing the Okinawan Dance class of Sensei Mitsuko Toguchi Nakasone of the Ryusei Honryu Ryuko Kai school who taught at LMPSC for over 32 years, this class features Okinawan folk and classical dances. Many have been choreographed by Sensei Toguchi especially for seniors to avoid squatting and bending down. Learn the art of Okinawan dance, not to be confused with bon dance, which also helps to improve balance, memory and socializing.

Picking Ukulele - Instructor: Melvin Nishiyama

Learn basic note reading and picking in this ukulele class. We also play chords; whereby we pick the chords.

Pickleball - Instructors: Rogelio "Archie" Lardizabal (Tues), Jason Tsubaki (Tues), Jim Hino (Th), Lester Lau (Th)

Get active and have fun learning how to play pickleball, a combination of tennis, badminton, and ping pong. The class is geared to beginners and basic techniques with emphasis on safety and injury prevention. We emphasize safety and courtesy above competition. Continuing players are encouraged to put the safety of the group before individual play to win. Wear comfortable clothing and court shoes. Bring a pickleball paddle (if you have one), towel, and water bottle for hydration. Join this fun and social sport.

Ping Pong - Instructor: Dan Ream

This fun kupuna ping pong class gets together for fun and friendship and is open to players of all levels and abilities. It provides benefits of aerobic exercise; hand-eye coordination; and right-left brain interaction for prevention of dementia. All are welcome and lessons and equipment will be provided if desired.

Qi Gong - Instructor: Randal Lau

Qi gong is a Chinese practice to cultivate balanced “qi” or life energy. It is like a moving meditation that coordinates slow movement, deep breathing and a calm mind.

Sahm Bo Dahn - Instructor: Bob Higuchi

Sahm Bo Dahn is a Korean exercise practice to develop and maintain your physical and mental fitness. Discover, develop, and control the flow of your internal energy, or “ki.”

Samulnori - Instructor: Sunny Lee

Samulnori is traditional Korean percussion music performed with four different instruments: Kkwaenggwari, a small gong; Jing, a larger gong; Janggu, an hourglass-shaped drum; and Buk, a barrel drum. Learn to play and engage your body and brain in exciting and expressive Samulnori.

Sewing by Nakasone - Instructor: Flora Nakasone

Work on your own sewing projects with help from Flora. Occasionally, the group has special projects to sew bags, masks, caps and more to help the center. Class size is limited to 6.

Shigin - Instructor: Hideko Tokunaga

Shigin is a performance of reciting a Japanese or Chinese poem in Japanese, usually chanted. Abdominal breathing is used, and recent studies published in Japanese

medical journals report that it promotes good digestion and circulation as well as relieves stress. Shigin is very good for body and mind.

Sing for Your Life - Instructor: Chanara Richmond

We provide sing-along entertainment at various venues on Oahu. Our goal is to radiate so much fun and joy, that people will want to sing along with us. We sing popular songs that everyone knows and prepare six holiday-themed programs each year. Lyric books and optional CD's for home practice are available for purchase.

It's OK to enjoy singing at rehearsals and NOT participate in performances. To participate, you need the ability to stand for an hour, walk without assistance, and sing reasonably in tune. You also need to know the music well enough that you are able to occasionally look up and smile at the audience. Because performances occur off of LMPSC property, they are considered personal volunteer work, and Catholic Charities is not liable for these events.

Spanish Language Class - Instructor: Yoko Shaw

Learn conversational Spanish as beginners and intermediate level students.

Special Events Group - Facilitator: Jean Sugihara

This group helps with most events that occur during the year at LMPSC. The group does almost everything involved in a special event from planning, organizing, serving, and cleaning. The largest event of the year is "Thanksgiving" when we serve meals to approximately 300-400 people.

Stretch and Tone - Instructor: Denise Werle

Weights and stretch tubes are provided in this class on stretching and weight bearing exercises. They can be done sitting or standing or without using any equipment. Exercises are tailored to your abilities so don't miss out on this health enhancing class.

Strumming for Fun - Instructor: Donald Hirai

This ukulele class features singalong and playing simple ukulele chords. Ability to read notes is not necessary. The group occasionally does outreach at nursing and care homes to share the joy of ukulele and song.

Tai Chi for Fall Prevention (Formerly Chuan Tai Chi) - Instructor: Elizabeth Pham

Modified Tai Chi Chuan, Yang and Sun style for fall prevention with deep breathing, hands healing touch. Daily check in from head to toes.

Tai Chi (Yang Style) - Instructor: Ken Koike

Tai Chi can enhance your health (mind, body, and spirit) by improving balance, flexibility, and strength (preventing falls and accidents); reducing stress, anxiety, and depression; and increasing energy, endurance, and agility. Practitioners of Tai Chi experience an improvement in mind, memory, and concentration, as well as overall feelings of well-being. Students will learn basic Tai Chi and Qigong principles. The course starts at a beginner level; no prior experience necessary.

Tai Chi for Health - Instructor: Randal Lau

Tai Chi provides many benefits and is popular because it helps to improve balance, flexibility, and strength. This class is instructed as a sit-down class. Offered in-person on Mondays. Offered on-line on Sundays.

Taisho Koto - Instructor: Yasuko Takeuchi

Taisho Koto, or Nagoya harp, is a Japanese stringed musical instrument that was created in the Taisho period in Japan. No new students are currently accepted.

Tap Dance - Instructor: Cheryl Feagins, Naomi Ferreira

Tap dancing is a great way to improve your strength, flexibility, coordination, and cardiovascular conditioning. Easy tapping to music brings joy and good health. Beginners welcome.

Traditional Chinese Dance - Instructor: Sandy Feng, Assistant Instructor: Melanie Hou

Learn traditional Chinese Dance.

Traditional Chinese Medicine - Instructor: Diane Fujio

Learn different ways to increase your energy and promote good health through Chinese Traditional Medicine strategies. **(NOT OCCURRING UNTIL SPRING 2025)**

Victor's Kapakahi Group - Instructor: Victor Tangonan

Bring your instruments and join this fun musical jam session. It is a great way to keep up your playing skills and have fun with the group.

Walks at Ala Moana Beach Park - Facilitator: Susie Chun Oakland

Walks around Ala Moana Park and Beach on Wednesdays from 4:30 p.m. – 5:30 p.m. Meet in the area where LMPSC's gateball practices take place (Diamond Head side of the tennis courts and pavilion), then walk on the sidewalk of the Ala Moana Park and Beach for 30 minutes to an hour.

Yoga - Instructor: Christy Fujii

Take this introduction to yoga to improve your balance and posture. Learn easy poses and exercises tailored to seniors. Suzie gives tips for improving your health and daily life.

Yui Buyo - Instructor: Aiko Sugai

Yui Buyo is Okinawan folk dance traditionally performed at community gatherings. Enjoy the dances while benefiting body and mind.

Zumba Gold - Instructor: Frances Hokama

Zumba Gold dance workout allows participants to move at their own pace. Classes are medium intensity, low impact cardio workouts. Improve your balance, range of motion, coordination, and flexibility.

The Zumba Gold class is a fun and exhilarating fitness class for seniors. The class combines dance moves with fitness moves to help participants tone different parts of their body; increase their range of motion; develop better flexibility; and improve core strength, balance, and cardio endurance. The class is a fun way to work out without feeling like you're exercising. Students dance and move to oldies and goodies music as well as Latin flavor songs. An entire hour of moving feels like just ten minutes when you're having fun moving to the beat.