

March 2025 Class & Club Schedule

*Please note Winter Session ends
3/14, Spring Session starts 3/31

*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	
	10:30 AM	Basic Japanese	Sasaki	Sewing Room	
	10:30 AM – 12:00 PM	Hula	Makolo	Dance 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	
9:15 AM – 12:00 PM		Pickleball	Lardizabal, Tsubaki	Lanakila Gym	
9:30 AM		Music Lovers Group	Espeleta	Library Annex	
9:30 AM – 11:00 AM		Hula	Makolo	Dance Room	
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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Day	Time	Class	Facilitator	Location
	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, Lau	Lanakila Gym
	12:00 PM – 2:00 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, S. Nakasone	Lanai
	9:30 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 (ends 3/15)	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

March 2025

SUN MON TUES WED THUR FRI SAT

1
IT Help Desk
(9:00 am)
RELART
(10:30 am)

2

3
AARP Tax Aide
Appt. Only

Mari's Garden
(11:00 am)
Travel Club
Meeting
(1:00 pm)

4
Strength Training w/
Televeda
(8:00 am)
Beginner Guitar
(8:30 am)
Windward Mall Walk
and Shop
(11:00 am)

5
Program Committee Mtg
(8:30 am)
Ti Leaf Lei Making
(9:00 am)
Iris-Folding Workshop
(12:00 pm)
Pohai Nani Presentation
(12:30 pm)
Gateball (4:00 pm)
Walk at Ala Moana
(4:30 pm)

6
Strength Training w/
Televeda
(8:00 am)
Coffee Tea & Talk
Story (8:30 am)
Iris-Fold Card
Making (10:30 am)
Comm. Resources
Mtg. (12:00 pm)

7
Milestones Book
(1:00 pm)

HPU Strength
and Balance
(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

Aloha Tower
(11:00 am)

11
Beginner Guitar
(8:30 am)
BINGO (9:00 am)
Pohai Nani
(11:00 am)
Sing Along w/ Steve
(12:30 pm)

12
Ti Leaf Lei Making
(9:00 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)

14
HPU Strength &
Balance (1:00 pm)
Korean Culture
and Cuisine
(2:00 pm)
*Winter Session
Ends*

15
IT Help Desk
(9:00 am)
NARFE Meeting
(9:30 am)
RELART
(10:30 am)

----- Walk-in Registration 3/10/25 – 3/14/25 8:00 am to 10:30 am -----

16

17
AARP Tax Aide
Appt. Only

The Plaza Pearl
City
(10:00 am)

18
Strength Training w/
Televeda
(8:00 am)
Pearlridge Walk and
Shop
(10:00 am)
Pest Control
(12:00 pm)

19
New Member
Orientation (9:00 am)
Ti Leaf Lei Making
(9:00 am)
PAB Mtg (12:00 pm)
Stroke Prevention
(1:15 pm)
Gateball (4:00 pm)
Walk at Ala Moana
(4:30 pm)

20
Strength Training
w/ Televeda
Vision and
Hearing
Screening (1:30
pm)
CMP Meeting
(2:00 pm)

21
Kupuna Financial
Advice Fair
(9:00 am)
Caregiver Support
Group (11:00 am)
HPU Strength &
Balance
(1:00 pm)

22
IT Help Desk
(9:00 am)
RELART
(10:30 am)

23

24
AARP Tax Aide
Appt. Only

Waialeale AARP Tax
(10:00 am) Aide Appt.
Only

25
Strength Training
w/ Televeda
(8:00 am)
Chinese Medicine
(10:00 am)

26
Center Closed
HOLIDAY
Prince Kuhio
Day

27
Bayview Golf
(10:00 am)

28
Senior Smarts-
Game Day
Presentation
(10:00 am)
HPU Strength &
Balance
(1:00 pm)

29
Spring Cleaning
(8:00 am)
Honolulu Blend
Concert
(1:00 pm)

30

*Spring
Session Starts* 31

*Calendar subject to change

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