

# LMPSC Online Classes

Lanakila Multi-Purpose Senior Center offers online classes to Center Members during the mandated Stay at Home order. All classes are held online via Zoom ([www.zoom.us](http://www.zoom.us)) and are FREE! Please contact Susie Chun Oakland at [suzanne.oakland@catholiccharitieshawaii.org](mailto:suzanne.oakland@catholiccharitieshawaii.org) or Riva Torno at (808) 847-1322 or [riva.torno@catholiccharitieshawaii.org](mailto:riva.torno@catholiccharitieshawaii.org) to receive more information.

<p><b>AMERICAN SIGN LANGUAGE</b> Cheryl Mizusawa</p> <p><b>Fridays</b> <b>11:15 am – 12:15 pm</b></p> <p>Learn American Sign language to communicate with family or friends.</p>	<p><b>BASIC UKULELE</b> Melvin Nishiyama</p> <p><b>Mondays</b> <b>8:30 am – 9:15 am</b></p> <p>Brush up on your strumming and chords with this beginner level course.</p>	<p><b>BODY &amp; BRAIN YOGA &amp; TAI CHI</b> Carol Miyasato &amp; Elizabeth Kiai</p> <p><b>Wednesdays</b> <b>1:00 pm – 2:00 pm</b></p> <p>Stretching and flexibility for circulation &amp; health. Anyone from ages 60 to 120 can take this class. Accommodations to the exercises are often suggested by the instructor.</p>	<p><b>CHAIR YOGA</b> Marianette Kauahikaua</p> <p><b>Tuesdays</b> <b>8:00 am – 9:00 am</b></p> <p>Improve health &amp; happiness using breathing techniques, exercises and meditation all in the comfort in your own chair.</p>
<p><b>FUSION</b> Daniel Gittelman</p> <p><b>Fridays</b> <b>9:00 am – 9:45 am</b></p> <p>Seated full-body workout to achieve strength, balance, and cardio! Sturdy chair is required.</p>	<p><b>HARMONY'S HULA</b> Kumu Harmony Brighter</p> <p><b>Mondays &amp; Tuesdays</b> <b>10:00 am – 11:00 am</b></p> <p>Learn the hula of various Hawaiian songs with Kumu Harmony. Any level welcome!</p>	<p><b>HAPPY SENIOR SERENADERS</b> Donald Ojiri</p> <p><b>Wednesdays</b> <b>10:30 am – 11:30 am</b></p> <p>Play to some local favorites. Experience in playing ukulele required.</p>	<p><b>STRETCH &amp; TONE</b> Denise Werle</p> <p><b>Wednesdays</b> <b>9:00 am – 9:45 am</b></p> <p>Tone and strengthen your body with various movements using light weights or body weight.</p>
<p><b>TAI CHI</b> Ken Koike</p> <p><b>Wednesdays &amp; Fridays</b> <b>8:00 am – 9:00 am</b></p> <p>Exercises to nurtures one's "Mind, Body &amp; Spirit." Primarily Yang style Tai Chi with a focus on stretching, qi gung and basic tai chi principles.</p>	<p><b>TAI CHI FOR HEALTH</b> Randy Lau</p> <p><b>Days &amp; Times Vary</b></p> <p>Experience meditative movements seated in a chair. Sturdy chair is required.</p>	<p>For a helpful, easy-to-follow tutorial on Zoom, watch: <a href="https://www.youtube.com/watch?v=9isp3qPeQQE">https://www.youtube.com/watch?v=9isp3qPeQQE</a></p>	<p>Log on 10-15 minutes prior to the meeting, especially if it is your first time on Zoom as you may need to download the application. Use your <b>full name</b> as your screen name. Please note that Zoom classes are done LIVE, so please be on time.</p>