

September 2022 Schedule

Fall Session: September 19, 2022 – November 25, 2022

Day	Time	Class	Facilitator	Location	
Monday	8:30 AM	Picking Ukulele	Nishiyama	Sewing Room; ONLINE	
	9:00 AM – 10:30 AM	Japanese Cultural Club	Sueda	Lanai	
	9:30 AM – 11:30 AM	Victor's Kapakahi Group	Tangonan	Lib Annex, Go Room	
	10:30 AM	Qi Gong	Lau	Library Room; ONLINE	
	10:45 AM	Yoga	Hasegawa	Lanai	
	11:00 AM	Tai Chi for Health	Lau	Activity Room	
	11:00 AM	Beginner/Intermediate ESL	Sasaki	Sewing Room	
	12:00 PM	Ping Pong	Ream	Lanai	
	12:30 PM	Samulnori: Korean Percussion	Lee	Sewing Room	
	Tuesday	TBD	Composting Wormies Group	Uyehara	TBD
		8:00 AM	Online iPhone Class*	Rasmussen	ONLINE
		8:00 AM – 11:00 AM	Needle and Thread	Sueda	Sewing Room
		8:00 – 11:00 AM	Mah Jong	Sugihara	Library Room
8:30 AM		Strumming For Fun	Hirai	Lib Annex, Go Room	
9:00 AM		Cheng Man Ching Tai Chi and Qi Kung	Gottdiener	Lanai	
9:00 AM		Beginner Macintosh (Apple) Class*	Rasmussen	ONLINE	
9:00 AM		Hawaiian Cultural Club (1 st & 3 rd Tues of the month)	Manuel	Activity Room	
9:15 AM		Pickleball	Baldomero, Wong, Hino, Yee	Lanakila Gym	
9:30 AM		Music Lovers Group	Espeleta	Library Annex	
10:00 AM		Beginner's iPhone Class*	Kawasaki	Library Room	
10:15 AM		Sahm Bo Dahn	Higuchi	Lanai	
10:30 AM		Intermediate Ukulele	Olayan		
11:30 AM		Japanese Calligraphy	Usami	Sewing Room	
1:00 PM		Line Dance	Sonson	Lanai	
Wednesday	11:30 AM – 2:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room	
	8:00 AM	Tai Chi*	Koike	ONLINE	
	9:00 AM	Stretch & Tone	Werle	Lanai	
	9:30 AM	Portuguese Cultural Club (1 st & 3 rd Wed. of the month)	Frank	Activity Room	
	9:45 AM	Sewing by Nakasone	Nakasone	Craft Room	

September 2022 Schedule

Fall Session: September 19, 2022 – November 25, 2022

Day	Time	Class	Facilitator	Location
	10:00 AM – 12:00 PM	Korean Cultural Club	Hasegawa	Dance Room
	10:30 AM	Happy Senior Serenaders	Ojiri, Ramiro, Young	Lib Anx, Go Rm; ONLINE
	12:00 PM	Crafts by Janet*	Miyashiro	Craft Room
	1:00 PM	Body & Brain Beg. Yoga & Tai Chi	Arquette	ONLINE
	2:15 PM	Sahm Bo Dahn	Group	ONLINE
Thursday	8:30 AM	Garden Group	Chun Oakland	See facilitator
	9:00 AM – 1:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	9:00 AM – 10:30 AM	Okinawa Nenchosha Club	Higa	Lanai
	8:00 AM – 10:00 AM	Hanafuda	Nakamura	Dance Room
	9:00 AM – 11:00 AM	Taisho Koto	Takeuchi, Sueda	Library Room
	10:00 AM	Beginner Ukulele Strumming	Maynes	Go Room
	11:00 AM – 12:00 PM	Okinawan Dance	Kawaguchi	Lanai
	12:30 PM – 2:30 PM	Brian's Karaoke Class (2 nd & 4 th Thurs. of the month)	Suzuki	Library Annex; Go Room
	1:00 PM	Zumba Gold	Hokama	Lanai
Friday	8:00 AM	Tai Chi*	Koike	ONLINE
	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	Yui Buyo	Sugai	Lanai
	10:00 AM- 12:00 PM	Tap Dance	Martin, Feagins, Koepke	Dance Room
	11:15 AM	American Sign Language	Shimizu	ONLINE
	12:00 PM – 2:30 PM	Ping Pong	Ream	Lanai
Saturday	9:00 AM – 12:00 PM	Filipino Cultural Club	Ibay	Activity Room
	9:00 AM	Zumba Gold	Hokama	ONLINE
Sunday	9:30 AM	Tai Chi for Health	Lau	ONLINE
	10:30 AM	Qi Gong	Lau	ONLINE

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

8/26/22

September 2022

SUN

MON

TUES

WED

THUR

FRI

SAT

				1 Ask Jim (8:00 am) Android Class (11:00 am) Computer Service Project (12:00 pm)	2 Milestones Book Wrkshp (3:00 pm) Dinner Together - cancelled LAST DAY OF SUMMER SESSION	3
4	5	6 Bayview Mini Putt Excursion (11:30 am) Estate Planning (3:00 pm)	7 Happiness Walk (8:30 am) Magic Island Walk (4:00 pm)	8 Coffee, Tea & Talk Story (7:30am) Garden Stations (8:30 am) Eating Smart For Your Kidneys (10:00 am)	9 Korean Cuisine and Language (2:00 pm)	10 Honolulu Orchid Society Judging (9:30 am) Personal Tech (12:00 pm)
11	12 Grandparents Day w/ Augie T. (9 am) Kahala Mall (12 pm) Shredding (12pm-3pm) Liliha/Kapalama NB#14 Presentation (6:00 pm)	13 BINGO (9:00am) Pickleball Practice (9:30am) Bladder Health for Men (2:30 pm)	14 Program Committee Mtg (8:30 am) Repotting Orchids (11:00 am) Magic Island Walk (4:00 pm)	15 Eating Smart for Your Kidney (10:00 am)	16	17
18	19 Shredding (12:00 pm) Repotting Orchids (1:00 pm) Dinner with the Chef (6:00 pm) START OF FALL SESSION	20 Pickleball Practice (9:30 am) Habits of Happy People (12:00 pm) End Stage Renal Disease (1:30 pm)	21 Peace Day Ceremony (9:00 am) Homesharing (11:30 am) Magic Island Walk (4:00 pm)	22 Senior Centers Meeting (12:00 pm) Medigap w/ SHIP (2:30 pm)	23 Brain Health (1:00 pm)	24
25	26	27 Elder Abuse (9:30 am) Pickleball (9:30 am) Wealth Transfer (2:00 pm)	28 New Member Orient. (9:00am) PAB Meeting (12:00 pm) Magic Island Walk (4:00 pm)	29 HISAM (3:00 pm)	30 Sweet Land Farm Tour (Waiialua) (9:30 am)	

Center Staff

Susie Chun Oakland	Program Director	suzanne.oakland@catholiccharitieshawaii.org
Riva Torno	Program Specialist	riva.torno@catholiccharitieshawaii.org
Iris Hiramoto	Membership Specialist	ihiramoto@catholiccharitieshawaii.org
Robert Locquiao	Program Support Asst.	robert.locquiao@catholiccharitieshawaii.org
Lodi Tapawan	Custodian	

Let's Keep in Touch

1640 Lanakila Avenue
Honolulu, HI 96817
(808) 847-1322

www.catholiccharitieshawaii.org

