

# March 2023 Schedule

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
	9:30 AM – 11:30 AM	Victor's Kapakahi Group	Tangonan	Lib Annex, Go Room
	10:30 AM	Basic Japanese 1	Sasaki	Sewing Room
	10:45 AM	Yoga	Hasegawa	Lanai
	11:00 AM	Hula	Makolo	Dance Room
	11:00 AM	Tai Chi for Health	Lau	Activity Room
	12:00 PM	Ping Pong	Ream	Lanai
	12:30 PM	Samulnori: Korean Percussion	Lee	Sewing Room
	1:00 PM	Cribbage*	Kono	Go Room
<b>Tuesday</b>	TBD	Composting Wormies Group	Uyehara	TBD
	8:00 AM – 11:00 AM	Needle and Thread	Sueda	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
	8:30 AM	Cheng Man Ching Tai Chi and Qi Kung	Gottdiener	Dance Room
	9:00 AM	Beginner Macintosh (Apple) Class*	Rasmussen	ONLINE
	9:00 AM	Hawaiian Cultural Club (1 <sup>st</sup> & 3 <sup>rd</sup> Tues of the month)	Manuel	Activity Room
	9:15 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
	10:00 AM	Hula	Makolo	Dance Room
	10:15 AM	Sahm Bo Dahn	Higuchi	Lanai
	10:30 AM	Intermediate Ukulele	Olayan	Lib Annex, Go Room
	11:30 AM	Japanese Calligraphy	Usami	Sewing Room
	1:00 PM	Line Dance	Sonson	Lanai
<b>Wednesday</b>	11:30 AM – 2:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	8:00 AM	Tai Chi*	Koike	ONLINE

# March 2023 Schedule

Day	Time	Class	Facilitator	Location
	9:00 AM	Stretch & Tone	Werle	Lanai
	9:30 AM	Portuguese Cultural Club (1 <sup>st</sup> & 3 <sup>rd</sup> Wed. of the month)	Frank	Activity Room
	9:45 AM	Sewing by Nakasone	Nakasone, Ito	Craft Room
	10:00 AM	Korean Dance Cultural Club	Hasegawa	Dance Room/Lanai
	10:30 AM	Happy Senior Serenaders	Ojiri, Ramiro	Lib Anx, Go Rm; ONLINE
	11:00 AM	Body & Brain Beg. Yoga & Tai Chi	Arquette	ONLINE
	12:00 PM	Crafts by Janet*	Miyashiro	Craft Room
	2:15 PM	Sahm Bo Dahn	Group	ONLINE
<b>Thursday</b>	8:30 AM	Garden Group	Nakamura	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
	9:15 AM	Pickleball	Baldomero, Wong, Hino, Yee	Lanakila Gym
	9:00 AM – 11:00 AM	Hanafuda	Nakamura	Dance Room
	9:00 AM – 11:00 AM	Taisho Koto	Takeuchi, Sueda	Library Room
	11:00 AM – 12:00 PM	Okinawan Dance	Kawaguchi	Lanai
	12:30 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
	1:00 PM	Zumba Gold	Hokama	Lanai
<b>Friday</b>	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 <sup>st</sup> & 3 <sup>rd</sup> 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
<b>Saturday</b>	8:30 AM – 11:30 AM	Filipino Cultural Club	Ibay	Activity Room
	9:00 AM	Zumba Gold	Hokama	ONLINE
<b>Sunday</b>	9:30 AM	Tai Chi for Health	Lau	ONLINE
	10:30 AM	Qi Gong	Lau	ONLINE

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

# March 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
			1 SAVERS Collection (8:00 am) Veterans Benefit Workshop (11:00 am) Magic Island Walk (4:00 pm)	2 Ask Jim (8:00 am) Strength Training with Televeda (8:00 am)	3 Meet Your Kidneys (1:00 pm) Milestones Book Workshop (2:00 pm) Dinner Together Bento pickup 3:30, Zoom - 4:30pm	4
5	6 Byodo-In Temple Excursion (10:00 am) Cribbage (1:00 pm) Reduce Your Energy Bill (1:00 pm)	7 Strength Training with Televeda (8:00 am) Sakura Tour (9:00 am) HI's Locally Grown Food (11:30 am) Medicare and Home Health Care (2:00 pm)	8 Program Committee Meeting (8:30 am) Diabetes 101 (11:00 am) Safety Tips with HPD (11:30 am) Navigating a Volatile Retirement (2:00 pm) Magic Island Walk (4:00 pm)	9 Coffee, Tea & Talk Story (7:30 am) Strength Training with Televeda (8:00 am)	10 Calligraphy Workshop (10:30 am) Kidney Care (1:00 pm) Korean Cuisine and Language (2:00 pm)	11 Orchid Society Judging (9:30 am) Personal Technology (12:00 pm) Honolulu Blend Chorus (12:00 pm)
12	13 Aging and Dying with Dignity (1:00 pm) Cribbage (1:00 pm)	14 Strength Training with Televeda (8:00 am) BINGO (9:00 am)	15 Ka Makana Ali'i Walk (11:00 am) Magic Island Walk (4:00 pm)	16 Strength Training with Televeda (8:00 am) CPR Training with HFD (10:30 am)	17 Kidney Care: Physical Activity (1:00 pm)	18
Early Registration Week for Spring Session 3/13-3/17 8:00 am - 10:00 am						
19	20 Shredding (12:00 pm)  Cribbage 1:00 pm)	21 Strength Training with Televeda (8:00 am)	22 New Member Orientation (9:00 am) PAB Meeting (12:00 pm) Magic Island Walk (4:00 pm)	23 Strength Training with Televeda (8:00 am) Senior Centers Leadership Meeting (12:00 pm)	24 Kidney Care: Medication Management (1:00 pm)	25
26	27 Cribbage 1:00 pm)	28 Strength Training with Televeda (8:00 am)	29 Waikiki Aquarium Tour (11:00 am)	30 Strength Training with Televeda (8:00 am) Orchid Series Presentation (2:00 pm)	31 Chinatown Historical Tour (9:00 am)	



Susie Chun Oakland	Program Director	suzanne.oakland@catholiccharitieshawaii.org
Riva Torno	Program Specialist	riva.torno@catholiccharitieshawaii.org
Iris Hiramoto	Membership Specialist	ihiramoto@catholiccharitieshawaii.org
Elizaeth "Cookie" Irvine	Program Support Assistant	elizabeth.irvine@catholiccharitieshawaii.org
Lodi Tapawan	Custodian	

## Let's Keep in Touch

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

[www.catholiccharitieshawaii.org](http://www.catholiccharitieshawaii.org)

