

May 2023 Schedule

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
	9:30 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
Tuesday	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
	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
	10:00 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, Matsunaga,	Lanai
Wednesday	11:30 AM – 2:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	8:00 AM	Tai Chi*	Koike	ONLINE

May 2023 Schedule

Day	Time	Class	Facilitator	Location
	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, 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
	10:30 AM	Shigen	Tokugawa	Library Room
	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
Thursday	TBD	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, Yamada	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 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	Dance Room
	11:15 AM	American Sign Language	Shimizu	ONLINE
	12:00 PM – 2:30 PM	Ping Pong	Ream	Lanai
Saturday	8:30 AM – 11:30 AM	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. Do not fill out a registration form.

May 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 May Day Program (9:00 am) Composting Workshop (12:00 pm)	2 Show & Sell (8:00 am) Strength Training with Televeda (9:00 am) Active Shooter Presentation (11:30 am) Medicare Part C (2:00 pm)	3 Ti Leaf Lei-Making (9:00 am) 'Mental Health Fair (10:00 am) Energy Unplugged (11:30 am)	4 Strength Training with Televeda (8am) SAVERS FUNraiser (11:00 am) Community Res. – Affordable Hsg (12:00 pm) Cribbage Extra Play (1:00 pm)	5 Mei's Tech Class (9:00 am) Milestone Book Workshop (2:00 pm) Dinner Together (3:30 pm p/u, 5:00 pm Zoom)	6 Senior Beauties (10:00 am) Children's Art Contest (9:00 am)
7	8	9 Strength Training with Televeda (8:00 am) Worm Composting Workshop (8:00 am) BINGO (9:00 am) Walking at Windward Mall (10:30 am)	10 Program Comm. Mtg. (8:30 am) Ti Leaf Lei-Making (9:00 am) Diabetes 101 (11am) Let's Not Sugar Coat It (12:00 pm) Magic Island Walk (4:00 pm)	11 Coffee, Tea, Talk Story (7:30 am) Strength Training with Televeda (8:00 am) Cribbage Extra Play (1:00 pm)	12 Mei's Tech Class (9:00 am) Korean Cuisine and Language (2:00 pm)	13 Orchid Society (9:30 am) Senior Beauties (10:00 am) Personal Tech (12:00 pm)
14	15 Oldies But Goodies (11:00 am) Medicare Filing a Complaint (1:00 pm)	16 Strength Training with Televeda (8:00 am) Waikiki Aquarium (12:00 pm)	17 Ti Leaf Lei-Making (9:00 am) Humana: Making a Healthy Change (1:00 pm) Magic Island Walk (4:00 pm)	18 Coffee, Tea & Talk Story (7:30 am) Strength Training with Televeda (8:00 am) Waikele Outlet (10:30 am) Cribbage Extra Play (1:00 pm)	19 Mei's Tech Class (9:00 am) Kidney Care: Physical Activity (1:00 pm)	20 Car Show and Car Parts Swap Meet (9:00 am)
21	22 Medicare Covered Care (1:00 pm)	23 Strength Training with Televeda (8:00 am) Fall Prevention (12:00 pm) UH Kupuna Program (3:00 pm)	24 Ti Leaf Making (9:00 am) New Member Orientation (9:00 am) PAB Mtg (12:00 pm) US Citizenship & Immigration (1:00 pm) Magic Island Walk (4:00 pm)	25 Strength Training with Televeda (8:00 am) Memorial Day Program (9:00 am) Senior Centers Mtg (12:00 pm) Cribbage Extra Play(1:00 pm)	26 Flower lei making (9:00 am)	27
28	29 CENTER CLOSED Memorial Day	30	31 Ti Leaf Making (9:00 am) Ho'omaluhia Botanical Garden (10:00 am) PAB Meeting (12:00 pm)			

Susie Chun Oakland	Program Director	suzanne.oakland@catholiccharitieshawaii.org
Riva Torno	Program Specialist	riva.torno@catholiccharitieshawaii.org
Iris Hiramoto	Membership Specialist	ihiramoto@catholiccharitieshawaii.org
Elizabeth "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

