

# September 2023 Schedule

\*Most classes and clubs are an hour long, unless noted otherwise below.

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	Patio	
	<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	
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 – 12:15 PM		Pickleball	Baldomero, Yamada	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		Cheng Man Ching Tai Chi	Gottdiener	Dance Room	
11:30 AM		Japanese Calligraphy	Usami	Sewing Room	
1:00 PM		Line Dance	Sonson, Matsunaga,	Lanai	
<b>Wednesday</b>		11:30 AM – 2:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	8:00 AM	Tai Chi*	Koike	ONLINE	

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	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
	10:30 AM – 12:00 PM	Shigen	Tokugawa	Library Room
	11:00 AM	Body & Brain Beg. Yoga & Tai Chi	Arquette	ONLINE
	12:00 PM	Crafts by Janet*	Miyashiro	Craft Room
<b>Thursday</b>	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
	9:00 AM – 11:00 AM	Hanafuda	Nakamura	Dance Room
	9:00 AM – 11:00 AM	Taisho Koto	Takeuchi, Sueda	Library Room
	9:15 AM – 12:15 PM	Pickleball	Hino, Lau	Lanakila Gym
	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 – 2:30 PM	Cribbage	Kono	Patio
	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	Dance Room
	10:30 AM	Sing For Your Life	Richmond	Library Annex; Go Room
	11:15 AM	American Sign Language	Shimizu	ONLINE
	12:00 PM – 2:30 PM	Ping Pong	Ream	Lanai
<b>Saturday</b>	9:00 AM – 11:30 AM	Filipino Cultural Club	Ibay	Activity Room
	10:00 AM	Basic Ukulele	Motokane	Sewing Room
<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.

# September 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
					1 Kidney 101 (1:00 pm)  Milestone Book Workshop (2:00 pm)	2 Personal Technology (12:00 p.m.)
3	4 <b>CENTER CLOSED</b> Labor Day	5 Mac Workshop (12:30 pm)  Medicare and Health IT (2:00 pm)	6 Prog. Comm. Mtg (8:30 am) Orange Xpress (11:00 am) Mac Workshop (12:30 pm) SAVERS (2:00 pm) Magic Island Walk (4:00 pm)	7 Strength Training w/ Televeda (8:00 am) Ask Jim ((8:00 am) Community Resources Group Meeting (12:00 pm)	8 Knock Out Gout (1:00 pm)  Korean Cuisine and Language (2:00 pm)	9 Windows Computer (9:00 am)  Orchid Society Judging (9:30 am)
10	11 Grandparent's Day Celebration (9:00 am)	12 Strength Training (8:00 am) American Calligraphy (1:00 pm) BINGO (9:00 am)	13 Pest Control Workshop (11:00 am) Hawaii USAFCU (1:00 pm) Magic Island Walk (4:00 pm)	14 Strength Training w/ Televeda (8:00 am) Coffee, Tea & Talk Story (8:30 am) Adv Healthcare Directive & POLST (12:00 pm) CMT Meeting (2:00 pm)	15 Kidney Stones Presentation (1:00 pm)	16 Windows Computer (9:00 am)
17	18 AARP Driver Safety (10:00 am)	19 Ke Ola Mamo (9:30 am) Pedestrian Safety (11:00 am) Concert with Glenn Sasaki and Les Del Prado (12:00 pm) American Calligraphy (1:00 pm)	20 Using Tech to Stay Connected (1:00 pm) Magic Island Walk (4:00 pm)	21 Strength Training with Televeda (8:00 am) Advanced Health Care Directives (12:00 pm)	22 Kidney Options for Patient Empowerment (1:00 pm)  CENTER CLOSSES AT 2:00 PM	23 Windows Computer (9:00 am) Rotary Service Project (9:00 am)
24	25	26 American Calligraphy (1:00 pm)	27 New Member Orientation (9:00 am)  PAB Meeting (12:00 pm)	28 Senior Centers Leadership Mtg (12:00 pm)	29 Waikiki Aquarium (11:00 am)	30 Windows Computer (9:00 am)  Rotary Service

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