

Revised July 10, 2023

## **American Sign Language**

Instructor: Cheryl Shimizu

Learn basic American sign language online. Beginners, hearing, and non-hearing persons are welcome.

## **Basic Japanese I**

Instructor: Teresa Sasaki

Learn basic Japanese language, conversation, and culture. Lectures are based on romaji and hiragana.

## **Basic Ukulele**

Instructor: Debbie Motokane

Basic Ukulele class teaches chords and songs. The benefits of playing ukulele are stress relief, hand and eye coordination, and meeting new classmates who also enjoy learning ukulele. Debbie emphasizes having fun and practice. After one class, you will be able to play several songs.

## **Beginning Apple Macintosh**

Instructor: Ross Rasmussen

Learn Mac basics such as setting up an Apple ID and email, learning to “surf” the web, and using the mouse and keyboard. Classes focus on understanding how to interact with your computer so you get the best experience. Classes are tailored to students’ needs and are slow paced to allow all learners a chance to improve their skills.

## **Brian's Karaoke Class**

Instructor: Brian Suzuki

With over 20 years of experience, Brian hosts the Karaoke Class with his vast collection of Japanese, American pop/standards, Hawaiian, and some Chinese and Korean songs. For those who can't read Japanese, there is a library of Romanized lyrics. You can receive tips on singing, the use of the microphone, timing, singing on key, and interpreting the meaning of the song. Brian can also make a karaoke version of your favorite song. Singing is therapy for body and mind.

## **Body and Brain**

Instructor: Rochelle Arquette

On-line and in-studio classes feature yoga, tai chi, meditation, and breathwork. This class offers a unique system of mind-body exercises to help you feel healthier, happier, and more peaceful.

## **Composting Wormies Group**

Instructor: Phil Uyehara

Worms recycle food scraps and other items into compost. Learn about and maintain a worm composting bin at the center. Harvest and take home vermicast twice a year.

## **Cribbage**

Instructor: Dennis Kono

Come and join us to play Cribbage. Beginners are welcome and will receive personal tutoring to learn this classic game. We also play a variation called Cooperative Cribbage in which there are No Losers because all players team up against the board. This levels the playing field for all.

## **Digital Technology**

In partnership with Lanakila Pacific (LP), any LMPSC member is welcome to join the class at the center on Wednesday and Thursday, weekly. Learn the basics and become comfortable with your Apple or Android devices, and receive personal tips and solutions, too.

## **Enka**

Instructor: Marion Arakaki

This class, taught by Marion since 1985, will appeal to students who like older, pre-WWII Japanese songs. The karaoke songs are romanized for easy learning. Marion teaches techniques and guides the students to make the songs their own.

## **Fusion**

Instructor: Daniel Gittelman

Classes incorporate rhythmic and breath filled movements, aligned stretching and relaxation tailored to the participants needs. Participants can grow and develop in their own practice: enhancing body awareness, strength, function, flexibility, range of motion and mental clarity. Incorporating the benefits of yoga, Pilates, and isometric resistance, classes aren't just a workout, they're a lesson on the body.

## **Garden Group**

Instructor: Joyce Nakamura

Garden Group features lectures, field trips, and tips on landscaping and growing plants. Share your experiences with fellow green thumbs. Meetings are scheduled several times a year.

## **Hanafuda**

Instructor: Brigid Nakamura

Learn and play Hanafuda, a Japanese card game brought to Hawaii by Japanese “issei” or first-generation. Beginners and experienced players are welcome.

## **HAPPY SENIOR SERENADERS**

Instructors: Donald Ojiri, Rosie Ramiro, and Patrick Young

We are a class of intermediate and advanced level ukulele players with a passion for singing. Our current repertoire consists of 60 songs in English, Hawaiian, Filipino, Japanese, and Korean. We enjoy sharing our music with other LMPSC members as well as senior care facility residents because we truly believe that music is healing and rejuvenating for both the singers and their audiences.

## **Hula**

Instructor: Temoana Makolo

From her hula heritage, Temoana Makolo shares her love of the dance by continuing the long popular hula class at LMPSC. She teaches mainly au’ana (modern hula) and shares not only the dance steps but also insights into the songs, meaning, and history of the dances. Class size is limited to 25.

## **Intro to Yoga**

Instructor: Suzie Hasegawa

Take this introduction to yoga to improve your balance and posture. Learn easy poses and exercises tailored to seniors. Suzie gives tips for improving your health and daily life.

## **iPhone for Beginners**

Instructor: Hiromi Kawasaki

Learn iPhone basics such as settings, security, making and receiving calls and text messages, and care of your phone. Start to get the most out of your iPhone.

### **iPhone Online Class**

Instructor: Ross Rasmussen

In this online class, learn to unlock all the features of your iPhone. There will be lessons in understanding the user interface, customizing your iPhone (or iPad) to your liking, and a review of the various apps that come with your iPhone. There is an in-depth look at the System Settings, to familiarize you with them, and to help you understand how the settings can be changed to make your iPhone work like you want it to. You must have an iPhone or iPad for this class, and be willing to learn new ways to use it.

### **Janet's Craft Class**

Instructor: Janet Miyashiro

Janet Miyashiro, crafter and greeting card maker extraordinaire, gathered a group of women with a variety of skills and enthusiasm to learn and share their talents. The class has created inspirational painted rocks, unique gift cards, no-sew t-shirt bags, favors, unique greeting cards, sock bunnies, fascinators, and many other treasures.

Due to the size of the classroom, participation is limited to 20, typically by invitation only. They meet the second Wednesday of every month to create treasures for personal use and to do service projects to benefit all LMPSC members. Contact staff for more information.

### **Japanese Calligraphy**

Instructor: Hideko Usami

Using a brush and black ink, learn to artfully write Japanese characters or “kanji.” Improve your concentration, posture, and hand control while learning about the culture and meaning of the characters.

### **Korean Dance Cultural Club**

Instructor: Suzie Hasegawa

Learn the movements, gestures, and steps for traditional Korean dance. Beginners are welcome. The group occasionally performs at care homes to share the beautiful dances.

### **Mah Jong**

Instructor: Jean Sugihara

Mah Jong is a game developed in China usually played by four people on a card table. It is similar to the card game gin rummy but played with tiles. The game is completed when a hand is formed with four sets of three tiles plus a pair (the eye). Mah Jong is a game of skill, strategy, and luck. Although there are many variations of playing the game, LMPSC plays with the basic tiles (144) and follows the rules passed down by the people who started this class many years ago.

### **Music Lovers Group**

Instructor: Manny Espeleta

If you play ukulele or guitar and enjoy singing, then this music lovers’ group is for you. Join in the fun and camaraderie.

### **Needle and Thread Workshop**

Instructor: Mary Sueda

Workshop members engage in sewing various craft projects, either their own or projects shared and taught by other members. Two heavy duty Singer sewing machines are available for use during class, but having your own sewing machine at home would be most helpful to finish or create new projects. Members are encouraged to provide their own fabric and notions for personal use. Basic sewing skills are desired.

### **Okinawan Dance**

Instructor: Diana Kawaguchi

Continuing the Okinawan Dance class of Sensei Mitsuko Toguchi Nakasone of the Ryusei Honryu Ryuko Kai school who taught at LMPSC for over 32 years, this class features Okinawan folk and classical dances. Many have been choreographed by Sensei Toguchi especially for seniors to avoid squatting and bending down. Learn the art of Okinawan dance, not to be confused with bon dance, which also helps to improve balance, memory and socializing.

### **Picking Ukulele**

Instructor: Melvin Nishiyama

Learn basic note reading and picking in this ukelele class. We also play chords; whereby we pick the chords.

### **Pickleball**

Instructors: William Yee, Jim Hino, Leighton Wong, Tony Baldomero and Stuart Yamada

Get active and have fun learning how to play pickleball, a combination of tennis, badminton, and ping pong. The class is geared to beginners and basic techniques with emphasis on safety and injury prevention. We emphasize safety and courtesy above competition. Continuing players are encouraged to put the safety of the group before individual play to win.

Wear comfortable clothing and court shoes. Bring a pickleball paddle (if you have one), towel, and water bottle for hydration. Join this fun and social sport.

## **Ping Pong**

Instructor: Dan Ream

This fun kupuna ping pong class gets together for fun and friendship and is open to players of all levels and abilities. It provides benefits of aerobic exercise; hand-eye coordination; and right-left brain interaction for prevention of dementia. All are welcome and lessons and equipment will be provided if desired.

## **Qi Gong**

Instructor: Randal Lau

Qi gong is a Chinese practice to cultivate balanced “qi” or life energy. It is like a moving meditation that coordinates slow movement, deep breathing and a calm mind.

## **Sahm Bo Dahn**

Instructor: Bob Higuchi, Helen Katahira

Sahm Bo Dahn is a Korean exercise practice to develop and maintain your physical and mental fitness. Discover, develop, and control the flow of your internal energy, or “ki.”

## **Samulnori**

Instructor: Sunny Lee



Samulnori is traditional Korean percussion music performed with four different instruments: Kkwaenggwari, a small gong; Jing, a larger gong; Janggu, an hourglass-shaped drum; and Buk, a barrel drum. Learn to play and engage your body and brain in exciting and expressive Samulnori.

### **Sewing by Nakasone**

Instructor: Flora Nakasone

Work on your own sewing projects with help from Flora. Occasionally, the group has special projects to sew bags, masks, caps and more to help the center. Class size is limited to 6.

### **Shigin**

Instructor: Hideko Tokuda

Shigin is a performance of reciting a Japanese or Chinese poem in Japanese, usually chanted. Abdominal breathing is used, and recent studies published in Japanese medical journals report that it promotes good digestion and circulation as well as relieves stress. Shigin is very good for body and mind.

### **Sing for Your Life**

Instructor: Chanara Richmond

We provide sing-along entertainment at various venues on Oahu. Our goal is to radiate so much fun and joy, that people will want to sing along with us. We sing popular songs that everyone knows and prepare six holiday-themed programs each year. Lyric books and optional CD's for home practice are available for purchase.

It's OK to enjoy singing at rehearsals and NOT participate in performances. Performance requires the ability to stand for an hour, walk without assistance, and sing reasonably in tune. Because performances occur off of

LMPSC property, they are considered personal volunteer work, and Catholic Charities is not liable for these events.

### **Special Events Group**

Facilitator: Jean Sugihara

This group helps with most events that occur during the year at LMPSC. The group does almost everything involved in a special event from planning, organizing, serving, and cleaning. The largest event of the year is “Thanksgiving” when we serve meals to approximately 300-400 people.

### **Stretch and Tone**

Instructor: Denise Werle

Weights and stretch tubes are provided in this class on stretching and weight bearing exercises. They can be done sitting or standing or without using any equipment. Exercises are tailored to your abilities so don't miss out on this health enhancing class.

### **Strumming for Fun**

Instructor: Don Ojiri

This ukulele class features singalong and playing simple ukulele chords. Ability to read notes is not necessary. The group occasionally does outreach at nursing and care homes to share the joy of ukulele and song.

### **Tai Chi (Yang Style)**

Instructor: Ken Koike

Tai Chi can enhance your health (mind, body, and spirit) by improving balance, flexibility, and strength (preventing falls and accidents); reducing stress, anxiety, and depression; and increasing energy, endurance, and agility. Practitioners of Tai Chi experience an improvement in mind, memory, and concentration, as well as overall feelings of well-being. Students will learn basic Tai Chi and Qigong principles. The course starts at a beginner level; no prior experience necessary.

### **Tai Chi (Cheng Man-Ch'ing)**

Instructor: Mark Gottdiener

Tai Chi can help to improve balance, flexibility, and strength. This is especially important for seniors to prevent falls and accidents.

### **Tai Chi for Health**

Instructor: Randal Lau

Tai Chi provides many benefits and is popular because it helps to improve balance, flexibility, and strength.

### **Taisho Koto**

Instructor: Yasuko Takeuchi

Taisho Koto, or Nagoya harp, is a Japanese stringed musical instrument that was created in the Taisho period in Japan. No new students are currently accepted.

### **Tap Dance**

Instructor: Cheryl Feagins

Tap dancing is a great way to improve your strength, flexibility, coordination, and cardiovascular conditioning. Easy tapping to music brings joy and good health. Beginners welcome.

### **Ukulele Chord Theory**

Instructor: Gilbert Olayan

Learn the birth and anatomy of a chord, chord progression, transposition, inversions, grip and more. You can construct 900 chords based on 4 dominant 7th chords. Note reading is not required and students must bring their own ukes. Students must know most major and minor chords and are welcome to take the class more than once.

### **Victor's Kapakahi Group**

Instructor: Victor Tangonan

Bring your instruments and join this fun musical jam session. It is a great way to keep up your playing skills and have fun with the group.

### **Yui Buyo**

Instructor: Aiko Sugai

Yui Buyo is Okinawan folk dance traditionally performed at community gatherings. Enjoy the dances while benefiting body and mind.

### **Zumba Gold**

Instructor: Frances Hokama

Zumba Gold dance workout allows participants to move at their own pace. Classes are medium intensity, low impact cardio workouts. Improve your balance, range of motion, coordination, and flexibility.

