

# November 2023 Class & Club Schedule

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

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	
	9:15 AM	Guitar	Hirai	Library Room	
	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	Courtyard	
	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	
	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 <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	Courtyard	
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	

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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
	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	Cribbage	Kono	Patio
	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
	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
<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.

# November 2023

SUN MON TUES WED THUR FRI SAT

			<b>1</b> Program Committee (8:30 am) Composting Workshop (9:00 am) Kamaka Ukulele Excursion (10:30 am) Orange Express (12pm) CPR Training with HFD (1:30 pm) Magic Island Walk (4pm)	<b>2</b> Pikake Propagation (8:00 am)  Program Director Q&A (2:00 pm)	<b>3</b> Board Games (8:00am) Korean Cuisine and Language (1:00 pm) Milestone Workshop (2:00 pm)	<b>4</b> Brain Health Activities 9:00 am
<b>5</b>	<b>6</b> Repotting Orchids (11:00 am)  Travel Group (1:00 pm)	<b>7</b> COVID-19 Vaccinations & Flu Shots (1:30 pm)	<b>8</b> Veteran's Program (9:00 am)  Magic Island Walk (4:00 pm)	<b>9</b> Strength Training w/ Televeda (8:00 am) Coffee, Tea & Talk Story (8:30 am) BINGO Palooza (10:00 am)	<b>10</b> HOLIDAY Veteran's Day	<b>11</b> Brain Health Activities 9:00 am  Honolulu Orchid Society Judging (9:30 am)
<b>12</b>	<b>13</b> Shredding (12:00 pm)	<b>14</b> Strength Training (8:00 am) BINGO (9:00 am) Make Yourself Comfortable (2:00 pm)	<b>15</b> Thanksgiving Program (9:00 am) Macintosh Q&A (1:00 pm) Magic Island Walk (4:00 pm)	<b>16</b> Strength Training w/ Televeda (8:00 am) Kokedama (1:00 pm) CMP Meeting (2:00 pm)	<b>17</b> Board Games (8:00 am) Waiahole Nursery and Garden  <i>Center Closes at 2pm</i>	<b>18</b> Brain Health Activities 9:00 am NARFE (9:30 am) Volunteer Legal Services Hawaii Legal Advice (1:00 pm)
<b>19</b>	<b>20</b>	<b>21</b> Ke Ola Mamo (9:30 am)	<b>22</b> PAB Meeting (12:00 pm)	<b>23</b> HOLIDAY Thanksgiving	<b>24</b> Board Games (8:00 am)	<b>25</b> Brain Health Activities 9:00 am
<b>(Walk-in Registration 11/20 – 11/24 (except 11/23) 8:00 am – 10:30 am)</b>						
<b>26</b>	<b>27</b> Fall Prevention with UH and EAD (10:30 am)	<b>28</b> Walking at Windward Mall (10:30 am) Medicare vs. Medicaid (2:00 pm)	<b>29</b> New Member Orientation (9:00 am) Cathedral of Saint Andrew Historical Tour (10:00 am)	<b>30</b>		

\*Calendar subject to change

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