

May 2024 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	Fujii	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
	12:30 PM	Cribbage	Kono	Patio
Tuesday	TBA (day & time varies)	Composting Wormies Group*	Uyehara	TBA
	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 – 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
	10:00 AM	Sahm Bo Dahn	Higuchi	Lanai
	11:30 AM	Chuan Tai Chi	Pham	Dance 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
	9:00 AM	Stretch & Tone	Werle	Lanai
	9:30 AM	Portuguese Cultural Club (2 nd & 4 th Wed. of the month)	Frank	Activity Room
	9:45 AM – 12:00 PM	Sewing by Nakasone	Nakasone, Ito	Craft Room
	10:00 AM	Korean Dance Cultural Club	Hasegawa	Dance Room/Lanai

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	10:30 AM – 12:00 PM	Shigin	Tokugawa	Library Room
	10:30 AM	Garden Group* (Last Wed. of the month)	J. Nakamura	See facilitator
	10:30 AM	Happy Senior Serenaders	Ramiro, Young	Lib Annex, Go Room
	11:00 AM	Body & Brain Beg. Yoga & Tai Chi	Arquette	ONLINE
	11:00 AM	Yoga	Fujii	Lanai
	12:00 PM	Crafts by Janet*	Miyashiro	Craft Room
	12:15 PM – 1:45 PM	Chinese Traditional Dance	Feng, Hou	Dance Room
	1:30 PM	Fit & Flexible	Mayeshiro	Lanai
	2:00 PM – 2:45 PM	Conv. Mandarin Language	Xu, Hou	Dance Room
Thursday	9:00 AM – 1:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	9:00 AM	Traditional Chinese Medicine	Fujio	Library Annex
	9:00 AM – 10:30 AM	Okinawa Nenchosha Club	Higa	Lanai
	9:00 AM – 11:00 AM	Hanafuda	B. Nakamura	Dance Room
	9:00 AM – 10:30 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 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
	8:30 AM	Basic (Beginning) Ukulele	Nishiyama, Young	Go Room
	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 – 11:00 AM	Yui Buyo	Sugai	Lanai
	10:00 AM- 12:00 PM	Tap Dance	Feagins, Ferreira	Dance Room
	10:30 AM	Sing For Your Life	Richmond	Lib Annex, Go Room
	11:15 AM	American Sign Language	Shimizu	ONLINE
	12:00 PM – 2:30 PM	Ping Pong	Ream	Lanai
	12:30 PM – 2:30 PM	Beginner Oldies Karaoke	Murashige	Go Room
Saturday	9:00 AM – 11:30 AM	Filipino Cultural Club	Ibay	Activity Room
	10:30 AM	Spanish	Shaw	Library Room
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 2024

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			<p>1 Ti Leaf Lei Making Service Project (9am) May Day Program (9:00 am) HPU Neurological Class (9:00 am) Worm Harvesting (12pm) Board Games (12:30 pm)</p>	<p>2 Strength Training w/ Televeda ONLINE (8:00 am) School St. Redevelopment Presentation (12:00 pm)</p>	<p>3 Hawaii Okinawa Health & Wellness Fair (9:00 am) Ribbon Lei Workshop (12:00 pm) Milestone Book Workshop (2:00 pm)</p>	<p>4 Ribbon Lei Workshop (9:00 am) Beginning Ukulele (9:00 am) Friendship Bracelet (12pm) Beg. Tagalog (12pm) Lion's Club Mtg (12pm)</p>
<p>5</p>	<p>6 Cinco De Mayo Lunch (12:00 pm)</p>	<p>7 Strength Training w/ Televeda (8:00 am) Show & Sell (8:00 am) Yuzu Grafting Workshop (12:00 pm)</p>	<p>8 Program Committee Meeting (8:30 am) Ti Leaf Lei Making Service Project (9:00 am) Orange Xpress (12pm) Board Games (12:30 pm) Magic Island Walk (4:00 pm)</p>	<p>9 Strength Training w/ Televeda ONLINE (8:00 am) Coffee, Tea & Talk Story (8:30 am)</p>	<p>10 U.S. Dept. of State Fellows Service Project (9:00 am) Korean Culture and Cuisine (2:00 pm)</p>	<p>11 Honolulu Orchid Society Judging (9:30 am) Cybersecurity (10:00 am) Personal Tech (12:00 pm)</p>
<p>12</p>	<p>13</p>	<p>14 Strength Training w/ Televeda (8:00 am) BINGO (9:00 am) Plaza at Kaneohe (9:30 am) Karaoke Sing Along (12:30 pm)</p>	<p>15 Basic Anatomy (8:00 am) Ti Leaf Lei Service Project (9:00 am) Board Games (12:30 pm) Card Making (1pm) Magic Island Walk (4:00 pm)</p>	<p>16 Strength Training w/ Televeda ONLINE (8:00 am)</p>	<p>17 Ikebana Workshop (10:00 am)</p>	<p>18 Brain Health Using Chess (9:00 am) NARFE Meeting (9:30 am)</p>
<p>19</p>	<p>20 Plaza at Kaneohe (10:30 am) Relay Services (2:30 pm)</p>	<p>21 Strength Training (8:30 am) Ke Ola Mamo Presentation (9:30 am)</p>	<p>22 Ti Leaf Lei Service Project (9:00 am) New Member Orientation (9:00 am) PAB Meeting (12pm) Board Games (12:30 pm) Taxes in Retirement (2pm) Magic Island Walk (4:00 pm)</p>	<p>23 Strength Training w/ Televeda ONLINE (8:00 am) Memorial Program (9:00 am) Pearl Harbor Movie and Boat Tour (3:00 pm)</p>	<p>24 Flower Lei Making for Memorial Day (9:00 am)</p>	<p>25 Brain Health Using Chess (9:00 am) Tech Help Desk (9:00 am) Beginning Ukulele (9:00 am)</p>
<p>26</p>	<p>27 HOLIDAY Memorial Day</p>	<p>28 BINGO with Televeda (9:00 am) Oldies but Goodies (12:00 pm)</p>	<p>29 Board Games (12:30 pm) Pest Control (1:00 pm)</p>	<p>30 Tech Thursday with Televeda (9:00 am) Hypertension and Chronic Kidney Disease (10:30 am)</p>	<p>31</p>	

*Calendar subject to change

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