

# July 2025 Class & Club 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	Core with Carol	Miyasato	ONLINE
	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	Sasaki	Sewing Room
	10:30 AM	Strumming For Fun ( <i>starts 6/23</i> )	Olayan	Craft Room
	10:30 AM – 12:00 PM	Hula	Makolo	Dance Room
	10:45 AM	Yoga	Hasegawa	Lanai
	11:00 AM	Tai Chi for Health	Lau	Activity Room
	12:00 PM	Ping Pong	Ream	Lanai
	12:30 PM – 2:30 PM	Cribbage	Tom	Patio
	12:30 PM – 2:30 PM	Samulnori	Lee	Sewing Room
<b>Tuesday</b>	8:00 AM – 11:00 AM	Needle and Thread	Oshiro	Sewing Room
	8:00 – 11:00 AM	Mah Jong	Sugihara	Library Room
	8:30 AM	Beginner Guitar	Dacoscos	Lanai
	9:00 AM	Hawaiian Cultural Club (1 <sup>st</sup> & 3 <sup>rd</sup> Tues. of the month)	Manuel	Activity Room
	9:30 AM	Music Lovers Group	Espeleta	Library Annex
	9:30 AM – 11:00 AM	Hula	Makolo	Dance Room
	10:00 AM & 11:00 AM	Beginner's iPhone Class*	Kawasaki	Patio
	10:00 AM	Sahm Bo Dahn	Higuchi	Lanai
	11:30 AM	Japanese Calligraphy	Usami	Sewing Room
	1:00 PM	Line Dance	Matsunaga	Lanai
<b>Wednesday</b>	TBA (day & time varies)	Gardening Group*	Nakamura	TBA
	8:00 AM	Tai Chi*	Koike	ONLINE
	8:30 AM – 9:45 AM	Fit & Flexible	Mayeshiro	Dance Room
	9:00 AM	Stretch & Tone	Werle	Lanai
	9:30 AM	Portuguese Cultural Club (2 <sup>nd</sup> & 4 <sup>th</sup> Wed. of the month)	Frank	Activity Room
	9:45 AM – 12:00 PM	Sewing by Nakasone	Nakasone, Ito	Craft Room
	10:00 AM – 12:00 PM	Korean Dance Cultural Club	Hasegawa	Dance Room
	10:30 AM	Happy Senior Serenaders	Ojiri, Ramiro	Library Annex

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	10:30 AM – 12:00 PM	Shigin	Tokugawa	Library Room
	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
	2:00 PM – 2:45 PM	Conv. Mandarin Language	Xu, Hou	Dance Room
<b>Thursday</b>	TBA (day & time varies)	Composting Wormies Group*	Uyehara	TBA
	9:00 AM – 10:30 AM	Okinawa Nenchosha Club	Higa	Lanai
	9:00 AM – 10:30 AM	Taisho Koto	Takeuchi	Library Room
	9:00 AM – 11:00 AM	Hanafuda	Samori	Dance Room
	12:00 PM – 2:00 PM	Cribbage	Lardizabal	Patio
	11:00 AM	Okinawan Dance	Kawaguchi	Lanai
	11:30 AM – 2:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	12:00 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
<b>Friday</b>	8:00 AM	Tai Chi*	Koike	ONLINE
	9:00 AM	African American Cultural Club (2 <sup>nd</sup> & 4 <sup>th</sup> Fri. of the month)	Gray	Activity Room
	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 – 11:00 AM	Yui Buyo	Sugai, S. Nakasone	Lanai
	9:30 AM- 12:00 PM	Tap Dance	Feagins, Ferreira	Dance Room
	10:30 AM	Sing For Your Life	Richmond	Lib Annex, Go Room
	11:00 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
<b>Saturday</b>	9:00 AM – 11:30 AM	Filipino Cultural Club	Ibay	Activity Room
	10:30 AM	Zumba Gold	Hokama	Dance Room
<b>Sunday</b>	9:30 AM	Tai Chi for Health and Qi Gong	Lau	Online

\*Special registration- see staff for more info. Do not fill out a registration form.

Classes subject to change

# July 2025

SUN	MON	TUES	WED	THUR	FRI	SAT
		<b>1</b> Strength Training w/ Televeda (8:00 am) Help Desk w/Jacob (10:00 am) Social Security Presentation (11:00 am)	<b>2</b> Healthy Living Event wit HPH (9:00 am) Help Desk w/Jacob (10:00 am) Drawing Class (12:30 pm) Gateball (4:00 pm) Walk at Ala Moana (4:30 pm)	<b>3</b> Strength Training w/ Televeda (8:00 am) Coffee, Tea & Talk Story (8:30 am) 4 <sup>th</sup> of July BBQ (12:00 pm) Drawing Class (12:30 pm)	<b>4</b> <b>HOLIDAY</b> <b>Center Closed</b> <b>4<sup>th</sup> of July</b>	<b>5</b>
<b>6</b>	<b>7</b> <b>North Shore Tour (8:30 am)</b> <b>Haircuts (12:30 pm)</b>	<b>8</b> Strength Training w/ Televeda (8:00 am) BINGO (9:00 am) Lyon Aboretum (9:00 am) Mokauea Fishing Village (10:00 am)	<b>9</b> <b>Orange Xpress (12:00 pm)</b> <b>Painting (12:30 pm)</b> <b>Gateball (4:00 pm)</b> <b>Walk at Ala Moana (4:30 pm)</b>	<b>10</b> <b>Strength Training w/ Televeda (8:00 am)</b> <b>Bon Dance w/ONC (9:15 am)</b> <b>Painting (12:30 pm)</b>	<b>11</b> <b>Lyon Aboretum (9:00 am)</b> <b>Painting (12:30 pm)</b> <b>Korean Cuisine &amp; Culture (2:00 pm)</b>	<b>12</b> <b>Personal Technology (12:00 pm)</b>
<b>13</b>	<b>14</b> <b>Waianae Coast Comprehensive Health Center (10:30 am)</b> <b>Haircuts (12:30 pm)</b>	<b>15</b> <b>North Shore Tour (8:30 am)</b> <b>“Live Well” by Kahala Nui Tour (10:00 am)</b> <b>Sing Along Karaoke (12:15 pm)</b>	<b>16</b> Painting (12:30 pm) Bowel and Fecal Dysfunctions (1:00 pm) Food & Money SNAP-Ed (1:00 pm) Gateball (4:00 pm) Walk at Ala Moana (4:30 pm)	<b>17</b> Strength Training w/ Televeda (8:00 am) Painting Workshop (12:30 pm) Tofu Cooking (1:00 pm) CMP Meeting (2:00 pm)	<b>18</b> Lyon Aboretum (9:00 am) Caregiver Support Group (11:00 am) Painting (12:30 pm)  <i>CSS Staff Meeting – Center Closes at 2pm</i>	<b>19</b> <b>NARFE Meeting (9:30 am)</b>
<b>20</b>	<b>21</b> <b>Haircuts (12:30 pm)</b>	<b>22</b> Strength Training w/ Televeda (8:00 am) Help Desk w/Jacob (10:00 am) Daniel K. Akaka State Veterans Home (10:30 am) Oldies but Goodies (11:45 am)	<b>23</b> Help Desk w/Jacob (10:00am) Painting (12:30 pm) Homeowner Real Property Tax Relief (1:00 pm) Food & Money SNAP-Ed (1:00 pm) Gateball (4:00 pm) Walk at Ala Moana (4:30 pm)	<b>24</b> Strength Training w/ Televeda (8:00 am) Painting (12:30 pm) 10 Warning Signs of Alzheimers & Music and Memory (1:00 pm)	<b>25</b> <b>Help Desk w/ Jacob (10:00 am)</b> <b>Painting (12:30 pm)</b>	<b>26</b> <b>Spot a Scam-Cybersecurity (10:00 am)</b>
<b>27</b>	<b>28</b> <b>Help Desk w/ Jacob (10:00 am)</b> <b>Waikalua Loko I’a Fish Pond (11:00 am)</b> <b>Haircuts (12:30 pm)</b>	<b>29</b> <b>Haleiwa Town (10:00 am)</b> <b>Help Desk w/Jacob (10:00 am)</b>	<b>30</b> Kupuna ID (9:00 am) Help Desk w/Jacob (10:00 am) Smart 911 (10:15 am) De-Cluttering (12:00 pm) Food & Money SNAP-Ed (1:00 pm) Gateball (4:00 pm) Walk at Ala Moana (4:30 pm)	<b>31</b> <b>Financial Planning (1:00 pm)</b>		

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