



Kapahulu Center

3410 Campbell Ave, Honolulu, Hawaii 96815 | (808) 737-1748 | www.kapahulucenter.org



FEBRUARY 2025



Important Dates:

- Feb. 8 - Fall Prevention, Balance, Strength Workshop with Li Si
- Feb. 11 - Fall Prevention, Balance, Strength Workshop with Li Si
- Feb. 14 - Valentine's Day
- Feb. 17 - President's Day (Center Closed)
- March 3 - Girls' Day Ikebana with Charmaine
- Mar. 31 - FINAL DUE Spring Fundraiser Orders**

WORKSHOPS:

FALL PREVENTION, BUILD STRENGTH, BALANCE, AND CONFIDENCE!

This 90min, interactive workshop with Li Si will equip you with essential skills to reduce fall risks, maintain your independence, and boost your confidence! Discover effective exercises, balance-enhancing techniques, and understand the importance of posture and strength in your everyday life.

- DATES:** Sat., Feb. 8 (9-10:30am), AND / OR Tue., Feb. 11 (10-11:30am)
- RSVP:** ASAP by contacting the office
- LIMITED:** 25 ppl per session
- COST:** \$15 per person (member & non-member)

GIRLS' DAY IKEBANA WITH CHARMAINE

- DATE:** Mon., March 3 (10-11am)
- LIMITED:** 10 ppl max
- COST:** \$10/mbr, \$15/non-mbr
- RSVP:** by Mon., Feb. 24



Weekly Schedule:

Reminder: Schedule is subject to change.

Participants must sign-up in advance (no walk-ins)

- Tue/Thu, 9:00am: Yoga
- Tue, 9:00am: Beginning Ukulele
- Tue, 10:30am: Kanikapila
- *last Tue, 10:30am: Japanese Ukulele (Feb 25)
- Tue/Fri, 5 & 6pm: Aikido (Kids/Adult)
- Wed, 9:00am: Tai Chi
- Wed, 10:45am: Zumba Gold (**Feb 5, No Class**)
- Thu, 10am: Shigin
- Thu, 10:30am: Moving for Fun & Fitness
- Sat, 11am & 1pm: Japanese Bon Dance (waitlist)

HAPPY BIRTHDAY!



- | | |
|-----------------|-----------------|
| Charlene Asano | Vivian Liu |
| Steven Borges | Ronald Nakamura |
| Joyce Gushiken | Jean Nishimura |
| Sherie Gusukuma | Mao Ono |
| Kathleen Hong | Betty Sakoda |
| Carol Iwasaki | Emi Troeger |
| James Wakahiro | |



NEW MEMBERS:

Gaye Dunphy, Jacob and Kai Hagihara, Emma Kato, Candice Kubo, Geraldine Nagato, Glenda Salcur, Frances Shimazu, Katherine Moritomo, Joyce Takata, and Cynthia Yanabu

MAHALO ALL RETURNING MEMBERS!

ANNUAL SPRING FUNDRAISER

Just in time for Easter, please help support our Annual Spring Fundraiser, this year with Zippy's & Cookie Corner! Order now thru Mar. 31. Drive-thru pickup will be at the Center, Sat., April 19, (Easter Weekend). **As our primary fundraiser, we ask that each member participate by placing an order, ordering for a friend/neighbor, making a monetary donation, or volunteer! All proceeds directly help to defray operational costs and keep program fees low for everyone. Every contribution is appreciated!**

8oz bags of bitesize **Cookie Corner cookies are \$10 each.** Flavors are Chocolate Chip, Triple Chocolate with Nuts, & Oatmeal Raisin.

Zippy's tickets are \$11 each, and can be redeemed at any Zippy's location for 1.5 lbs. of chili or Portuguese bean soup, OR a meat & egg breakfast with regular coffee or soft drink, OR 5pcs cornbread.

Kapahulu Center Spring Fundraiser Order Form

Name: _____ Phone Number: (____) _____

Suggested orders per member are a set of 12 bags of cookies & 15 Zippy's tickets for \$285 total, OR \$200 donation.

- # of Zippy's tickets: _____ (15 tickets)
- # of Cookies: (choco chip) _____ + (triple choco w/nuts) _____ + (oatmeal raisin) _____ = _____ **TOTAL Cookies**
- Donation: \$ _____ (\$200 suggested) (12 bags total)