



# Kapahulu Center

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

## MAY 2024

### Important Dates:

May 12 - Mother's Day  
May 27 - Memorial Day  
(Center Closed)



### Schedule:

Below is our class schedule for this month. Please continue to sign-up with the office in advance (no walk-ins). Visitors also should make an appointment prior to stopping by the office. Thank you for your understanding and support!

- Tue/Thu, 9:00am: Yoga (DVD 5/14 - 6/27)
- Tue, 10:30am: Kanikapila
- Tue/Fri, 5 & 6pm: Aikido (Youth/Adult)
- Wed, 9:00 am: Tai Chi
- Thu, 10am: Shigin
- Thu, 10:30am: Moving for Fun & Fitness
- Thu, 10:30am: Ukulele
- Sat, 11am & 1pm: Japanese Bon Dance (Beg/Int)

## SAVE THE DATE: KAPAHULU CENTER MATSURI

Attention members! Please mark your calendars and save **Saturday, August 24<sup>th</sup>** to join us for a night of food, kiddie games, and bon dancing fun with our community!

Also a fundraising event for our center, please help volunteer via the sign-up sheet posted outside the office (also call/email the office). A sign-up sheet for various supplies/donations will also be posted. Thank you in advance for your participation and support!

### Aikido Classes

**Every Tue & Fri! Kids 5pm | Adults 6pm**

Please inquire with the office if you are interested. Aikido is a Japanese martial art created during the 1920s by Morihei Ueshiba (1883~1969). Aikido is performed by blending with the motion of the attacker and redirecting the force of the attack rather than opposing it head-on. Aikido has no competition. The goal of Aikido training is not perfection of a step or skill, but rather improving one's character according to the rules of nature.



### Moving for Fun & Fitness Class

**Weekly on Thursdays at 10:30am!**

Featuring music from the 50's, 60's, 70's, and 80's, come enjoy a fun fitness session that incorporates line dance steps, aerobic/jazzercise movements, and stretching all to the best oldies but goodies music! A fun and fast workout often with students singing along, stop by and see for yourself how fun it is to stay fit at any age!

### Summer ZUMBA GOLD with Vanessa returns! (starts June 11):



*A special summer class,  
sign-up today!  
First come first serve.*



#### DATES:

Tuesdays, 10:15-11:15 AM  
starts June 11

### HAPPY BIRTHDAY

Theresa Hookano	Elaine Hutchinson
Yuki Kuhns	Niki Libarios
Lori Nishimura	Nene Ohara
Benny Pascua	Walter Takara
Charmaine Yee	Hollison



## Welcome



### NEW MEMBERS:

Aiko Baba, Hatsuko Nakazato,  
Teruko Okamoto, Toshi Inoshita

**MAHALO ALL RETURNING MEMBERS!**

# Enjoy some photos of last month's activities!



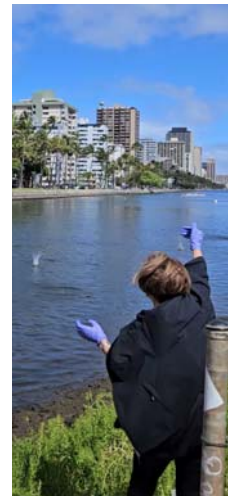
**Genki Ball Making**



**Spring Fundraiser Pick Up**



**Genki Ball Throwing**



**Waikiki Elementary Spring Mini Musicals**

