



Kapahulu Center

REVISED

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

SEPTEMBER 2024

IMPORTANT DATES

**** REMINDER: HURRICANE SEASON ****
(thru Nov. 30, 2024, El Niño and La Niña conditions)

September 2 - Labor Day (Center Closed)

September 10 - "Freestyle" Ikebana workshop

ACTIVITIES



Photo above is from a previous workshop.

WORKSHOP: "Freestyle" Ikebana

DATE: Tuesday, Sep. 10, 2024

TIME: 10:30 AM —12 PM

RSVP: by Tue., Sept. 3rd

COST: \$10 each (members)

\$15 each (non-members)

Max: 10ppl (first come, first serve)

GENKI BALL PROJECT:

DATE: Wed., Nov. 13

TIME: 12 - 1PM

PLACE: Aliamanu Middle School

COST: FREE

Minimum: 5ppl (10ppl max)

We need your help to participate in this fun intergenerational activity! Come learn more about

genki balls and their impact in/around the Ala Wai. Also join us for the genki ball toss that's tentatively scheduled for Wed., Dec. 4, 2024.



CENTER CLEAN UP DAY (volunteers needed!)

Save the date and please sign up to help us with general cleaning at our Center! Cleaning supplies will be provided.

DATE: Saturday, December 7, 2024

TIME: 9AM (tentative end by 11:45 AM)

SIGN-UP: Please contact the office, or use the sign-up sheet in the office hallway.

HAPPY BIRTHDAY!



Julia Abcede
Lawrence Chinn
Frederick Ing
Rowena Jay
Noele Kanemoto
Glenn Kato

Allison Lee-Takamine
Kevin Lima
Clare Miyashiro
Patricia Shimazu
Carolyn Towata
Laurie Zane

NEW MEMBER:

Steven Borges

MAHALO ALL RETURNING MEMBERS!

Friendly Reminders

Dear Kapahulu Center Members and Friends,

A friendly reminder that the vast majority of attendees at our Center are high risk individuals. Please help us keep everyone healthy by staying home if you're not feeling well or experience any new cold or flu-like symptoms, and if you've had direct contact with someone who recently tested positive for COVID. We thank you in advance for your understanding!

Please continue to take care, and stay healthy!
Kapahulu Center Exec. Director & Board of Directors

WEEKLY SCHEDULE

Tue/Thu, 9:00am: Yoga (DVD on Sep. 19)
Tue, 10:30am: Kanikapila
*last Tue, 10:30: Japanese Ukulele (Sep. 26)
Tue/Fri, 5 & 6pm: Aikido (Youth & Adult)
Wed, 9:00am: Tai Chi
Wed, 10:45am: Zumba Gold ****NEW****
Thu, 10am: Shigin
Thu, 10:30am: Moving for Fun & Fitness
Thu, 10:30am: Ukulele

VOLUNTEERS NEEDED!

As the saying goes, "many hands make light work," and we're in urgent need of volunteer help! Come before class, and see how you can help us in any of the following areas.

- **Watering:** 1-2 volunteers to help water our front grass and plants, 1-2 times a week.
- **Weeding:** 1-3 volunteers to help weed our front grassy area, our monument area, and our parking lot once a week.
- **Site Council:** Please consider joining our next meeting in October! The Site Council's duty is to help listen, communicate and keep in touch with members, and help with decision making concerns. Our goal is to have at least one representative from each class on the council. Highlights from each meeting are also posted to the bulletin board outside the office. Ask the office or one of the current council members for more information and how you can help.
- **KC Matsuri:** We continue to be in need of volunteer captains who can both lead key areas of our festival plus be involved in helping our Center continue this legacy next year and in years to come. If you feel so moved to volunteer in such a capacity, please reach out to our office, and/or join our Site Council to help.

LET'S HELP BOOST CLASS PARTICIPATION!

Help boost participation in these fun and recently added classes at our center!

ZUMBA GOLD

NEW regular class with Mae Chun!
Weekly on Wednesdays at 10:45am!



Aikido Kids & Adults

Weeknights on Tuesdays and Fridays!
Kids class at 5pm and Adults at 6pm
Check with the office to learn more and when you can stop by to try it out!



Moving for Fun & Fitness

Weekly on Thursdays at 10:30am!
A fun fitness session featuring music from the 50's - 80's! Stay fit at any age!

Fall Fundraisers



Kapahulu Center Code

77082

This September 1 - 30, 2024, please consider donating to Kapahulu Center (**code #77082**) while shopping at any Foodland, Foodland Farms, or Sack N Save, and Foodland will match a portion of each donation (up to \$249)! At checkout, show your Foodland Maika'i card, tell the cashier our code #77082, and the amount of your donation (donations exceeding \$249 will not be matched). Questions? Contact the office at 808-737-1748 or information@kapahulucenter.org.

Be sure to also ask for a duplicate receipt for your records, and confirm that "Kapahulu Center", your donation amount, and your Maika'i number appear on the receipt.

What to do with your duplicate receipt?: Kapahulu Center will receive a final donation report from Foodland usually at the end of October, but it does not include any names, so to let us know who participated, please submit your duplicate receipt copy to the office. Than you for your support!

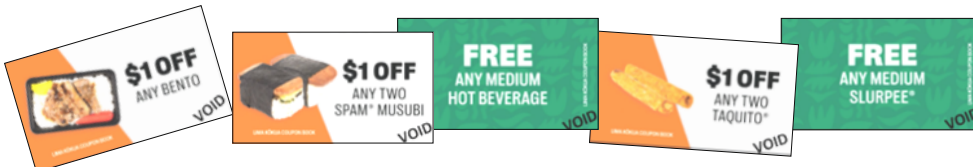
The coupon booklets are back! A fundraiser for Kapahulu Center, the booklets are redeemable at all 7-Eleven Hawaii stores on Oahu, Kauai, and Big Island, **thru next year Dec. 31, 2025!**

7-Eleven HI Fundraiser Books



Each booklet costs \$6 (*Kapahulu Center keeps \$3*). Check with the office for a sample sheet of the included offers and discounts!

Sample discounts include:



Kapahulu Center 7-Eleven HI Fundraiser Book Order Form

Name: _____

Phone Number: (____) _____

Quantity of books: _____

Total: \$ _____