



# Kapahulu Center

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

## AUGUST 2024

### IMPORTANT DATES

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

August 16 - Closed (Statehood Day)

### ACTIVITIES



Photo from 2020 workshop

#### **WORKSHOP: "Freestyle" Ikebana**

Join Charmaine for a fun Ikebana make-and-take home workshop!

**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: 10 ppl (first come, first serve)**

### 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!

### 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.



### HAPPY BIRTHDAY

Geraldine Dang    Cassy Federoff  
Takashi Horiuchi    Sheena Ing  
Edean Iwanaga    Zoe McCormick  
Stephanie McKinley    Richard Nakahara  
Aileen Tsuneyoshi



# Welcome



**MAHALO ALL RETURNING MEMBERS!**

### NEW MEMBERS:

Kay Hasegawa  
Noele Kanemoto  
Mona Sakai

### Friendly Reminder(s):

Dear Kapahulu Center Members and Friends,

A friendly reminder as COVID continues to spread in our community that the vast majority of attendees at our Center are high risk individuals, so please stay home if you're not feeling well, experience any new cold or flu-like symptoms, or if you've had direct contact with someone who recently tested positive for COVID. We thank you in advance for your understanding and support to help ensure a safe and healthy environment for everyone!

Please continue to take care, and stay healthy!

Kapahulu Center Exec. Director & Board of Directors

### WEEKLY CLASS SCHEDULE

Tue/Thu, 8:45am: Yoga  
Tue, 10:15am: Zumba Gold (last day Aug 13)  
Tue, 10:30am: Kanikapila  
\*last Tue, 10:30: Japanese Ukulele (T, Aug 27)  
Tue/Fri, 5 & 6pm: Aikido (Youth & Adult)  
Wed, 9:00am: Tai Chi  
Thu, 10am: Shigin  
Thu, 10:30am: Moving for Fun & Fitness  
Thu, 10:30am: Ukulele

### 7-Eleven Hawaii Fundraiser Booklets

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!**

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



### Summer ZUMBA GOLD

#### **Now thru Aug. 13!**

Tuesdays  
10:15-11:15 AM

**\*\*NEW: Continuing with instructor Mae throughout the year!!!**  
New schedule TBA.

