

ELDERLY ACTIVITIES DIVISION
ELDERLY RECREATION SERVICES

Keaau Community Center
Phone: 966-5801

FALL SESSION: September 29 – December 05, 2008

CLASS	DAY	RM.	TIME	INSTRUCTOR
<u>MONDAY</u>				
QI GONG	Monday	B	8:00AM– 9:30AM	L.C. KUO
HAND BUILDING CERAMICS	Monday	Lanai	9:30AM – 11:30AM	P. NELSON/ H. Nelson
SASHIKO & SEWING	Monday	A	8:30AM-11:30AM	L. MCGUIRE
** Registration fee. \$20.00**				
LINE DANCING (Beginner/Easy Inter)	Monday	B	10:00AM-11:30AM	J. ALLEN
CHAIR RHYTHM & LIFE	Monday	B	1:00PM-1:30PM	M.KATAYAMA
**Begins: October 20 th **				
RHYTHM & LIFE	Monday	B	1:30PM-3:30PM	M. KATAYAMA
**Begins: October 20 th **				
AEROBICS	Monday	B	4:00PM-5:00PM	K. EMMANUEL

TUESDAY

SILK RIBBON EMBROIDERY II SEWING/QUILTING	Tuesday	B	8:30AM – 10:30AM	B. TANIOKA
Registration fee: \$20.00				
BONSAI AND BONSAI POT MAKING	Tuesday	Lanai	9:00AM-12Noon	N. NOZAKI/
KOREAN COOKING **	Tuesday	B	11:00AM-1:00PM	K. OKUDA
**only once a month-last Tuesday **				
YOGA (Iyengar Based)	Tuesday	B	1:00PM-2:30PM	G.RODRIQUEZ

WEDNESDAY

FEATHER LEI	Wednesday	B	8:00AM-1:00PM	D.HENDERSON
SILK RIBBON EMBROIDERY I	Wednesday	A	11:00AM-1:00PM	B. TANIOKA

FITNESS & BALANCE	Wednesday	Lanai	10:30AM-11:30AM	H. NELSON
KUMIHIMO	Wednesday	A	1:00PM-3:00PM	V. GRACE
LINE DANCING (Inter)	Wednesday	B	2:00PM-4:00PM	K. TAMANAHA
AEROBICS	Wednesday	B	4:15PM-5:15PM	K. EMMANUEL

THURSDAY

CROCHET	Thursday	A	8:30AM-10:00AM	M. YOSHIDA
UKULELE	Thursday	B	9:00AM-10:00AM	W. AWANA
YOGA (Hatha Style)	Thursday	B	10:10AM-11:15AM	S. CHANDLEY
CREATIVE GREETING CARDS/OSHIBANA	Thursday	A	9:00AM-11:00AM	K. KIYABU
HULA	Thursday	B	2:00PM-3:30PM	M. CANARIO
Begins: October 16 – December 11				

FRIDAY

COMPUTER (BEG.)	Friday	Computer Rm	8:00AM-10:00AM	G. GRACE
COMPUTER	Friday	Computer Rm	10:00AM-12Noon	G. GRACE
FITNESS & BALANCE	Wednesday	Lanai	10:30AM-11:30AM	H. NELSON
TAP DANCING	Friday	B	11:00AM-12Noon	M. DAY
BALLROOM DANCING	Friday	B	2:00PM-3:30PM	D & J LAURO
**Begins: October 10 th **				

PAHOA NEIGHBORHOOD CENTER

YOGA (Hatha Style)	Monday		9:30AM-10:30AM	S. CHANDLEY
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MT. VIEW SENIOR CENTER

ROUND DANCING	Tuesdays		1:00PM-2:00PM	
SQUARE DANCING			2:00PM-4:00PM	
LINE DANCING (BEGINNERS)	Wednesday		10:00AM-12Noon	J. Allen
ROUND DANCING	Thursday		2:00PM-4:00PM	

NAALEHU COMMUNITY CENTER

CERAMICS	Wednesday		1:00PM - 4:00PM	C. HALL
Registration fee: \$20.00				