

County of Hawai`i, Department of Parks and Recreation, Elderly Activities Division, Elderly Recreation Services
Kamana Senior Center ~ 127 Kamana Street, Rm 1 ~ Hilo, HI 96720 Phone: (808) 961-8710 ~ Fax: (808) 961-8921



KAMANA SENIOR CENTER SPRING QUARTER SCHEDULE

March 29, 2010 – June 4, 2010

<u>DAY & CLASS</u>	<u>TIME</u>	<u>ROOM</u>	<u>INSTRUCTOR</u>	<u>LIMIT</u>	<u>FEE</u>
MONDAY – 9 Sessions (March 29 – May 24)					
*Beginning 2 Hula	07:30A-09:00A	AB	<i>M Canario</i>	30	\$20
Patchwork Quilt I	08:00A-10:00A	2	<i>N Okinishi</i>	15	\$10
Physical Fitness	08:00A-08:45A	RR	M Kataoka	35	\$10
Cooking Semi-Homemade	09:00A-10:30A	RR	F Kamimura /Various	40	\$10
T-Shirt Appliqué	09:15A-11:00A	AB	C Kuwaye	25	\$10
Beginning Qi Kuong	10:45A-12:15P	RR	<i>L Kuo</i>	25	\$10
Patchwork Quilt II	10:15A-12:15P	2	<i>N Okinishi</i>	15	\$10
Digital Photography	11:15A-01:15P	AB (Start 4/12)	R Casile	10	\$10
Japanese Dance	12:15P-02:15P	RR	K Taosaka/M Sueda	35	\$10
Sewing Lab	01:00P-04:00P	2	H Sakai	15	\$10
Golden Motion Yoga	01:30P-03:00P	AB	<i>C Mauak</i>	25	\$10
Latin Dance Workout	03:15P-04:15P	AB	C Mauak	25	\$10
Karaoke 1	02:30P-04:30P	RR	S Iwashita	15	\$10
TUESDAY – 10 Sessions (March 30 – June 1)					
Intermediate Hula	07:15A-08:45A	RR	<i>M Canario</i>	35	\$10
***Advanced Tai Chi	08:30A-10:30A	Waiakea-Uka	<i>T Paltin</i>	40	\$10
Video Production	08:30A-11:30A	A	H Mishima, E Silva	25	\$10
Lauhala Weaving & Lab	09:00A-12:00P	Patio	<i>L Abe</i>	20	\$20
Voice Training / Chorus	09:00A-10:30A	RR	B Aceret / R Serain	25	\$10
Senior Seminar	10:00A- 12:00P	Institute for Astronomy	S Calhoun	20	\$20
Badminton	10:00A-12:00P	Hilo Armory	S Yamamoto	30	\$10
***Beginning Tai Chi	10:30A-11:30A	<i>Waiakea-Uka</i>	<i>T Paltin</i>	40	\$10
Intermediate Keyboard	10:30A 12:00P	2	B Aceret	10	\$10
Intermediate Hawaiian Language	11:00A-12:30P	RR	<i>P Sun</i>	20	\$10

<u>DAY & CLASS</u>	<u>TIME</u>	<u>ROOM</u>	<u>INSTRUCTOR</u>	<u>LIMIT</u>	<u>FEE</u>
+Intermediate Line Dance	11:45A-01:15P	AB No class 2 nd Tue.	S Van de Putte	25	\$10
Beginning Hawaiian Language	12:45A-2:15P	RR	<i>P Sun</i>	20	\$10
Hand Building Ceramics	01:00P-03:00P	Patio	<i>P Hatanaka</i>	15	\$10
Individual Hobbies	01:00P-02:30P	Conf. Rm.		10	\$10
Beginning Keyboard	01:00P-02:30P	2	B Aceret	10	\$10
Intermediate Line Dance	01:30P-03:30P	AB	<i>T Hanohano</i>	30	\$10
Karaoke 2	02:30P-04:30P	RR	R Imoto	15	\$10

WEDNESDAY – 10 Sessions (March 31 – June 2)

Physical Fitness	08:00A-08:45A	RR	M Kataoka	35	\$10
*Intermediate Ukulele	08:45A-10:15A	AB	<i>W Awana</i>	25	\$25
Qi Kuong I	09:00A-10:30A	RR	<i>L Kuo</i>	25	\$10
Bonsai	09:00A-11:00A	Patio	N Nozaki	10	\$10
Design Mixed Media	10:00A-12:00P	2	<i>G Yamanoha</i>	15	\$10
Beginning Line Dance I	10:30A-12:00P	AB	A Yonamine	25	\$10
Qi Kuong II	10:30A-12:00P	RR	<i>L Kuo</i>	25	\$10
Mah Jong for Fun	12:00P-04:00P	Patio		40	\$10
Intermediate Line Dance	12:15P-01:45P	RR	H Nakamura	35	\$10
*Serger Sewing	01:00P-04:00P	2	<i>C Renaud-Kim</i>	15	\$25
Beginning Qi Kuong	02:00P-03:30P	AB	<i>L Kuo</i>	25	\$10
Karaoke 3	02:00P-04:00P	RR	J Hara	10	\$10
Internet & E-Mail	03:30P-05:00P	Rm. 36, Bldg. 380 Manono Campus (5 Weeks W/TH)	N Yee/A Goodson	10	\$20
Gentle Yoga	04:00P-05:30P	AB	<i>C Mauak</i>	25	\$10

THURSDAY – 10 Sessions (April 1 – June 3)

Intermediate Line Dance 1	08:00A-09:30A	RR	J Murayama	35	\$10
Goju-Kai Exercise	08:00A-09:00A	AB	R Brigoli	25	\$10
***Advanced Tai Chi	08:30A-10:30A	Waiakea Uka	<i>T Paltin</i>	40	\$10
Patchwork Lab	09:00A-12:00P	2	E Kamau	15	\$10
Beginning Line Dance	09:30A-11:30A	RR	A Yonamine	40	\$10
Badminton	10:00A-12:00P	Hilo Armory	S Yamamoto	30	\$10
***Beginning Tai Chi	10:30A-11:30A	Waiakea Uka	T Paltin	40	\$10

<u>DAY & CLASS</u>	<u>TIME</u>	<u>ROOM</u>	<u>INSTRUCTOR</u>	<u>LIMIT</u>	<u>FEE</u>
*Beginning Ukulele	11:00A-12:30P	AB	<i>W Awana</i>	25	\$25
Mold Ceramics	11:00A-01:00P	Patio		15	\$10
Karaoke 5	11:45A-01:15P	RR	Y Yamamoto	15	\$10
Mah Jong	12:30P-04:30P	AB	S Entilla	40	\$10
Watercolor	01:00P-03:00P	2	<i>T Cook</i>	15	\$10
First Timers Line Dance II	01:30P-03:00P	RR	A Yonamine	20	\$10
Karaoke 7	03:30P-06:30P	RR	L Yamashiro	10	\$10
Internet & E-Mail	03:30P-05:00P	Rm 36, Bldg 380 Manono Campus	N Yee/A Goodson (5 Weeks W/TH)	10	\$20
Intermediate/Advanced Ballroom	06:30P-08:30P	RR	<i>D Lauro/J Lauro</i>	30	\$10

FRIDAY – 9 Sessions (April 2 – June 4)

Advanced Hula	07:15A-08:45A	AB	<i>M Canario</i>	30	\$10
Physical Fitness	08:00A-08:45A	RR	M Kataoka	35	\$10
Acrylic Painting	08:00A-10:30A	2	<i>G Murai</i>	15	\$10
Chi Dance	09:00A-10:30A	AB	K Mauak	25	\$10
Beg. Ballroom Dance	09:00A-10:30A	RR	<i>D Lauro/J Lauro</i>	30	\$10
Oil Painting	10:30P-01:00P	2	<i>G Murai</i>	15	\$10
Golden Motion Yoga	10:45A-12:15P	AB	<i>C Mauak</i>	25	\$10
Beginning Rhythm & Life	10:45A-12:15P	RR	J Amasaki	30	\$10
Rhythm & Life 2	12:30P-02:00P	RR	M Katayama	30	\$10
Oshibana Work Session	12:30P-02:30P	AB	K Kiyabu	25	\$10
Great Movies	01:00P-04:00P	Institute for Astronomy	<i>S Calhoun</i>	20	\$20
Conversational Japanese	01:15P-02:45P	2	S Matsumoto	20	\$10
Tap Dancing	02:15P-03:15P	RR	<i>M Day</i>	30	\$10
Line Dance Practice Session	03:00P-04:00P	AB	H Nakamura	20	\$10
KAMANA TALK STORY SOCIAL	03:30P-06:00P	RR (Must be enrolled at Kamana – No sign-up needed)		50	N/C

Italicized instructor names are paid by the P&R or Hilo Community School for Adults

*Course Sponsored by Hilo Community School for Adults

***Tai Chi Classes meet on Tuesday AND Thursday/No new students until Fall Quarter (October)

+Tue.11:45a Inter. Line Dance will not meet every 2nd Tuesday of the month.

Kamana Senior Center will be closed on the following HOLIDAYS:

Fri. April 2, 2010 Good Friday

Mon. May 31, 2010 Memorial Day

Kamana Class Information

AGE: Must be 55 years of age and older to participate.

ENROLLMENT: Registration will be closed when class limit is met. Class size is dependent on room size and student/teacher ratio. You may be placed on the wait list if registration has closed. You will be notified should a slot become available for the current quarter. Minimum class size is 10 students.

SPRING REGISTRATION: General public registration will start on March 15, 2010 from 9:00 AM to 3:30 PM in the Patio at Kamana Senior Center. Registration will continue through April 9, 2010. PLEASE, NO REGISTRATION BY TELEPHONE. Register by writing your name on the class sign-up sheet. Payment and waiver forms will be collected when classes begins. Pre-registration for the same class will be on the last day of the Winter Quarter. If you decide to drop the course before the first class meeting, please call the ERS office at 961-8710.

CLASS SCHEDULE: Class will end at scheduled time. Participants for next class should wait in the patio area until class is dismissed. While you may want to notify your instructor, it is **NOT** necessary to call the office if you are unable to attend class that day. In the event your class is cancelled for the day, your instructor will notify you.

COSTS: Participants will be required to pay a fee per class. The fee will be \$10.00 for the entire session whether it's 8, 9, or 10 weeks and will be collected at the first class. The monies will be used to support all programs and ERS activities. **No refunds after the second class.**

HILO COMMUNITY SCHOOL FOR ADULTS: The Hilo Community School for Adults (HCSA) co-sponsors some of our courses. Fees are based on \$2.50 per scheduled class. It is not pro-rated by attendance. An additional \$2 fee may be assessed for printing of course material. Fee and HSCA Registration form **must** be turned in together prior to attendance in class. Refunds will be made up to the second day of class. **Requests for refund must be made prior to the second class. No refunds after second class.**

MAH JONG: It is preferable to register as a foursome for the Wednesday Mah Jong for Fun.

PHYSICAL FITNESS: A student may register for two of the three days offered.

CHILDREN: We love them, but **please keep them at home. The County will not accept the responsibility for children at senior centers.**

SUMMER QUARTER: Registration will begin June 21, 2010 and ending on July 16, 2010 with classes beginning July 6, 2010. Pre-registration for students currently enrolled in a course will be on the last day of class in the Spring Quarter. No pre-registration by telephone, please.

LOST & FOUND: Check in Room 1 or in marked boxes in the classrooms.

Other Activities At Kamana Senior Center

BADMINTON: Meets on Tuesdays and Thursdays, 10-12 noon at the Hilo Armory.

GATEBALL: Meets on Mondays 8-10a, Wednesdays 1-3p at the University Park.

TENNIS: Meets on Tuesdays at Edith Kanakaole Tennis Stadium. Session 1: 8-10a. Session 2: 10-12 Noon. You must know how to play. Contact ERS Office at 961-8710, for more information see Al or Jim at the tennis sessions.

DOUBLE NINE GOLF: Meets on Fridays, 6:30a – 11:30a at the Hilo Municipal Golf Course. You must know how to play golf. Contact Larry Morris 963-5454 or Mitsie Maeda 959-6190 to join.

FREE BLOOD PRESSURE SCREENING: First Tuesday of the month at 8:30a on the patio.

AARP GENERAL MEETING: Second Tues. of the month in Rm. B from 11a to 12p. Open to anyone 50+; non-members welcomed. Guest speaker each month.

SENIOR ID CARDS: First Monday of the month in Room 6 from 1 – 3p for anyone age 60+. Bring proof of age. List of merchants who offer discounts with Senior ID can be picked up at the same time. Contact Coordinated Services (CSE) at 961-8777 for more information.

Services and opportunities to participate in Elderly Recreation programs are provided to persons 55 years or older without regard to race, color, national origin, sex, disability or religion. The County of Hawaii does not discriminate on the basis of disability in the admission, or treatment, or employment in its programs or activities. Should you require special needs, please call the ERS Program Director at 961-8710 at least two weeks prior to the course/event.