



Kapahulu Center

REVISED

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

JANUARY 2025

Important Dates:

Jan. 1 - New Year's Day observed (Center Closed)

Jan. 2 - Zumba Gold special class at 10:15 a.m.

Jan. 3 - Tai Chi special class at 9 a.m.

Jan. 2-3 - Office open half-day

Jan. 20 - Martin Luther King Jr. Day (Center Closed)



SAVE THE DATE!

Fall Prevention, Build Strength, Balance, and Confidence Workshop with Li Si!

This 90min, interactive workshop will equip you with essential skills to reduce fall risks, maintain your independence, and boost your confidence! Discover effective exercises, balance-enhancing techniques, and understand the importance of posture and strength in your everyday life.

Tentative DATES: Sat., Feb. 8 (9-10:30am) OR Tue., Feb. 11 (10-11:30am)

RSVP: ASAP by contacting the office

Maximum 25ppl per session

COST: \$15 per person (member & non-member)

Matsuri Volunteer Captains

As follow up to the special Site Council meeting (Nov. 6), & Kelli's visits to each class, we are in need of committed KC member volunteer leaders. The areas below need volunteer captains, and please ask the office for the full list of needs, responsibilities, and expectations:

- Light Poles: Assembly & setup of poles & string lights.
- Front Gate: Guard front gate & assist crowd control.
- Kiddie Games: Solicit, manage, & oversee volunteers, games, coordinate supplies, setup, booth, & signs.
- Food Booth: Solicit, manage, & oversee volunteers, booth, coordinate supplies, setup, signs, food vendors.
- Crafts: Solicit, manage, & oversee, crafters, volunteers, coordinate inventory, supplies, setup, pricing, & signs.
- Cleanup: Solicit & direct volunteer cleanup & storage.

These are the volunteer captains for other areas:

- Baked Goods (Gert Ueoka & Kelly Kalapa)
- Bon Dancing (Joyce Gushiken)
- Grounds (Rosemary Nishi)
- Guri Guri (Sharon Tamaru & Karen Takara)
- Prize Redemption (Office)
- Cashiers (Board)

Friendly check-in:

Dear Members and Friends of Kapahulu Center, Happy New Year! We hope you all had a restful holidays and that this newsletter finds you healthy and re-energized for 2025!

Below is our class schedule for January, with return dates of regular classes. Please continue to sign-up with the office in advance (NO WALK-INS). Visitors also need to make an appointment prior to stopping by the office. Thank you for your cooperation!

Kapahulu Center Exec. Dir., and Board of Directors

Weekly Schedule:

Reminder: Schedule is subject to change.

Participants must sign-up in advance (no walk-ins)

Tue/Thu, 9:00am: Yoga (DVD Jan. 14 - 28)

Tue, 10:30am: Kanikapila
**Returns Jan. 7*

*last Tue, 10:30am: Japanese Ukulele (Jan 28)

Tue/Fri, 5 & 6pm: Aikido (Kids/Adult)
**Returns Jan. 7*

Wed, 9:00am: Tai Chi
**special class 9am, Jan. 3*

Wed, 10:45am: Zumba Gold
**special class 10:15am, Jan. 2*

Thu, 10am: Shigin
**Returns Jan. 9*

Thu, 10:30am: Moving for Fun & Fitness
**Returns Jan. 9*

Sat, 11am & 1pm: Japanese Bon Dance (Beg/Int)
**Starts Jan. 11, 2025 (waitlist only)*

HAPPY BIRTHDAY!



Aiko Baba
Anita Edwards
June Hasegawa
Karen Kihara
Mae Kishimoto
Cynthia Nakashima
Ailee Yang

Janice Brown
Phyllis Harada
Gail Inoue
Kay Kimura
Kyler Kokubun
Patricia Schell
Amy Yasuda



NEW MEMBERS:

Karen Tom

MAHALO ALL RETURNING MEMBERS!

DECEMBER 2024 RECAP:

With all the busy-ness of the holidays last month, here are some updates in case you missed it:

Waikiki Elementary Christmas Caroling:

A big thank you again to Ms. Emiko and a class of 5th graders from Waikiki who walked to our center and shared some much enjoyed



Christmas Cheer with our Kanikapila class! MAHALO also to our Kanikapila class for playing with and performing for them as well! We've also been invited to attend the students' mini musicals in Spring 2025!



Iglesia Ni Cristo and Members' Annual Cleaning:

Thank you so much to all the volunteers who helped us clean our center! A special thanks to the Cherry Blossom Festival, as well as Helen, Conrad, and Iglesia Ni Cristo volunteers who returned in the weeks leading up to Christmas to finish cleaning our ballroom and weed whacking all around our center and sidewalks! THANK YOU!



7-Eleven Hawaii Fundraiser Booklets:

Thank you to everyone who purchased! In total we sold 160 booklets for a profit of \$480!

Kahala Mall Very Merry Fundraiser:

We hope you and your loved ones had a fun holiday shopping experience at the mall! Thanks to our support, 35 tickets were sold for a profit of \$175!

See's Candies Fundraiser: Thank you again for your purchases! Although we don't run this as a fundraiser, a profit of \$121.63 was generated from all the orders that were made—thank you!!!



Genki Ball making & toss with Aliamanu Middle:

Thank you again to Mr. Pelayo's middle school classes for including us in their genki ball making and toss last month! We're also planning to participate again in Spring 2025!



Kapahulu Center Members' Christmas Party:

A BIG MAHALO again to our Tai Chi class who hosted our first return to an in-person Christmas

luncheon for members, and special thanks to Patti for the beautiful succulent favors!



New Years Kadomatsu:

BIG MAHALO to Senator Les Ihara Jr. for the beautiful kadomatsu arrangement for our center every year!

