

SENIOR PROGRAMS @ PALAMA SETTLEMENT

Fall Session—August 20, 2018 to December 4, 2018

CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Tai Chi 2 MP Room 7:45—9:00 a.m. with Amy	Tai Chi 1 MP Room 7:45-9:00 a.m. with Amy	Watercolor Session 1 Aug 22—Sept. 26 9:00-11:00 Gym Lanai with Dawn	Tai Chi—Cheng Style 7:45-9:00 with Sallie Lee Gym Lanai Mah Jong 2 Upper Gym Lanai 8:00—11:00 a.m.	Tai Chi 2 MP Room 7:45—9:00 a.m. with Amy
Zumba Gold Lower Gym Lanai 9:00—10:00 a.m. with Debbie (additional \$2 per class)	Mah Jong 1 & 2 Upper Gym Lanai 8:00—11:00 a.m.		Beginner I Large Gym 9:00—10:00 a.m. with Mi Wan 10:00—11:00 a.m. with Aurie	Zumba Gold Lower Gym Lanai 9:00—10:00 a.m. with Debbie (additional \$2 per class)
Beginner 2 Large Gym 9:00—10:00 a.m. with Aurie 10:00—11:00 a.m. with Yvonne	Sewing Dining Hall 9:00—11:30 a.m. with Jade	Watercolor Session 2 Oct 10—Nov 14 9:00—11:00 Gym Lanai with Dawn	Intermediate I Small Gym 9:00—10:00 a.m. with Aurie 10:00—11:00 a.m. with Yvonne	Intermediate 2 Small Gym 9:00—11:00 a.m. with Rae/Tisha
Intermediate 1 Large Gym 9:00—10:00 a.m. with Yvonne 10:00—11:00 a.m. with Aurie	Beginner 1 Large Gym 9:00—10:00 a.m. with Mi Wan 10:00—10:30 a.m. with Aurie 10:30—11:00 a.m. with Yvonne		Sewing Dining Hall 9:00—11:30 a.m. with Jade Pottery - Dates to be announced.	Hula Dining Hall, 10—11 a.m. with Nalani *NEW* Water Aerobics Pool, 8-9a.m
	Intermediate 2 Small Gym 9:00—11:00 a.m. with Rae/Tisha	Registration Dates: May 14, 15, 17 & 18 from 9:00—10:30 a.m. at the Gym Lanai. Parking is behind the gym. Please bring your name tags! Registration fee: \$25 Zumba and Chair Yoga are an additional \$2.00 per class day. <u>All participants are required to wear their name tags during class and while on campus.</u> Class schedule subject to change.		
	Chair Yoga Dining Hall 9:30—10:30 a.m. with Debbie (additional \$2 per class)			

Palama Settlement's mission is to partner with those who have the greatest needs in our community, empowering them to enhance their well-being through education, health and recreation.

www.palamasettlement.org

