

SENIOR PROGRAMS @ PALAMA SETTLEMENT

Fall Session—August 19, 2019 to December 3, 2019

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 With Dawn Dates/Times TBA	Tai Chi—Chen Style 7:45-9:00 with Sallie Lee MP Room Mah Jong* depends on enrollment 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)			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—11:00 a.m. with Tisha	Sewing Dining Hall 9:00—11:30 a.m. with Jade		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 Small 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—11:00 a.m. with Yvonne		Sewing Dining Hall 9:00—11:30 a.m. with Jade	Hula Dining Hall, 10—11 a.m. with Nalani
	Intermediate 2 Small Gym 9:00—11:00 a.m. with Rae/Tisha	Registration Dates: Mon 5/13; Tue 3/14; Thu 3/16; Fri 5/17 from 9:00—10:30 a.m. at the Gym Lanai. Parking is behind the gym. Please bring your name tags! Registration fee: \$25 Late registration (returning participants): \$5.00 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 and to park behind the gym.</u>		
	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.