

SENIOR PROGRAMS @ PALAMA SETTLEMENT

2020 Spring Session January 6 to May 29, 2020 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	Beginner Watercolor Jan. 22— Feb. 26 Higashino Room 206 8:45—10:15 a.m. with Dawn	Line Dance - Intermediate I Small Gym 9:00—10:00 am with Aurie 10:00—11:00 am with Yvonne	Tai Chi 2 MP Room 7:45—9:00 a.m. with Amy
Line Dance - Beginner 2 Large Gym 9:00 - 11:00 am with Tisha	Line Dance - Beginner 1 Large Gym 9:00 - 10:00 am with Mi Wan 10:00 - 11:00 am with Yvonne	Intermediate Watercolor Jan. 22— Feb. 26 Higashino Room 206 Intermediate: 10:30-12:00 p.m. with Dawn	Line Dance - Beginner I Large Gym 9:00 - 10:00 a.m. with Mi Wan 10:00 -11:00 a.m. with Aurie	Line Dance - Intermediate 2 Small Gym 9:00—11:00 a.m. with Rae/Tisha
Line Dance - Intermediate 1 Small Gym 9:00 - 10:00 am with Yvonne 10:00 - 11:00 am with Aurie	Line Dance - Intermediate 2 Small Gym 9:00 - 11:00 am with Rae/Tisha		Sewing Dining Hall 9:00—11:30 a.m. with Jade	Hula Dining Hall 10:00—11:00 a.m. with Nalani
	Sewing Dining Hall 9:00 - 11:30 a.m. with Jade			
	Chair Yoga Dining Hall 9:00—10:00 am with Debbie (Additional \$2 per class)	Registration Dates: Tues 11/12, Thurs 11/14, Fri 11/15 & Mon 11/18, 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 Chair Yoga is 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>		

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.