

FALL 2024 PALAMA SETTLEMENT SENIOR PROGRAM SCHEDULE

August 5, 2024



December 6, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Tai Chi A Outdoor Basketball Court 8:00am-10:00am with Amy	Tai Chi B Outdoor Basketball Court 8:00am-10:00am with April	*Art Journal (Cost: \$40) In-person (Location: Room 206) 8:45am-10am with Dawn <i>16 maximum students</i>	Line Dance - Intermediate A Small Court 9:00am-11am with Yvonne, Ann & Kats	Tai Chi A Outdoor Basketball Court 8:00am-10:00am with Amy
Line Dance - Beginner 2 Large Court 9:00am-11am with Rae, Tisha & Pam <i>1year experience of Beg. 1 recommended</i>	Line Dance - Pre-Beginner Large Court 8:30am-9:00am with Pam	*Advanced Watercolor (Cost: \$40) 10:30am-11:45am with Dawn Zoom (In-person:9/4, 10/2, 10/30) <i>16 maximum students</i>	Line Dance - Beginner 1 Large Court 9:00am-11:00am with Mi Wan & Pam	Line Dance - Intermediate B Small Court 9:00am-11:00am with Rae & Tisha
Line Dance - Intermediate A Small Court 9:00am-11am with Yvonne, Ann & Kats	Line Dance - Beginner 1 Large Court 9:00am-11am with Miwan & Pam	*Beginning Watercolor (Cost: \$40) 12:00pm-1:00pm with Dawn Zoom (In-person:8/14, 9/11, 10/9, 10/30) <i>12 maximum students</i>	Sewing Dining Hall 9:00am-11:30am with Jade	Yoga Multipurpose Room 9:30am-11:00am with Carol
Senior Aqua Aerobics Pool 10:00am-11:00am with Mike <i>25 maximum students</i>	Line Dance - Intermediate B Small Court 9:00am-11:00am with Rae & Tisha	Senior Aqua Aerobics Pool 10:00am-11:00am with Mike <i>25 maximum students</i>	Chair Yoga (Cost: \$3/class day) Dining Hall 10:00am with Debbie	Senior Aqua Aerobics Pool 10:00am-11:00am with Mike <i>25 maximum students</i>
Chair Yoga (Cost: \$3/class day) Dining Hall 10:00am-11:00am with Debbie	Sewing Dining Hall 9:00am-11:30am with Jade	Senior Fitness (Cost: \$3/class day) Dining Hall 10:00am-11:00am with Debbie		Zumba Gold (Cost: \$3/class day) Dining Hall 9:00am-10:00am with Debbie
	Yoga Multipurpose Room 11:30am-1:00pm with Carol	Senior Cardio Fitness & Stretching (Cost: \$3/class day) Dining Hall 11:15am-12pm with Debbie		
		Yoga Multipurpose Room 12:30pm-1:30pm with Carol		

Registration Dates: May 6, 7, 8, 9, and 10, 2024 (from 9am to 10:30am)

Registration Cost: \$30.00

Observed Holidays: Hawai'i Admission Day (August 16th), Labor Day (September 2nd), Veterans Day (November 11th), Thanksgiving Day (November 28th)

*Art classes are contingent upon sufficient enrollment (Minimum of 8 students). Additional Fees will be refunded if class(es) are to be cancelled. Class starts August 14, 2024 and ends October 30, 2024.