

Visit our website to register online: Kupunaeducation.com

To register in person or over the phone: Kapiolani Community College, Office of Continuing Education and Training, Manono Building, Room 113 Phone: (808)734-9211

Questions?: (808)734-9108

ART

Hand Building Art Class(Air Dry Clay) – Grandparent and Their Grandchild

Create pottery (cup, pot, or vase) with your Grandchild! On



the first day of class a pottery piece is created and on the second day the

piece is painted. In these two classes, both of you will gain the basic fundamentals of clay, learn some of the basic vocabulary of clay/hand-building, and have a great time working as a team!

Notes: This class is located at the Waikiki Mindful Learning Center.

ART3148-002

Dates: 07/6, 07/13

Day: Fridays

Time: 4:00 p.m. – 6:00 p.m.

Location: Waikiki Elementary Sch.

Course Fee: \$60 each pair

ART3148-003

Dates: 07/20, 07/27

Day: Fridays

Time: 4:00 p.m. – 6:00 p.m.

Location: Waikiki Elementary Sch.

Course Fee: \$60 each pair

AGING

Family Elder Caregiver Workshop

Do you help care for a family member or friend who is elderly, frail, disabled, or has a chronic illness? Then this is the workshop for you! In this three-hour



workshop, you will gain valuable information and hands-on practice with transferring skills, fall prevention, incontinence care, toileting, bathing, hygiene, grooming, dressing, dental care, feeding and nutrition.

ENR3164-001

Date: 07/28/18

Day: Saturday

Time: 9:00am-12:00pm

Location: Kopiko 240, 241-242

Course Fee: \$10

Navigating the Journey: End of Life Issues

Are you interested in learning about the issues and choices surrounding end-of-life?



Despite the universality of death, the inventions of new technologies and political circumstances have created more ambiguities regarding the definition of death, and how to deal with the dying. These conflicts have increased the need for more informed decision-making regarding end-of-life issues. Individuals who make an effort to learn about the options may be in a better position to influence events in their own lives and those of their loved ones.

ENR3163-001

Dates: 05/29/18-7/10/18

Day: Tuesdays

Time: 9:30 a.m. – 11:30 a.m.

Location: Kopiko 127B

Course Fee: \$10

COMPUTER

Android Apps

Explore Android apps on your electronic devices (cell phone or tablet). No prior computer experience is



necessary.

COM3026-002

Dates: 06/06, 06/13, 06/20

Day: Wednesdays

Time: 1:30pm-3:30pm

Location: Kopiko 104A

Course Fee: \$10

COM3026-003

Dates: 07/12, 07/19, 07/26

Day: Thursdays

Time: 9:30am- 11:30am

Location: Kopiko 104A

Course Fee: \$10

Computer Basics

The first time computer user will learn basic computer skills including the use of the keyboard, the mouse, the internet, and email.

COM3028-002

Dates: 06/06, 06/08, 06/13, 06/15

Day: Wednesdays/Fridays

Time: 9:30 a.m. – 11:30 a.m.

Location: Kopiko 104A

Course Fee: \$80

Introduction to Google

Introduction to Google will help you learn how to use Gmail to communicate with your friends

and family. You will also learn how to use other Google apps such as Google photos, Drive, Maps, and Keep.



ENR3109-004

Dates: 6/20, 6/22, 6/27, 6/29

Day: Wednesdays, Fridays

Time: 9:30 a.m. – 11:30 a.m.

Location: Kopiko 104A

Course Fee: \$80

FITNESS

Melt Introduction Workshop



Participants will learn about and experience the MELT method as a simple self-care solution that anyone at any age can use to help reduce or avoid chronic pain symptoms, improve balance and alignment, and feel better overall. The workshop is appropriate for people of varying ages however, the ability to get up and down from the floor is necessary. Upon successful completion, students will gain an understanding of the primary cause of pain, which is a missing link that diet and exercise do not address.

ENR3116-006

Dates: 06/02/18

Day: Saturday

Time: 9:00 a.m. – 11:00 a.m.

Location: MAILE 101

Course Fee: \$50

ENR3116-007

Dates: 07/14/18

Day: Saturday

Time: 9:00 a.m. – 11:00 a.m.

Location: MAILE 101

Course Fee: \$50

Melt Pain Relief Multi-Session Series

Participants will experience the MELT method as a simple self-care solution that anyone at any age can use to help reduce or avoid chronic pain symptoms, improve balance and alignment, and feel better overall. This series will use specialized soft rollers and small MELT hand and Foot Treatment Balls to simulate the results of manual therapy. Over 4 weeks, learn to eliminate stuck stress before it accumulates causing chronic aches, pains, and unwanted signs of aging. Reduce inflammation, ease chronic neck and low back strain, improve alignment, enhance athletic performance, and keep your whole body feeling great at any age.

Regular MELTing can help prevent pain, heal injury, and erase the negative effects of aging and active living. A MELT instructor will guide you through specialized techniques that rehydrate the connective tissue and rejuvenate joint space. Participants receive a MELT map printout for home treatment.

Class #1: MELT on Neck Health

Class #2: MELT on Shoulder Health
Class #3: MELT on Low Back Health
Class #4: MELT for Total Body Health

Notes: Prior participation in the Introduction to MELT workshop is required to take this class.

ENR3146-003

Dates: 6/8, 6/15, 6/22, 6/29

Day: Fridays

Time: 9:30am-10:30am

Location: Maile 101

Course Fee: \$120

Melt Practice Sessions

Participants will have the opportunity to practice techniques learned in the MELT introduction workshop. Practice session is taught by a certified MELT instructor and will reinforce the moves taught in the introductory session. The practice sessions are appropriate for people of varying ages however, the ability to get up and down from the floor is necessary.

Day: Saturday

Time: 9:00am – 10:00am

Location: Maile 101

Course Fee: \$20 per class

Same time, day, location and course fee for following dates:

ENR3129-014: 06/16/18

ENR3129-015: 06/23/18

ENR3129-018: 07/21/18

ENR3129-019: 07/28/18

Day: Friday

Time: 9:30am-10:30am

Location: Maile 101

Course Fee: \$20 per class

For the following dates:

ENR3129-016: 07/13/18

ENR3129-017: 07/20/18

Tai Chi for Arthritis for Fall Prevention



Tai Chi for Arthritis for Fall Prevention (TCAFP) is an evidence-

based program that is supported by the Centers for Disease Control (CDC) targeting seniors to improve balance. In addition, TCAFP promotes relaxation, flexibility, and strength. The Hawaii Dept. of Health (DOH) is a co-sponsor of the TCAFP workshop (w/ Tai Chi for Health Institute), the DOH promotes the TCAFP classes island wide as part of their fall prevention program. As part of a commitment to the DOH, KCC will offer 20 hours of non-credit tai chi that will prepare students with no background in Tai Chi to practice and become familiar with the warm-up, first 6 movements and the Cool Down segments of TCAFP.

ENR3089

Registration is full. Call 734-9108 to be added to Wait List.

Dates: 05/30 – 07/27

Days: Wednesdays, Fridays

Time: 7:45am-8:45am

Location: Chapel

Course Fee: FREE

Tai Chi for Arthritis for Fall Prevention – ADVANCED

A Continuation of the Tai Chi for Arthritis for Fall Prevention beginners class. A Longer form with fun challenges and more spiraling energy is taught in this class. Postures and movements are modified for students' ability.

Priority is given to seniors and individuals with compromised balance.

ENR3147-002

Dates: 05/29 – 08/07/18

Day: Tuesdays

Time: 5:30pm-6:30pm

Location: Maile 101

Course Fee: \$66

ENR3147-003

Dates: 05/31 – 08/09/18

Day: Thursdays

Time: 10:45am – 11:45am

Location: Chapel

Course Fee: \$66

Sun Style Tai Chi 73 Form



Sun style of Tai Chi is characterized by its powerful Qigong elements, agile steps and flowing movements, ideal

for developing inner strength and enhancing healing and relaxation.

ENR3161-001

Dates: 05/29-08/07/18

Day: Tuesdays
Time: 6:45pm-7:45pm
Location: Maile 101
Cost: \$70.00

ENR3161-002
Dates: 05/31-08/09/18
Day: Thursdays
Time: 12:00pm-1:00pm
Location: Chapel
Cost: \$70.00

Senior Fitness

Senior Fitness class participants will engage in exercise for overall fitness. Each class will include a warm-up, basic



strengthening, cardiovascular exercise, balance exercises, a flexibility and a cool-down component. The cardiovascular exercise may include walking the KCC campus paths when weather permits. The class is appropriate for seniors of varying abilities with modifications done for those with limited mobility.

Notes: Participants will complete a balance assessment either the 1st class or by appointment before the class begins. Appropriate fitness attire is necessary including sneakers.

FIT3000-003
Dates: 05/29/18-07/26/18
Day: Tuesday and Thursday
Time: 7:30am-8:45am
Location: Maile 101
Course Fee: \$80.00

MUSIC

Beginning Ukulele



Have you ever wanted to learn how to play the ukulele? Well, this course is for you! This course does not require you have any experience. It

starts at the basic level for the person who has never played the instrument. This course will teach you the chords and get you playing the Ukulele as soon as possible.

Note: Must bring your own ukulele.

ENR3113-010
Dates: 06/02 – 08/04/18
Day: Saturdays
Time: 9:15 a.m. – 10:15 a.m.
Location: Waikiki Elementary School Mindful Learning Center(WMLC)
Course Fee: \$60

Intermediate Ukulele

Join this course if you have completed the beginners course or if you know all of your Ukulele chords and are comfortable with strumming. If that sounds like you, then you are ready for the Intermediate Ukulele course!

Note: Must bring your own ukulele.

ENR3114-008
Dates: 06/02 – 08/04/18
Day: Saturdays
Time: 8:00am- 9:00am

Location: WMLC
Course Fee: \$60.00

Advanced Ukulele

Join this course if you have completed the beginners and intermediate courses or if you know all your ukulele chords, are comfortable with strumming and know several songs. If this sounds like you, then you're ready for the Advanced Ukulele Course!
Note: Must bring your own ukulele.

ENR3162-001
Dates: 06/02 – 08/04/18
Day: Saturdays
Time: 10:30a.m. – 11:30a.m.
Location: WMLC
Course Fee: \$60

Please note:
Class time or locations subject to change due to availability of classroom space or unforeseen circumstances.