January 2009

- **Car Care Clinic**  
  By students of the Automotive Technology program  
  Thursday, January 29, 2009  
  Building 43

February 2009

- **Chocolate Making 101** with Janet Garcia  
  Wednesday, February 11, 2009 - 11:00 am - 12:30 pm  
  Building 4, Room 23B

- **The Best Place to Live When You Turn 90**  
  With Dr. Warren F. Wong  
  Learn the pros and cons of different living situations for people in their 90's  
  Friday, February 13, 2009 - 10:00 - 11:30 am  
  Building 2, Room 614  
  Part of the Prevention and Healthy Aging Series

- **Great Aloha Run**  
  Monday, February 16, 2009  
  Aloha Tower to Aloha Stadium

- **Line Dancing**, with Sharon Isa  
  Friday, February 27, 2009 - 5:00 pm  
  Building 14, Room 210

March 2009

- **Art Wash**, an Excellence in Aloha Day Beautification Project  
  Friday, March 6, 2009 - 1:00 pm  
  Three Rocks on a Hill

- **Chronic Kidney Disease: What Seniors Need to Know**,  
  With Carrie Mukaida, MS, RD  
  Are you at risk for chronic kidney disease (CKD)?  
  Friday, March 13, 2009 - 10:00 - 11:30 am  
  Building 2, Room 614
Part of the Prevention and Healthy Aging Series

- **Foot Reflexology** with Jess Aki
  Friday, March 20, 2009 - 12:00 noon - 1:00 pm
  Building 27, Room 111/116

**May 2009**

- **Visitor Industry Charity Walk**
  Saturday, May 16, 2009 - 7:00 am
  Ala Moana Park through Waikiki and back

**June 2009**

- **Ukulele Making**, with Norman Takeya
  Class continues on Fridays

**July 2009**

- **Donut Pendant Necklace** with Carolyn Antonio
  Thursday, July 2, 2009 - 12:00 - 1:00 pm
  Building 5, Room 202

- [Image of a group of people posing]

For more information on the American Cancer Society's mission,
July 11 - 12, 2009
Magic Island
Contact HCC team leader Janet Garcia
• **Ice Cream Social**  
  Sponsored by the HCC Staff Development Committee  
  Wednesday, July 29, 2009 - 2:00 - 3:00 pm  
  Building 4, Room 23B

• **Ukulele Making**, with Norman Takeya  
  Class continues on Fridays

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**September 2009**

• **Line Dancing**  
  Friday, Sep. 18 - 4:30 pm  
  Building 14, Room 210  
  Contact Sharon Isa

• **Ukulele Making**, with Norman Takeya  
  Class begins Friday, Sep. 25  
  Continues on Fridays, 4:30 - 7:30 pm  
  Building 14, Room 113  
  Contact Guy Shibayama

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**October 2009**

• **Eco-friendly Workshop**, with Ken Johnson  
  Thursday, Oct. 1, 2009 - 10:00-11:00 am  
  SALAD DAY will follow -- Sponsored by the HCC Staff Development Committee  
  Building 27, Room 111

• **Ukulele Making**, with Norman Takeya  
  Class continues on Fridays, 4:30 - 7:30 pm  
  Building 14, Room 113

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**November 2009**

• **Cardio Fitness**  
  Friday, November 13 - 12:30 pm  
  Place and details to be announced

• **Bookmark Making and Book/Multimedia Exchange**  
  Friday, November 20 - 2:00-3:30 pm  
  Building 7, Room 401  
  Contact Libby Jakubowski or Clara Iwata
• **Line Dancing**  
  Friday, November 20 - 5:00 pm  
  Building 14, Room 210  
  Contact Sharon Isa

• **Ukulele Making**, with Norman Takeya  
  Class continues on Fridays, 4:30 - 7:30 pm  
  Building 14, Room 113

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**February 2010**

• **Germ Busters: Relief from the Common Cold and Flu**  
  Presented by HMSA  
  Friday, February 5 - 11:30 am  
  Building 2, Room 308

• **Great Aloha Run**  
  Monday, Feb. 15 - 7:00 am

• **Otsuji Farm Tour**  
  Saturday, February 27 - 8:30-10:00 am -- **rescheduled to March 13**  
  Cost: $1.00  
  Contact Lianne Nagano

• **Ukulele Making**, with Norman Takeya  
  Class begins this month  
  On Fridays, 4:30 - 7:30 pm  
  Building 14, Room 113  
  Contact Guy Shibayama

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**March 2010**

• **Line Dancing**  
  Friday, March 12 - 5:00 pm  
  Building 14, Room 210  
  Contact Sharon Isa

• **Otsuji Farm Tour**  
  Saturday, March 13 - 8:30-10:00 am  
  Cost: $1.00  
  Contact Lianne Nagano

• **Wellness Wednesday: Workstation Wellness Workshop**  
  Presented by HMSA
Wednesday, March 17 - 12:00 noon
Building 7, Room 503

- **Wellness Wednesday: Successful Aging Begins with You Workshop**
  Presented by HMSA
  Wednesday, March 31 - 12:00 noon
  Building 7, Room 503

- **Ukulele Making, with Norman Takeya**
  Class continues on Fridays, 4:30 - 7:30 pm
  Building 14, Room 113
  Contact Guy Shibayama

### April 2010

- **Soup Day**
  Tuesday, April 6 - 11:00 am - 12:30 pm
  Building 27, Room 111

- **Ukulele Making, with Norman Takeya**
  Class continues on Fridays, 4:30 - 7:30 pm
  Building 14, Room 113
  Contact Guy Shibayama

### August 2010

- **Ice Cream Social**
  Wednesday, Aug. 4 - 2:00 - 3:00 pm
  Building 4, Room 23B
  Sponsored by HCC Staff Development

### September 2010

- **Salad Day**
  Thursday, Sep. 16 - Lunch time

### October 2010

- **Aloha Tofu Factory Tour**
  Friday, Oct. 8 - 10:00 - 11:00 am
  Space is limited

- **Flu Shot Clinic**
Tuesday, Oct. 26 - 10:00 am - 1:00 pm
HCC Cafeteria
Presented by HCC Health Office

**November 2010**

- **Soup Day**
  Thursday, November 4 - 11:00 am - 12:30 pm
  Building 27, Room 111/116
  Sponsored by HCC Staff Development

**December 2010**

Wishing you a healthy, happy, stress-free holiday season!

**January 2011**

- **Ask A Doctor**
  Question and Answer with Dr. Chiyome Fukino
  Wednesday, January 26, 2011 - 12:00 noon - 1:00 pm
  Building 7, Room 320

**February 2011**

- **Great Aloha Run**
  Monday, February 21, 2011
  Aloha Tower to Aloha Stadium

**March 2011**

- **Excellence in Aloha**
  Friday, March 4, 2011

- **Menehune Mac Candies Tour**
  Friday, March 18, 2011 - 9:50 am - 11:00 am
  Space is limited
  Fee: $10.00

**April 2011**
- **Aloha Tofu Factory Tour** -- encore!
  Friday, April 15, 2011 - 10:00 - 11:00 am
  Space is limited

### June 2011

- **Making Poke from Scratch**
  Commercial fisherman Bobby Alipio will demonstrate how to clean a whole ahi
  Monday, June 6, 2011 - 12:00 noon - 1:00 pm
  Building 4, Room 18
  Cost: $10 - take home 1/2 lb. of poke

### February 2012

- **Great Aloha Run**
  Monday, February 20, 2012

### March 2012

- **Kale Chips and Kale Soup** (for H & W members)
  Demo and nutritional information by Derek Otsuji
  Friday, March 16, 2012 - 12:00 p.m.-noon-1:00 p.m.
  Building 7, Room 320

### April 2012

- **Ergonomics Workshop**
  Chulae Grove will help you improve your workstation
  Friday, April 27, 2012 - 12:00 noon-1:00 p.m.
  Building 2, Room 401
June 2012

- **Kale Chips and Kale Soup**
  Demo plus nutritional and growing information by Derek Otsuji
  Wednesday, June 20, 2012 - 12:00 noon-1:00 p.m.
  Building 7, Room 320

September 2012

- **Sharing Your Talent & Potluck**
  Enjoy performances by your fellow HCC staff and faculty!
  Friday, September 14, 2012 - 4:30-6:30 p.m.
  Apprenticeship: Building 4, Room 23B

- **Flu Shot Clinic**
  Wednesday, September 19, 2012 - 10:00 a.m.-1:00 p.m.
  Building 4, Room 18

November 2012

- **Honey Bee Workshop and Urban Garden Tour**
  Presented by Steve Nagano and Scott Nikaida
  Saturday, November 17, 2012