

# JCI WEEKLY CLASSES

Please contact the JCI office for class updates, location and information: (310) 324-6611

## Monday

9:00am-11:20am Card Games  
10:00am-12:00pm Meito Calligraphy (once a month)  
10:00am-12:00pm DISKovery JCI Senior Computer Classes\*  
9:45am-10:30am Physical Fitness for Older Adults  
10:30am-11:15am Brain Exercise with Music  
11:45am-12:30pm Japanese Lunch Box Bento  
12:00pm-1:00pm Bingo  
1:00pm-3:00pm DISKovery JCI Public Access \*  
1:00pm-2:00pm Beginners Line Dancing with Terri  
2:00pm-3:15pm Intermediate Line Dancing with Terri  
2:00pm-2:50pm Qi Gong  
5:20pm-6:20pm Japanese Conversation - Beginners  
6:30pm-7:30pm Japanese Conversation - Intermediate  
4:00pm-6:00pm Meito Calligraphy (once a month)  
6:30pm-10:00pm Gardena Judo Club  
6:15pm-8:00pm Shotokan Karate

## Tuesday

8:30am-11:30am Creative Stitchery-Gardena Adult School  
9:00am-11:20am Card Games  
9:00am-11:00am Senior Hula Class  
9:00am-11:20am Foot Problems (3rd week only)  
10:00am-11:30am Blood Pressure (3rd week only)  
10:00am-12:00pm DISKovery JCI Senior Computer Classes\*  
11:15am-12:15p Beginning Hula  
11:45am-12:30pm Japanese Lunch Box Bento  
12:30pm-2:30pm Ukulele With Ken  
12:30pm-1:30pm Stretching for Seniors  
1:00pm-3:00pm DISKovery JCI Public Access \*  
7:30pm-10:00pm Naginata

## Wednesday

8:30am-11:30am Creative Stitchery-Gardena Adult School  
9:00am-11:20am Card Games  
9:45am-10:45am Physical Fitness for Older Adults  
10:00am-12:00pm DISKovery JCI Senior Computer Classes\*  
11:45am-12:30pm Japanese Lunch Box Bento  
12:30pm-1:30pm Bingo  
1:00pm-3:00pm DISKovery JCI Public Access \*  
1:30pm-2:30pm Tai Chi for Seniors  
1:30pm-3:25pm Japanese Karaoke  
2:30pm-6:30pm Saga Art Center for children  
3:00pm-6:00pm MAC System Math & English  
3:30pm-4:30pm Qi Gong  
3:30pm-4:15pm Brain Exercise with Music  
3:30pm-6:00pm Kazuko Ballet for children & adults  
7:30pm-10:00pm Gardena Kendo Dojo

## Thursday

8:30am-11:30am Creative Stitchery-Gardena Adult School  
9:00am-11:20am Card Games  
10:00am-12:00pm DISKovery JCI Senior Computer Classes\*  
9:45am-10:30am Physical Fitness for Older Adults  
11:45am-12:30pm Japanese Lunch Box Bento  
12:00pm-1:00pm Basic Beginner Line Dance with Jean  
12:30pm-1:00pm Basic Beginner Ukulele with Chika  
1:00pm-2:00pm Beginner Line Dance with Jean  
1:00pm-2:00pm Beginning Ukulele with Chika  
1:00pm-3:00pm DISKovery JCI Public Access\*  
2:00pm-3:30pm Intermediate Ukulele with Chika  
2:15pm-3:15pm Intermediate Line Dance with Jean  
3:30pm-5:30pm MAC System Math & English  
3:30pm-5:00pm Bon Odori Class\*  
6:30pm-10:00pm Gardena Judo Club

## Friday

9:00am-11:20am Card Games  
9:00am-11:30am Kihara Craft Class  
10:00am-11:15am Gentle Yoga  
10:00am-12:00pm DISKovery JCI Senior Computer Classes\*  
11:30am-1:30pm JCI Origami Club  
11:45am-12:30pm Japanese Lunch Box Bento  
1:00pm-2:45pm Ballroom Dancing  
1:00pm-3:00pm DISKovery JCI Public Access\*  
1:30pm-2:30pm Tai Chi for Seniors  
7:00pm-10:00pm Gardena JCI Kendo Dojo  
7:30pm-9:30pm South Bay Shorinji Kempo

## Saturday

9:00am-12:25pm Japanese Language School - Children  
9:15am-10:45am Japanese Language School - Adult Beginner  
11:00am-12:30pm Japanese Language School - Adult Intermediate  
1:30pm-6:00pm Saga Art Center for Children  
1:00pm-4:00pm Taiko Class-Tom Kurai

## Sunday

10:00am-12:00pm Meito Calligraphy (once a month)  
6:00pm-8:00pm Meito Calligraphy (once a month)



**Gardena Valley Japanese Cultural Institute**  
1964 W. 162<sup>nd</sup> Street, Gardena, CA 90247  
Phone: 310-324-6611 • E-mail: [info@jci-gardena.org](mailto:info@jci-gardena.org)

Updated: 2/22/2010