

WHAT'S UP

A CALENDAR GUIDE TO FUN ON KAUA'I!

Compiled by MidWeek Kaua'i Staff, calendar@midweekkauai.com

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Comedy
Family Fun
Music
Special Events
Volunteers

Creativity Camp

Kilauea School, 2440 Kolo Road, Kilauea, Monday-Friday, 8:30 a.m.-2 p.m., \$75. Island keiki grades K-4 invited to join in the fun with art, music and games. (635-8071)

SPECIAL EVENTS

'Mrs. Claus In Menopause'

Island School, behind Kauai Community College, Dec. 27, 28 and 30, 7 p.m., \$20/general, \$18/kupuna. Delia Valentin presents three benefit performances in this hot new holiday musical comedy. (431-4560, www.wildwdstudios.com)

TUESDAY

December 28

CLASSES

Standard First Aid And CPR

Above St. Michael's Church, 4371 Puaole St., Lihue, 5-9 p.m., call for cost. Standard first aid training and skills as well as adult, child and infant CPR. (245-4919)

ONGOING

Acupuncture Clinic

Pine Trees Beach, Hanalei, Mondays, 1 p.m., \$10-\$30. Bring a towel to this acupuncture clinic. (652-9897)

All-Level Yoga

Kilauea location, call for address, Sundays, 10-11:30 a.m., \$15 drop-ins; \$40 for four classes. (351-4958, www.iriepranaoceana@hotmail.com)

Line Dancing

Church of the Pacific, Princeville, Mondays (beginners) and Fridays (beginner/intermediate), 10-11:30 a.m., \$6 per class. Come dance to all kinds of

A Hot Time At The North Pole



Delia Valentin stars in a hot new holiday musical, 'Mrs. Claus in Menopause' Dec. 27, 28 and 30 at Island School

fun music. (212-1847)

Beginning Hula

Church of the Pacific, Princeville, Tuesdays, 6:30-7:30 p.m., call for cost. Learn the basics of hula. (828-1342, 639-0964)

Beginning Line Dance Class

Church of the Pacific, 5-4280 Kuhio Hwy., Princeville, Fridays, 10-11:30 a.m.; \$6/class. Dance to all kinds of music in this North Shore beginning line dance class and have fun while exercis-

ing. No partner required. (212-1847)

Better Choices, Better Health

Hale Ho'onanea Elderly Project, Port Allen, Eleele, Tuesdays 1-3:30 p.m. This six-session workshop focuses on learning skills for a healthier lifestyle. Ages 60-plus, \$12, Ages 60-under, \$40. (Register: 241-4470)

Body And Mind Clarity

Kalaheo Neighborhood Center, Wednesdays, 8-9 a.m., free. These body and

mind clarity classes feature flowing moves for balance, flexibility, coordination and strength. Ages 55-plus. (652-8985, www.passionateliving.faithweb.com)

Christian-Based Yoga

Kaua'i Christian Fellowship, 2731 Ala Kinoiki (Koloa

Bypass), Tuesdays and Thursdays, 8:45-10 a.m. Tuesday nights, 5:30-6:30 p.m.; \$10. Linda Espino offers Christian-based classes. (652-0900, lespino@hawaii.rr.com)

Core Training For Bo

Kapaa Neighborhood C 4491 Kou St., Kapaa, Mondays, 9:15-10:15 a.m. donations suggested. In safe environment, stretch your body, strengthen your core and awaken the power that lies within. For Bo ages 50-plus. (212-6228

CORE, PiYo Classes

Fitbodies Personal Training, Kalaheo, Tuesdays, 10:30 a.m. and Wednesdays, 4:15 p.m. CORE Performance Circuit; Fridays, 4:15 p.m. PiYo; \$15 per class. Tuesdays/Wednesdays CORE Performance Circuit workouts; Fridays PiYo class with Pam Kruse. (332-7777, fitbodkauai.com)

'Designing The Next Chapter'

Kapaa location, call for address, Wednesdays, 6:30 p.m., \$25 per session. If you suspect you need change but aren't sure why it is or how to implement the "Designing the Next Chapter in Your Life" workshop is for you. Figure out what you really want to do with your life and create a concrete plan. (Register: 4517, hiyaguha@gmail.com)

Eastside Pilates Class

Wailua location, call for location/days/times, \$45 private, \$2 duet. Private classes use the classical equipment based Pilates method as offered. (346-4251)

Chris Sweitzer photo

What We Need For WHAT'S UP Submissions

- Event Name
- Event Date(s)
- Location & Street Address
- Time(s)
- Cost (if none, say 'Free')
- 1-2 Sentence Event Description
- Contact Phone Number For Event (MUST!)