



In order to meet the needs of a rapidly growing senior population, the State of Hawai'i Legislature instituted the Kupuna Education Center as part of an aging and long-term care initiative. The mission of the Kupuna Education Center is to develop and provide training and education for the older adult community population in active aging, to provide family caregiver training, to create a quality and committed community health wellness workforce, and to coordinate this information with all of the University of Hawaii Community Colleges.

The Kapi'olani Community College Kupuna Education Center offers classes on campus and online. The online courses are designed for those who are already working with seniors but may not have a formal introduction to aging issues. The courses cover varying topics and are in the process of redevelopment.

4303 Diamond Head Road

Kōpiko Bldg. Rm 201

Phone: (808) 734-9108

Fax: (808) 734-9128



SMART PHONES | COMPUTERS

- [Introduction to Windows 10 \(ENR3108\)](#)
- [Introduction to Microsoft Word \(COM3022\)](#)
- [Introduction to Google \(ENR3109\)](#)
- [Teamviewer and VMware \(COM3023\)](#)
- [Intro to Microsoft Excel \(COM3024\)](#)
- [Android Apps \(COM3026-001\)](#)
- [Computer Open Labs](#)
- [Computer Basics](#)



MUSIC

UKULELE | ADVANCED UKULELE

- [Beginning Ukulele \(ENR3113\)](#)
- [Intermediate Ukulele \(ENR3114\)](#)
- [Ukulele Together \(ENR3128\)](#)
- [Advanced Ukulele \(ENR3162-001\) – New Course](#)



HEALTH & WELL-BEING

TAI CHI | MELT | FITNESS

- [MELT Introduction Workshop \(ENR3116\)](#)
- [Aging and Dying with Dignity \(ENR3115\)](#)
- [Tai Chi for Arthritis for Fall Prevention \(ENR3089\)](#)
- [Senior Fitness \(FIT3000\)](#)
- [MELT Practice Session \(ENR 3129\) \(Intro Workshop pre-req\)](#)

- [Tai Chi for Arthritis – Advanced ENR3147-001](#)
- [MELT Pain Relief Multi Session Series ENR3146-001](#)
- [Sun Style Tai Chi 73 Form ENR3161-001](#) – NEW COURSE



CERAMICS | PAINTING

- [Elements of Art \(ENR3110\)](#)
- [Mixed Media Drawing \(ART3254\)](#)
- [Intro to Studio Art and the Visual Elements \(ART3252\)](#)
- [Basic Drawing \(ART3253\)](#)
- [Hand Building Art Class \(Art Dry Clay\) Grandparent and Grandchild \(ART3148-001\)](#)
- [Canvas Painting – Grandparent and Grandchild \(ART3149-001\)](#)

Kapi'olani Community College's TV series dedicated to Hawai'i's Seniors and their families.

What is Normal Aging



Contact



Jan Thurman

Kupuna Education Center Coordinator

Jan Thurman is a Registered Kinesiotherapist, licensed massage therapist, lecturer and former Director of the SDSU Adaptive Fitness Clinic (formerly SDSU Fitness Clinic for Individuals w/Disabilities). Ms. Thurman has been working as a Kinesiotherapist since 2000, taught Kinesiology students in an adaptive rehabilitation center from 2002 to 2015, and has worked as a therapist since 1999. Ms. Thurman has earned a B.S. specializing in fitness, nutrition, and health and an M.P.H. specializing in epidemiology both degrees earned at San Diego State University. She is a certified MELT instructor, a board certified Tai Chi for Arthritis for Fall Prevention Instructor, she is experienced in Active Isolated Stretching – The Mattes Method and multiple other therapeutic exercise modalities. Additionally, she is a member

of the American Kinesiotherapy Association, the Medical Fitness Association, the International Council on Active Aging, and the Tai Chi for Health Institute.

Contact by phone: (808) 734-9469

Donations

Make An Impact

Kapi'olani Community College's Kupuna Education Center's mission is to support our Kupuna. Through the generosity of our friends and alumni, we have been able to enhance and build our educational programs.

Your contributions can have great impact:

To designate your gift online via the UH Foundation, please

[Make a Donation](#)



Volunteer Program

The Kupuna Education Center is always looking for volunteers. If you are interested, please call or email us. We would like to discuss your skills and interests.

How to Become a Volunteer

Call the Kupuna Education Center at (808) 734-9108

or

email kupunaeducation@gmail.com

News & Events

Your might also be interested in:

- [ARCH](#)
- [Nurse Aide Training](#)
- Certificate of Competence in Activity Aide
- [Continuing Education & Training Website](#)
- [University of Hawai'i at Manoa Center for Aging](#)

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KAPI'OLANI
COMMUNITY COLLEGE



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Non Credit Registration

KCC Manono 113

4303 Diamond Head Road

Honolulu, Hawaii 96816

(808) 734-9211

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Course Categories

Culinary

Global Learning & Development

Health Education

Kupuna Education Center

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