Kaleidoscope January 2026 Issue #383

Moiliili Senior Center, (MSC) Program is for Seniors 60 years and above. Program partially funded by State funds through the Elderly Affairs Division, Dept. of Community Services. City and County of Honolulu & the State of Hawaii Executive Office on Aging and administered by Moiliili Community Center, (MCC). Located at 2535 S. King St., Honolulu, HI 96826.
WEBSITE: Https://www.moiliilicc.org **PHONE:** (808) 955-1555 **MCC is an Aloha United Way Agency**

HAPPY NEW YEAR! As the year of the wood snake winds down, we welcome the year of the Horse and great beginnings! Welcome back seniors!

CHRISTMAS CRAFT FAIR UPDATE
Thank you to everyone who donated items, volunteered, and/or shopped at our Christmas Craft Fair. Through our collective efforts, we were able to raise over **$1,000.00**. We truly appreciate your generosity and support.

JANUARY 2026 EVENTS

OKINAWAN EISA NEW CALENDAR DATES
Mondays, starting January 5 to May 18
1:30 PM to 2:45 PM, Room 305
All levels

BON DANCE by Joyce Gushiken
NEW CALENDAR DATES
Wednesdays, starting January 7 to May 27
Novice: 9:00 AM – 10:15 AM
Beginner: 10:30 AM – 11:45 AM
Room 305

MCC CLOSED MONDAY, JANUARY 19
Dr. Martin Luther King Jr. Day

BON DANCE by Joyce Gushiken has expanded to include **SATURDAYS**
For Advanced Beginner & Intermediate Levels
Starting Saturday, January 10 to May 30
Advanced Beginners: 10:00 AM to 11:15 AM
Intermediate: 11:30 AM to 12:45 PM
Room 105/STUDIO. Majority of the classes will be held in room 105. Occasionally some classes may be held in the STUDIO, and notifications will be posted.

FALL PREVENTION TALK by Arlene Thomas
Science of Balance – Balance Begins In Bed
Tuesday, January 6, 11:00 AM – 12:00 PM
Room 105
If you're recovering from an injury or interested in preventing an injury, this talk is for you. Expect to practice the guided exercises while in your seat. Wear comfortable clothes.
Instructors background: Lena Ihara aka Arlene Thomas is a Maui born actor and retired high school teacher in Tacoma, Washington. Through Arlene's experiences of her loved one and herself going through injuries and aging, she heavily researched fall prevention and healing. Learn how it may help you with balance.

SAFETY ALERT: We've been made aware of counterfeit money in the community. These situations can happen to anyone, and we're sharing this simply to encourage awareness and help prevent future issues.

NEW CLASS CONVERSATIONAL JAPANESE
Nadine Nishioka, Executive Director of MCC offers this class for NOVICE students. No books, friendly easy-going conversational Japanese. Classes will meet twice a month. Dates will be posted for two months at a time. Meets 1/14, 1/21, 2/11 & 2/25, Room 303, from 10:00 AM – 11:00 AM.

HEALTH TALK by Dr. Jim Yamashita
Osteoarthritis and Arthritis Health Tak
Friday, January 16, 11:00 AM – 12:00 PM, Room 105
Join Dr. Yamashita for an easy-to-understand health talk on how osteoarthritis and arthritis affect our bones.

FALL PREVENTION TALK by Stern at Home
Benefits of In-Home Physical Therapy
Wednesday, January 21, 10:00 AM – 11:00 AM
Room 105, brought to you by Stern At Home
Jomar Macaraeg will talk about benefits of home therapy, bringing recovery home. Physical Therapists will do a quick demo on the following:

1. *Fall Prevention*
2. *Balance*
3. *Proper use of ADA devices*

EXCURSION: Foster Botanical Garden
Thursday, January 22, 9:15 AM – 12:15 PM
10 seniors are invited to sign up. Van will stop by for lunch at Don Quijote Kaheka Plaza and then return to MCC. Sign up in Room 203. $3 for Garden entrance & $2 suggested for van ride.

ASSISTED LIVING DIRECTORY ONLINE
Kupuna Care Pair online directory helps save valuable time searching for longer long-term care in real time. An easy way to search for care places by categories, vacancies, locations and amenities.
Visit www.kupunacarepair.com or call (808) 779-8871

HEALTH CARE Ke Ola Mamo – Health Care System
Medical and Primary care clinics and classes
Blood Pressure Management
Chronic Disease Self-Management
Diabetes Self-Management, Counseling
Stress management workshops, Pain management workshops,Medical Clinic Honolulu (808) 440-6852

Covid-19 Safety

IF YOU ARE FEELING SICK IN ANY WAY, PLEASE DO NOT COME TO THE CENTER.

- Feeling sick while you are at the center, please notify a staff member immediately.
- Traveling off-island, no quarantine required before returning to the center if symptom-free and you have a negative COVID-19 test.
- No sharing food or eating together on MCC property.
- Be sure to bring your own water bottle or drink. MCC fountains are turned off for safety.

SENIOR CENTER PROGRAM RULES

Parking Notice: Parking at MCC is limited. Please consider being dropped off, carpooling or taking the bus. (If carpooling or using public transit, please wear a mask.) **Important:** No double parking allowed. Be courteous, follow instructions and prioritize safety. To avoid creating parking issues, kindly leave the center promptly after your class. Thank you.

Air Conditioner Use - Keep doors and windows closed while the AC is on. Set the temperature to no lower than 75°F and turn off the AC at the end of class. **Mahalo for your cooperation!**

Restroom Use - For safety, do not prop restroom entry door open. Each classroom has restroom keys. Please return them immediately after use.
Please keep in mind that the pipes are old and only toilet paper can be flushed. DO NOT FLUSH WET WIPES OR CLOTH TOWELS, DIAPERS, FEMININE PRODUCTS OR PAPER TOWELS.

COMMUNITY MEMBERSHIP AND DONATION 2026

MSC Annual Membership Fee: $55

Senior Center Registration Update: Please update your registration forms in Room 203 if there are any changes.

Community Center Membership Renewal
Renew your annual membership for **$55** at the main office. Please use the membership envelopes and fill them out completely with your name, phone number, and address. If you'd like to pay online you can visit the following link or QR code:
https://www.zeffy.com/en-US/ticketing/moiliili-community-centers-membership

Make checks payable to Moiliili Community Center
Membership fees and donations can also be paid online at moiliilicc.org. A 6% processing fee applies unless you opt out by selecting "I don't want to cover the processing fee for Moiliili Community Center" on the" Your Details" page. For questions, please contact the Senior Center staff or the MCC Main Office.

Monetary Donation Policy: Monetary donations help support our budget. A **suggested** $2 donation per activity or $20 per month is encouraged but **not mandatory**. Subsidies are available for those in need. Please contact the MSC Program Director for assistance.

Household Donation Guidelines
Moiliili Community Center gratefully accepts household donations for the Moiliili Senior Center's Rummage Sales.

To help our administrative staff manage their duties across all departments, donation drop-offs are accepted only on Mondays and Fridays at the Administration Office, 1st Floor Front Desk.
If you need to make a drop-off outside these days, please call (808) 955-1555 and ask for the Senior Center Program Office to arrange an alternate time.
Please note:

- No weekend drop-offs due to limited staff and storage capacity.
- Do not leave items curbside. This helps prevent damage or tampering.

Your cooperation ensures the MCC staff can serve all programs efficiently while keeping donations safe and ready for future sales. Thank you for your generosity and understanding!

Volunteers Wanted – Body Composition Study
Get a Free Health Report + Gift Card
The University of Hawai'i Cancer Center is looking for volunteers to participate in their InBody Research Study and you may qualify! This is a one-time visit at the UH Cancer Center in Kaka'ako, where researchers will use advanced, non-invasive equipment to measure your body fat, muscle and water levels. It's safe, simple and helps support local health research.

✓ Receive a personalized body composition report
✓ Get a gift card for your time
✓ Contribute to important scientific research

Appointments: Mondays only: 7:15 AM to 11:30 AM
Location: UH Cancer Center – 701 Ilalo St., Kaka'ako
To learn more or sign up:
Call 808-440-5234 or email
bodycompstudies@cc.hawaii.edu

VIRTUAL CLASSES VIA ZOOM

WEDNESDAYS:

Beginning Tai Chi 8:00 AM – 9:00 AM Gentle stretches and movements.

THURSDAYS:

Zenidaiko Advanced 1:00 PM – 2:00 PM Traditional Japanese performance using movement and sticks with bells.

Suzuko 2:15 PM – 3:00 PM

A choregraphed dance incorporating bells for rhythmic movement.

FRIDAYS:

Beginning Tai Chi 8:00 AM – 9:00 AM

Zenidaiko Beginners 9:00 AM – 10:00 AM

Suzuko 10:15 AM – 11:00 AM

Card Games 1:00 PM – 2:30 PM

Enjoy social time and traditional card games like Trumps, Poker, Crazy 8 and one-of-a-kind card games.

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To learn more or sign up: Call 808-440-5234 or email bodycompstudies@cc.hawaii.edu

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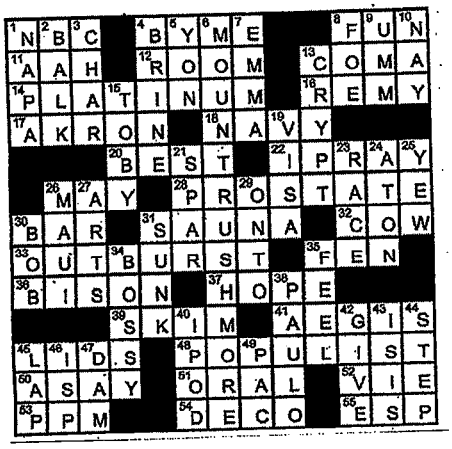
Fun Friday Movie – January 19, 11:00 AM – 1:15 PM Room 105. ***"The Sting*** is a 1973 American caper film. Set in 1936, it involves a complicated plot by two professional grifters (Paul Newman and Robert Redford) to con a mob boss (Robert Shaw). The screenplay, by David S. Ward, was inspired by real-life cons brothers." Wikipedia

Solutions to Puzzles

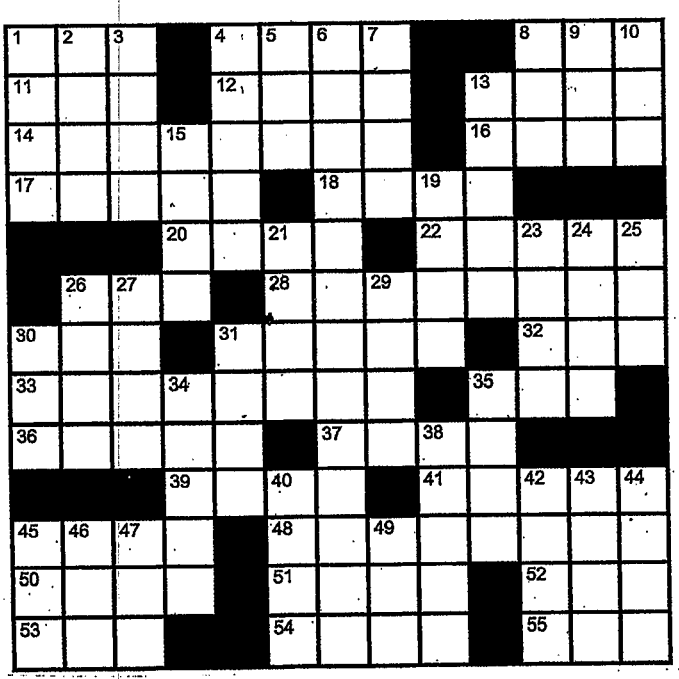
Puzzle #1



Puzzle #1: Crossword

Across

1 SNL network
4 "Stand —" (Ben E King song)
8 What every vacation should be
1 Exclamation of surprise
2 Resort accommodation space
3 Prolonged unconsciousness
4 Light gray
6 "Ratatouille" rat who wants to be a chef
7 Rubber City
8 — Pier, Chicago visitor attraction
0 Highest quality
2 Start of an appeal
6 Indy500 month
8 Firm, partly muscular chestnut sized gland
30 Ingot
31 Sweatbox
32 Intimidate
33 Tirade
35 Bog
36 Great Plains food source
37 Every vacationer does this for good weather
39 Glance over
41 Shield
45 Tops on pots
48 Advocate of democratic principles
50 Have — in the matter
51 Spoken
52 Contend
53 Air-pollution measure
54 Visual art style
55 Sixth sense



Down

1 Oenologists' valley
2 Pitcher's error
3 Blacken
4 Salt water
5 That distant
6 Borglum's SD tourist draw
7 Austen classic
8 Enemy
9 Undecided sound
10 "No" vote
13 Subterranean vault
15 Man-shaped beer mug
19 Usually required by overseas vacationers
21 Box for fun
23 Sack or rat, perhaps
24 More than enough
25 Evergreen tree
26 Hawaiian tourist spot
27 Skills
29 Aware of
30 Move up and down
31 Doomed
34 Authoritarian
35 Experience emotion
38 Saint for whom a Brazilian city is named
40 Popular portable player
42 Bend a bit
43 Sister of Osiris
44 Pace
45 One circuit
46 AOL, for example
47 Hydroelectricity source
49 — Man (Old video game)

FEBRUARY EVENTS

CHIGIRIE Japanese Paper Art workshop

Saturday, February 7, 9:00 AM – 12:00 PM
Room 105. Create beautiful paper art. Class meets on the first Saturday of the month. If new, students can purchase supply kit from instructor.

Home Improvement Services - Helping Seniors & Family Sell Without Stress – TALK brought to you by Aloha Senior 411, Don Dietz.

Wednesday, February 25
10:00 AM – 11:00 AM, Room 105
Plan ahead BEFORE you need to transition to assisted living. This team is one point of contact for all projects and provides before and after photos every step of the way in real time. Learn more about this very helpful service should you or a friend be considering planning your housing transition way before you need to.

Important Resources

Our partner Kūpuna Collective believes in supporting our members in various ways. Here are some resources that they recommend.

Food Resources Information:

- SNAP Outreach Providers
- Aloha United Way 2-1-1
- Hawai'i Foodbank
  - O'ahu Number: 808-836-3600
  - Kaua'i Number: 808-482-2224
- Hawai'i Island Food Basket
  - Hawai'i Island only
  - Hawai'i Island Number: 808-933-6030
- Maui Food Bank
  - Maui Island only
  - Maui Number: 808-243-9500
- Public Assistance Information Line: 1-855-643-1643

For more information from DHS, visit their website by clicking this link: https://humanservices.hawaii.gov/

FREE DOG WALKING CALL (808) 342-5482
Or Email: Kupunapaws@gmail.com

FREE HOME COMPANION FOR SENIORS
Brought to you by the University of Hawaii
Practical Help with aloha, safe, reliable, (non-medical help).
If you are a senior and need help at home with:

- Home cooking & meal prep
- Paperwork & secure filing
- Technology setup & support
- Friendly conversation & company
- Grocery shopping & delivery

Please call PAIR COMPANIONSHIP
(808) 649- 8592 to schedule your first visit by a senior companion.

How it works:

1. Call to schedule a friendly trial visit
2. They match you with a capable helper
3. Enjoy ongoing help and caring companionship!

MCC CLOSED DATED
Please mark your calendar

2026 HAWAI'I STATE HOLIDAYS

- New Year's Day, Thursday, Jan. 01
- Dr. MLK, Jr. Day, Monday, Jan. 19
- Presidents' Day, Monday, Feb. 16
- Prince Jonah Kūhiō Kalaniana'ole Day, Thursday, Mar. 26
- Good Friday, Friday, April 3
- Memorial Day, Monday May 25
- King Kamehameha I Day
  Thursday, June 11
- Independence Day, Friday, July 3
- Statehood Day, Friday, Aug. 21
- Labor Day, Monday, Sept. 7
- General Election Day, Tuesday, Nov. 3
  The first Tuesday in Nov. following the first Monday of even numbered years. (Hawai'i State Constitution, Article 2 – Section 8)
- Veterans Day, Wednesday, Nov. 11
- Thanksgiving Day, Thursday, Nov. 26
- Christmas Day, Friday, Dec. 25

Medicare Resource:
Hawaii SHIP – O'ahu Contact

- **Phone (Helpline):** 808-586-7299
- **Toll-Free (Statewide):** 1-888-875-9229

SENIOR CENTER SERVICES

All services are free for MSC Members (Membership is $55 Annually)

Assisted Transportation
Rides are free of charge for MSC members and are on a first-come first-serve basis within town to Dr. appointments, shopping, bank, post office, haircuts, etc. Rides are not available to and from MCC.

Drivers are not permitted to accept tips, no exceptions.
For safety reasons passengers must be able to enter and exit the van independently. *Our van does not have a wheelchair ramp.*

Escort Transportation (driver stays with you) Escort service is available to accompany you during errands or appointments.

➢ **To reserve a ride call (808) 955-1555, Ext. 129**

Transportation Hours:
Monday, Tuesday, Thursday & Friday 9:15 AM – 12:00 PM
Wednesday: 9:15 AM – 11:00 AM

⏱ **First Pick-Up of the Day**
The van departs MCC starting at **9:15 AM.** Your pick-up time will vary depending on the distance from the center to your address. Please be sure to calculate the total travel time from your pickup address to your drop-off destination when booking so you can arrive on time for appointments such as medical, dental, hair.

Know Your Destination
Always provide the full street address when reserving a ride, not just the building name. This allows us to look up the exact location on a map, check traffic conditions and confirm that we can get you to your destination in time for your appointment.

Round-Trip Planning
- Know your return pickup time. Ask your provider for an estimated end time of your appointment before reserving your round-trip ride.

Our vans do not run all day. Transportation is limited and provided as a courtesy, so accurate return times are essential. This helps us coordinate rides fairly for all seniors and avoid delays or missed pick-ups.

Rider Responsibility
- Riders must plan ahead and request a pickup time that allows the senior enough travel time to arrive at their appointment on time.

Accurate details help us group rides efficiently, assist more seniors, and keep transportation running smoothly.

Technology Assistance
MSC members can receive a private 30-minute one-on-one session for personalized help with their smartphone, tablet or laptop.
Call (808) 955-1555 and ask for Delia to reserve an appointment.

Shopping Delivery
- Order groceries online from your preferred store or we can assist using your credit card.
- Credit card information is not stored and is deleted after the order.
- We will pick up and deliver your groceries.

"I'm OK" Call Service
- Free daily check-in for MSC members living alone.
- You call a special number to say, "I'm OK."
- If you do not call, we will call you, then we will contact your emergency contact if needed.

Register at the Senior Center office (Room 203) or call (808) 955-1555.

Membership & Donations
- Annual membership: $55 (as of 2026)
- Visit cashier at the main office, 1st floor
- Mon–Fri, 8:00 AM – 5:00 PM to pay membership or donation. Donations are tax deductible.
- Clothing & household item donations accepted Mondays & Fridays, 8:00 AM – 5:00 PM.

HOW TO PAY ONSITE:
You may pay by check, cash or debit or credit card at front desk main office, first floor.

HOW TO PAY ONLINE:
You may visit the online page by typing the following: https://www.zeffy.com/en-US/ticketing/moiliili-community-centers-membership

Project Dana Partner Services
- **Transportation** to/from MCC or to/from doctor's office (9:00 AM – 4:00 PM)
- **Limited home assistance**
- **Call (808) 945-3736 to learn more.**

CLASS DESCRIPTION

Exercise/Physical Fitness Classes

Relaxation Yoga: Gentle relaxing yoga for body, mind and spirit. Enhance flexibility, strength and mentality. All levels welcome! (every other week)
Accessible Yoga: A gentle class with seated and standing options, designed to improve balance, flexibility and relaxation for all levels. Wheelchair accessible.
Parkour: The class focuses on fall prevention, mobility, and problem-solving skills using chairs, rails, and low obstacles always at your own pace and ability level. No experience is necessary. Comfortable clothing and supportive shoes are recommended.
Rhythm & Life (R&L) Chair Exercise: Chair aerobic exercise to traditional Japanese music.
Rhythm and Life (R&L) Niko Niko Genki Taisoo: Exercise to Japanese music (you can participate sitting or standing).
Tai Chi Beginner/Intermediate: A series of gentle physical exercises and stretches, inspired by MSC Tai Chi instructors.
Wellness Hula: Exercise through the art of hula in a fun, relaxed atmosphere that promotes balance, posture, core strength. Enjoy Hawaiian *mele* (songs) and gentle movement. Many students will bring and wear over their shorts or pants a hula pa‘u, fabric hula skirt, if you have one, you are free to bring/wear it, but it's not necessary.
Zumba Gold: Modified Zumba class that recreates the original Zumba moves at a lower intensity.
Zumba Toning: Zumba incorporating weights with Pilates and Yoga inspiration; participants must provide their own weights. No class on 5th Wednesday.

Education Classes:

Soroban: Traditional Japanese abacus class
Conversational Japanese: Beginner Japanese for busy adults
Brain Training: Fun brain games and puzzles
Tech One-On-One: Private technology lessons available by appointment.

Recreation/Leisure classes

Bon Dance: Traditional Bon dance for beginners with some experience, novice to advanced.
Please bring: Your own ukulele, music stand (optional), 3-ring binder, Pen/pencil. The 8-week sessions include a review of previous lessons. Limited loaner ukuleles are available for those wanting to try before investing.
Buyo & Enka: Traditional kabuki inspired Japanese dance.
Card Games/Jenga/Puzzles/Hanafuda: All in one classroom. Enjoy traditional and modified versions of Hanafuda and one-of-a-kind original card games, Jenga, puzzles and more.
Chigirie: Traditional Japanese college artform by tearing washi paper.
Group Singing: Instructed singing as a group. The group will sing a variety of songs in different languages.
Hanafuda: Hanafuda (flower cards) are a style of Japanese playing cards.
Hawaiian Hanafuda: Helen Nakano cards, all levels invited
Hula: Modern Hula for enjoyment. Learn Hawaiian culture through music and dance (Hula skirt preferred but not mandatory). Many students wear hula skirts but it is not mandatory.
Karaoke: Recreational singing (participants will need to provide their own CD).
Knit, Crochet & Crafts: Materials provided for those who want to donate their crafts to MSC for sale.
Lei Ilima: Craft workshop (online classes only)
Line Dance I: Learn group choreographed dances with repeated step sequences, arranged in one or more lines or rows.
Line Dance II: For those with prior line dance experience, continue exploring group choreographed dances with repeating step sequences in lines or rows.
Mah-Jongg: Chinese game played with tiles, for advanced players only.
Okinawan Dance: Traditional Okinawan dance.
Okinawan Eisa Dance: This dance promotes balance, flexibility and cognitive engagement.
Drawing & Painting: All levels welcome. Some materials provided. Instruction for beginners.
Scrabble: The ultimate crossword game in which every letter counts.
Sashiko: Decorative stitching
Shodo: Traditional Japanese calligraphy.
No class on the 5th Wednesday.
Suzuko: Choreographed dance with bells.
Ukulele Beginner to Intermediate: Learn strumming techniques, music keys, multicultural songs, genres and explore percussion instruments.
Ukulele Roundtable: Collaborative sessions exploring variety of styles, genres and more advanced chord options. Pre-requisites: ability to read treble clef; knowledge of basic chords, ability to change easily. Please see senior staff for a more detailed description.
Zenidaiko: Traditional Japanese performance with baton sticks with coins for sound with movement

Non-members must stop by Room 203 to sign a waiver before entering class. Classroom Guidelines:
Be mindful. If you move chairs or tables during class, please return them to their original positions before you leave.
Be considerate of others. A friendly, respectful attitude helps create a welcoming environment for all.
Restroom access. Keys for the bathrooms are located at the front entry of each classroom. Please remember to return them after use.
Sign in for every class. It is very important that you record your attendance on the class “sign-in” sheet each time you participate.
Your signature does more than track attendance, it helps sustain our programs. Grant funding requires us to document participation, so every time you sign in, you help the Senior Center meet these requirements and keep classes affordable for our community. We appreciate your cooperation and your role in helping us continue to provide meaningful programs for all seniors.

Moiliili Senior Center

SPECIAL EVENTS CALENDAR - JANUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 **NEW YEAR'S DAY** **CENTER CLOSED**	2	3
4	5	6 **SCIENCE OF BALANCE (talk)** Balance Begins In Bed Fall Prevention Talk 11:00 AM - 12:00 PM ROOM 105	7 **NEW HAWAIIAN HANAFUDA** 1st Day of Class for this new class 11:30 AM - 1:30 PM ROOM 208 All Levels Welcome!	8	9	10
11	12	13	14 **NEW CLASS** **CONVERSATIONAL JAPANESE** **WITH NADINE NISHIOKA** 10:00 AM - 11:00 AM ROOM 303 1/14, 1/21, 2/11 & 2/25 (No books, for Novice)	15	16 **HEALTH TALK** **Osteoarthritis & Arthritis** 11:00 AM – 12:00PM ROOM 105	17
18 **LEI ILIMA CRAFT WORKSHOP** Year of the Horse crafts 1:00 PM via ZOOM	19 **DR. MARTIN LUTHER KING JR. DAY CENTER CLOSED**	20	21 **BENEFITS OF IN-HOME PHYSICAL THERAPY** Talk by Stern At Home 10:00 AM - 11:00 AM ROOM 105 Physical Therapists will do demonsations	22 **EXCURSION** **FOSTER BOTANICAL GARDENS** 9:15 AM - 12:15 PM Waivers required Sign ups limited to 10	23 **FUN FRIDAY MOVIE** **The Sting** 11:00 AM - 1:15 PM ROOM 105	24
25	26 **PARKOUR WORKSHOP** 11:00 AM - 12:30 PM Studio FALL PREVENTION CLASS	27	28	29	30	31

Call (808) 955-1555 or visit us in Room 203 to RESERVE YOUR SEAT for these events!

MOILIILI SENIOR CENTER PROGRAM SCHEDULE
JANUARY 2026
IN-PERSON CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAH-JONG *Inter./Adv.* 7:30AM - 12:00PM ROOM 207	**LINE DANCE 1** 8:00AM - 9:30AM WEINBERG ** Wait List **	**SHODO** 9:00AM - 11:00AM ROOM 202	**MAH-JONG** *Inter./Adv.* 7:30AM- 12:00PM ROOM 207	**FREE PLAY** **HANAFUDA** 8:30AM - 10:30AM ROOM 209
CARD GAMES/PUZZLES **JENGA/HANAFUDA** 8:00AM - 12:30PM ROOM 202	**KNIT/CROCHET & CRAFTS** 8:30AM - 10:30AM ROOM 209	**BEG/INT TAI CHI** 9:00AM - 10:00AM STUDIO	**HULA Inter./Adv.** 8:45AM -9:45AM WEINBERG **Wait List**	**DRAWING &** **PAINTING** 9:00AM - 12:00PM ROOM 207
BON DANCE by Toshi *Beg./ Inter.* 9:00AM- 11:00AM ROOM 305	**CONVERSATIONAL JAPANESE** Beg.: 9:00AM-10:00AM ROOM 207 * Wait List * Resumes 1/13	**BON DANCE w/Joyce** Novice 9:00AM-10:15AM Beginner 10:30AM-11:45AM ROOM 305	**ACCESSIBLE YOGA** by Kumiko 9:30AM - 10:30AM *STUDIO*	**R&L CHAIR EXCER** 10:00AM - 10:30AM ROOM 105
BEG/INT TAI CHI 9:00AM - 10:00AM STUDIO	**R&L NIKO NIKO** **GENKI TAISOO (STAND)** 10:00AM - 10:45AM STUDIO Resumes 1/13	**GROUP SINGING** 9:00AM - 10:00AM WEINBERG	**BEGINNING UKULELE** 10:00AM - 10:45AM ROOM 105 Resumes 1/22	**RELAXATION YOGA** **with Meditation** 10:00 AM -11:30 AM STUDIO *meets every other week*
SCRABBLE 9:30AM -12:-00PM ROOM 209	**ZUMBA GOLD** 9:30AM - 10:30AM ROOM 105 Resumes 1/13	**R&L NIKO NIKO GENKI** **TAISOO (CHAIR)** 10:00AM - 10:45AM ROOM 207	**INTERMEDIATE UKULELE** 11:00AM - 12:00PM ROOM 105 Resumes 1/22	**UKULELE ROUNDTABLE** 8:30 AM - 10:30 PM ROOM 202 **Wait List**
R&L CHAIR EXER. 10:00AM - 10:30AM ROOM 105 Resumes 1/12	**ZUMBA TONING** 10:30AM - 12:00PM WEINBERG	**LINE DANCE 2** 10:15AM - 11:30AM WEINBERG ** Wait List **	**SASHIKO with Leah** 9:00AM - 11:00AM ROOM 202 *Meets every other week*	
PARKOUR 11:00AM 12:30PM STUDIO	**SOROBAN** 10:30AM - 11:30AM ROOM 208 Resumes 1/13	**OKINAWAN DANCE** 10:30AM - 11:30AM STUDIO		**BUYO & ENKA** 1:00PM - 3:00PM WEINBERG
BUYO & ENKA 1:00PM - 3:00PM No December class	**BRAIN TRAINING** 11:30 AM - 12:30 PM ROOM 202 Resumes 1/13	**CONVERSATIONAL JAPANESE** with Nadine Nishioka 10:00 AM - 11:00 AM Room 303 1/14, 1/21, 2/11, 2/25		**SATURDAY** **BON DANCE w/Joyce** Adv./Beg. 10:00AM - 11:15AM Beg./Int. 11:30AM - 12:45PM ROOM 105
OKINAWAN EISA DANCE 1:30PM - 2:45PM Room 305		**KARAOKE** 12:00PM - 2:00PM ROOM 209		

VIRTUAL/ON-LINE SCHEDULE Call Senior Center for Invite Link: (808) 955-1555

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEGINNING TAI CHI 8:00AM - 9:00AM	**ZENIDAIKO ADVANCED** 1:00PM - 2:00PM	**BEGINNING TAI CHI** 8:00AM - 9:00AM		
	SUZUKO 2:15 PM - 3:00 PM	**ZENIDAIKO (BEGIN)** 9:00AM - 10:00AM **SUZUKO** 10:15AM - 11:00AM		
	NIKO NIKO GENKI TAISOO 8:00 AM TV OLELO CH 54	**CARD GAMES** 1:00PM - 2:30PM		

SAVE THE DATES: 1/6 Fall Prevention Talk, 11:00 AM - 12:00 PM, Room 105 SCIENCE OF BALANCE

1/7 NEW CLASS BEGINS Hawaiian Hanafuda, 11:30 AM - 1:30 PM, Room 208

1/16 NEW CLASS BEGINS Wellness Hula, 9:00 AM - 11:00 AM, Room 305 all levels welcome

1/21 In-Home Physical Therapy Talk, 10:00 AM - 11:00 AM, Room 105

1/22 EXCURSION FOSTER GARDEN BOTANICAL GARDEN. 9:15AM - 12:15 PM. Limited 10 sign-ups.