Kaleidoscope JUNE 2026 Issue #388

Moiliili Senior Center (MSC) Program is for seniors age 60 and above. Program is partially funded by State funds through the Elderly Affairs Division, Department of Community Services, City and County of Honolulu, and the State of Hawai'i Executive Office on Aging, and administered by Moiliili Community Center: **2535 S. King St., Honolulu, HI 96826**
Website: https://www.moililicc.org **Phone: (808) 955-1555** **MCC is an Aloha United Way Agent**

INTRODUCTION HAWAIAN LANGUAGE
FRIDAYS, STARTING June 5
12:00 PM – 1:30 PM | Room 209
Retired UH professor and librarian Kumu Kawika Makanai combines Hawaiian cultural history with a beginner-friendly introduction to the Hawaiian language. Learn pronunciation, common vocabulary, street and place names, and simple everyday phrases.
Kumu Kawika will also teach basic conversational Hawaiian in an easy question-and-response format designed for beginners. Each semester runs for 6 weeks, followed by an approximately 2-week break before the next semester begins. MCC membership registration is required. Call the MCC at (808) 955-1555.

THE FOLLOWING CLASSES AND WORKSHOPS ARE CANCELLED FOR THE MONTH OF JUNE
- **TI LEAF ROSE & LEI WORKSHOP**
- **RELAXING YOGA**
- **VIRTUAL CARD GAMES**

CHIGIRIE – Traditional Japanese Paper Tearing Art
Saturday, June 6 | 9:00 AM – 12:00 AM | Room 105

PARKOUR – MONDAYS 11:00 AM – 12:30 PM | Studio.
The final Parkour class is on **June 15.** Thank you **Alana** for generously volunteering your time to helps seniors improve strength, flexibility, balance, and fall prevention through exercise.

SCRABBLE – NEW START TIME 9:00 AM MONDAYS

ONE DAY OF BON DANCE CLASSES CANCELLED
Monday, June 22 Bon Dance by Toshiki

CENTER CLOSED THURSDAY June11
King Kamehameha Day

ACTIVE SENIOR EXPO
Saturday and Sunday, June 27, 28 | 8:30 AM – 4:00 PM
Convention Center
Moiliili Community Center will have a booth at this event. We encourage seniors to attend. There will be vendors there sharing information about their services and resources and there will also be talks, games and pickleball.

HONOLULU POLICE SENIOR IDs
Wednesday, June 17 | 9:30 AM – 11:30 AM | Room 105
Our Senior Center program and the Children and Families program will be able to have free IDs made for children and seniors.

RUMMAGE AND COLLECTIBLES SALE
THURSDAY, June 18 | 9:00 AM – 12:00 PM
Many lovely items for home and gift-giving!
Limited parking but well worth attending!
Also don't forget to mark your calendar for
FUTURE RUMMAGE SALES:
Thursday, August 13, 9:00 AM – 12:00 PM
Thursday, October 15, 9:00 AM – 12:00 PM

COLLECTIBLES SALE – JUNE 24 | 9:00 AM – 12:00 PM
ROOM 105

UKULELE CLASSES BEGINNING AND INTERMEDIATE
RESTARTS THURSDAYS, June 18 through July 30
Beginning: 10:00 AM – 10:45 AM
Intermediate: 11:00 AM – 12:00 AM
Room 105

HEALTH TALK – PARKINSONS DISEASE
BY DR. JAMES YAMASHITA
FRIDAY, June 19 | 11:00 AM – 12:00 PM | Room 105
Did You Know Parkinson's disease is more than just tremors? Symptoms can also include stiffness, balance issues, fatigue, soft speech, sleep problems, and changes in mood or memory. Another common myth is that only older adults develop Parkinson's. Younger adults can be affected too! The truth is that every person's journey with Parkinson's is unique, and with support, exercise, medical care and community many continue to live active and meaningful lives.

FREE LEGAL AID – for seniors on low-income
UH Legal Aid Society Hawaii Call (808) 527-8019
- Social Security Benefits
- Guardianship
- Elder Abuse
- Healthcare Directive and More

SAVE THE DATE FOR JULY EVENTS & UPDATES!!

CHILDREN & FAMILY PROGRAM (CFP) – SUMMER SMILES – June 1 – July 24 | 7:00 AM – 5:30 PM | MCC
A fun summer program for keiki (Kindergarten to 6th)

LEI ILIMA CRAFT WORKSHOP Sunday, July 19
1:00 PM via ZOOM. Make paper Japanese slippers box

MCC RULES –

COVID-19 SAFETY Stay home if you feel sick
- Notify staff if you become sick on-site
- Bring your own water (water fountains on campus shut off for safety)

PARKING Limited parking—consider drop-off, carpool, or bus
- No double parking (park within the parking lines)
- Leave promptly after class to reduce congestion

AIR CONDITIONING
- Keep doors/windows closed
- Set no lower than 75°F & turn off after class

RESTROOMS Do not prop doors open
- Use and return classroom restroom keys promptly
- Flush toilet paper only—no wipes, towels, diapers, feminine products, or paper towels
- Before turning off the light please ask if anyone is in the restroom before you turn off light.

MEMBERSHIP & REGISTRATION
- Annual Membership: $55 • Update forms in Room 203
- Pay online at **moiliilicc.org** or visit the following link: **https://www.zeffy.com/en-US/ticketing/moiliili-community-centers-membership**

PAYMENTS & FEES For online payments a 6% processing fee applies unless you opt out on the "Your Details" page. Contact main office for questions, (808) 955-1555 select option 4. Checks are payable to **Moiliili Community Center**

Have you been wanting to improve your home to make it safer and prevent falls?

3 Ways to Reduce Fall Risk at Home

1. **Wear Supportive Shoes Indoors**
Avoid slippery socks or loose slippers. Choose sturdy shoes with non-slip soles to improve balance and stability.

2. **Keep Frequently Used Items Easy to Reach**
Store daily items at waist or shoulder height to avoid climbing, bending, or overreaching.

3. **Slow Down and Use Caution**
Take your time when standing up from bed or chairs. Sudden movements can cause dizziness or loss of balance.

How an Occupational Therapist Can Help
An Occupational Therapist (OT) helps older adults remain safe and independent at home. An OT can assess daily routines, recommend safety changes, and suggest simple **tools or**

NEED HELP WITH MEMBERSHIP? Subsidies available—contact the MSC Program Director Delia (808) 308-6054 or emailing Deliab@moiliilicc.org for assistance.

HOUSEHOLD DONATIONS (RUMMAGE SALES)
- Drop-offs accepted Mondays & Fridays only
- Delivery drop-offs at MCC Administration Office First floor, front desk
- Need another time? Call (808) 955-1555, option 1 to possibly coordinate an alternate weekday.
- No weekend drop-offs. Do not leave items curbside

Your cooperation helps staff manage and keep donations safe. Mahalo for your support!

ROOF PROJECT UPDATE
We've made great progress! 60% of the roof funding was made through your generous contributions. Additional assistance is needed to address plumbing work and other building repairs. Any amount makes a difference. Visit the main office for a tax-deductible receipt. Mahalo for your support!

TECH ONE-ON ONE Available monthly (12th–25th)
Basic guidance only for phone, tablet, or laptop. We are unable to troubleshoot devices or fix mechanical issues. Call (808) 308-6054 to reserve your appointment.

About the Older Adult Home Modification Program (OAHMP)

The **Older Adult Home Modification Program (OAHMP)** helps seniors make safety improvements in their homes so they can remain independent and reduce the risk of falls. Contact occupational therapist Cat Garell today to see if you qualify for up to $5,000 in free home modifications.

Catia Garell MA, OTR, SCEM
Accessibility Specialist, Thrive for Life LLC
Phone 808-797-2590 catia@thriveforlife.com
thriveforlife.com Executive Certificate in Home Modification Program Instructor
University of Southern California Leonard Davis School of Gerontology

VIRTUAL CLASSES (via Zoom)

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

THURSDAYS
Zenidaiko Advanced | 1:00–2:00 PM
Traditional Japanese movement with sticks and bells
Suzuko | 2:15–3:00 PM
Choreographed dance with bells

FRIDAYS
Beginning Tai Chi | 8:00–9:00 AM
Zenidaiko Beginners | 9:00–10:00 AM
Suzuko | 10:15–11:00 AM

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

MCC CLOSED DATES FOR 2026

- King Kamehameha Day – June 11
- Independence Day – July 3
- Statehood Day – Aug. 21
- Labor Day – Sept. 7
- General Election Day – Nov. 3
- Veterans Day – Nov. 11
- Thanksgiving – Nov. 26
- Christmas – Dec. 25

RAINWATER & RUNOFF TIPS (O'AHU)

Heavy rains can quickly create runoff and drainage problems in many O'ahu neighborhoods. Please stay alert and take precautions during periods of wet weather.
Protect Your Home. Keep gutters, drains, and outdoor pathways clear of leaves and debris to help water flow properly.
Watch for Pooling Water. Avoid areas where water collects near sidewalks, driveways, or roadways, especially after strong rain.
Use Caution Outdoors. Wet pavement, moss, and mud can become slippery and increase the risk of falls.
Be Prepared. Keep flashlights, medications, batteries, and important phone numbers within easy reach during storms.
Need Help? During major storms, the City and community organizations may provide cleanup assistance, emergency shelter information, sandbags, or recovery support for affected residents. Call 768-CITY (2489) for information and non-emergency assistance.
Stay Connected. If you live alone, consider arranging a check-in with family, friends, or neighbors during severe weather.

NEED TO UPDATE YOUR CONTACT INFORMATION?

Accurate information helps us respond quickly in case of an emergency. **Stop By or Call (808) 955-1555**
Visit the office or call to update your information anytime.
Stay Connected & Safe
Keeping your information current helps us support you.

SUMMER HYDRATION REMINDER

As temperatures rise during the summer months, it is important for seniors to stay hydrated throughout the day. Drinking water regularly can help support energy levels, circulation, and overall wellness. Even if you do not feel thirsty, your body still needs fluids, especially during warm or humid weather.
Keep a reusable water bottle nearby and try adding lemon, cucumber, or fruit slices for flavor. Foods such as watermelon, oranges, cucumbers, and soups can also help with hydration.

MAY RIDDLE TIME ---ANSWER--- I AM A MAP!

Let's have a little fun this month!

I have cities, but no houses.
I have rivers, but no water.
I have roads, but no cars.
What am I?

TRAVEL SMART, STAY HEALTHY

Planning ahead can help make travel safer and more comfortable for seniors. Bring enough medications for your trip, stay hydrated, and take breaks to stretch during long periods of sitting. Wearing comfortable shoes and keeping important phone numbers nearby can also help reduce stress while traveling.

Healthy travel also includes listening to your body and pacing yourself. Try not to over-schedule activities, especially in hot weather or unfamiliar places. Taking time to rest, eat balanced meals, and stay connected with family or travel companions can help you enjoy your trip while supporting your overall health and well-being.

MIDTERM ELECTIONS & SENIOR ISSUES

Ahead of the 2026 Primary Election on August 8 and General Election on November 3, seniors are encouraged to stay informed on issues that may directly affect daily life in Hawai'i. Topics currently being discussed at the state level include affordable housing for kūpuna, prescription drug costs, access to healthcare, expanded caregiving support, transportation services, and funding for senior centers, meal programs, adult day care, and in-home services. Hawai'i lawmakers are also reviewing proposals related to long-term care planning, caregiver tax credits, and support for aging in place.

Hawai'i is a vote-by-mail state, and registered voters automatically receive a ballot by mail for every election. Voters should check that their mailing address and registration are current to avoid delays receiving their ballot. Ballot tracking notifications are also available by text, email, or phone message.

Ballots for the Primary Election are expected to arrive by July 21 and General Election ballots by October 16.

Be sure to sign the ballot return envelope, as unsigned ballots cannot be counted. Completed ballots must be received by 7:00 PM on Election Day and may be returned by mail or official ballot drop box locations.

STAY INFORMED BEFORE YOU VOTE

Before mailing or dropping off your ballot, take time to review candidate positions and proposed measures that may affect seniors and families across Hawai'i. Topics may include healthcare access, emergency preparedness, affordable housing, transportation services, caregiving support, utility costs, and funding for community and senior programs. Reading voter guides and attending community forums can help voters make informed decisions.

SHARE A SMILE & STAY CONNECTED

A friendly conversation, shared meal, or simple phone call can brighten someone's entire day. Staying socially connected helps support emotional wellness, reduce stress, and create a stronger sense of community. Whether it's attending a class, joining friends for coffee, or checking in with a neighbor, small moments of connection truly matter.

Laughter is healthy too! Watching a favorite comedy, playing games, listening to music, or sharing old memories with friends and family can lift spirits and keep the mind active. Finding joy in everyday moments is an important part of healthy aging and living well at every stage of life.

GARDENING IN SMALL SPACES

You do not need a large yard to enjoy gardening. Many herbs, vegetables, and flowers grow well in small spaces such as lanais, patios, windowsills, or apartment walkways. Containers, recycled pots, and vertical planters can help maximize limited space while adding beauty and greenery to your home.

Starter plants and seeds can often be found at local garden shops, farmers markets, home improvement stores, plant sales, and neighborhood plant swaps. Easy starter plants for Hawai'i include green onions, basil, mint, cherry tomatoes, and leafy greens. Even caring for one small plant each day can bring enjoyment, encourage healthy routines, and help brighten your living space. Remember, **if you love plants, don't miss our Rummage Sale that will have beautiful plants and arrangements – save the dates!** JUNE 18, AUGUST 13 and OCTOBER 15, 9:00 AM – 1200 PM, in MCC Garage.

CLASS DESCRIPTION

All are welcome to attend any class. Non-members must stop by Room 203 to sign a waiver before entering class or you may call (808) 955-1555, select option 1 to inquire and share your interest. If we are helping other seniors at the time you call, please leave a detailed message with your contact information and the class or workshop you are interested in attending. Someone will be with you as soon as possible.

Classroom Guidelines:

- If you move chairs or tables during class, please return them to their original positions before leaving.
- Be considerate of others. A friendly, respectful attitude helps create a welcoming environment for all.
- Restroom access. Keys are in each classroom. Please return them after use.
- Sign in for every class. It is important to record your attendance on the class sign-in sheet each time you participate.

Your name 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. Mahalo for your cooperation.

Exercise/Physical Fitness Classes

Relaxation Yoga: Gentle yoga for body, mind and spirit. Enhances flexibility, strength and well-being. 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: This class focuses on fall prevention.

Rhythm & Life (R&L) Chair Exercise: Chair aerobic exercise to traditional Japanese music.

Rhythm & Life (R&L) Niko Niko Genki Taisoo: Exercise to Japanese music (can be done seated or standing).

Beginning / Intermediate Tai Chi: 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, and core strength. Enjoy Hawaiian mele (songs) and gentle movement. Many students wear a hula pa'u over shorts or pants. You may bring one if you have it, but it is not required.

Zumba Gold: A modified Zumba class that recreates original Zumba moves at a lower intensity.

Zumba / Zumba Lift: Zumba incorporating weights. Choreographed exercise is designed to build muscle strength. Participants must provide their own weights. No class on the 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.

Introduction to Hawaiian Language: Beginners class, 6-week sessions. Learn Polynesian culture along with phrases, vocabulary and conversational Hawaiian.

Recreation/Leisure Classes

Bon Dance: Traditional Bon dance.
Novice class is for those with no experience.
Beginners' class is for those with some experience.
Advanced Beginners' and Intermediate classes are for those with more experience.

Beginning Ukulele: Learn strumming techniques, music keys, multicultural songs, and explore percussion instruments. Please bring your own ukulele, music stand (optional), 3-ring binder, and pen/pencil. The 8-week session includes review of previous lessons. Limited loaner ukuleles available.

Buyo & Enka: Traditional kabuki-inspired Japanese dance.

Card Games / Jenga / Puzzles / Hanafuda: All in one classroom. Enjoy traditional and modified versions of Hanafuda, original card games, Jenga, puzzles, and more.

Chigirie: Traditional Japanese collage art form using torn washi paper.

Group Singing: Guided group singing featuring a variety of songs in different languages.

Hanafuda: Traditional Japanese flower card game.

Hawaiian Hanafuda: Helen Nakano cards. All levels welcome.

Karaoke: Recreational singing (participants provide their own CDs) If you prefer using a computer, students are permitted to bring their own laptop to coordinate their songs for class.

Knit, Crochet & Crafts: Join our class and enjoy time with fellow crafters while working on your own projects or creating items for upcoming craft sales. Materials are provided for donated items.

Lei Ilima: Craft workshop: (online classes only).

Line Dance I: Learn choreographed group dances with repeated step sequences arranged in lines or rows.

Line Dance II: For those with prior experience, continue exploring choreographed dances with repeated step sequences.

Mah-Jongg: Traditional Chinese tile game for advanced players.

Okinawan Dance: Traditional Okinawan dance.

Okinawan Eisa Dance: Promotes balance, flexibility, and cognitive engagement.

Drawing & Painting: All levels welcome. Some materials provided. Instructions available for beginners.

Scrabble: The classic crossword game where every letter counts.

Sashiko: Decorative stitching.

Shodo: Traditional Japanese calligraphy. No class on the 5th Wednesday.

Solo Ukulele I: Beginning plucking ukulele. Learn to read music and play the melody. Participant acceptance will close after the first 2 meetings. Must have own ukulele and must purchase $40 book. Sessions last 20 weeks.

Suzuko: Choreographed dance with bells.

Ukulele Roundtable: Collaborative sessions exploring a variety of styles and more advanced chord options. Pre-requisites: ability to read treble clef, knowledge of basic chords, and ability to change chords easily. Please see senior staff for details.

Zenidaiko: Traditional Japanese performance using baton sticks with coins, combining movement and sound.

MOILIILI SENIOR CENTER SERVICES

All services are free for MSC Members
(Annual Membership: $55)

ASSISTED TRANSPORTATION FOR MEMBERS

Rides are free for MSC members and are available on a first-come, first-served basis.

- Drivers are not permitted to accept tips
- Passengers must be able to enter and exit the van independently
- Vans are not wheelchair accessible

ESCORT TRANSPORTATION FOR MEMBERS

(Driver stays with you)
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.
Pick-up times vary based on your location.
Please allow enough travel time to arrive on time for appointments (medical, dental, hair, etc.).

KNOW YOUR DESTINATION

Provide the full street address when reserving your ride.
This helps us confirm timing, routes, and traffic conditions.

ROUND-TRIP PLANNING

- Know your return pick-up time
- Ask your provider for an estimated end time

Transportation is limited and does not run all day.
Accurate timing helps prevent delays and missed pick-ups.

RIDER RESPONSIBILITY

- Plan ahead and request a pick-up time that allows enough travel time

Accurate details help us serve more seniors and keep transportation running smoothly.

TECHNOLOGY ASSISTANCE FOR MEMBERS

Available monthly (12th through the 25th)
MSC members may schedule a private 30-minute session for help with smartphones, tablets, or laptops.

Call Delia (808) 308-6054 to reserve an appointment.
Basic guidance only (no troubleshooting or repairs)

SHOPPING DELIVERY FOR MEMBERS

- Order groceries online, 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 FOR MEMBERS

Daily check-in for members living alone

- Call a special number each day to say "I'm OK"
- If you do not call, we will follow up with you
- If needed, we will contact your emergency contact

Register at the office (Room 203) or call (808) 955-1555 and select option 1.

MEMBERSHIP & DONATIONS

- Annual Membership: $55
- Visit cashier at the main office (1st floor)
- Mon–Fri, 8:00 AM – 5:00 PM

Donations are tax-deductible

- Donations Accepted:
  Mondays & Fridays, 8:00 AM – 5:00 PM
  (Clothing and household items)

HOW TO PAY

Pay in person at the main office (1st floor):

- Check, cash, debit, or credit card

Pay online:
https://www.zeffy.com/en-US/ticketing/moiliili-community-centers-membership

PROJECT DANA – PARTNER SERVICES

- Transportation to/from MCC or doctor appointments
- Limited home assistance

Call (808) 945-3736 (9:00 AM – 4:00 PM)
When calling Project Dana for availability and schedule, please keep in mind they are volunteers and their available days and times may vary depending on availability.
If you have called them in past and have not received a return call, please call them again. Each month they receive more volunteer drivers. Your patience with all island services is greatly appreciated.

Moiliili Senior Center

SPECIAL EVENTS CALENDAR - JUNE 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 **CHIGIRI'E WORKSHOP** 9:00AM - 12:00PM ROOM 105 **TI LEAF ROSE & LEI WORKSHOP** has been cancelled
7	8	9	10	11 **CENTER CLOSED FOR KING KAMEHAMEHA DAY**	12	13
14	15 **PARKOUR** LAST SESSION New restart date to be announced	16	17	18 **RUMMAGE SALE** 9:00 AM - 12:00 PM MCC Garage (Save the date for these other Rummage Sales scheduled on: Aug. 13 & Oct. 15)	19 **Parkinson's Talk** by Dr. James Yamashita 11:00 AM - 12:00 PM Room 105	20
21	22 **NO BON DANCE TODAY** Class cancelled for today	23	24 **COLLECTIBLES SALE** 9:00 AM -12:00 PM Room 105 (dishes, toys, kitchen & home décor)		26	27 **ACTIVE SENIOR EXPO** **CONVENTION CENTER** 8:30AM - 4:00PM MCC will have a booth come visit our table
28 **ACTIVE SENIOR EXPO** **CONVENTION CENTER** 8:30AM - 4:00PM MCC will have a booth come visit our table	29	30				

Call (808) 955-1555, select option 1 for Senior Center or visit us in Room 203 to RESERVE YOUR SEAT for these events!

MOILIILI SENIOR CENTER PROGRAM SCHEDULE

JUNE 2026

IN-PERSON CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAH-JONGG *Inter./Adv.* 7:30AM - 12:00PM ROOM 207-208	**LINE DANCE 1** 8:00AM - 9:30AM WEINBERG ** Wait List **	**SHODO** 9:00AM - 11:00AM ROOM 202	**MAH-JONGG** *Inter./Adv.* 7:30AM- 12:00PM ROOM 207-208	**UKULELE ROUNDTABLE** 8:30AM - 10:30AM ROOM 202 *Wait List*
CARDS/PUZZLES/JENGA HANAFUDA/MEMORY GAME 8:00AM - 12:30PM ROOM 202	**KNIT/CROCHET & CRAFTS** 8:30AM - 10:30AM ROOM 209	**BEG/INT TAI CHI** 9:00AM - 10:00AM STUDIO *Wait List*	**ACCESSIBLE YOGA** by Kumiko 9:30AM - 10:30AM STUDIO	**FREE PLAY HANAFUDA** 8:30AM - 10:30AM ROOM 209
BON DANCE by Toshi *Beg./ Inter.* 9:00AM- 11:00AM ROOM 305	**CONVERSATIONAL JAPANESE** Beg.- 9:00AM-10:00AM ROOM 207 * Wait List *	**BON DANCE by Joyce** Novice 9:00AM - 10:15AM Beginner 10:30AM-11:45AM ROOM 305	**BEGINNING UKULELE** 10:00AM - 10:45AM ROOM 105 New session begins 6/18	**DRAWING & PAINTING** 9:00AM - 12:00PM ROOM 207-208
BEG/INT TAI CHI 9:00AM - 10:00AM STUDIO *Wait List*	**R&L NIKO NIKO GENKI TAISOO (STAND)** 10:00AM - 10:45AM STUDIO	**GROUP SINGING** 9:00AM - 10:00AM WEINBERG *Wait List*	**INTERMEDIATE UKULELE** 11:00AM - 12:00PM ROOM 105 New session begins 6/18	**R&L CHAIR EXERCISE** 10:00AM - 10:30AM ROOM 105
SCRABBLE 9:30AM -12:00PM ROOM 209	**ZUMBA GOLD** 9:30AM - 10:30AM ROOM 105	**R&L NIKO NIKO GENKI TAISOO (CHAIR)** 10:00AM - 10:45AM ROOM 207 - 208	**SASHIKO with Leah** 9:00AM - 11:00AM ROOM 202 6/18 & 6/25	**WELLNESS HULA** 9:00AM - 11:00AM ROOM 305 *Wait List*
R&L CHAIR EXER. 10:00AM - 10:30AM ROOM 105	**ZUMBA TONING** 10:30AM - 12:00PM WEINBERG	**CONVERSATIONAL JAPANESE by Nadine** 10:00AM - 11:00AM I Room 105 6/10 & 6/24	**SOLO UKULELE I** 12:15 PM - 1:30 PM Room 202 *Wait List*	***RELAXATION YOGA** 10:00AM - 11:15AM STUDIO *NO JUNE CLASSES
PARKOUR 11:00AM- 12:30PM Studio, Last class 6/15	**SOROBAN** 10:30AM - 11:30AM ROOM 208 No class until 9/8	**LINE DANCE 2** 10:15AM - 11:30AM WEINBERG *Wait List*		**BUYO & ENKA** 1:00PM - 3:00PM WEINBERG
OKINAWAN EISA DANCE 1:30PM - 3:00PM ROOM 305	**BRAIN TRAINING** 11:30 AM - 12:30 PM ROOM 202	**OKINAWAN DANCE** 10:30AM - 11:30AM		**INTRODUCTION HAWAIIAN LANGUAGE** 12:00PM - 1:30PM Room 209 Semester I: 6/5-7/10
BUYO & ENKA 1:00PM - 3:00PM WEINBERG	**WELLNESS HULA** 11:30 AM - 1:30 PM ROOM 305	**HAWAIIAN HANAFUDA** 11:30AM - 1:30PM ROOM 208		
		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 2:15PM - 3:00PM	**ZENIDAIKO (BEGIN)** 9:00AM - 10:00AM		
	NIKO NIKO GENKI TAISOO 8:00AM TV OLELO CH 54	**SUZUKO** 10:15AM - 11:00AM		

Email: seniorcenter@moiliilicc.org | Moiliili Senior Center Phone (808) 955-1555, select option 1 | 2535 S. King St. Honolulu, HI 96826 | WEB: www.Moiliilicc.org