

MOILIILI SENIOR CENTER PROGRAM SCHEDULE

August 2023

IN-PERSON CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAAY	SATURDAY
	MAH-JONG 7:30 - 12:00 ROOM 207-208	LINE DANCE 1 8:00 - 9:30 WEINBERG <i>* Wait List *</i>	FALL PREVENTION 8:00 - 9:00 ROOM 105	MAH-JONG 7:30 - 12:00 ROOM 207-208	FREE PLAY HANAFUDA 8:30 - 10:30 ROOM 209	
	CARD GAMES HANAFUDA 8:15 - 11:30 ROOM 202	KNIT/CROCHET & CRAFT 8:30 - 10:30 ROOM 209	SHODO 9:00 - 11:00 ROOM 202	BINGO 9:00 - 10:00 ROOM 202	DRAWING & PAINTING 9:00 - 12:00 ROOM 207-208	
	BEG/INT TAI CHI 9:00 - 10:00 STUDIO	ZUMBA GOLD 9:30 - 10:30 ROOM 105	BEG/INT TAI CHI 9:00 - 11:00 STUDIO	HULA 9:00 - 10:15 WEINBERG	R&L CHAIR EXCER 10:00 - 10:30 ROOM 105	
	SCRABBLE 9:00 - 11:00 ROOM 209	R&L NIKO NIKO GENKI TAISOO (STND) 10:00 - 10:45 STUDIO	GROUP SINGING 9:00 - 10:00 WEINBERG <i>* Wait List *</i>	BEGINNING UKULELE 11:00 - 12:00 ROOM 105	KITSUKE 12:00 - 1:00 WEINBERG	
	R&L CHAIR EXER. 10:00 - 10:30 ROOM 105	ZUMBA TONING PIYO 10:30 - 12:00 WEINBERG	R&L NIKO NIKO GENKI TAISOO (CHAIR) 10:00 - 10:45 ROOM 207 - 208	MINDFULNESS MEDITATION & REFLECTION W/SHAKUHACHI SOUNDS 10:30 - 11:30 STUDIO	BUYO & ENKA 1:00 - 3:00 WEINBERG	
	BEGINNING HULA 10:30 - 11:30 WEINBERG	SOROBAN 10:30 - 11:30 ROOM 208 <i>Return in Sept.</i>	LINE DANCE 2 10:15 - 11:30 WEINBERG <i>* Wait List *</i>			
	BUYO & ENKA 1:00 - 3:00 WEINBERG	RELAXATION YOGA 11:30 - 12:30 STUDIO <i>Every other week</i>	OKINAWAN DANCE 10:30 - 11:30 STUDIO			
			KARAOKE 12:00 - 2:00 ROOM 209			

IN-PERSON WORKSHOPS/SPECIAL EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	AUG 28 MOVIE MONDAY Start Time 11:00 ROOM 105	AUG 15 MEDICARE WORKSHOP 10:30 - 11:00 ROOM 202		AUG 3 UKULELE BASICS 10:15 - 10:45 ROOM 105 Next session 9/7	AUG 18 INCONTINENCE SEMINAR 11:30 - 12:30 ROOM 105	AUG 1 CHIGIRI-E WORKSHOP 9:00 - 12:00 ROOM 105

VIRTUAL/ON-LINE SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEI ILIMA AUG 13 1:00 - 3:00 ZOOM			BEGINNING TAI CHI 7:45 - 9:00 ZOOM	ZENIDAIKO ADVANCE 1:00 - 2:00 ZOOM	BEGINNING TAI CHI 7:45 - 9:00 ZOOM	
				SUZUKO 2:15 - 3:00 ZOOM	ADVANCE TAI CHI 9:15 - 10:00 ZOOM	
				NIKO NIKO GENKI TAISOO 8:00 ON OHELO TV	ZENIDAIKO (BEGIN) 9:00 - 10:00 ZOOM	
					SUZUKO 10:15 - 11:00 ZOOM	CARD GAMES 1:00 ZOOM