

MOIILILI SENIOR CENTER PROGRAM SCHEDULE

OCTOBER 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	HULA 8:45 - 10:00 WEINBERG <i>Last class 10/19</i>	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 - 10:00 STUDIO	BINGO 9:00 - 10:00 ROOM 202 <i>No Class 10/19</i> <i>10/26 & 11/30</i>	R&L CHAIR EXCER 10:00 - 10:30 ROOM 105	
	SCRABBLE 9:30 - 11:00 ROOM 104	R&L NIKO NIKO GENKI TAI SOO (STAND) 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 TAI SOO (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 <i>Last class 10/16</i>	SOROBAN 10:30 - 11:30 ROOM 208	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>No Class 10/3</i> <i>Every other week</i>	OKINAWAN DANCE 10:30 - 11:30 STUDIO			
			KARAOKE 12:00 - 2:00 ROOM 209			

VIRTUAL/ON-LINE SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEI ILIMA OCT 15 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 TAI SOO 8:00 AM OLELO TV CH 54	ZENIDAIKO (BEGIN) 9:00 - 10:00 ZOOM	
IF YOU ARE INTERESTED IN A VIRTUAL/ON-LINE CLASS PLEASE CONTACT THE SENIOR CENTER OFFICE ROOM 203 FOR DETAILS. Thank you					SUZUKO 10:15 - 11:00 ZOOM	
					CARD GAMES 1:00 ZOOM	