

# Kaleidoscope

December 2019 Vol. XXX No.12

Moiliili Senior Center \* 2535 South King Street \* Honolulu, Hawaii 96826 \* PH: 955-1555

A Program for those 60 years old and above, living from Ward Avenue through to Hawaii Kai. This 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 Hawaii Executive Office on Aging and administered by Moiliili Community Center.

MCC - An Aloha United Way Agency

# **SENIOR CENTER NEWS:**

From the staff at the Senior Center to all of you, have a Merry Christmas and a Healthy and Happy New Year!

The parking lot paving is done! Hooray!!! However, the studio will not be reopened until next year. After the dirt lot paving and landscaping was completed, we found a few safety concerns and we are in the process of working on certain areas to be safer. Thank you for your cooperation.

Thank you to the volunteers who worked in the MCC booths at the Temari Trash & Treasure Show and the Mayor's Craft & Country Fair. We made over \$6400. We have one more sale to go for this year in December. Thank you to all our talented crafters who donated traditional and unique items for our sales.

# ANYTHING & EVERYTHING CHRISTMAS SALE

Thursday, December 5
9:00 a.m. - 12:00 p.m. MSC, room 209
Get your Christmas shopping done while supporting
the senior program.

**VOLUNTEERS WANTED:** Moiliili Senior Center is turning 50 years old next year, we are in need of a committee of volunteers to help us plan this momentous event. If interested, see Rachel in the senior office.

VOLUNTEERS WANTED: We are looking for people to help with our annual PacTeleComproject. Every December, we are asked to tie labels onto shell leis. At this time, we would like to have a list of people interested in helping and we will contact volunteers when the dates are set.

Thank you to Doris Jones who donated a CD player. Our seniors will benefit from your kindness. We appreciate your generosity.

EXCURSION PEOPLE ... help us, help you. When paying for excursions, please be sure that the staff marks you "PAID". Sometimes, staffare handling many different things at once, especially when we are short handed. Please do not feel offended if we ask you if you'd like to make a payment and you have already done so. If you are marked "PAID",

then we would not need to ask about payments. Thank you for your assistance.

WAIVERS - MCC/MSC has a new insurance company and ALL participants must fill them out. We ask that students and instructors turn the forms in as soon as possible. If you received a waiver form and turned it in to the MSC office, you do not need to fill another one out for another class. Forms are in your attendance folders and in the senior office. Thank you for your cooperation.

Be Careful!!!! Last year several participants fell and hurt themselves. Please be aware of yourself and know your limitations. For some people, it may mean moving from a cane to a walker, not spinning around in exercise class, wearing proper footwear, feeling steady/balanced before moving, or knowing when to rest. PLEASE!!! Be careful. We want you to keep coming to the center for as long as you are able.

**REMINDER:** Please check your name off in the attendance folder for each and any class you attend. We need to do reports every month and we ask that you be counted. This will help us reach our contract goals. Thank you for your cooperation.

Moiliili Community Center shirts are for sale in the main office for \$10. If you would like to purchase a shirt, please see the staffin the main office.

# MAHALO! MAHALO! to performers

- \*Heels 'n Harmony & Na Kupuna O Moiliili members @ Malama Adult Daycare
- \*April's Hula Auana members @ Sheraton Waikiki for a Tax Conference
- \*Shiyukai members @ Maunalani Nursing & Rehab

We have a "SUPER SENIOR" section in our newsletter. If you know of a senior who you think is "SUPER", fill out our nomination form and with the consent of the senior, we will feature the person in "Kaleidoscope". Forms are available in class attendance folders and in the senior office.

**REMINDER:** If your class uses the air conditioner, please turn it offat the end of your class. Air conditioners should not be set lower than 73 degrees, anything lower uses more electricity and the Weinberg building is not connected to the

main building's photovoltaic system. Thank you for your cooperation.

PARKING ISSUES: Drivers, when parking in lined stalls, please park within the stall. If you are over the line, you are taking up 2 stalls. If this happens, staff needs to check classrooms to see where you are and ask you to straighten your car. Also, please do not remove reserved parking space cones. These parking spaces are for volunteer instructors, speakers or special project volunteers. If you move these cones, your teacher/speaker may leave because there are no parking spaces available and then your class/seminar will be cancelled. As a reminder, if you have an afternoon class, please do not park in the covered parking lot if your class goes beyond 2:00 p.m. The child care program needs to block off half of the lot for the children before they arrive. Thank you for your cooperation.

OUCH!!! Please be careful and aware. One of our members got a \$130 ticket while crossing, in the crosswalk, on South Beretania Street by the Triangle Park and Burger King. She said there were no cars on the street but the light said not to cross. She and another person walked across and they both got ticketed. Please obey all traffic signs and signals.

**REMINDER!!!!** No one from MCC is allowed to park on the 2<sup>nd</sup> level, above Down to Earth. If MSC/MCC members park upstairs, their vehicles will be towed. There is a camera installed to monitor vehicles. Thank you for your attention pertaining to this matter.

**EXCURSION SUGGESTIONS.** We need more interesting excursions that can accommodate a large number of people so we can hire a bus. If you have any ideas, please let the senior office staffknow so we can try to schedule an excursion.

# Lei 'Ilima Club Craft Workshops

January 21 & February 4 - Golden Venture Folding-Celebrate Chinese New Year by learning how to create a simple sculpture utilizing this Chinese paper folding technique. There will be two session for this workshop. You must be able to attend both days in order to start and complete the project.

Part One - (Tuesday, January 21) -

learn to fold the paper

Part Two - (Tuesday, February 4) -

assemble the folded paper

Scheduled workshops are in Room 202 from 9:30 - 11:30 a.m. Please sign up in the senior office if you would like to attend.

MCC Restrooms: For the safety of all, please do not prop the doors open. Each classroom has a set of keys for the women's and men's restroom. Please kokua and make sure that the keys are back in its place by the end of your class. Lost keys cost money to replace.

Looking for the Japanese game "GO" instructor. Anyone know how to play "GO"? We have the boards and we want them to be used. If interested, see staff in the senior office.

HELP WANTED: MOILIILI COMMUNITY CENTER IS LOOKING TO HIRE DRIVERS. If you know someone who may be interested, please have them apply in the main office. We are currently looking for a van (No CDL) and a bus driver (CDL) for all programs.

Thank you all for your continued participation in our Senior Center Program. We continue to partner with the Moiliili Community Center, as we are one program under the Community Center. We are asking all senior center participants to become members of the Community Center. The annual membership fee is \$40.00 for calendar year 2020. Your participation as MCC members helps support our endeavors to continue to offer classes, activities and services. MCC member's benefits include: 25% off all purchases of \$10 or more at our "Hidden Treasures" Thrift Store; One Plus One Drive Inn will offer a 10% discount on a purchase of plate lunches; and Subway - Moiliili will offer a 10% discount on any sandwich/salad, excluding special offers. Other exclusions may apply to both places. Just show your current MCC Membership Card to receive your savings. Offers are valid through the end of 2020. Mahalo for your support of the Center.

# Upcoming Class from Temari Hawaii with MCC Senior Center

"Sashiko Free Form" Sunday, January 19 and 26 9:00 a.m. - 11:00 a.m. MCC, room 105

Class Fee: \$40

Supply Fee: \$10

Details forth coming. In partnership with Temari Hawaii. When signing up for class, please write in your phone number and email address.

# "PLEASE KOKUA!"

If you would like to borrow MCC's office phone to call for your ride pick up or an emergency, <u>PLEASE</u> limit your calls to a maximum of 3 minutes. The office phone is for the Center's business use and we need to have available open lines.

# JUST A REMINDER ...

We have no problem making copies for MSC program class use. However, we would appreciate any "personal" copies (\$.10 ea.) be limited to 1 to 5 copies at a time. We need to be careful on the usage of the copier so we don't go over our service contract totals. Mahalo!

All the 2<sup>nd</sup> floor air conditioners are operational! The temperature should be set at 73 degrees. To turn the units on and off, please use the on/offswitch that the unit is plugged into. You do not need to manually turn on and off the unit itself. When using the air conditioners, the windows and doors need to be closed. Thank you for your cooperation.

We would like to thank everyone for their generous donations of goods to the Thrift Store and the Senior Center. Sometimes the main office is inundated with an abundance of goods and it becomes unsafe to walk through the office. For this reason, the main office accepts donations in bulk on Tuesdays and Fridays between 8:00 a.m. - 4:00 p.m. to reduce the congestion in the main office. Thank you for your cooperation.

### MOILIILISENIOR CENTER WISH LIST:

1) Volunteer instructors for the following:
Educational classes/workshops
Japanese language
Painting
English language

Moiliili Senior Center is always in search of teachers or group leaders to expand our program. Do you have a special talent and are willing to teach for the satisfaction of sharing but without monetary compensation? Contact the Senior office, room 203, and "talk story" with staff.

ATTENTION Seniors! When paying by check for your Moiliili Community Center membership and including a donation to the senior program, please make a note on the membership/donation envelope that the donation is for the Moiliili Senior Center. If you are making a donation to the Community Center, then you do not need to make any notations. Reminder - ALL checks must be written to: MOILIILI COMMUNITY CENTER, not the senior center. Returned checks will be assessed a \$25.00 fee. Mahalo.

Registration Card Update!! \$1.00 charge for every year you have not updated! Cards should be checked annually for current information, especially your emergency contacts, health status, etc. It takes just a few minutes.

Fire & Lockdown Drills: MCC will hold periodic fire and

lockdown drills. Please listen to staff for instructions. Thank you.

Your Kokua, please. Your help in maintaining the rooms, emptying waste baskets, turning off lights & fans, and reporting problem areas immediately will help in alleviating further problems. Also, your help in maintaining the restrooms is needed. Only wash your hands in the sink to avoid any clogging. Mahalo.

Senior Helpline phone number 768-7700, for the island of Oahu: They can assist you in finding the resources or information you may need.

DONATION POLICY: Donations are welcomed to help balance our budget: \$2.00 suggested per activity, or \$20.00 per month. REMEMBER, this is a suggested amount and is a donation, so if you are unable to, don't worry. Subsidy monies are available for those interested in participating and find it difficult to pay; see Director. All Senior Center participants are asked to pay the MCC membership fee of \$40.00 for 2020.

Attention all class participants: It is YOUR responsibility TO CHECK YOURSELF IN THE CLASS ATTENDANCE FOLDER AND CHECK FOR ANY FLIERS OR ANNOUNCEMENTS, which include last minute notices or other information. All participants MUST be registered with the senior office.

# MCC NEWS:

VOLUNTEERS WANTED: Looking for "responsible", regular volunteers for the Thrift Store, especially for Thursdays, Fridays or Saturdays. If interested, see Bonnie at the Thrift Store.

# THE MOILIILI BOOK REPRINTING PROJECT.

New pages added and other pages updated. Everything (almost everything) you ever wanted to know about Moiliili. \$35. Books are available for purchase in the main office or in the Thrift Store.

VACATIONS HAWAII. Help "Moiliili Community Center" earn travel credit by booking your travel with Vacations-Hawaii Custom Packages Department. When you're ready to travel, contact Vacations-Hawaii at 591-4700. When making a booking, refer to our Loyalty Rewards #2464 or say "Moiliili Community Center".

**EXCURSION REMINDER:** Excursion participants, please carpool or use the bus to allow parking for those who attend classes. NO RESERVING SEATS, except for your partner. Whenever you are going from one place to another,

please return to your original seat. All participants must remain with the bus as the bus pick-up point will be determined by the driver. DO NOT ask to be dropped off somewhere else or along the way. If you plan to leave the group at some point, let your Escort know. Also, each participant must have an updated registration. If there are any special needs, please let the staff know about it before the excursion.

A REMINDER: Sign up for any of the special activities noted, such as seminars, workshops, excursions. Activities may be canceled due to lack of interest or at speaker's request, and only those on the list would be notified. Also, if you have any suggestions or ideas for activities, please submit information to the senior office.

# ACTIVITIES, SPECIAL EVENTS & EXCURSIONS

- \*Sign up for all excursions, seminars, workshops, special events, etc. in person. NO phone reservations. \*Sign up for you and your spouse only.
- \*Call for cancellations. NO REFUNDS for late cancellations.
- \*Payments for excursions due one week prior. When paying, please be sure that you are marked "PAID".
- \*Those needing assistance must bring a companion.
- \*Seminars and workshops are scheduled to provide education and information and do not constitute an endorsement of a product or company by the center.

# MOVIE: "STUBER" (2019)

(1-hr. & 34-mins., DVD, Action, Comedy, Crime. Rated R violence and language throughout, some sexual references and brief graphic nudity.)

Date: Friday, December 13 Time: 12:00 p.m. Place: MSC, room 202 Cost: Donation

### **CRAFT WORKSHOP: CHIGIRI-E**

The Japanese style of doing a collage picture by tearing washi paper to form. Workshop for all ages and levels.

Instructor Lily Nakao will be retiring at the end of this year. The class will continue next year with the assistance of Lily's daughter (Sue) and the students.

Date: Saturday, December 7 & January 4

Time: 9:00 a.m. Place: MCC, room 202

Cost: Supplies

### **CRAFT WORKSHOP: KUMIHIMO**

Traditional Japanese art of braiding cord; can be used with a pendant or other decorative ways. Beginners learn basic braids; Advanced do own project. LIMIT: 10 per class. Classes will resume in January.

Date: Thursday, January 9 (Adv)
Thursday, January 16 (Beg)

Time: 9:00 a.m. Place: MSC, room 209

Cost: Supplies

# **SEMINAR: SCAMS**

A representative from the Office of Consumer Affairs will talk about the latest SCAMS to be aware of, especially for seniors.

Date: Tuesday, December 3 Time: 9:30 a.m. Place: MSC, room 105 Cost: Donation

# WORKSHOP: CYBERGENERATIONS PROGRAM

The CyberGenerations program covers basic cyber safety topics and provides additional resources which can help seniors identify potential cyberattacks directed at them or their loved ones. Topics covered include cybersecurity basics, password management, common internet threats, internet scams and fraud, and social media safety. This program started in November and is presented in five one-hour sessions as a five hour workshop. The State of Hawaii Department of Defense, in partnership with the local cybersecurity professional community and Moiliili Community Center, will be hosting the CyberGenerations cyber safety program for senior citizens

Dates: Fridays, December 6 & 13 Time: 9:30 a.m. Place: MSC, room 104 Cost: Donation

# Our wishes to our **December** birthday participants.

AKITA, FUSAKO
BALBUENA, STANLEY
BOYD, REIKO
BUSS, ADELLA
CHANG, CHIN-PAEK
CHESSER, JEANNIE
CHOCK, TERUMI
CHOO, DOROTHY
CHUNG, MERRIE
DOMINGUEZ, AVELINA
GUSUKUMA, JUDI
HIRATA, JANET

HOLLY, WILLIE
HOSAKA, JACK
HUI, YIN-FAN
INATSUKA, TAKAYO
ISHIDA, EDWARD
ISONO, ELEANOR
ITOKAZU, KIMIKO
KAMALU, MARION
KATO, PATSY
KAUHINI, SANAE
KING, MOLLIE
KOBAYASHI, HERBERT K.

KODAMA, MARY
KOYANAGI, SHIGEKO
LEACH, JUDY
MIYASHIRO, PATSY
MIYATA, CAROLINE
NAEHU, KAMU
OGURA, TAMIKO
OJIMA, MARGARET
OKAMOTO, AILEEN
OSATO, JANE
OSHIRO, TOMOKO
OTSUKA, MARY
OTTE, MACHIKO
ROSS, YUKIKO

SAITO, MASAKO SATO, KIYOKO SHISHIDO, BETTY SORIANO, NATIVIDAD STEMPEL, WILLIAM TAGAWA, ELLA TAHARA, SUSAN TAIT, LINDA TAKEDA, FREDERICK TASHIMA, CAROL TOKURA, DOROTHY TOM, ELSIE WAKAYAMA, GEORGE YAMASHIRO, ANDY

# **SEMINAR: HERE'S LAUGHING**

Did you know there is one exercise that is good fun, easy, costs nothing and you don't have to get dressed or leave the house? It is called laughing. It relieves stress, is good for your heart, boosts the immune system and is a natural pain killer! Don't feel like laughing? Doesn't matter, just laugh right out loud anyway. It will do you a world of good. For practice and more about the health benefits, join Anne from 'Ohana as she conducts this session.

Date: Friday, December 13 Place: MSC, room 105 Time: 9:15 a.m. Cost: Donation

# EXCURSION: MOANA HOTEL HISTORICAL TOUR AND CHRISTMAS EXHIBIT

Join us as we take a tour of the Moana Hotel. We will learn about the history of the hotel and view their Christmas Exhibit. Late lunch on your own at McCully Shopping Center.

Date: Monday, December 16

Departure Time: 10:30 a.m. Return Time: 2:30 p.m.

Cost: Suggested Transportation Donation: \$3.00

# CLASS/ACTIVITY ANNOUNCEMENTS: Sign up Senior Office, rm. 203

NEW CLASS: SCRABBLE. Instructor: Henri Kikuta. Join the fun playing Scrabble to enhance and enrich your vocabulary skills. We will learn to build our mental skills through mind games to continue active and useful lives. Scrabble has the benefits of lowering blood pressure, improving memory function through word recall and instilling a sense of happiness. Wednesdays, 9:00 a.m. - 10:30 a.m., Room 104. Class begins January 8.

SOLO UKULELE I & II; Classes begins Friday, January 17. Classes are in a 20-week session, room 202. SUI - 11:00-12:00 p.m.; SUII(must complete SUI and instructor must approve advancement.) - 9:30-10:45 a.m. Inst: Allen Tanabe. Learn to read music and play the melody. Participant acceptance will close after the first 2 meetings. Must have own ukulele & dedication to practice. Cost: \$25 for text book & \$10 is due at the beginning of the course to cover the cost of music notes, music sheets and additional study materials. Other optional fees will be announced if the need arises. See information sheet for required materials. Minimum: 3 students per class

# **LOST & FOUND:**

\*Found - a beautiful shawl that was left at the Pagoda Ballroom when Rhythm & Life classes had their Christmas

party in December.

\*Found - Designer sunglasses

If any of the above mentioned items are yours, please claim them in the senior office, room 203.

CARD GAMES. Instructor Glen Yasuoka. Card Games class favorites - Kings Corner, Paiute, Black Jack, and even Hanafuda. With one of a kind card games by yours truly - Monday, 9:00-10:30 a.m., room 202.

**CLASS NAME CHANGE: DARTS-MODIFIED has** changed to MODIFIED GAMES. Instructor, Glen Yasuoka focuses on HAND-EYE COORDINATION. He has modified bowling, ping-pong and darts to keep our hand-eye coordination strong. Join Glen as he starts off his class with simple hand-eye coordination exercises and then play modified games to sharpen your skill. The coordination of hand and eye movements involves processing visual inputsize, shape, direction, movement and energy needed for the hands to perform these tasks. Studies show that as we get older, the ability to perform these tasks, reaction time, dexterity (skills performing task, especially with the hands), and perceptual motor skills decline (The ability to interpret to become aware of something through the senses). Simply, your brain slows down. Fortunately, there are ways to prevent further decline. One of the ways is to come to the hand and eye coordination exercises and modified games class. Thursdays, 8:00 - 9:00 a.m., room 202. Glen Yasuoka has modified the game for seniors. Feel free to come and try it out.

**ZUMBA GOLD:** with Dr. Susan Nishida. Tuesdays, 9:30 - 10:30 a.m., room 105. Class will meet when there is no seminar scheduled in room 105. When there is a seminar scheduled in room 105, class will meet in room 207-8. Please check monthly calendar.

Zumba/PiYo, Tuesdays, 11:30 a.m.-1:00 p.m., Weinberg Studio. A great combination of fun and fitness as you dance your way to a healthier you. Instructor: Grace Hada. Accepting more students.

- \*Adult Hula Auana with Kumu Hula April Chock. New session began 11/30, 10 weeks, Saturdays, 9:30 a.m. 11:00 a.m., room 105. Learn modern hula. Wear loose clothing. Suggested Donation: \$20 MSC seniors; \$35 MCC members.
- \*Japanese/Okinawan Doll Making & Kimekomi with Masako Ogawa. 6-week class begins Saturday, 2/15, 9:30

a.m. - noon, room 207 - 8 and begins Wednesdays, 2/19, 10:00 a.m - 12:30 p.m. An impressive array of projects to choose from. Bring: pins & scissors. Supplies/kit payable to instructor the first day of class. Suggested Donation: \$35 - MSC seniors; \$40 - MCC member. Need to pre-register. \*Ribbon/Crochet Lei Making with Coryn Tanaka. New session began 11/29, 10 weeks, Fridays, 9:30 a.m. - noon, room 102. Bring sharp pair of scissors, ruler, container, and ballpoint pen. Supplies payable to instructor. New students must register before the session starts. Suggested Donation: \$20 - MSC seniors; \$30 - MCC members. Sorry, class is FULL at this time. If interested, please put your name on the waitlist.

\*Specialized Aerobics with Faye Fukuhara. Mondays, 5:45 p.m. - 6:45 p.m., room 305, 10-week session. New session began 11/4. Excellent class for all ages, focuses on cardio exercise, muscle tone, range of motion, warm-ups and floor exercise and cool downs. Bring towel & water. Class Suggested Donation: \$30-MSC & MCC members. Class will be on break from 12/16 through 1/27. Class will resume on 2/3/20.

CLASS REMINDER: Do not enter the classroom until the previous class has vacated. Those in class, gather your belongings & exit quickly to allow for the next class to set up. Visit with friends outside, not in the classroom.

# **LUNCH PROGRAM AT MCC**

Lanakila Meals on Wheels serves hot and nutritious meals at the Center Mondays through Fridays, at 11:00 a.m. There is no charge for meals. Participants are given an opportunity to make a donation to the program and all contributions are used to support Lanakila Meals on Wheels program. Participants must be registered and members of the Moiliili Community Center. To register for this program, see Gerath in room 105.

# **MCC THRIFT STORE**

Thrift Store: Open Tuesday - Saturday, 10:00 a.m. - 3:00 p.m. Drop off donations when store is open. \*Note: MCC members get 25% discount with purchase of \$10 or more.

# **COMMUNITY ANNOUNCEMENTS:**

**VOLUNTEER WANTED:** Looking for someone to sew a blanket. MCC staff member is looking for someone to sew a blanket made out of her recently deceased companion's T-

shirts. If interested, please see senior program staff.

FAYE'S GENKI TAISO. MSC's own Faye Murata's Exercise Program is showing on OLELO, channel 54 every Thursday at 8:00 a.m. Her exercise program has been on the air for the last 3 years. If you have a chance, watch it and enjoy the morning exercises. Call Faye Murata at 735-1323, if you have any questions.

# SAFETY TIPS

Most criminals are opportunists who choose to illicitly operate under favorable conditions. These conditions include the right time, the right place, and the right victim. You may unwittingly be providing these criminals with that opportunity.

Criminals can often be discouraged from targeting you as a victim if you are willing to put some time and effort into keeping yourselfsafe.

Your time and efforts will help to ensure a safer community for all of us.

### ALWAYS THINK PREVENTION

- \* Stay in well-lit areas as much as possible.
- \*Do not take shortcuts through alleys, vacant lots, construction sites, poorly lit areas, and unfamiliar places.
- \* Whenever possible, walk on the left side of the sidewalk against the flow of vehicular traffic. Otherwise, stay away from the curbs so that someone in a passing vehicle cannot grab you.
- \*Always walk confidently, at a steady pace. Be alert and give the impression that you know where you are going.
- \*If stopped by someone in a car asking for directions, always reply from a distance. Never get close to the car.
- \*If your instinct tells you that you are being followed, trust your instinct. Cross the street and get to the nearest place of safety, such as a business that is open.
- \* If you walk, vary your routine a little each day.
- \* Carry your purse close to your body and keep a firm grip on the latch.
- \* When you are shopping, never leave your purse in a shopping cart, on a counter, in a dressing room, or on the floor.

(Honolulu Police Department Safety Tips for Adults Brochure, 11/06, www.honolulupd.org)

# Moiliili Senior Center Schedule of Special Events December 2019

Days to remember in December

12 - Poinsettia Day

31 - New Year's Eve

25 - Christmas Day - CENTER CLOSED

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29	22	15	<b>&amp;</b>				Sunday
80	23	Excursion: Moana Hotel Tour & Christmas Exhibit 10:30 am	9			N	Monday
Happy New Year! 31	24	T.	10		Manager and an analysis of an analysis	Seminar: Scams 9:30 am Rm 105	Tuesday
Market Street Control of the Street Street	HOLIDAYI Chiristmas Day Center Closed.	7	0 11			4	Wednesday
Classes will end the week of December 16 and resume the week of January 6, 2020. Individual classes may end and resume on different dates. Check with instructors/ leaders for return dates. The lunch program will remain open except for the holidays.	26	79	Kapahulu - Moiliili Santa Claus Christmas Parade 6:30 pm			Anything & Everything Christmas Sale 9 am - 12 pm 8m 209	Thursday
December 16 and resume the week of January 6, 2020, and resume on different dates. Check with instructors/ sunch program will remain open except for the holida	27	20	Movie: "Stuber" 12:00 pm Rm 202	Seminar: Here's Laughing 9:15 am Rm 105	Workshop: Cybergenerations Program 9:30 am Rm 104	Workshop: Cybergenerations 9:30 am Rm 104	Friday
lanuary 6, 2020. vith instructors/ vt for the holidays.	28	21	14			Craft: Chigiri-e 9 am Rm 202	Saturday

# Moiliili Senior Center Class Schedule December 2019

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Onc. 11:00-12:00 (11:00-12:00) (11:00-12:00) (11:00-1:30) (12:00-1:30) (12:00-1:30) (13:00-1:30) (13:00-12:00) (13	Zenidaiko	2:30 - 3:30	Kitsuke	12:00 - 3:00				Began 11/4.
Onc. 11:00-12:00 (11:00-12:00)	(Weinberg)		(Room 209)				(Room 305)	
Onc. 11:00-12:00 (11:00-12:00) (11:00-12:00) (11:00-1:30) (12:00-1:30) (12:00-1:30) (12:00-1:30) (13:00-1:30)	Zenidaiko	1:00 - 2:00	Ohana Karaoke	12:00 - 2:00			+Spec.Aerobics	5:45 - 6:45
Onc. 11:00-12:00 (11:00-12:00) (11:00-12:00) (11:00-1:30) (12:00-1:30) (12:00-1:30) (12:00-1:30) (13:00-1:30)	Thur. of the month.	last Thur. of	(Room 305)			3	(Weinberg)	
Onc. 11:00-12:00 11:00-12:00 Begins 1/17 ning 12:00-1:30 2) Life Closed. 5) 6 6 7 6 8 9 9 9 9 12:00-1:30	ninder: No class the	Reminder: N	(Inter. I)				Buyo & Enka	1:00-3:00
Onc. 11:00-12:00 (11:00-12:00) (11:00-12:00) (11:00-12:00) (12:00-1:30) (12:00-1:30) (12:00-1:30) (13:00-12:00) (1	(Room 105)		Rhythm & Life	11:00-12:30			(Weinberg)	
Onc. 11:00-12:00 11:00-12:00 Begins 1/17 ning 12:00-1:30 2) Life Closed. 5) p p p p 2)		1:00-2:30	(Room 305)				Buyo & Enka	
Onc. 11:00-12:00 11:00-12:00 Begins 1/17 ning 12:00-1:30 2) Life Closed. 5)	_	Begins in Janua	Taisoo	-	c (Room 207)	No class in Dec (Room 207)	Beginner's	12:00-1:00
Onc. 11:00-12:00 11:00-12:00 12:00-1:30 12:00-1:30 Life Closed.	Citizenship	12:00- 2:30	Niko Niko Genki	December was	Shigin	2	(Rm 202)	Ends in Dec.
Onc. 11:00-12:00 19) Begins 1/17 ning 12:00-1:30 2) Closed.	(Room 305)	Closed.	5 Rhythm & Life	10:00 - 10:45	Kenbu Senbu	1:00-2:00	Japanese Songs	
Onc. 11:00-12:00 11:00-12:00 Begins 1/17 ning 12:00-1:30 2) Life Closed.	(Adv.V)		(Room 207-8)	Begins 2/19	(Room 202)	Begins in January.	Katsutaro	
Onc. 11:00-12:00 11:00-12:00 Begins 1/17 ning 12:00-1:30 2)	Rhythm & Life	10:30-12:00	& Kimekomi		Citizenship	12:00 - 2:30	Karaoke with	11:00 - 2:00
Onc. 11:00-12:00 (	(Room 202)		Doll Making		le.	No class 5th Tue	(Room 305)	Closed.
Onc. 11:00-12:00 Begins 1/17	Brain Training	9:30-10:30	+Jpns/Oknwn	10:00-12:30	(Weinberg)	27	(Adv.IV)	
Inc. 11:00-12:00	(Weinberg)		(Weinberg)		Zumba/PiYo	11:30-1:00	Rhythm & Life	10:15-12:00
	for Health		Line Dancing II		(Room 209)		(Room 105)	
	Beg.Line Dnc.	9:30-11:00	Beginner's	10:15-11:45	Soroban	10:45-11:45	R&L Chair Exer.	10:00-10:30
	(Room 105)		(Room 209)	Begins 1/22	(Room 305)	Closed.	(Weinberg)	
10:00-11:00	Ukulele Prac.	9:00-10:30	ا۔	9:30-11:30	(Beginner I)		Arthritis	
05)	(Room 305)	Closed		No class 12/11	Rhythm & Life	10:30-12:00	Tai Chi for	9:00-10:00
10:00-10:30	(Adv.IV)	1	Bon Odori	9:30-10:30	(Weinberg)		(Room 305)	9
Begins 1/17	Rhythm & Life	9:00-10:30	(Room 104)	Begins 1/8	Okinawan Dnc.	10:00-11:15	Tai Chi (108)	9:00-10:00
9:30-10:45	(Room 105)	Began 2012	Scrabble	9:00 - 10:30	(Room207-8)	12/3	(Rm 209)	
g) FULL		8:00-9:00	(Weinberg)	dimin	(Room 105)	12/10	Haw'n Quilt.Bee	9:00-12:00
Began 11/29	_	∃Began 3/2018	Group Singing	9:00-10:00	Zumba Gold	9:30-10:30	(Rm 202)	
9:30-12:00	(Beginner)		(Room 305)		(Room 305)	Closed.	Card Games	9:00-10:30
	Rhythm & I ife	8.00-9.00	- 1	9.00-10.00	(Adv.II)		(Room 305)	
9:00-12:00	(Room 202)			No class 5th W	Rhythm & Life	9:00-10:30	Beg. Tai Chi	8:00-9:00
	Modified Games	8:00-9:00	Shodo	9:00-11:00	(Room 209)		(Room 305)	
8:30-10:30 Hanafuda	(Studio)	21	(Room 207)		Crochet/Knit	8:30-10:30	& Sword	
	Yoga	7:30-8:30	Minyo Singing	8:00-9:30	(Weinberg)	FULL	Tal Chi w/ Fan	7:30-8:00
-8)	(Room 207-8)		(Room 105)	0	Line Dancing I		(Room 207-8)	
	Mah-Jongo	1 7 30-1 00	Fall Prevention	8.00-9.00	Beginner's	8:00 - 9:30	Mah-Jongo	7:30-1:00
Friday		Thursday		Wednesday		Tuesday		Monday

Note: Rhythm & Life Chair Exercise will not have classes on Friday, December 13 and Monday, December 16. Classes will be held on December 20, 23, 27 30 and January 3.

# Have a Merry Christmas & Happy New Year!!!