Kaleidoscope February 2025 Issue #371

Moiliili Senior Center, (MSC) Program is for Seniors 60 years and above who live from Ward Avenue to Hawaii Kai. 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.
To Learn more visit: **WEBSITE:** Https://www.moiliilicc.org **PHONE:** (808) 955-1555 **MCC – An Aloha United Way Agency**

Happy Valentine's, friends! We have great events planned for you! Please take the time to RSVP for all events and classes – sign up in room 203 or call (808) 955-1555.

Anyone Interested in Growing Food?
Hawaii Nutrition Center of UH would like to return to offer their "Food to Grow" workshop. Starter plants, soil and containers will be provided. **A minimum of 10 NEW sign-ups are needed for the workshop.** (March and or April dates to be determined). Please let us know as soon as possible if you are interested.

RUMMAGE SALE (save the date)
April 14-15-16, 9:00 AM – 12:00 PM

Lei Ilima Craft Workshop Shadow Box Torii Gates **Sunday, February 16** 1:00 PM via Zoom. Call MSC (808) 955-1555 to be added to this online class.

Educational Workshop - *Caption Telephones for the Deaf & Hard of Hearing* Thursday, February 13 10:00 AM – 11:00 AM, Room 202. Struggling to hear on the phone? Learn about **free** caption telephones with amplified sound, 4 times louder than a regular phone, large screen to read what the caller is saying and an answering machine. No contracts, free 24/7 support. – Know someone who could use this service? Come to the workshop and bring a friend.

FREE TAX HELP ON SATURDAYS

1.) **Catholic Charities** 1822 Keeaumoku St., 2/1 - 4/5 (closed 2/8), 9:00 AM - 12:00 PM. Appointments only **APPT. LINE: (808) 319-7681.** The appointment phone line is open Tuesdays and Fridays until 3/28, 9:00 AM - 12:00 PM. Must RSVP, no walk-ins.
2.) **Hawaii Kai Public Library** 249 Lunalilo Home Rd. 2/1 - 4/12, (closed 2/15), 9:00 AM - 12:00 PM. First come, first served, must wear mask. Library staff are unable to answer questions by telephone, please do NOT call the library.
3.) **Hawaii State Capitol** 415 South Beretania St., 3rd Floor, **ONLY on 3/8**, 9:30AM – 1:30PM (last appt. is at 12:45pm). Call (808) 450-4351 or (808) 304-5088.

FREE TAX HELP by HCAP at MCC
THURSDAY, MARCH 13, 9:00 AM - 3:00 PM, Rm. 209 Call (808) 955-1555 to reserve your appointment.

Hawaii Food Bank *SNAP & Senior Food Box Program*
Monday, February 10 10:00 AM – 12:00 PM, in front of Rm. 105. Application assistance for free food for those with a monthly income maximum $2,164.

Educational Workshop *Succulents, Glen Yasuoka*
Tuesday, February 18 9:00 AM – 11:00 AM, Rm. 202. Supplies provided. Learn how to grow succulents from cuttings and special techniques with grass clippings.

Health Talk – *Thyroid* Care, *Dr. James Yamashita*
Friday, February 21 11:00 AM – 12:00 PM, Rm. 105
The thyroid regulates your body's metabolism, energy levels, and more. Learn about thyroid issues—such as fatigue, weight changes, mood swings—and the potential dangers of neglecting thyroid health, including serious complications like **heart disease** and **osteoporosis.**

Educational Seminar – *Tech Tips: Staying Connected and Safe, Bennet Yen,* Wednesday, February 26 10:00 AM – 11:00 AM Rm. 105 In this session we'll explain how using location sharing apps such as "Find My iPhone", "Find my Android", and "Life 360" can help family and friends stay connected and help you locate and protect your devices. **Note:** An Apple or Android smartphone is required to use these solutions, but all are welcome even if you don't own a smartphone.

Health Talk – *Long-Term Care at Hale O'Meleana*
Thursday, February 27, 10:00 AM – 11:00 AM, Rm. 202
Learn about Hale O Meleana's temporary stays for rehabilitation with physical therapy, transition housing, long-term care and services and amenities.

Movie – *Scent of a Woman*
Friday, February 27, 11:00 AM – 12:20 PM, Rm. 105
Inspirational Drama, an Al Pacino Academy Award movie.

CENTER CLOSED MONDAY, FEBRURY 17, Presidents' Day

COVID-19 SAFETY REMINDERS

Thank you all for your cooperation and understanding. We appreciate you following our safety protocols.
As a reminder, we are still maintaining COVID-19 precautions. Please continue to follow the procedures listed below:

PARTICIPANTS, INSTRUCTORS, VISITORS AND STAFF MUST WEAR A FACEMASK AT ALL TIMES.
If you forget a face mask, we will provide.
If you are unable to wear a face mask, please wear a face shield.
If you do not have a face shield, we will provide.

PLEASE SANITIZE YOUR HANDS UPON ARRIVAL AND DEPARTURE FROM MCC. (If you cannot use alcohol sanitizer, please wash your hands with soap and water for at least 20 seconds.)

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.
- MCC water fountains are turned off, be sure to bring your own water.

These safety procedures are to ensure the safety of everyone at MCC. If COVID-19 begins to spread throughout our center, we will need to shut down for a minimum of two weeks. Please do your best to follow the safety procedures so we can prevent that situation from happening.

GENERAL REMINDERS

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 is allowed. Theresa, our Parking Attendant, will direct traffic and coordinate parking. Be courteous, follow instructions, and prioritize safety. To avoid overcrowding and parking issues, kindly leave the Center promptly after your class.
Thank you for your cooperation!

Senior Center Registration Update: Please update your registration forms in Room 203 if there are any changes to your contact or medical information.

Community Center Membership Renewal: Renew your $50 annual membership fee at the main office. Use the membership envelopes and be sure to fill them out completely with your name, phone number, and address.

Payment Options: 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, contact the Senior Center staff or the MCC Main Office.

Donation Policy: Monetary donations help support our budget. A $2 donation per activity or $20 per month is encouraged but not mandatory. If you're unable to donate, no worries! Subsidies are available for those in need—please see the MSC Director for assistance.

Donation Guidelines
MCC accepts donations for the Thrift Store and Rummage Sale on Mondays and Fridays only. No weekend drop-offs allowed due to limited staff and storage. To prevent items being tampered with or damaged, do not leave donations curbside. All donations must be submitted to the main office, and staff cannot accept items on other days.

Restroom Use
For safety, do not prop restroom doors open. Each classroom has restroom keys, please return them immediately after use.

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

Classroom housekeeping rules: Thank you to all who attend classes! Our classrooms are shared spaces, and we appreciate your cooperation in keeping them clean and welcoming for everyone. Please review the following guidelines:

For Painting and Shodo Students: (Room 202, 207 & 208)

- Protect Surfaces: Always place newspapers on tables before starting your work to make cleanup easier.
- Brush Cleanup: Cleaning brushes at the sink is allowed. Please ensure all ink and paint are wiped from the sinks, counters, and walls after use.
- Please avoid placing items on top of the Japanese student classroom file cabinets.

Furniture and Room Setup:

- Moving tables and chairs is allowed, but please handle them with care or **ask for assistance** if needed. **We do not want to see any seniors hurt.**

At the end of class, kindly return the room to its original setup so it's ready for the next group.
Thank you for your attention and effort in keeping our classrooms clean and organized, and a welcoming space for all!

Super Senior Nomination:

Visit us in room 203 to nominate a super senior of the month. Additionally, RSVP is also nominating Senior of the Year. Multiple awards will be honored by the Mayor and the Volunteer program. Visit us for more information.

Need help with technology? Schedule a One-on-One tech session

(Available each month from the 10th through 25th of each month)

What We Can Help With:

- Setting up new phones, tablets, or devices such are hearing aids.
- Learning features like email, texting, or video calls.
- Managing apps, storage, and updates.
- Troubleshooting issues with your device.
- Enhancing digital safety and privacy.

RSVP: Call Delia at (808) 955-1555, ext. 130 or email: deliab@moiliilicc.org

MARCH EVENTS Save the dates!

Health Talk – Legacy of Life, Importance of Organ Donors, Wednesday, 3/12 11:00 AM – 12:00 PM, Rm. 105
Free Tax Filing at MCC, Thursday, 3/13 9:00 AM – 3:00 PM Rm. 209 RSVP your 30 min. appt. call 955-1555
Educational Workshop – Make a Hanging Planter, Tuesday, 3/18 9:00 AM – 11:00 AM, Rm. 202
Educational Talk – Free Resources for Seniors by Project Dana, Friday, 3/14 11:00 AM – 12:00 PM, Rm. 105
Free: transportation to and from MCC or other appointments, help at home, food delivery and more.
Educational Seminar – Mental Health America of Hawaii, Wednesday, 3/19 10:00 AM – 11:00 AM, Rm. 105
Learn about the many resources available to seniors, free counseling and 24/7 hotline and more.
Health Talk – "Wait Don't Die Yet" author Annette Kam, Friday, 3/28 11:00 AM – 12:00 PM. Rm. 105
Learn about tools and strategies for finding hope and resilience during life's most challenging moments. (mindfulness, stress management and support resources and more).

KūpunaWiki Saturdays at 1:30 PM, Sundays at 10:00 AM., tune in to AM690 or FM 94.3 for the KūpunaWiki Radio Show, answering your questions about real estate, finance, estate planning, senior housing, and health and wellness for older adults. You can listen to past shows, watch seminars or read blogs on these topics on their website Radio Shows Archives - Kupuna Wiki **https://kupunawiki.com**

VIRTUAL CLASSES

WEDNESDAYS
Beginning Tai Chi 8:00 AM - 9:00 AM
Gentle stretches and movements to improve balance and flexibility.

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 choreographed dance incorporating bells for rhythmic movement.

If you are interested in Virtual classes, please call Senior Center Office 955-1555 for invitation link.

FRIDAYS
Beginning Tai Chi 8:00 AM - 9:00 AM
Zenidaiko Beginners 9:00 AM – 10:00 AM

Advanced Tai Chi 9:15 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: Trumps, Poker, Crazy and one-of-a-kind card games

SUNDAY – Lei Ilima Workshop
Shadow box Torii Gates
February 16, 1:00 PM
Materials: paper, scissors, black marker

Thyroid Care Talk

Friday, February 21, 11:00AM -12:00PM ROOM 105

The thyroid, a small, butterfly-shaped gland located at the base of your neck, plays a crucial role in regulating your body's metabolism, energy levels, and overall health. Despite its small size, the thyroid influences nearly every organ in your body, making its health essential for maintaining balance and vitality.

What Does the Thyroid Do?
The thyroid produces hormones, primarily thyroxine (T4) and triiodothyronine (T3), which control how your body uses energy. These hormones regulate vital functions, including heart rate, digestion, body temperature, and even mood. When the thyroid is functioning optimally, you feel energetic, focused, and in tune with your body.

Common Thyroid Disorders

1. **Hypothyroidism**: This occurs when thyroids produce too little hormone, leading to symptoms such as fatigue, weight gain, depression, and sensitivity to cold. Hashimoto's thyroiditis, an autoimmune condition, is a common cause.
2. **Hyperthyroidism**: An overactive thyroid produces excessive hormones, causing symptoms like rapid heartbeat, weight loss, anxiety, and heat intolerance. Graves' disease is a typical cause of hyperthyroidism.
3. **Goiter**: An enlargement of the thyroid, often linked to iodine deficiency or underlying thyroid conditions.
4. **Thyroid nodules**: Lumps that form on the thyroid, which may or may not be cancerous.

Maintaining Thyroid Health
Caring for your thyroid involves maintaining a balanced diet, getting regular check-ups, and being mindful of symptoms that could indicate an issue.

To reserve your seat, visit us in room 203 or call (808) 955-1555.

SENIOR CENTER SERVICES

All services are free for MSC Members

Assisted Transportation: The Senior Center Van service operates Monday through Friday, 9:15 AM to 12:00 PM, with extended hours until 2:00 PM during June and July. This service provides transportation for essential errands: medical, dental appointments, shopping or errands.

Escort Transportation: An escort service is also available for those who need the driver to accompany them throughout their errand or appointment. Appointments are scheduled on a first-come, first-served basis, so please call ahead to reserve your transportation. For safety reasons, MSC members must be physically able to enter and exit the minivan independently. (no wheelchair ramp available).

Technology Assistance: If you need assistance with your devices (smartphone, tablet, or laptop) or need help accessing information via the internet, seniors can reserve an appointment with the Senior Center Program Director, Delia. Tech Sessions are also held every 2nd, 3rd & 4th Tuesday of the month in Room 207, 9:15 AM -10:15 AM.

Shopping Delivery: Participants can order groceries from their preferred supermarket and pay online. Alternatively, if comfortable, participants may contact us to place the order on their behalf using the senior's credit card information for the order. Please rest assured, we do not retain or store credit card information on file; all details are securely deleted immediately after the order is placed. Once the order is complete, we will pick up the groceries and deliver them to the senior member.

Membership and Donations: Visit our main office Monday through Friday 8:00 AM – 5:00 PM to renew your $50/annual membership. Your membership and donations are tax deductible. Let us know if you need help, sponsorship for memberships available.

"I'm OK" Call Service is a telephone check-in system to support seniors who live alone. Signing up is free for MSC members. Call the special phone number to say, "I'm OK". If you do not call, we will call your home. If there is no answer, we will call your emergency contact. Register for this service at the Senior Center office Room #203; or call (808) 955-1555.

Hidden Treasures Thrift Store

Hidden Treasures offers a wide range of items for sale from vintage clothes, antiques, books, small appliances, dishes, craft and sewing items and much more!

Store Hours: Tuesday through Saturday, 11:00am-4:00pm. CLOSED Sunday & Mondays
Phone: (808) 942-0595
2535 South King Street, Honolulu, HI 96826

We welcome donations, household items,

crafts, clothes, small décor and clothes. Drop off donations only on Mondays and Fridays, at front office Moiliili Community Center lobby. Donations are tax deductible.

MOILIILI SENIOR CENTER MEMBERSHIP
Annual membership is $50 per household.
Please renew it at the MCC main office.
Senior Center staff will not accept tips. Donations to the Senior Center Program are welcomed. If you are interested in any of these services, please contact the Senior Center office at (808) 955-1555.
Website: **https://www.moiliilicc.org**

Volunteers interested in helping, visit Senior Center Office in room 203 or call (808) 955-1555. Thank you!

"Project Dana" offers additional services to our Seniors such as transportation to and from our center, and rides to medical appointments 9:00 AM to 4:00 PM; additionally, they offer home assistance and food delivery. **Save the date, Friday, March 14** 11:00 AM – 12:00 PM, Room 105 to learn more.
Website: ProjectDana.org
or call: (808) 945-3736 to start using their free services right away! Project Dana also welcomes volunteers!

CLASS DESCRIPTION

Exercise/Physical Fitness Classes

Fall Prevention: Exercises to enhance balance and prevent falls.
Relaxation Yoga: Gentle relaxing yoga for body, mind, and spirit. Enhance flexibility, strength, and mentality. All levels welcome! (every other week)
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).

Recreation/Leisure classes

Beginning Bon Dance: traditional Bon dance for beginners with some experience.
Intermediate Bon Dance: Traditional Bon dance for people who have experience.
Beginning Ukulele
Learn strumming techniques, music keys, multicultural songs, genres, and explore percussion instruments (played by tapping, shaking, or scraping).
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: Both 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.
Beginning Hula: Students will be exposed to basic hula steps and movements. There will be a focus on hapa haole (English-based) songs.
Hula: Hula for enjoyment. Learn Hawaiian culture through music and dance (Hula skirt preferred but not mandatory).
Karaoke: recreational singing (participants will need to provide their own CD).

Exercise/Physical Fitness Classes cont.

Beginning / Intermediate Tai Chi: A series of gentle physical exercises and stretches, inspired by previous MSC Tai Chi instructors.
Zumba Gold: Modified Zuma 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.

Recreation/Leisure classes cont.

Kitsuke: The art of wearing Japanese kimono.
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.
Drawing & Painting: All levels welcome. Materials provided. Instruction for beginners.
Scrabble: The ultimate crossword game in which every letter counts.
Shodo: Traditional Japanese calligraphy. *No class on months with 5 Wednesdays.*
Suzuko: Choreographed dance with bells.
Ukulele Roundtable: Collaborative sessions exploring variety of styles, genres, and more advanced chord options. Pre-requisites: ability to read treble clef notation; knowledge of basic chords and ability to change easily; willingness to share songs/pieces and help facilitate group discussions. Please see senior staff for a more detailed description.
Zenidaiko: traditional Japanese performance with baton sticks with coins for sound with movement.

Education Classes:

Soroban: Traditional Japanese abacus class.
Tech Class: 2nd, 3rd, 4th Tuesday of the month. Learn basic computer, phone & tablet skills.

Moiliili Senior Center

SPECIAL EVENTS CALENDAR - FEBRUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 **Chigirie Workshop** 9:00 AM - 12:00 PM ROOM 105
2	3	4	5	6	7	8
9	10 **SNAP & Sr. Food Boxes** Hawaii Food Bank helps w/applications Income Eligibility Increased this year! 10:00 AM - 12:00 PM Rep table is in front of ROOM 105	11	**12**	13 **Seminar by CapTel** Free Caption Telephones For Deaf or hard of hearing 10:00 AM - 11:00 AM ROOM 202	**14** **Valentine's Day**	15
16 **Lei Ilima Workshop** 1:00 PM online via Zoom Contact Senior Center ofc. for link invite	**17** **Closed** **Presidents' Day**	**18** **Succulent Plant Workshop** by Glen Yasuoka 9:00 AM - 11:00 AM ROOM 202 supplies provided		**20**	21 **Health Talk** **Thyroid Care** 11:00 AM - 12:00 PM ROOM 105	22
23	24	25	26 **Educational - Tech Talk** Stay Connected & Safe 10:00 AM - 11:00 AM ROOM 105 "Find My Phone" "Life 360" "Find My Android"	**27** **Talk - Hale O'Meleana** Learn about the facility Temporary stays, Assisted Living and Long-Term Care 10:00 AM - 11:00 AM ROOM 202	28 **Fun Friday Movie** Scent of a Woman Academy award, Al Pacino 11:00 AM - 12:20 PM Drama, Inspirational ROOM 105	**1-Mar** **Chigirie Workshop** 9:00 AM - 12:00 PM ROOM 105
2-Mar	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar

Call (808) 955-1555 or visit us in Room 203 to Reserve your seat for these lovely events!

Call (808) 955-1555 or visit us in Room 203 to Reserve your seat for February & March events!

SAVE THE DATE:

Tues., 3/12 10 AM - 11 AM **Legacy of Life Talk** about organ donors

Thurs., 3/13 9 AM -3 PM **Free Tax Preparation Workshop** - RSVP

Friday, 3/14 10 AM - 11 AM **Learn about Free Services for Seniors** by Project Dana

Tues., 3/18 9 AM - 11 AM **Make a Hanging Planter Workshop**

Wed., 3/19 10 AM - 11 AM **Mental Health Talk** about resources, including 24/7 phone line

Fri., 3/28, 11AM - 12PM **"Wait Don't Die Yet" Talk** resources, stay organized, reduce stress

MOILIILI SENIOR CENTER PROGRAM SCHEDULE
FEBRUARY 2025
IN-PERSON CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAH-JONG *INTERMEDIATE/ADV.* 7:30 AM - 12:00 PM ROOM 207-208	**LINE DANCE 1** 8:00 AM - 9:30 AM WEINBERG ** Wait List **	**FALL PREVENTION** 8:00 AM - 9:00 AM ROOM 105 On Hold Until Further Notice	**MAH-JONG** *INTERMEDIATE/ADV.* 7:30 AM- 12:00 PM ROOM 207-208	**FREE PLAY** **HANAFUDA** 8:30 AM - 10:30 AM ROOM 209
CARD GAMES/Puzzles **JENGA/HANAFUDA** 8:00 AM - 12:30 PM ROOM 202	**KNIT/CROCHET & CRAFTS** 8:30 AM - 10:30 AM ROOM 209	**SHODO** 9:00 AM - 11:00 AM ROOM 202	**HULA** *INTERMEDIATE/ADV.* 8:30 AM -9:30 AM WEINBERG	**DRAWING &** **PAINTING** 9:00 AM - 12:00 PM ROOM 207-208
BON DANCE by Toshi Beginner Intermediate 9:00 AM- 11:00 AM ROOM 305	**TECH CLASS** 9:15 AM - 10:15 AM ROOM 207 Except 1st & 5th Tues./mo.	**BEG/INT TAI CHI** 9:00 AM - 10:00 AM STUDIO	**BEGINNING** **UKULELE** 10:00 AM - 10:45 AM ROOM 105	**R&L CHAIR EXCER** 10:00 AM - 10:30 AM ROOM 105
BEG/INT TAI CHI 9:00 AM - 10:00 AM STUDIO	**ZUMBA GOLD** 9:30 AM - 10:30 AM ROOM 105	**BON DANCE by Joyce** Beginner 9:00 AM - 10:15 AM Intermed. 10:30 AM-11:45 AM ROOM 305	**INTERMEDIATE** **UKULELE** 11:00 AM - 12:00 PM ROOM 105	**RELAXATION YOGA** **with Meditation** 10:00 AM -11:30 AM STUDIO *Every other week* 2/14, 2/28, 3/14 & 3/28
SCRABBLE 9:30 AM -11:-00 AM ROOM 209	**R&L NIKO NIKO** **GENKI TAISOO (STAND)** 10:00 AM - 10:45 AM STUDIO	**GROUP SINGING** 9:00 AM - 10:00 AM WEINBERG		**UKULELE** **ROUNDTABLE** 10:00 AM - 12:00 PM ROOM 202 ** Wait List **
R&L CHAIR EXER. 10:00 AM - 10:30 AM ROOM 105	**ZUMBA TONING** 10:30 AM - 12:00 PM WEINBERG	**R&L NIKO NIKO GENKI** **TAISOO (CHAIR)** 10:00 AM - 10:45 AM ROOM 207 - 208		**KITSUKE** 12:00 PM - 1:00 PM WEINBERG
BEGINNING HULA 10:30 AM - 11:30 AM WEINBERG ** Wait List **	**SOROBAN** 10:30 AM - 11:30 AM ROOM 208	**LINE DANCE 2** 10:15 AM - 11:30 AM WEINBERG ** Wait List **		**BUYO & ENKA** 1:00 PM - 3:00 PM WEINBERG
BUYO & ENKA 1:00 PM -3:00 PM WEINBERG		**OKINAWAN DANCE** 10:30 AM - 11:30 AM STUDIO		
		KARAOKE 12:00 PM - 2:00 PM ROOM 209		

VIRTUAL/ON-LINE SCHEDULE

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEGINNING TAI CHI 8:00 AM - 9:00 AM	**ZENIDAIKO ADVANCED** 1:00 PM - 2:00 PM	**BEGINNING TAI CHI** 8:00 AM - 9:00 AM		**LEI ILIMA CRAFT** **Workshop** Shadow box Torii Gates Feb.16 - 1:00 PM Materials: paper, scissors black marker, string
	SUZUKO 2:15 PM - 3:00 PM via ZOOM	**ADVANCE TAI CHI** 9:15 AM - 10:00 AM		
		ZENIDAIKO (BEGIN) 9:00 AM - 10:00 AM		
	NIKO NIKO **GENKI TAISOO** 8:00 AM TV OLELO CH 54	**SUZUKO** 10:15 AM - 11:00 AM		
		CARD GAMES 1:00 PM - 2:30 PM		

To Join Virtual Classes call Senior Center for invite: (808) 955-1555