

# Moiliili Senior Center Class Descriptions

## Exercise/Physical Fitness Classes:

- **Fall Prevention:** Exercises to enhance balance and prevent falls.
- **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 (may be sitting or standing).
- **Beg/Int Tai Chi :** A series of gentle physical exercises and stretches, inspired by previous MSC tai chi instructors.
- **Zumba Gold:** Modified Zumba class that recreates the original moves you love at a lower intensity.
- **Zumba Toning/PiYo:** Zumba incorporating weights with Pilates and Yoga inspiration.

## Recreation/Leisure Classes:

- **Beginning Bon Dance:** Traditional Bon dance for beginners with SOME experience.
- **Pre-Beginning Bon Dance:** Traditional Bon dance for beginners with LITTLE TO NO experience.
- **Beginning Ukulele:** Learn a variety of strumming techniques and music keys, multi-cultural songs and genres, and introduction to instruments from the "percussion" family, played by tapping, shaking, or scraping. Please bring your own ukulele, music stand (optional), 3-ring binder, and pen/pencil. Sessions last for 8 weeks.
- **BINGO:** Play multiple games of BINGO and win prizes every week!
- **Buyo & Enka:** Traditional kabuki inspired Japanese dance.
- **Card Games/Hanafuda:** Both in one classroom. Enjoy the traditional and modified versions of Hanafuda, and one-of-a-kind, original card games.
- **Group Singing:** Instructed singing as a group. The group will sing a variety of songs in different languages.
- **Hanafuda:** Hanafuda (花札, "flower cards") are a style of Japanese playing cards.
- **Hula:** Hula for enjoyment. Learn about Hawaiian culture through music and dance (Hula skirt preferred but not mandatory).
- **Beginning Hula:** Students will be exposed to basic hula steps and movements. There will be a focus on hapa haole (English-based) songs.
- **Kitsuke:** The art of wearing Japanese kimono.
- **Knit, Crochet, & Crafts:** Crochet, knitting, and more!
- **Koto:** Japanese string instrument (Need to have own Koto).
- **Lei Ilima:** Craft workshop
- **Line Dance I:** Group choreographed dance, repeating a sequence of steps while arranged in one or more lines or rows.
- **Line Dance II:** Group choreographed dance, repeating a sequence of steps while arranged in one or more lines or rows (Need to have previous experience with Line Dance).
- **Mah-Jongg:** Chinese game played with tiles.
- **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.
- **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. Session lasts 20 weeks.
- **Solo Ukulele II:** Advanced plucking ukulele (Please get instructor's permission to join this class). 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. Session lasts 20 weeks.
- **Suzuko:** Choreographed dance with bells.
- **Zenidaiko:** Choreographed dance with sticks.

## Education Classes:

- **Soroban:** Traditional Japanese abacus class.