Kaleidoscope November 2025 Issue #380

Moiliili Senior Center, (MSC) Program is for Seniors 60 years and above. 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.
WEBSITE: Https://www.moiliilicc.org **PHONE:** (808) 955-1555 **MCC is an Aloha United Way Agency**

Happy Thanksgiving, Seniors! Thank you to those who donated and or attended our October Rummage Sale. We were able to raise $3,000.00.

EVENTS & UPDATES

- **BRAIN TRAINING**
  Tues., Nov. 4 I11:30 AM – 12:30 PM I Room 202
  No brain training classes Nov. 11, 18, 25
  Next brain training class resumes on December 9 & 16

- **No Ukulele classes in Nov. Next session 1/22/26.**

- **SASHIKO WITH LEAH**
  Thurs., Nov. 6 and Tuesday Nov. 18 I 9:00 AM – 11:00 AM I Room 202
  Bring your fabrics, scissors, needles, threads, and any patterns you'd like to work on. Next class 12/11

- **VETERANS DAY**
  Tues., Nov. 11 – CENTER CLOSED

- **SHIP HAWAII MEDICARE** Unlock 2026: What's Changing in Medicare?
  Wed., November 12 I 10:00 AM – 11:00 AM Room 105

- **NO HULA (Pat Takahashi's class) Thurs., Nov. 13**

- **ACTIVE SENIOR EXPO**
  Fri., Sat., Nov. 14, 15 I 8:30 AM – 4:00 PM
  Convention Center
  Pickleball tournament with grand prizes including airfare to Japan and Las Vegas.
  Many vendors will share resources for seniors.

- **LEI ILIMA CRAFT WORKSHOP**
  Sun., Nov. 16 I 1:00 PM via Zoom
  Christmas decorations, Santa, gingerbread houses, and trees. **Call to receive the ZOOM Instruction**
  Supplies: craft paper, glue, pens, scissors, toilet paper roll.

- **CHRISTMAS WREATH MAKING WITH KAMU**
  Mon., Nov. 17 I 9:00 AM – 11:00 AM I Room 104
  Limited to 15 students, please call the senior program office (808) 955-1555 or sign up in person in room 203. Straw wreath and pins $15. Come to the office for materials and suggested materials to bring.

- **NO ZUMBA TONING Tues., Nov. 18**

- **MEDICARE 101 CHRONIC ILLNESS PLAN**
  Wednesday, Nov. 19 I 9:00 AM – 10:00 AM
  Room 105

- **MAYOR'S CRAFT AND COUNTRY FAIR**
  Saturday, Nov. 22 I 9:00 AM – 1:00 PM
  Blaisdell Exhibition Hall.
  We will have a booth at this event and hope that you will be able to stop by. There will be many wonderful vendors with Christmas and gift-giving Items.

- **SUCCULENT & HANGING PLANTERS (Workshop)**
  Tues., Nov. 25 I 9:00 AM – 10:30 AM
  Room 202
  Reusing tuna cans to make hanging planters, materials provided. Maximum 8 students. Sign up in room 203 or call Senior Program office.

- **SNAP FOOD AID TOWN HALL TALK**
  by Sonomi Espinosa
  Tues., Nov. 25 I 11:00 AM – 1:00 PM I Room 105
  Learn how the federal government and SNAP FOOD AID program will be functioning with the newest changes. Learn about where food is distributed for free, Senior Food Boxes, and how to fill out the government paperwork. Sonomi speaks fluent Japanese, Spanish and English.

- **CHAMP – Cancer Health Awareness & Mindfulness**
  Talk by Jessica Lee, Punahou High School student
  Wed., Nov. 26 I 10:00 AM – 11:00 AM
  Room 105 Raise awareness of the importance of raising awareness for cancer prevention and healthy living. Jessica will provide resources for families affected by cancer and introduce local programs in Hawaii that offer free screenings! **Please sign up and bring a friend. Very informative and important.**

- **THANKSGIVING DAY, Thurs., Nov. 27**
  CENTER CLOSED

- **VIRG'S CHIRSTMAS CELEBRATION Wed., Dec. 10**
  9:00 AM – 10:30 AM I Room 105

- **CHRISTMAS CRAFT SALE, Thurs., Dec. 11**
  9:00 AM – 12:00 PM I Room 105

- **Faye Murata Rhythm & Life Niko Niko Genki Taisoo Christmas Show Fri., Dec. 12** I 10:00 AM – 10:45 AM
  Room 105.
  WORDS FROM FAYE MURRATA: Thank you to all, my art exhibition went very well! Thanks for all your support! I had a total of 70 pieces of my artwork including Chigiri-e.
  All the donations made from this show will be donated to MCC. Presently one of my paintings "Hawaii State Logo" is hanging in the Senior Center's office.

Covid-19 Safety Reminder

Let's continue to care for one another and protect our most vulnerable community members 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.

IF YOU ARE FEELING SICK IN ANY WAY, PLEASE DO NOT COME TO THE CENTER.

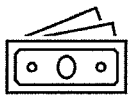
- Feeling sick while you are at the center, please notify a staff member immediately.
- Traveling off-island, no quarantine required before returning to the center if symptom-free and you have a negative COVID-19 test.
- No sharing food or eating together on MCC property.
- Be sure to bring your own water bottle or drink. MCC fountains are turned off for safety.

SENIOR CENTER PROGRAM RULES

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 creating parking issues, kindly leave the center promptly after your class. Thank you.

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

Restroom Use For safety, do not prop restroom entry door open. Each classroom has restroom keys. Please return them immediately after use.
Please keep in mind that the pipes are old and only toilet paper can be flushed. DO NOT FLUSH WET WIPES OR CLOTH TOWELS, DIAPERS, FEMININE PRODUCTS OR PAPER TOWELS.



COMMUNITY MEMBERSHIP AND DONATION 2026

MSC Annual Membership Fee: $55

Senior Center Registration Update: Please update your registration forms in Room 203 if there are any changes.

Community Center Membership Renewal
Renew your annual membership for **$55** at the main office. Please use the membership envelopes and fill them out completely with your name, phone number, and address.

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, please contact the Senior Center staff or the MCC Main Office.

Monetary Donation Policy: Monetary donations help support our budget. A **suggested** $2 donation per activity or $20 per month is encouraged but **not mandatory.** Subsidies are available for those in need. Please contact the MSC Program Director for assistance.

Household Donation Guidelines
Moiliili Community Center gratefully accepts household donations for the Moiliili Senior Center's Rummage Sales.
To help our administrative staff manage their duties across all departments, donation drop-offs are accepted only on Mondays and Fridays at the Administration Office, 1st Floor Front Desk.
If you need to make a drop-off outside these days, please call (808) 955-1555 and ask for the Senior Center Program Office to arrange an alternate time.
Please note:

- No weekend drop-offs due to limited staff and storage capacity.
- Do not leave items curbside. This helps prevent damage or tampering.

Your cooperation ensures the MCC staff can serve all programs efficiently while keeping donations safe and ready for future sales. Thank you for your generosity and understanding!

NEW CLASS IN THE NEW YEAR

Wellness Hula with Arleen Watanabe
Begins Friday, January 16•
9:00 AM – 11:00 AM

Instructor Bio

Maui was my home as a child and young adult, where I was privileged to obtain my training from the renowned kumu hula Emma Kapiolani Sharpe, and also assisted her occasionally in instructing. During law school on Oahu, I was fortunate to be a member of the law school hâlau, where my kumu hula was a fellow law student who ultimately became an award-winning kumu hula, Brandon Kekoa Kekuaokalâaualailiahi Paredes, whom I also assisted in training our law school hâlau. After returning to Maui to serve as a Deputy Prosecuting Attorney, I was honored to learn from nâ kumu hula Uluwehi Guerrero and Keali i Reichel and to participate in the King Kamehameha Hula Competition, and when they formed separate hâlau, I continued my training with Kumu Keali i. Since moving to Oahu to undertake a position as a Staff Attorney with the Intermediate Court of Appeals, I joined the hula class at the YWCA in 2007, and I began teaching there that year until 2018. I now am so happy to become a part of the Môili ili Community Center ohana to continue to share my love of hula. I am not a kumu hula, and the classes I teach do not constitute a "hâlau," but may be more accurately described as a hula "hui" (group or club) that I've informally named "Kilihulaliwaiolaonâlani" (glittering raindrops of the life waters of the heavens). I hope to share some of the techniques and the joy of hula as an instructor and fellow haumâna (student).

Class Description

The goal of our hula class is to exercise through hula, in a fun and relaxed atmosphere, to improve overall wellness (olakino)--balance, posture, core-strengthening, and cardiovascular exercise--through a low-impact and fun workout. Chair-seated hula (type of hula noho) will be included. A newspaper article in the Star Advertiser once noted that low intensity hula had a metabolic equivalent between fast ballroom dancing and a pickup basketball game, and high-intensity hula fell between tennis and competitive basketball/volleyball. Hula noho may not reach that level of intensity, but undoubtedly still contributes to the olakino improvements noted above. Other wonderful benefits of exercise through hula are gaining more coordination, grace, and we've found improvement in memory as well. We gain greater appreciation for the beautiful mele (song), through words and music, and to dance to express the meaning in those words. Haumâna (students) hopefully will learn a little of the Hawaiian language in the mele along the way and form bonds of friendship with many of the wonderful people in our community! We bid you: "e pili mai i ko mâkou ohana hula" (come join our hula family) We warmly invite you: "E pili mai i ko mākou 'ohana hula" — come join our hula family!

VIRTUAL CLASSES VIA ZOOM

WEDNESDAYS:

Beginning Tai Chi 8:00 AM – 9:00 AM Gentle stretches and movements.

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 choregraphed dance incorporating bells for rhythmic movement.

FRIDAYS:

Beginning Tai Chi 8:00 AM – 9:00 AM
Zenidaiko Beginners 9:00 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 like Trumps, Poker, Crazy 8 and one-of-a-kind card games. CARD GAMES IS VIA FACETIME.

SUNDAY: Lei Ilima Craft Workshop via Zoom Nov. 16, 1:00 PM. Call the Senior Center Office (808) 955-1555 for invitation link. Christmas trees, Santa Claus and gingerbread houses from craft paper.

Volunteers Wanted – Body Composition Study
Get a Free Health Report + Gift Card

The University of Hawai'i Cancer Center is looking for volunteers to participate in their InBody Research Study and you may qualify! This is a one-time visit at the UH Cancer Center in Kaka'ako, where researchers will use advanced, non-invasive equipment to measure your body fat, muscle and water levels. It's safe, simple and helps support local health research.

✓ Receive a personalized body composition report
✓ Get a gift card for your time
✓ Contribute to important scientific research

Now enrolling the following groups:

- Men and women over 40 with a BMI under 20
- Men and women over 60 with a BMI over 30
  (Not sure of your BMI? We can help you calculate it!)

Appointments: Mondays only: 7:15 AM to 11:30 AM
Location: UH Cancer Center – 701 Ilalo St., Kaka'ako
To learn more or sign up:
Call 808-440-5234 or email
bodycompstudies@cc.hawaii.edu

CLASS DESCRIPTION

Exercise/Physical Fitness Classes

Relaxation Yoga: Gentle relaxing yoga for body, mind and spirit. Enhance flexibility, strength and mentality. All levels welcome! (every other week)
Accessible Yoga: A gentle class with seated and standing options, designed to improve balance, flexibility and relaxation for all levels. Wheelchair accessible.
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).
Beginning / Intermediate Tai Chi: A series of gentle physical exercises and stretches, inspired by MSC Tai Chi instructors.
Zumba Gold: Modified Zumba 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. No class on 5th Wednesday.

Education Classes:

Soroban: Traditional Japanese abacus class
Conversational Japanese: Beginner Japanese for busy adults
Brain Training: Fun brain games and puzzles
Tech One-On-One: Private technology lessons available by appointment.

All are welcome to attend any class.
Non-members must stop by Room 203 to sign a waiver before entering the class. **Classroom Guidelines**

- **Be mindful of the space.** If you move chairs or tables during class, please return them to their original positions before you leave.
- **Be considerate of others.** A friendly, respectful attitude helps create a welcoming environment for all.
- **Restroom access.** Keys for the bathrooms are located at the front entry of each classroom. Please remember to return them after use.
- **Sign in for every class.** It is very important that you record your attendance on the class sign-in sheet each time you participate.

Your signature does more than track attendance, it helps sustain our programs.
Grant funding requires us to document participation, so every time you sign in, you help the Senior Center meet these requirements and keep classes affordable for our community. We appreciate your cooperation and your role in helping us continue to provide meaningful programs for all seniors.

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.
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: All 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.
Hula: Modern Hula for enjoyment. Learn Hawaiian culture through music and dance (Hula skirt preferred but not mandatory). Many students wear hula skirts but it is not mandatory.
Wellness Hula: Exercise through the art of hula in a fun, relaxed atmosphere that promotes balance, posture, core strength. Enjoy Hawaiian *mele* (songs) and gentle movement. Many students will bring and wear over their shorts or pants a hula pa'u, fabric hula skirt, if you have one, you are free to bring/wear it, but it's not necessary.
Karaoke: Recreational singing (participants will need to provide their own CD).
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.
Okinawan Eisa Dance: This dance promotes balance, flexibility and cognitive engagement.
Drawing & Painting: All levels welcome. Some materials provided. Instruction for beginners.
Scrabble: The ultimate crossword game in which every letter counts.
Sashiko: Decorative stitching
Shodo: Traditional Japanese calligraphy.
No class on the 5th Wednesday.
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; knowledge of basic chords, ability to change easily. Please see senior staff for a more detailed description.
Zenidaiko: Traditional Japanese performance with baton sticks with coins for sound with movement

Join Our Volunteer 'Ohana We thrive because of you! If you have a heart to help even just 1 to 2 hours a week there's a place for you at Moiliili Community Center.
Photography/Story Crew – snap photos (with permission) and collect short quotes for the newsletter.
Event Crew – set-up/tear-down for craft/rummage sales.
Lei labeling – dates to be decided, possibly in December. Vendor needs our help to label lei for their convention.
How to volunteer
Stop by Room 203 (Mon–Fri, 8:00 AM–12:00 PM or 1:00 PM – 5:00 PM), call **(808) 955-1555**, or email **deliab@moiliilicc.org** to tell us your availability and interests. We provide a brief orientation. Moiliili Community Center

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Neighbor Spotlight: PITACUS (in the former Hidden Treasures space)
Please welcome **PITACUS**, our new tenant at **2535 S. King Street**, a local boutique by designer **Lisa Weimken** featuring one-of-a-kind clothing and accessories made from up-cycled vintage textiles (think kimono, yukata, boro stitching, and sashiko details). It's wearable art with an island-meets-Japan sensibility. Current hours are **Thursday–Sunday, 10:00 AM–4:00 PM**.
Why we love them: PITACUS supports re-usable materials and hand craftsmanship. Drop in, say aloha, and shop.

Help Us Make the Newsletter Even Better
Pitch a Blurb (100–150 words):
Member Spotlight (tell us about a classmate or instructor)
"Why I Come to MSC" (short personal note)
Tips & Tricks (healthy snacks, balance stretches, brain games you love)
Photo of the Month (for MCC Centerline newsletter):
Send one clear photo from an MSC class or event with a one-sentence caption.
Community Wish List:
Forever stamps, copy paper (letter size), disinfecting wipes, tissues
Light craft supplies (glue sticks, washi tape, yarn), gently used puzzles (all pieces)
How to submit:
Email **office@moiliilicc.org** with subject line **"Newsletter Submission – [Your Topic]"** or hand a note to Room 203. (Short, simple, and high-contrast photos print best!)

Quick Ways to Help (Even if You're Busy)
Bring a friend to class.
Offer a ride or share the bus route you use.
Leave us a positive review online so neighbors can find us.
Mahalo nui for keeping our kupuna community strong!

SENIOR CENTER SERVICES

All services are free for MSC Members (Membership is $55 Annually)

Assisted Transportation
Rides are free of charge to MSC members and are on a first come first serve basis.
Drivers are not permitted to accept tips, no exceptions.
For safety reasons passengers must be able to enter and exit the van independently. *Our van does not have a wheelchair ramp.*

Escort Transportation (driver stays with you) Escort service is available to accompany you during errands or appointments.

➢ **To reserve a ride call (808) 955-1555, Ext. 129**

Transportation Hours:
Monday, Tuesday, Thursday & Friday 9:15 AM – 12:00 PM
Wednesday: 9:15 AM – 11:00 AM

⏱ **First Pick-Up of the Day**
The van departs MCC starting at **9:15 AM**. Your pick-up time will vary depending on the distance from the center to your address. Please be sure to calculate the total travel time from your pickup address to your drop-off destination when booking so you can arrive on time for appointments such as medical, dental, hair.

Know Your Destination
Always provide the full street address when reserving a ride, not just the building name. This allows us to look up the exact location on a map, check traffic conditions and confirm that we can get you to your destination in time for your appointment.

Round-Trip Planning
- Know your return pickup time. Ask your provider for an estimated end time of your appointment before reserving your round-trip ride.

Our vans do not run all day. Transportation is limited and provided as a courtesy, so accurate return times are essential. This helps us coordinate rides fairly for all seniors and avoid delays or missed pick-ups.

Rider Responsibility
- Riders must plan ahead and request a pickup time that allows the senior enough travel time to arrive at their appointment on time.

Accurate details help us group rides efficiently, assist more seniors, and keep transportation running smoothly.

Technology Assistance
MSC members can receive a private 30-minute one-on-one session for personalized help with their smartphone, tablet or laptop.
Call (808) 955-1555 and ask for Delia to reserve an appointment.

Shopping Delivery
- Order groceries online from your preferred store or we can assist using your credit card.
- Credit card information is not stored and is deleted after the order.
- We will pick up and deliver your groceries.

"I'm OK" Call Service
- Free daily check-in for MSC members living alone.
- You call a special number to say, "I'm OK."
- If you do not call, we will call you, then your emergency contact if needed.

Register at the Senior Center office (Room 203) or call (808) 955-1555.

Membership & Donations
- Annual membership: $55 (as of 2026)
- Visit cashier at the main office, 1st floor
- Mon–Fri, 8:00 AM – 5:00 PM to pay membership or donation. Donations are tax deductible.
- Clothing & household item donations accepted Mondays & Fridays, 8:00 AM – 5:00 PM.

Project Dana Partner Services
- **Transportation** to/from MCC or to/from doctor's office (9:00 AM – 4:00 PM)
- **Limited home assistance**
- **Call (808) 945-3736 to learn more.**

CORRECTION –Elderly Affairs Division notified us that the Kupuna Information and Assistance Handbook had a correction that needed to be made: **On Page 64, please note the corrected phone number for Victim/Witness Kokua Services is (808) 768-7401.**

Moiliili Senior Center

SPECIAL EVENTS CALENDAR - NOVEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 **CHIGIRI'E WORKSHOP** 9:00AM - 12:00PM ROOM 105
2	**3** **PARKOUR WORKSHOP** 11:00 AM - 12:30 PM Studio (Every Monday through 11/17)	**4** **BRAIN TRAINING** last day then resumes on 12/9 , 12/16 11:30 AM - 12:30 PM Room 202	5	**6** **SASHIKO** 9:00 AM - 11:00 AM Room 202 Enjoy this class and the next one is on 12/11	7	8
9	**10** **PARKOUR WORKSHOP** 11:00 AM - 12:30 PM Studio (Every Monday through 11/17)	**11** **VETERANS DAY** Center Closed	**12** **MEDICARE 101 - YR 2026** SHIP Hawaii 10:00 AM - 11:00 AM Room 105 Prepare for year 2026 Medicare changes	**13** **PAT TAKAHASHI'S HULA - CANCELLED**	**14** **ACTIVE SENIOR EXPO** 8:30 AM - 4:00 PM Convention Center	**15** **ACTIVE SENIOR EXPO** 8:30 AM - 4:00 PM Convention Center
16 **LEI ILIMA CRAFT** WORKSHOP Holiday decorations craft projects 1:00 PM via ZOOM	**17** **PARKOUR WORKSHOP** 11:00 AM - 12:30 PM Studio (Last day of the Parkour workshop) **CHRISTMAS WREATH MAKING** 9:00 AM - 11:00 AM Room 104 (limited to 15 students)	**18** **SASHIKO** 9:00 AM - 11:00 AM Room 202 (replacement class for 11/20) **NO ZUMBA TONING TODAY**	**19** **MEDICARE 101** **CHRONIC CONDITIONS PLAN** 9:00 AM - 10:00 AM Room 105	**20** **NO SASHIKO TODAY**	*21*	**22** **MAYOR'S CRAFT** **& COUNTRY FAIR** 9:00 AM - 1:00 PM Blaisdell
23 30	24	**25** **SUCCULENT PLANTS &** **2 stage hanging planter** 9:00 AM - 10:30 AM Room 202 **SNAP FOOD AID TOWN HALL TALK** 11:00 AM - 1:00 PM Room 105	**26** **CHAMP** **Cancer Health Awareness &** **Mindfulness Program - Talk** Punahou H.S. student, Jessica Lee 10:00 AM - 11:00 AM Room 105	**27** **HAPPY THANKSGIVING** Center Closed	28	29

Call (808) 955-1555 or visit us in Room 203 to RESERVE YOUR SEAT for these events!

CHRISTMAS CRAFT SALE AT MCC - THRUSDAY 9:00 AM - 12:00 PM, December 11, Room 105

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MOILIILI SENIOR CENTER PROGRAM SCHEDULE
NOVEMBER 2025

IN-PERSON CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAH-JONG *Inter./Adv.* 7:30AM - 12:00PM ROOM 207-208	~~**LINE DANCE 1**~~ 8:00AM - 9:30AM WEINBERG ** Wait List **	**SHODO** 9:00AM - 11:00AM ROOM 202	**MAH-JONG** *Inter./Adv.* 7:30AM- 12:00PM ROOM 207-208	**FREE PLAY** **HANAFUDA** 8:30AM - 10:30AM ROOM 209
CARD GAMES/PUZZLES **JENGA/HANAFUDA** 8:00AM - 12:30PM ROOM 202	**KNIT/CROCHET & CRAFTS** 8:30AM - 10:30AM ROOM 209	**BEG/INT TAI CHI** 9:00AM - 10:00AM STUDIO	~~**HULA Inter./Adv.**~~ 8:45AM -9:45AM WEINBERG **Wait List**	**DRAWING &** **PAINTING** 9:00AM - 12:00PM ROOM 207-208
BON DANCE by Toshi *Beg./ Inter.* 9:00AM- 11:00AM ROOM 305	**CONVERSATIONAL JAPANESE** 9:00AM-10:00AM ROOM 207 11/4 then resumes 1/6	**BON DANCE by Joyce** Beg. 9:00AM - 10:15AM Inter. 10:30AM-11:45AM ROOM 305	**ACCESSIBLE YOGA** by Kumiko 9:30AM - 10:30AM *STUDIO*	**R&L CHAIR EXCER** 10:00AM - 10:30AM ROOM 105
BEG/INT TAI CHI 9:00AM - 10:00AM STUDIO	**R&L NIKO NIKO** **GENKI TAISOO (STAND)** 10:00AM - 10:45AM STUDIO	**GROUP SINGING** 9:00AM - 10:00AM WEINBERG	**BEGINNING UKULELE** 10:00AM - 10:45AM ROOM 105 New Session 1/22	**RELAXATION YOGA** **with Meditation** 10:00 AM -11:30 AM STUDIO *meets every other week* *11/14, 11/28, 12/12*
SCRABBLE 9:30AM -12:-00PM ROOM 209	**ZUMBA GOLD** 9:30AM - 10:30AM ROOM 105	**R&L NIKO NIKO GENKI** **TAISOO (CHAIR)** 10:00AM - 10:45AM ROOM 207 - 208	**INTERMEDIATE UKULELE** 11:00AM - 12:00PM ROOM 105 New Session 1/22	~~**UKULELE ROUNDTABLE**~~ 10:00AM - 12:00PM ROOM 202 **Wait List**
R&L CHAIR EXER. 10:00AM - 10:30AM ROOM 105	**ZUMBA TONING** 10:30AM - 12:00PM WEINBERG	~~**LINE DANCE 2**~~ 10:15AM - 11:30AM WEINBERG ** Wait List **	**SASHIKO with Leah** 9:00AM - 11:00AM ROOM 202 *Meets every other week* 11/6, Special Tue. 11/18 & 12/11	**KITSUKE** 12:00PM - 1:00PM WEINBERG
BUYO & ENKA 1:00PM - 3:00PM WEINBERG	**SOROBAN** 10:30AM - 11:30AM ROOM 208	**OKINAWAN DANCE** 10:30AM - 11:30AM STUDIO		
OKINAWAN EISA DANCE 1:30PM - 3:00PM ROOM 305	**BRAIN TRAINING** 11:30 AM - 12:30 PM ROOM 202 11/4, 12/9, 12/16	**KARAOKE** 12:00PM - 2:00PM ROOM 209	**All classes end 12/12 unless noted otherwise. Senior classes resume week of January 5, 2026**	**BUYO & ENKA** 1:00PM - 3:00PM WEINBERG

VIRTUAL/ON-LINE SCHEDULE Call Senior Center for Invite Link: (808) 955-1555

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEGINNING TAI CHI 8:00AM - 9:00AM	**ZENIDAIKO ADVANCED** 1:00PM - 2:00PM	**BEGINNING TAI CHI** 8:00AM - 9:00AM		**LEI ILIMA CRAFT** **WORKSHOP** Holiday decoractions craft projects 1:00 PM 11/16/2025
	SUZUKO 2:15 PM - 3:00 PM	**ZENIDAIKO (BEGIN)** 9:00AM - 10:00AM		
	NIKO NIKO GENKI TAISOO 8:00 AM TV OLELO CH 54	**SUZUKO** 10:15AM - 11:00AM		
		CARD GAMES 1:00PM - 2:30PM		

SAVE THE DATES:

12/10 Virg's Christmas Celebration 9:00 AM - 10:30 AM, Room 105

12/11 Senior Craft Sale 9:00 AM- 12:00 PM Room 105

12/12 Faye Murata's Niko Niko Genki Taisoo 10:00 AM - 10:45 AM Room 105