Kaleidoscope September 2025 Issue #378

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.
WEBSITE: Https://www.moiliilicc.org **PHONE:** (808) 955-1555 **MCC is an Aloha United Way Agency**

Aloha Seniors! Mahalo for your generosity and support toward our roof construction project. Over the past few months, your donations have brought us so close to reaching our goal! If you haven't yet had the chance, **please consider making a donation or helping us by spreading the word to friends and family.**

Health & Safety Reminder
Recently COVID cases on the island have been on the rise. This reminds us to remain considerate of one another and follow safety rules. If COVID cases increase on campus, we may need to reinstate a mask mandate, so please consider the following to keep safe and help reduce COVID on campus:

- If you don't feel well, please do not come to class.
- If you begin to feel sick while on campus, we ask that you leave immediately.
- If you have recently been in large groups, traveling or using mass transportation please consider wearing a mask to help protect yourself and others.

Together, we can help keep our community safe and healthy. Thank you, Nadine Nishioka, Executive Director, Moiliili Community Center.

SEPTEMBER EVENTS

- **Member Appreciation Celebration!**
  Wednesday, September 10 | 9:00 AM – 11:30 AM
  Room 105

It's all about **YOU**! All members are invited to a joyful morning of music, fun and community.
9:15 – 9:45 AM – Ukulele performance by our talented Ukulele Roundtable students
10:00 – 10:30 AM – Presentation by Retired & Senior Volunteer Program, Elderly Affairs Division (RSVP)
10:30 AM – Sing-alongs and line dancing plus, enjoy **raffle drawings** for special prizes and receive a small gift as our way of saying *thank you* for being part of our MSC family.

- **Live Well by Kahala Nui Senior Assisted Living Talk by Denby Nakamoto Thursday, September 11**

10:00 AM – 11:00 AM I Room 202 Learn about Assisted Living at Kahala Nui. Question and Answer session available after the talk. Beverages provided.

- **Flu Shot Clinic by Times Supermarket**
  Friday, September 12
  9:00 AM – 10:00 AM I Room 104
  Bring your ID & Insurance card.

CANCELLED CLASS DAYS
No Sashiko on Sept. 4
No Bon Dance Sept 10
No Zoom Tai Chi on Sept. 5, 10, 12 & 17

- **Lei Ilima Craft Workshop Sunday, September 14**
  1:00 PM ONLINE

Join instructor **Lani Hee** for fun craft making to celebrate Friendship Month! This workshop will feature two projects:
Paper Roll Birds – Recycle a toilet paper roll
Flapping Butterfly – Prepare by cutting the butterfly shape from card stock. PDF template provided by email but wait to glue it to the clothespin. Lani will share tips to make the wings really flap! Zoom links and details available upon request from the MSC office, call (808) 955-1555.

- **Okinawan Eisa Bon Dance Class Returns!**
  Monday, September 15 | 1:30 PM – 3:30 PM

Room 305 Every Monday join **Joyce Gushiken**, one of O'ahu's most beloved Bon Dance instructors.

- **Origami Sea and Ocean Theme Workshop**
  Tuesday, September 16 | 10:00 AM – 11:00 AM

Room 305 Join homeschoolers **Mason and Shari Stouffer** for a fun and creative origami workshop. Great for building patience, focus and creativity.
All materials provided.

- **Haku-Wili Lei Class with Kamu Naehu**
  Monday, September 22 | 9:00 AM – 11:00 AM

Room 104. Learn the beautiful art of Haku-Wili lei making using the traditional winding method.
What to bring: Scissors, spray bottle and flowers. The Center will provide greenery and all other supplies. Sign up in room 203 or call (808) 955-1555. This class has space for 10 students.

- **Health Talk: Understanding Fatty Liver**
  Friday, September 26 | 11:00 AM – 12:00 PM

Room 105 Learn about its causes, risk factors, symptoms and steps you can take through lifestyle and nutrition to improve liver health.

- **Movie Morning: Far From the Madding Crowd**
  Wednesday, September 24 | 10:00 AM – 12:00 PM
  Room 105

Come enjoy this Victorian romance drama. The story follows Bathsheba Everdene (Carey Mulligan), a strong-willed and independent woman living in rural Victorian England. While she's determined to run her own farm, she attracts three very different suitors: Gabriel Oak, a humble and steadfast shepherd; William Boldwood, a wealthy but lonely bachelor; and Sergeant Troy, a dashing but reckless soldier.
With breathtaking countryside scenery and a timeless exploration of independence, love and resilience, this film offers both romance and drama.
Length: 119 minutes (1 hour 59 minutes

YOUR VOICE MATTERS

On the last page of this newsletter you'll find our **Survey.** Please take a moment to answer the brief questions. Your feedback is very important! It helps us improve our programs and is also required for our **GIA, EAD and OCS grants.**

The survey is **anonymous** and gives you the chance to share your thoughts. It includes short questions about participation, your overall experience in the program and a comments section where you can provide **suggestions, recommendations or concerns.** When you are finished, simply **fold your survey and place it in the drop box located in the Senior Center Office, Room 203.**

OCTOBER EVENTS

Faye Murata Art Exhibition
Thursday, October 2 – Saturday, October 4
10:00 AM – 2:00 PM | Studio
Join us for a special exhibition featuring the paintings and Chigiri-e prints of Faye Murata.

Faye is not only our beloved *Niko Niko Genki Taisoo* instructor, but also a gifted poet laureate and Fulbright Scholar. A self-taught artist, Faye's creative journey began at a young age as she designed theater backdrops for her schools and donating her artwork to support schools and businesses in her community.

Industrious and determined, she worked tirelessly to fund her education, taking on jobs such as ironing clothes for her teachers and selling oranges for $1 a bucket. At 16, she traveled to Hawai'i to study English. Because she was still learning the language, she was placed in the first grade despite her age. With perseverance, Faye later studied at the University of Tokyo and went on to earn a Master's degree in Education from the University of Hawai'i. These experiences broadened her worldview and deepened her lifelong love of art.

Each piece she creates carries a story, lovingly woven into her work. Don't miss this rare opportunity to experience Faye's art and the heartfelt narratives behind it. A portion of all sales will be donated to support the Mō'ili'ili Senior Center Program.

Medicare for Home Health Care Wednesday, October 8
10:00 AM – 11:00 AM I Room 105

Join Hawaii SHIP for an informative session on Medicare's home health care benefits. This presentation will provide an overview of:

- What is home health care?
- What does Medicare cover for home health care?
- What are the eligibility criteria?
- What are the anticipated out of pocket costs?
- What are the steps to access home health care services?

Parkour with Certified Trainer Alana Kaunaloa-Hart
Mondays, October 13 – November 17
11:00 AM – 12:30 PM | Studio (a 6-week workshop)

Discover how Parkour the practice of mindful movement can help you build balance, coordination and safe mobility. Certified trainer **Alana Kaunaloa Hart** will guide you through gentle, practical exercises adapted for seniors.
This workshop focuses on improving strength, confidence and fall prevention. No experience is necessary. Open to all.

Annual membership for the Senior Center program will increase to $55 per household, starting January 2026.

This adjustment is needed to help offset higher operating costs from the minimum wage increase mandated in January. We appreciate your understanding and continued support.

UPDATE – INTERESTED IN LEARNING ENGLISH?

We're happy to announce that our volunteer, Ms. Megumi Okura, is offering free ESL (English as a Second Language) lessons. Once we receive enough interest, we will provide the class schedule and details. If you'd like to participate, please stop by Room 203 or call (808) 955-1555.

NEW CLASS: Accessible Yoga by Kumiko
(Founded by Jivana Heyman in 2007. Kumiko Strauss is a certified teacher of this practice.)
Every Thursdays 9:30 AM – 10:30 AM in the Studio

Accessible Yoga is designed to be truly inclusive welcoming everyone regardless of physical or mental ability, age, financial circumstances, gender or race. The heart of this practice is meeting each student where they are, with the freedom to adapt poses to their individual needs.

Each class begins with a gentle seated breathing exercise then progresses to standing and seated postures and concludes with guided relaxation. All poses are optional and students are encouraged to explore what feels best for them before moving into each sequence.

Instructor Bio

I have been practicing yoga for over 30 years and teaching for 9 years. I earned my certification with David Magone of Pranavayu Yoga and began teaching as a volunteer for *Hands to Heart Center* in Boston, an organization that provides free yoga to underserved communities. Through this program I taught in shelters, recovery centers, LGBTQ events and daytime homeless shelters for teens and young adults. After moving to Hawai'i, I continued teaching at Nā Kūpuna Makamae Center in Kaka'ako, focusing on seniors and those with mobility challenges. I have also completed intensive training with the Trauma Center at JRI in Massachusetts, as well as with the Prison Yoga Project. I look forward to meeting MSC members and welcome all to my class.
Mahalo, Kumiko Strauss

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:

As of July 1, 2025, MCC has lifted the mask mandate for all participants, instructors, visitors and staff. While face coverings are no longer required, we **strongly recommend wearing a mask if you:**

- Are feeling unwell or recovering from a recent illness
- Are immunocompromised or caring for someone who is
- Have recently traveled or attended a large public gathering.

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

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

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 $50 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.

2026 MSC Annual Membership Fee: $55

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.

Donation Guidelines
MCC accepts donated items for the 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.

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 to no lower than 75°F and turn off the AC at the end of class. **Mahalo for your cooperation!**

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. THIS ONLINE CLASS IS VIA FACETIME.

SUNDAY: Lei Ilima Craft Workshop via Zoom
Paper roll birds and flapping butterflies
September 14, 1:00 PM. Call the Senior Center Office (808) 955-1555 for invitation link.

One of our Seniors is looking for someone who would like to play Chess with him. Please contact our office.

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
Time: 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

Update on MCC Roof Repair – We're Almost There
Mahalo to everyone who has generously donated to help replace our roof. We know many gave what they could, even when it was a stretch and we are deeply grateful for your support.
While we've made great progress, we have not yet reached our fundraising goal and are still accepting donations to complete the project before the end of the year.
If you're not able to give, please consider sharing our message with friends, family or community members who may want to help.
Together, we can make this happen. Thank you for standing with us.

A Big Mahalo to Our Volunteers, Donors and Instructors!
Thank you to everyone who supported our August craft sorting and pricing for our future sales. We also want to thank everyone who donated time and money to our center. Your in-kind volunteering and the funds help in so many ways. We are forever grateful.

SENIOR CENTER SERVICES

All services are free for MSC Member

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. *Unfortunately 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 – We recently received notice from the Elderly Affairs Division regarding the Kupuna Information and Assistance Handbook. Some handbooks were already distributed before this update was shared with our office. **On Page 64, please note the corrected phone number for Victim/Witness Kokua Services is (808) 768-7401.**

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 visit any class.
Non-members must stop by Room 203 to sign a waiver before entering the class.
If you decide to continue and are not yet a member, you may register in the same office. Annual membership is $55 per household.

Classroom Guidelines
To help keep our programs running smoothly and ensure that everyone has a positive experience, we kindly ask all participants to observe the following:

- **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 directly supports our programs. The grants that help subsidize these classes require us to document participation. Every time you sign in, you help the Senior Center meet these requirements and secure funding to keep programs affordable and available 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: 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).
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 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

Moiliili Senior Center

SPECIAL EVENTS CALENDAR - SEPTEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 **Labor Day - Center Closed**	2	3	4	5	**6** **Chigiri'e Workshop** 9:00AM - 12:00PM ROOM 105
7	8	9	**10** **MSC Member Appreciation Day** 9:00 AM - 11:30 AM ROOM 105 Performances & Raffle	11 **Live Well by Kahala Nui Talk** Senior Assisted Living 10:00 AM - 11:00 AM Room 202	12 **Flu Shot Clinic by** **Times Supermarket** 9:00 AM - 10:00 AM Room 104 Bring ID & Insurnace Card	13
14 **Lei Ilima Workshop** Bird & Butterfly project 1:00 PM Online	**15** **Okinawan Eisa Dance Class** **Moves to Mondays starting today** 1:30 PM - 3:00 PM Room 305	**16** **Origami with Stouffer Family** Sea and Ocean Theme 10:00 AM - 11:00 AM Room 305	17	18	19	20
21	**22** **Haku-Wili Lei Class by Kamu** **9:00 AM - 11:00 AM** Room 104 Students bring scissors. Can also bring flowers but if not class will provide greenery Max 10 Students - please call to sign up!	23	**24** **Movie** **Far From Madding Crowd** PG13 Love Story by Thomas Hardy 10:00 AM - 12:00 PM Room 105	25	*26* **Health Talk** **Understanding Fatty Liver** 11:00 AM - 12:00 PM Room 105	27
28	29	30	1-Oct	2-Oct	3-Oct	4-Oct

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAH-JONG *Intermediate / Advanced* 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** *Intermediate / Advanced* 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 Intermediate/Advanced**~~ 8:45AM -9:45AM WEINBERG **Wait List**	**DRAWING &** **PAINTING** 9:00AM - 12:00PM ROOM 207-208
BON DANCE by Toshi *Beginner Intermediate* 9:00AM- 11:00AM ROOM 305	~~**CONVERSATIONAL JAPANESE**~~ 9:00AM-10:00AM Pre-Beginners Class 10:00AM - 11:00AM ROOM 207 * Wait List *	**BON DANCE by Joyce** Beg. 9:00AM - 10:15AM Inter. 10:30AM-11:45AM ROOM 305, no class 9/10	**ACCESSIBLE YOGA by KUMIKO** 9:30AM - 10:30AM STUDIO *All levels - use chair or mat*	**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	**RELAXATION YOGA** **with Meditation** 10:00 AM -11:30 AM STUDIO 9/5 & 9/19 WEINBERG 10/3 *meets every other week*
SCRABBLE 9:30AM -12:-00AM 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 9/4*	~~**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* No class on 9/4 Restarts 10/9, 10/23	**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		**BUYO & ENKA** 1:00PM - 3:00PM WEINBERG
OKINAWAN EISA DANCE 1:30PM - 3:00PM ROOM 305 Starting 9/15	**BRAIN TRAINING** 11:30 AM - 12:30 PM ROOM 202	**KARAOKE** 12:00PM - 2:00PM ROOM 209		

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** Bird and Butterfly Friendship Day craft 1:00 PM 9/14/2025
	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		

Senior Center Survey 2025

Please circle **Yes** or **No** for each question. After each, you may also add comments if you wish.

1. Do you feel welcomed and comfortable when attending the Senior Center?
    - Yes / No
    - Comments: _____
2. Are the classes and activities offered helpful or enjoyable to you?
    - Yes / No
    - Comments: _____
3. Do you feel the staff and instructors treat you with respect and care?
    - Yes / No
    - Comments: _____
4. Do you feel the program helps you stay active, connected and engaged?
    - Yes / No
    - Comments: _____
5. Would you recommend the Senior Center programs to a friend or family member?
    - Yes / No
    - Comments: _____

6. Do you have any suggestions, recommendations or complaints you would like to share?

- Comments: _____
- _____
- _____
- _____
- _____
- _____
- _____