

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**

ALOHA SENIORS! March showers came and hopefully the large storms stay away. You were all good sports about the cancellation of classes and workshops. Thank you for your patience with us. Your health and safety matters. Reminder to please update your phone number and email with us. Happy Easter!

PARKOUR FOR SENIORS

Monday, April 13 through June 13

11:30 AM – 12:30 PM, Studio

Fall prevention class. This type of exercise helps build flexibility and strength in a gentle manner through working with obstacle course routines. All levels are welcomed.

BLOOD WORK – HOW TO READ YOUR LAB RESULTS- MEDICAL TALK by Dr. Yamashita

Friday, April 17 11:00 AM – 12:00 PM, Room 105

Dr. James Yamashita will talk about the various tests that are run to study your health through blood work.

HAKU-WILI LEI CLASS WITH KAMU

Monday, April 20, 9:00 AM – 11:00 AM, Room 104

Learn how to make haku with Kamu. Just in time for graduation. **What to bring:** Scissors, spray bottle and flowers. The center will provide greenery and all other supplies. Class size limited to 10 students. Call our office or sign up in room 203.

MEDICAL TALK by UH AGING SENIOR STUDIES IMPORTANCE OF ASIAN PARTICIPATING IN MEDICAL RESEARCH

Wednesday, April 22, 10:00 AM - 11:00 AM

Room 105

UH at Mānoa Center on Aging will host an informative session highlighting how research advances healthy aging and why participation from Asian American and Pacific Islander seniors is especially important. **Learn how scientific research improves health outcomes for older adults - Why diverse representation in research matters –How seniors can contribute to shaping future healthcare studies.**

Attendees will also learn about an opportunity to join a research registry designed specifically for Asian American and Pacific Islander adults. Following the presentation, representatives will host a resource table to answer questions and provide information on:

- Enrolling in the Care Research Registry
- Participating in future research opportunities
- Getting involved with the Center on Aging

To learn more about the registry, visit:

<https://manoa.hawaii.edu/aging/care-research-registry/>

MEDICARE PLAN B by James Maruyama

Friday, April 24 11:00 AM – 12:00 PM, Room 105

Back by popular demand, the seniors requested James to return to talk more about Plan B and C. His town hall style talk will allow attendees to ask questions. James will share resources the City and County have for seniors. This is an informational talk only.

NO CLASSES ON THE FOLLOWING DATES:

Thursday, April 2

Accessible Yoga

Saturday April 4

Bon Dance with Joyce

Tuesday, April 7

Brain Training

Wednesday, April 29

Shodo

JOINT FUNDRAISER: MOILIILI COMMUNITY CENTER & TEMARI

Celebrating 50 Years of Cane Haul Road and the Legacy of Grant Kagimoto

Sunday, April 26, 5:00 PM – 9:00 PM

Café Julia at YMCA Laniakea Building

1040 Richards Street, Honolulu, HI 96813

Join us for a special evening honoring the 50th anniversary of *Cane Haul Road* and celebrating the lasting legacy of Grant Kagimoto.

This memorable event will bring together community members and supporters for an evening of reflection, appreciation, and fellowship — all in support of TEMARI and Moiliili Community Center.

Individual Tickets: \$175. Tables of 10 are sold at \$2,500, \$5,000 & \$10,000. To reserve your seat or table, please contact the MCC front office at **(808) 955-1555**.

We look forward to celebrating this milestone with you.

COMMUNITY EVENT Da Ohana Kine Snack

Shop is having a **Mother's Day Fun Fair**

Saturday, April 11, 9:00 AM – 2:00 PM

2065 S. King Street **Music and Food!**

Steak plates, Bentos, KC Waffle Dogs, Cookies, Taco Nachos, Guri Guri, Sorbet, Mochi and Coffee. Come join your neighbors for some fun, food and music and Latin dancing!

WELLNESS HULA OPENED A NEW CLASS ON

TUESDAYS, 11:30 AM - 1:30 PM, Room 305

Due to Friday's class roster filled and new students waitlisted, the instructor has created a second class for any new students wishing to start Hula or for those in Friday's class wishing to change to the Tuesday class.

M A Y E V E N T S

CRAFT AND COLLECTIBLES Saturday, May 2

9:00 AM – 2:00 PM, Room 207 – 208

Many lovely collectables great for gifts, graduation and more. Keep in mind there is limited parking but the event will be worth your time. We look forward to seeing you!!

CHIGIRIE Saturday May 2, 9:00 AM – 12:00 PM
Room 105 Traditional Japanese paper tearing art.

HOW BEST TO TAKE MEDICATIONS

by Peter Chock, pharmacist

Wednesday, May 13, 10:00 AM – 11:00 AM, Room 105

Learn what may cause trouble absorbing your medications, or issues with your digestive system. Rx instructions can be confusing. Peter will help answer questions

LEI ILIMA CRAFT WORKSHOP (Online)

Covid-19 Safety

If you feel sick, do not come to the center.

If you become sick on-site, notify staff immediately.

After off-island travel: no quarantine needed if symptom-free with a negative COVID-19 test.

No sharing food or eating together on MCC property.

Bring your own water/drink (fountains are off).

SENIOR CENTER PROGRAM RULES

Parking

- Limited parking—please consider drop-off, carpool, or bus (mask recommended).
- No double parking. Follow staff instructions and prioritize safety.
- Leave promptly after class to reduce congestion.

Air Conditioning

- Keep doors/windows closed.
- Set no lower than 75°F.
- Turn off after class.

Restrooms

- Do not prop doors open.
- Use and return classroom restroom keys promptly.
- Flush toilet paper only—no wipes, towels, diapers, feminine products, or paper towels.

MEMBERSHIP & REGISTRATION (2026)

- MSC Annual Membership: \$55
- Update registration forms in Room 203 if needed.
- Renew membership at the main office using envelopes (include name, phone, address), or pay online <https://www.zeffy.com/enUS/ticketing/moiliili-community-centers-membership>

Sunday, May 17, 1:00 PM via Zoom

Call Senior Center Program office (808) 955-1555 for details.

SENIOR HEALTH FAIR – Wednesday, May 20

9:00 AM – 11:30 AM, Room 105

Join us for a Senior Health Fair sponsored by the Manoa Lions Club.

This helpful community event will offer free blood pressure checks, vision screenings, CPR & AED training among other resources to support your health and safety.

Take this opportunity to check in on your well-being and learn simple ways to stay healthy and independent.

All are welcome!

PAYMENTS & FEES

- Make checks payable to Moiliili Community Center.
- Pay online at moiliilicc.org.
- A 6% processing fee applies unless you opt out on the “Your Details” page. Contact main office for questions.

DONATION POLICY

- Monetary donations support programs.
- Suggested (not required): \$2 per activity or \$20/month.
- Subsidies available—contact the MSC Program Director for assistance.

HOUSEHOLD DONATIONS (RUMMAGE SALES)

- Drop-offs accepted Mondays & Fridays only
→ Administration Office, 1st Floor Front Desk
- Need another time? Call (808) 955-1555 to arrange.
- No weekend drop-offs. Do not leave items curbside.



Your cooperation helps staff manage programs and keeps donations safe. Mahalo for your support!

ROOF PROJECT UPDATE

We’ve made great progress! 60% of the roof funding was made through your generous contributions. Additional assistance is needed to address plumbing work and other building repairs. Any amount makes a difference. Visit the main office for a tax-deductible receipt. Mahalo for your support!

TECH ONE-ON ONE

Seniors may schedule a one-on-one session from the **12th–25th of each month**. Call **(808) 955-1555, ext. 130**. Sessions provide **basic guidance only** (phone, tablet, or laptop use). Due to limited staffing, we are unable to troubleshoot devices, fix issues, or change settings. For advanced support, please seek assistance from family or a qualified professional. Mahalo for your understanding.

Stay Safe at Home: Simple Ways to Prevent Falls

Many falls at home can be prevented with small changes. It doesn't always require a major renovation—sometimes the simplest adjustments can make the biggest difference.

3 Ways to Reduce Fall Risk at Home

1. Improve Lighting

Add a motion-sensor night light along the path to the bathroom so you can see clearly if you get up during the night.

2. Clear the Floors

Secure loose cords and remove small tripping hazards such as rugs or clutter from walkways.

3. Check Your Stability Supports

Make sure stair railings are sturdy and securely attach grab bars to your shower walls using a licensed contractor.

How an Occupational Therapist Can Help

An **Occupational Therapist (OT)** specializes in helping people stay safe and independent in their homes. An OT can evaluate how you move through your home, identify fall risks, and recommend simple changes or equipment to make daily activities like bathing, walking, and getting in and out of bed safer.

About the Older Adult Home Modification Program (OAHMP)



The **Older Adult Home Modification Program (OAHMP)** helps seniors make safety improvements in their homes so they can remain independent and reduce the risk of falls. Contact occupational therapist Cat Garell today to see if you qualify for up to \$5,000 in free home modifications

Catia Garell MA, OTR, SCEM

Accessibility Specialist, Thrive for Life LLC

Phone 808-797-2590 | Fax 808-762-1388

catia@thriveforlife.com | thriveforlife.com

[Facebook](#) | [Instagram](#) | [Youtube](#)

Executive Certificate in Home Modification

Program Instructor,

University of Southern California Leonard Davis School of

Gerontology

KEEPING YOUR MIND SHARP

Keeping your mind sharp is just as important as caring for your body. Staying mentally active can help improve memory, focus, and overall well-being. Simple daily habits like reading, writing, doing puzzles, or learning something new can keep your brain engaged and stimulated.

Social connection also plays a powerful role in brain health. Talking with friends, joining group activities, attending classes, or volunteering can reduce feelings of isolation and keep your mind alert. Meaningful conversations and shared experiences help strengthen cognitive function while boosting mood.

Don't forget the basics that support a healthy brain: regular physical movement, good sleep, and balanced nutrition. Walking, stretching, or light exercise increases blood flow to the brain, while proper rest helps with memory and clarity. Eating well and staying hydrated also make a big difference—because a healthy body supports a healthy mind.

STAYING ORGANIZED AND CALM

Staying organized can help bring a sense of control and calm to your day. Try keeping a simple daily list of tasks or appointments, and focus on completing one thing at a time. Using a calendar, notebook, or even a small reminder board can make it easier to keep track of what matters most.

Creating a gentle routine can also reduce stress and help you feel more grounded. Waking up, eating meals, and going to bed at consistent times gives your day structure. Keeping your living space tidy—even in small ways like clearing a table or organizing a drawer—can make your environment feel more peaceful and manageable.

It's also important to take moments to pause and breathe. When things feel overwhelming, step back, take a few deep breaths, and remind yourself that it's okay to go at your own pace. Staying connected with others, asking for help when needed, and focusing on what you can control can help you stay calm and steady during uncertain times.

VIRTUAL CLASSES (via Zoom)

WEDNESDAYS

Beginning Tai Chi | 8:00–9:00 AM

Gentle stretches and movements

THURSDAYS

Zenidaiko Advanced | 1:00–2:00 PM

Traditional Japanese movement with sticks and bells

Suzuko | 2:15–3:00 PM

Choreographed dance with bells

FRIDAYS

Beginning Tai Chi | 8:00–9:00 AM

Zenidaiko Beginners | 9:00–10:00 AM

Suzuko | 10:15–11:00 AM

Card Games | 1:00–2:30 PM

Enjoy social time with games like Trumps, Poker, and Crazy 8. (Card Games are held via FaceTime)



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

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

🌸 MCC CLOSED DATED FOR 2026 🌸

- Good Friday, Friday, April 3
- Memorial Day, Monday May 25
- King Kamehameha I Day
Thursday, June 11
- Independence Day, Friday, July 3
- Statehood Day, Friday, Aug. 21
- Labor Day, Monday, Sept. 7
- General Election Day, Tuesday, Nov. 3
The first Tuesday in Nov. following the first
Monday of even numbered years. (Hawai'i State
Constitution, Article 2 – Section 8)
- Veterans Day, Wednesday, Nov. 11
- Thanksgiving Day, Thursday, Nov. 26
- Christmas Day, Friday, Dec. 25

How to Read Your Lab Results

Getting lab results can feel confusing, but a few basics can help you understand what you're seeing.

1. Look for the "Reference Range"

Each test shows a normal range. If your number is slightly above or below, it doesn't always mean something is wrong—your doctor looks at the full picture.

2. Focus on Trends, Not One Test

One result alone doesn't tell the whole story. Doctors compare results over time to see changes or patterns.

3. Know Common Tests

- **Blood Sugar (Glucose/A1C):** checks for diabetes
- **Cholesterol:** looks at heart health
- **Kidney (Creatinine):** shows how well kidneys work
- **Liver Tests:** check liver function

4. "High" or "Low" Isn't Always Serious

Some results may be marked "H" or "L." This is a flag, not a diagnosis.

5. Ask Questions

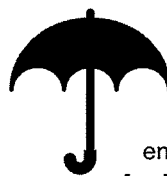
Write down anything you don't understand and bring it to your doctor. No question is too small.

6. Keep a Copy

Save your results to track changes over time and share with your providers if needed.

Remember: Lab results are just one part of your health. Always review them with your doctor, who knows your full medical history.

IF YOU'D LIKE MORE ON THIS TOPIC BE SURE TO SAVE THE DATE FRIDAY, APRIL 17, 11:00 AM – 12:00 PM, ROOM 105 BLOOD WORK – HOW TO READ YOUR LAB RESULTS- MEDICAL TALK by Dr. Yamashita



Flood Safety Tips (Honolulu)

Heavy rains can cause sudden flooding on island. Stay alert and prepared.

Watch for Alerts. Check local news and emergency updates for flood warnings.

Avoid Flooded Roads. Do not drive or walk through water. Flooding can be deeper than it looks, especially in low-lying areas.

Stay Home if Possible. If conditions are bad, avoid unnecessary travel.

Be Prepared. Keep medications, ID, and a phone charger ready in case you need to leave quickly.

Stay Safe & Connected. Check in with family or neighbors and avoid contact with floodwater.



Keep Your Information Up to Date

Please help us keep your records current so we can better serve you.

Update Contact Details

Let us know if your phone number, address, or emergency contact has changed.

Share Important Health Information

Inform staff of any medical conditions or changes we should be aware of.

Emergency Preparedness

Accurate information helps us respond quickly in case of an emergency.

Stop By or Call

Visit the office or call to update your information anytime.

Stay Connected & Safe

Keeping your information current helps us support you.

UPCOMING CLASSES ANNOUNCEMENTS:

- Starting in May, Allen Tanabe, previous Solo Ukulele instructor, will be returning to teach Solo Ukulele and another class on Thursday afternoons. More information to follow via emails and flyers.
- Past Kumihimo students, we have not had classes in 6 years. If you did not complete your project, please call the senior program office at (808)955-1555. We are trying to help those who need to finish incomplete projects.

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.

HOW TO PAY ONSITE:

You may pay by check, cash or debit or credit card at front desk main office, first floor.

You may visit the online page by typing the following:

<https://www.zeffy.com/en-US/ticketing/moiliili-community-centers-membership>

Project Dana Partner Services

- **Transportation To/from MCC**, doctor’s appointments, etc. Call from 9:00 AM – 4:00 PM to find out what days and times are available to use their transportation. Rides are booked on a first come first serve basis. It’s a good idea to call in advance as much as possible.
- **Limited home assistance**
- **Call (808) 945-3736 to learn more.**

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.

Parkour: The class focuses on fall prevention

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.

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.

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.



Recreation/Leisure classes

Bon Dance: Traditional Bon dance. **Novice** class is for those without any experience. **Beginners'** class is for those with some experience. **Advanced Beginners'** class is for those with some experience. Advanced Beginners & Intermediate class is for those with 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 collage 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.

Hawaiian Hanafuda: Helen Nakano cards, all levels invited

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.

Karaoke: Recreational singing (participants will need to provide their own CD).

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. Prerequisites: ability to read treble clef; knowledge of basic chords, ability to change easily. Please see senior staff for a more detailed description.

Zenidaiiko: Traditional Japanese performance with baton sticks with coins that incorporate movement of sticks with sound of coins.

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 in 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 name 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.

Moiiliili Senior Center

SPECIAL EVENTS CALENDAR - APRIL 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				2 ACCESSIBLE YOGA CANCELLED	3 GOOD FRIDAY MCC CLOSED	4 CHIGIRI'E WORKSHOP 9:00AM - 12:00PM ROOM 105 NO BON DANCE CLASS BY JOYCE
5	6	7 BRAIN TRAINING CANCELLED	8	9	10	11 MOTHER'S DAY FAIRE Da Ohana Kine Snack Shop & other local vendors bring food & music to you! 9:00 AM - 2:00 PM 2065 S King St
12	13	14	15	16	17 BLOOD WORK HOW TO READ YOUR LAB WORK Medical Talk By Dr. James Yamashita 11:00 AM - 12:00 PM Room 105	18
19	20 KAMU'S HAKU WORKSHOP 9:00 AM - 11:00 AM ROOM 104 LIMIT 10 STUDENTS Please sign up in room 203 or call (808) 955-1555	21	22 MEDICAL TALK by UH AGING SENIOR STUDIES IMPORTANCE OF ASIAN PARTICIPATION IN MEDICAL RESEARCH 10:00 AM - 11:00 AM Room 105	23	24 MEDICARE PLAN B & C Talk by James Maruyama 11:00 AM - 12:00 PM Room 105	25
26 JOINT FUNDRAISER MCC & TEMARI Celebrating 50 yrs. Of Cane Haul Rd. & Legacy of Grant Kagimoto 5:00 PM - 9:00 PM Cafe Julia at YMCA Laniakea Building	27	28	29 NO SHODO CLASS	30		

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

MOILILI SENIOR CENTER PROGRAM SCHEDULE

APRIL 2026

IN-PERSON CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAH-JONG <i>Inter./Adv.</i> 7:30AM - 12:00PM ROOM 207-208	LINE DANCE 1 8:00AM - 9:30AM WEINBERG * Wait List *	SHODO 9:00AM - 11:00AM ROOM 202, No class 4/29	MAH-JONG <i>Inter./Adv.</i> 7:30AM- 12:00PM ROOM 207-208	UKULELE ROUNDTABLE 8:30AM - 10:30AM ROOM 202 *Wait List*
CARDS/PUZZLES/JENGA HANAFUDA/MEMORY GAMES 8:00AM - 12:30PM ROOM 202	KNIT/CROCHET & CRAFTS 8:30AM - 10:30AM ROOM 209	BEG/INT TAI CHI 9:00AM - 10:00AM STUDIO *Wait List*	ACCESSIBLE YOGA by Kumiko 9:30AM - 10:30AM STUDIO, No class 4/2	FREE PLAY HANAFUDA 8:30AM - 10:30AM ROOM 209
BON DANCE by Toshi <i>Beg./ Inter.</i> 9:00AM - 11:00AM ROOM 305	CONVERSATIONAL JAPANESE Beg.: 9:00AM-10:00AM ROOM 207 * Wait List *	BON DANCE by Joyce Novice 9:00AM - 10:15AM Beginner 10:30AM-11:45AM ROOM 305	BEGINNING UKULELE 10:00AM - 10:45AM ROOM 105 New session begins 4/2	DRAWING & PAINTING 9:00AM - 12:00PM ROOM 207-208
BEG/INT TAI CHI 9:00AM - 10:00AM STUDIO *Wait List*	R&L NIKO NIKO GENKI TAISOO (STAND) 10:00AM - 10:45AM STUDIO	GROUP SINGING 9:00AM - 10:00AM WEINBERG *Wait List*	INTERMEDIATE UKULELE 11:00AM - 12:00PM ROOM 105 New session begins 4/2	R&L CHAIR EXERCISE 10:00AM - 10:30AM ROOM 105
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	SASHIKO with Leah 9:00AM - 11:00AM ROOM 202 Meets 4/2, 4/16, 4/30	WELLNESS HULA 9:00AM - 11:00AM ROOM 305 *Wait List*
R&L CHAIR EXER. 10:00AM - 10:30AM ROOM 105	ZUMBA TONING 10:30AM - 12:00PM WEINBERG	CONVERSATIONAL JAPANESE by Nadine 10:00AM - 11:00AM <i>Room 105 4/15 & 4/29</i>	RELAXATION YOGA 10:00AM - 11:15AM STUDIO Meets 4/17, 5/1 & 5/15	BUYO & ENKA 1:00PM - 3:00PM WEINBERG
PARKOUR 11:00AM- 12:30PM Studios, New session 4/13	SOROBAN 10:30AM - 11:30AM ROOM 208	LINE DANCE 2 10:15AM - 11:30AM WEINBERG *Wait List*	OKINAWAN DANCE 10:30AM - 11:30AM STUDIO	SATURDAY
OKINAWAN EISA DANCE 1:30PM - 3:00PM ROOM 305	BRAIN TRAINING 11:30 AM - 12:30 PM ROOM 202 No class 4/7	OKINAWAN DANCE 10:30AM - 11:30AM STUDIO	HAWAIIAN HANAFUDA 11:30AM - 1:30PM ROOM 208	BON DANCE by Joyce Adv. Beg. 10:00AM-11:15AM Inter. 11:30AM -12:45PM No Class 4/4, *Wait List*
BUYO & ENKA 1:00PM - 3:00PM WEINBERG	WELLNESS HULA 11:30 AM - 1:30 PM ROOM 305	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 of Paradise & Fabric Flag project 1:00 PM via Zoom no class in April only one Class, 5/17
	SUZUKO 2:15PM - 3:00PM	ZENIDAIKO (BEGIN) 9:00AM - 10:00AM		
	NIKO NIKO GENKI TAISOO 8:00AM TV OLELO CH 54	SUZUKO 10:15AM - 11:00AM		
		CARD GAMES 1:00PM - 2:30PM		