Kaleidoscope AUGUST 2026 Issue #390

Moiliili Senior Center (MSC) Program is for seniors age 60 and above. Program is partially funded by State funds through the Elderly Affairs Division, Department of Community Services, City and County of Honolulu, and the State of Hawai'i Executive Office on Aging, and administered by Moiliili Community Center located at **2535 S. King St., Honolulu, HI 96826**
Website: https://www.moiliilicc.org **Phone: (808) 955-1555,** select option 1 **MCC is an Aloha United Way Agency**

CENTER CLOSED FRIDAY, AUGUST 21
STATEHOOD DAY

RUMMAGE & COLLECTIBLE SALES
THURSDAY, AUGUST 13
9:00AM – 12:00PM at MCC GARAGE
Plan ahead, share a ride, or use city transportation, limited parking.
Many lovely items for you to choose from.
We look forward to seeing you!
FUTURE RUMMAGE AND COLLECTIBLES SALES!!
Thursday, October 22 | 9:00 AM – 12:00 PM

SKIN CANCER HEALTH TALK by Dr. Yamashita
FRIDAY, AUGUST 14
11:00AM – 12:00PM in Room 105
Living in Hawai'i, we know plenty about sun protection but skin cancer can still surprise us. Dr. James Yamashita will share lesser-known warning signs where skin cancer can appear even in places that rarely see the sun and why changes in our skin as we age deserve a closer look.
Learn what to watch for, what may look harmless but shouldn't be ignored and when it's time to have a spot checked.

LONG-TERM CARE INSURANCE & MEDICARE: HOW IT WORKS WITH HOSPITAL STAYS & SKILLED NURSING - Talk by James Maruyama
FRIDAY, AUGUST 28
11:00AM – 12:00PM | Room 105
Medicare and long-term care insurance provide **different types of coverage** when you need hospital or skilled nursing care. Learn what each may cover, how long coverage may last, and where you may be responsible for costs. James Maruyama will explain these important differences and help you better understand how the two types of coverage can work when additional care is needed.

PLEASE HELP US CONSERVE ENERGY
Our electricity costs continue to rise, and we need everyone's help conserving energy. Please do not run the air conditioner while classroom doors are open. **If the A/C is on, the doors must be closed. If you would like the doors open, please turn the A/C off.**
Please use the same energy-saving habits at MCC that you would use in your own home. **Doors open OR A/C on but not both.** Thank you for helping us reduce waste and manage rising electricity costs.

CLASS UPDATES:
- ACCESSIBLE YOGA (no class in August)
- BRAIN TRAINING (no class 8/4 & 8/11)
- EISA (no class on 8/31)
- RELAXING YOGA (no class in August)
- SOROBAN (Restarts 9/8)

Make a paper Japanese slippers box
Call senior center office for details on how to join.

NEW! BEGINNER JAPANESE CLASS
TUESDAYS, 9:30AM–11:00AM | Room 202
BEGINS AUGUST 11
Interested in learning Japanese but don't know where to start? Megumi Okada brings over 18 years of experience teaching language to adults. Her class offers a structured introduction to Japanese, helping beginners learn basic vocabulary, pronunciation, sentence patterns, and useful everyday language while building a strong foundation for continued learning.

The class will use *Japanese for Busy People* as a workbook to guide lessons and reinforce what students learn in class.

Please coordinate with Megumi regarding the workbook. Sign up with the MSC office in Room 203 or call **(808) 955-1555, option 1.**

AUGUST: HEALTHY FOOD PREP WORKSHOP
UH Hawaiian Nutrition Center WEDNESDAY, AUG. 26
10:00 AM – 11:30 AM, Room 105
All students will receive a gift.
Join this fun, interactive workshop to learn healthy food choices, simple meal preparation, and safe food handling practices. Deanna Au-Wong will provide all materials. Please sign up. UH requires a minimum of 20 participants for us to host this workshop.

Help Us Keep Parking Available for Everyone!
Our parking lot fills quickly and a few simple courtesies can make a big difference for other members.
- Please park within the marked parking lines to help ensure every parking stall can be used safely and efficiently.
- After your class or activity has ended, we kindly ask that you move your car so another member has the opportunity to park and participate in MCC programs.

VIRTUAL CLASSES (via Zoom)

CALL MSC OFFICE FOR ONLINE LINK
(808) 955-1555, select option 1

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
Gentle stretches and movements

FRIDAYS

Beginning Tai Chi | 8:00–9:00 AM

Zenidaiko Beginners | 9:00–10:00 AM

Traditional Japanese movement with sticks and bells

Suzuko | 10:15–11:00 AM

Choreographed dance with bells

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

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MCC CLOSED DATES FOR 2026

- Statehood Day – Aug. 21
- Labor Day – Sept. 7
- General Election Day – Nov. 3
- Veterans Day – Nov. 11
- Thanksgiving – Nov. 26
- Christmas – Dec. 25

KEEP YOUR HOME COOL AND ENERGY EFFICIENT

O'ahu's warm weather can make keeping your home comfortable expensive, especially during the summer months. A few simple changes can help keep your home cooler while reducing electricity use.

Keep the Heat Out. Close curtains or blinds on windows. This can help reduce the amount of heat entering your home.

Use Fans Wisely. Ceiling and portable fans help. Remember to turn fans off when you leave the room.

Check Your A/C. Clean air conditioner filters regularly. A dirty filter can make your system work harder and use more electricity.

Watch for Air Leaks. Check windows and doors for gaps that allow cool air to escape.

Consider Your Appliances. Avoid running heat producing appliances during the hottest part of the day when possible.

Save Where You Can. Turn off lights, televisions, fans, and other electronics when they are not being used. Small savings throughout the day can add up.

Stay Comfortable. During very warm weather, drink plenty of water, wear lightweight clothing.

GIVE YOUR EYES A DAILY BREAK

Our eyes can become more sensitive to glare as we age, and Hawai'i's bright sunlight can make seeing clearly more difficult. When outdoors, wear sunglasses that provide UV protection and consider a hat with a brim to reduce glare. Indoors, make sure reading areas, stairs, hallways, and work surfaces have good lighting.

Give your eyes regular breaks when reading or using a phone, tablet, or computer. Look up and focus on something farther away for a short time. Also keep eyeglasses clean and prescriptions current. Seeing clearly can make everyday activities easier and may also help you move around more safely and confidently.

NEED TO SIGN UP FOR A WORKSHOP OR NEED TO UPDATE YOUR CONTACT INFORMATION?

Stop by MSC Room 203 or Call (808) 955-1555, Select option 1. Staff can help you register for workshops, update your phone number, address, emergency contacts, medical information or email and answer questions about center activities.

Keeping your contact information current helps ensure you receive important announcements, schedule changes, and emergency notifications.

STAYING SAFE IN AUGUST HEAT

August can bring some of O'ahu's hottest days, making it important to stay cool and hydrated. Seniors should drink water throughout the day, even before feeling thirsty, and limit strenuous outdoor activities during the hottest hours. Wear lightweight clothing, use shade or air conditioning when available, and take frequent breaks when outdoors. Watch for signs of overheating such as dizziness, weakness, headache, or unusual fatigue. A little extra care during hot weather can help you stay healthy, comfortable, and active all summer long.

GIVE YOUR BRAIN SOMETHING NEW

Your brain benefits from variety and new experiences. Try changing your usual routine, learning a few words in another language, listening to different music, taking a new class, or using your non-dominant hand for a simple task.

New experiences encourage the brain to stay engaged and make new connections. Even small changes, such as taking a different walking route, trying a new recipe, or talking with someone new, can challenge your thinking. Keep it enjoyable—giving your brain something different to do each day is a simple way to support lifelong brain health.

KEEP MOVING THROUGHOUT THE DAY

Regular movement is an important part of staying strong and independent as we age. Walking, stretching, gardening, dancing, or participating in an exercise class can help maintain strength, flexibility, balance, and mobility.

You don't have to exercise for long periods to benefit. Short walks, standing and stretching between activities, or simply moving around the house throughout the day all count. Choose activities you enjoy and work at a comfortable pace. A little movement each day can help support your energy, confidence, and overall well-being.

TAKE CARE OF YOUR FEET

Healthy feet are important for staying active, comfortable, and independent. Check your feet regularly for swelling, redness, blisters, cuts, or other changes. Wear comfortable, properly fitting shoes with good support and non-slip soles, especially when walking outdoors.

Keep toenails trimmed and feet clean and dry. Avoid walking barefoot where you could step on something sharp or slip. Foot discomfort can also change the way you walk and affect your balance. If you notice persistent pain, numbness, swelling, or a sore that is not healing, talk with your healthcare provider.

SHARE YOUR TIME — VOLUNTEER WITH OUR SENIOR PROGRAM

Do you have a little time to share and enjoy being around others? Moiliili Senior Center welcomes **volunteers who** would like to become more involved with our senior community. Volunteering is a wonderful way to meet people, stay active, share your talents, and make a meaningful contribution right here at MCC.

There are many ways volunteers can help. You may enjoy assisting with classes and activities, helping with special events, lending a hand with projects, or simply providing an extra set of hands when needed. You don't need to be an expert or have special skills—sometimes being dependable, friendly, and willing to help is exactly what we need.

Our senior program benefits greatly from people who are willing to share their time and talents. Whether you can help occasionally or would like to become involved more regularly, we would be happy to talk with you about opportunities that may be a good fit.

Volunteering can also be a great way to stay connected. It provides an opportunity to meet new people, learn something different, and be part of the activities happening throughout our senior program.

Interested in volunteering?

- Help with senior classes or activities.
- Assist with special events and projects.
- Share a talent, hobby, or skill with others.
- Lend a hand when extra help is needed.

To learn more, please call (808) 955-1555, option 1 and speak with the Moiliili Senior Program office. Thank you to all of our volunteers who already give their time and energy to MCC. Your help makes a difference in our senior community!

SENIORS, BE ALERT FOR SCAMS

- Be cautious of unexpected phone calls, texts, or emails asking for money.
- Never give your Social Security number, bank information, or passwords to an unknown person.
- Do not click links in unexpected texts or emails.
- Be suspicious of anyone demanding immediate payment.
- Government agencies will not call and threaten you for money.
- Never send gift cards or money to someone you do not know.
- Scammers may pretend to be a family member who needs help.
- If something does not feel right, stop and check before responding.
- Talk with someone you trust before sending money or sharing personal information.
- Remember, it is always okay to hang up, delete the message, and verify who contacted you.

MCC RULES

COVID-19 SAFETY

- Stay home if you feel sick
- Notify staff if you become sick on-site
- Bring your own water (water fountains on campus are shut off for safety)

PARKING IS LIMITED

- Consider drop-off, carpool, or bus
- No double parking (park within the parking lines)
- No Parking on the upper floor. It is reserved for Down To Earth
- Leave promptly after class to reduce congestion

AIR CONDITIONING

- Keep doors and windows closed while A/C on.
- Set no lower than 75°F. Turn off after class.

RESTROOMS

- Do not prop bathroom entrance door open
- Return classroom restroom keys promptly
- Do not flush sanitation wipes, paper towels, diapers or feminine products.
- Do not throw disposable underwear in the open rubbish bin of the restroom; instead, please wrap it in a plastic bag and then dispose of it in the **covered** bin located on the lanai just outside the restrooms.
- Before turning off the light please ask if anyone is in the restroom.
- Be sure windows are closed before leaving.

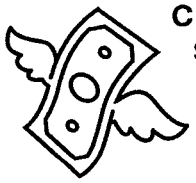
MEMBERSHIP & REGISTRATION

Annual Membership: $55

Pay online at moiliilicc.org or visit the following link: **https://www.zeffy.com/en-US/ticketing/moiliili-community-centers-membership**

PAYMENTS & FEES

CHECKS are payable to **Moiliili Community Center.** Have questions? Call (808) 955-1555, select option **4** for the MCC administration main office.



CLASS DONATIONS

$2.00 per class donations suggested. Not mandatory but appreciated

Zeffy suggests a 6% contribution when paying online. On the "Your Details" page you may decline the contribution. The center will then be charged the fee.

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
(808)797-2590 catia@thriveforlife.com
thriveforlife.com Executive Certificate in Home Modification Program Instructor
University of Southern California Leonard Davis School of Gerontology

CLASSROOM EDIQUETTE

- Please return tables and chairs to their original arrangement after class and turn off A/C and lights.
- MSC and CFP share classroom space and furnishings.
- Do not place food waste or items that may attract insects in classroom trash cans.
- Please use the outdoor trash bins with lids for food-related waste.
- If using paints, ink, or similar materials, wipe all surfaces immediately after use.
- Prompt cleanup helps prevent stains and damage to tables.
- Be sure all windows are closed before leaving. CFP children, teachers, and visitors also use these rooms.
- Help keep classrooms clean, welcoming, and ready for the next group.
- If you need assistance, please visit the MSC Office in Room 203.
- Mahalo for helping us care for our shared space

PROTECT YOUR SKIN FROM THE HAWAI'I SUN

O'ahu's strong sunshine is with us year-round, and protecting your skin is important at every age. Before heading outdoors, apply broad-spectrum sunscreen and remember areas that are easy to miss, including your ears, neck, hands, and tops of your feet.

A wide-brimmed hat, sunglasses, and lightweight clothing can provide additional protection. When possible, choose shaded areas and limit extended time in direct midday sun. Check your skin regularly for new or changing spots, including areas that rarely see the sun. If you notice something unusual or a spot that does not heal, consider having it checked by your healthcare provider.

MOILIILI SENIOR CENTER SERVICES
All services are free for MSC members
(Annual Membership: $55)

ASSISTED TRANSPORTATION FOR MEMBERS

Rides are free for MSC members and are available on a first-come, first-served basis.

We encourage you to call ahead with as much time in advance as possible to reserve your ride and to also find out alternate dates and times available should your initial request not be available.

- Drivers are not permitted to accept tips
- Passengers must be able to enter and exit the van independently
- Vans are not wheelchair accessible
- No MCC van services to and from MCC, only rides from your home to doctor appointments, haircuts, bank, post-office, market, temple, church or professional services offices at times specified.

ESCORT TRANSPORTATION FOR MEMBERS

Driver stays with you throughout the appointment or errand.

To reserve an escort ride please be sure to let them know it is for "escort transportation" when you call (808) 955-1555, Ext. 129 for Transportation.

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.
Pick-up times vary based on your location.
Please allow enough travel time to arrive on time for your appointments (medical, dental, hair, etc.).

KNOW YOUR DESTINATION

Provide the full street address when reserving your ride.
This helps us confirm timing, routes, and traffic conditions.

ROUND-TRIP PLANNING

- Know your return pick-up time
- Ask your provider for an estimated end time

Transportation is limited and does not run all day.
Accurate timing helps prevent delays and missed pick-ups.

RIDER RESPONSIBILITY

- Plan ahead and request a pick-up time that allows enough travel time to reach your destination on time for your appointment.

Accurate details help us serve more seniors and keep transportation running smoothly.

TECHNOLOGY ASSISTANCE FOR MEMBERS

One on One Tech help is available monthly from the 12th through the 25th of each month. (There are no appointments in December).
Receive help with mobile phones, tablets, laptops, email, apps and basic technology questions.
Call (808) 308-6054 to reserve your appointment.

SHOPPING DELIVERY FOR MEMBERS

We will pick up and deliver your groceries. If you need help with ordering, note we do not store credit card information. Contact for more details, (808) 955-1555, select option 1 for MSC office.

"I'M OK" CALL SERVICE FOR MEMBERS

Daily check-in for members living alone

- Call MSC I'm Ok dedicated phone number (the "I'm OK" telephone number is different than the MSC regular phone number.
- Once you are setup on the "I'm OK' call program, you are to call each day to say "I'm OK".
- If you do not call, we will follow up with you.
- If needed, we will contact your emergency contact.

Register at the MSC office in Room 203 or call (808) 955-1555 and select option 1.

MEMBERSHIP & DONATIONS

- Annual Membership: $55
- Visit the cashier at the main office lobby (1st floor)
- **Monday through Friday, 8:00 AM – 5:00 PM**
- Donations are tax-deductible
    - Donation items are accepted
      Mondays & Fridays, 8:00 AM – 5:00 PM
      (Slightly used clothing and household items accepted. Small appliances ok. All devices and appliances must be in good working condition.)

HOW TO PAY OR MAKE A FINANCIAL DONATION:

Pay in person at the main office (1st floor):

- Check, cash, debit, or credit card

Pay online:
https://www.zeffy.com/en-US/ticketing/moiliili-community-centers-membership
Credit **card fees can be waived** on the payment page where you begin to enter your information, **just below the amount you are paying there is a contribution field,** you can click onto the down arrow and select other, then type zero "0", into that box. This will then cause MCC to pickup the processing fee.
(Moiliili Community Center and thousands of other nonprofits use Zeffy to securely collect payments online for free. **Zeffy is the only platform that is 100% free for nonprofits and relies entirely on optional contributions from donors like you.**
IF you choose to cover the transaction fees on your payment

- It allows Zeffy to build more free tools for nonprofits
- Enabling Zeffy to offer unlimited free customer support to all nonprofits

CLASS DESCRIPTION

All are welcome to attend classes that are not wait-listed. Non-members must stop by Room 203 to **sign a waiver before entering class** or you may call (808) 955-1555, select option 1 to inquire and share your interest.

Exercise/Physical Fitness Classes

Relaxation Yoga: Gentle yoga for body, mind and spirit. Enhance flexibility, strength and well-being. 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 & Life (R&L) Niko Niko Genki Taisoo: Exercise to Japanese music (can be done seated 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, and core strength. Enjoy Hawaiian mele (songs) and gentle movement. Many students wear a hula pa'u over shorts or pants. You may bring one if you have it, but it is not required.
Zumba Gold: A modified Zumba class that recreates original Zumba moves at a lower intensity.
Zumba / Zumba Lift: Zumba incorporating weights. Choreographed exercise is designed to build muscle strength. Participants must provide their own weights.
No class on the 5th Wednesday.

Education Classes

Soroban: Traditional Japanese abacus class.
Conversational Japanese with Masako: Intermediate-level conversational Japanese for students who have some knowledge of the language and want to strengthen their speaking and conversation skills.
Conversational Japanese with Nadine: Beginner-friendly conversational Japanese for English speakers. Learn simple, practical phrases for travel, everyday situations, and basic communication.
Beginner Japanese with Megumi: Structured, workbook-based Japanese for beginners. Learn basic vocabulary, sentence patterns, pronunciation and the foundations of the Japanese language.
Brain Training: Fun brain games and puzzles.
Tech One-On-One: Private technology lessons available by appointment.
Introduction to Hawaiian Language: Beginners class, 6-week sessions. Learn Polynesian culture along with phrases, vocabulary and conversational Hawaiian.
Beginner Japanese: A structured introduction to Japanese using the *Japanese for Busy People* workbook. Learn basic vocabulary, sentence patterns, pronunciation, and useful everyday phrases while building a strong foundation for continued Japanese study. Designed especially for beginning students

Recreation/Leisure Classes

Bon Dance: Traditional Bon dance.
Novice class is for those with no experience.
Beginners' class is for those with some experience.
Advanced Beginners' and Intermediate classes are for those with more experience.
Beginning Ukulele: Learn strumming techniques, music keys, multicultural songs, and explore percussion instruments. Please bring your own ukulele, 3-ring binder, and pen/pencil. Music stand is optional. The 8-week session includes review of previous lessons. Limited loaner ukuleles available. Go to MSC office, room 203 for the loaner ukulele.
Buyo & Enka: Traditional kabuki-inspired Japanese dance.
Card Games / Jenga / Puzzles / Hanafuda: All in one classroom. Enjoy traditional and modified versions of Hanafuda, original card games, Jenga, puzzles, and more. Good for brain exercise.
Chigirie: Traditional Japanese collage art form using torn washi paper.
Group Singing: Guided group singing featuring a variety of songs in different languages.
Hanafuda: Traditional Japanese flower card game.
Hawaiian Hanafuda: Helen Nakano cards. All levels welcome.
Karaoke: Recreational singing (participants provide their own CDs) If you prefer using a computer, students are permitted to bring their own laptop to coordinate their songs for class.
Knit, Crochet & Crafts: Join our class and enjoy time with fellow crafters while working on your own projects or creating items for upcoming craft sales. Materials are provided for donated items.
Lei Ilima: Craft workshop: (online classes only).
Line Dance I: Learn choreographed group dances with repeated step sequences arranged in lines or rows.
Line Dance II: For those with prior experience, continue exploring choreographed dances with repeated step sequences.
Mah-Jongg: Traditional Chinese tile game for advanced players.
Okinawan Dance: Traditional Okinawan dance.
Okinawan Eisa Dance: Promotes balance, flexibility, and cognitive engagement.
Drawing & Painting: All levels welcome. Some materials provided. Instructions available for beginners.
Scrabble: The classic crossword game where every letter counts.
Sashiko: Decorative stitching.
Shodo: Traditional Japanese calligraphy. No class on the 5th Wednesday.
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. Sessions last 20 weeks.
Suzuko: Choreographed dance with bells.
Ukulele Roundtable: Collaborative sessions exploring a variety of styles and more advanced chord options. Pre-requisites: ability to read treble clef, knowledge of basic chords, and ability to change chords easily. Please see senior staff for details.
Zenidaiko: Traditional Japanese performance using baton sticks with coins, combining movement and sound.

Moiliili Senior Center

SPECIAL EVENTS CALENDAR - AUGUST 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 **CHIGIRIE** 9:00 AM - 12:00 PM Room 105
2	3	4	5	6	7	8
9	10	11	12	13 **RUMMAGE SALE** 9:00 AM - 12:00 PM MCC Garage	14 **SKIN CANCER & DETECTION** **Health Talk** By Dr. James Yamashita 11:00 AM - 12:00 PM Room 105	15
	17 **PARKOUR RESTARTS Today** 11:00 AM - 12:00 PM STUDIO Meets every Monday	18	19	20	21 **CENTER CLOSED** **STATEHOOD DAY**	22
23	24	25	26 **UH Nutrition Class, Food Safety** Great recipes, safe food prepping All attendees will receive a gift! 10:00 AM - 11:30 AM Room 105 (sign up in room 203, or call our office) 20 students	27	28 **Hospital Stays, Skilled Nursing and Rehabilitation** **Medicare Coverage Rules** Observation vs. inpatient status Understanding discharge planning 11:00 AM - 12:00 PM Room 105	29
30	31 **EISA CLASS CANCELLED** TODAY					

Call (808) 955-1555 and select Option 1 or visit us in Room 203 to RESERVE YOUR SEAT for these events!

MOILIILI SENIOR CENTER PROGRAM SCHEDULE

AUGUST 2026

IN-PERSON CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAH-JONGG 7:30AM - 12:00PM ROOM 207-208 ***waitlist - talk w/Ruth***	**LINE DANCE 1** 8:00AM - 9:30AM / WEINBERG **** Wait List ****	**SHODO** 9:00AM - 11:00AM ROOM 202	**MAH-JONGG** 7:30AM - 12:00PM ROOM 207-208 ***waitlist - talk w/Ruth***	**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 classes in August	**FREE PLAY HANAFUDA** 8:30AM - 10:30AM ROOM 209
BON DANCE by Toshi *Beg./ Inter.* 9:00AM- 11:00AM ROOM 305	**CONVERSATIONAL JAPANESE** **Intermediate by Masako** 9:00AM - 10:00AM Room 207	**BON DANCE by Joyce** **Novice** 9:00AM - 10:15AM **Beginner** 10:30AM-11:45AM ROOM 305	**BEGINNING UKULELE** 10:00AM - 10:45AM ROOM 105	**DRAWING & PAINTING** 9:00AM - 12:00PM ROOM 207-208
BEG/INT TAI CHI 9:00AM - 10:00AM STUDIO ****Wait List****	**BEGINNER JAPANESE by Megumi** 9:30AM - 10:30AM ROOM 202 - Starts 8/11	**GROUP SINGING** 9:00AM - 10:00AM / WEINBERG ****Wait List****	**INTERMEDIATE UKULELE** 11:00AM - 12:00PM ROOM 105	**R&L CHAIR EXERCISE** 10:00AM - 10:30AM ROOM 105
SCRABBLE 9:00AM -12:00PM ROOM 209	**R&L NIKO NIKO GENKI TAISOO** **STANDING EXERCISE** 10:00AM - 10:45AM / STUDIO	**R&L NIKO NIKO GENKI TAISOO** **CHAIR EXERCISE** 10:00AM - 10:45AM ROOM 207 - 208	**SASHIKO by Leah** 9:00AM - 11:00AM ROOM 202 8/6, 9/3 & 9/24	**WELLNESS HULA** 9:00AM - 11:00AM ROOM 305 ****Wait List****
R&L CHAIR EXER. 10:00AM - 10:30AM ROOM 105	**ZUMBA GOLD** 9:30AM - 10:30AM ROOM 105	**CONVERSATIONAL JAPANESE by Nadine** 10:00AM - 11:00AM 8/12 & 8/26	**SOLO UKULELE I** 12:15 PM - 1:30 PM Room 202 ****Wait List****	****RELAXATION YOGA*** 10:00AM - 11:15AM STUDIO *no class at this time*
PARKOUR 11:00AM - 12:30PM STUDIO - Starts 8/17	**ZUMBA TONING** 10:30AM - 12:00PM WEINBERG	**LINE DANCE 2** 10:15AM - 11:30AM WEINBERG ****Wait List****		**BUYO & ENKA** 1:00PM - 3:00PM WEINBERG
OKINAWAN EISA DANCE 1:30PM - 3:00PM ROOM 305 Special Minyo dance 8/31 - 1:30PM-3:30PM ROOM 305	**SOROBAN** 10:30AM - 11:30AM ROOM 208 No class until 9/8	**OKINAWAN DANCE** 10:30AM - 11:30AM STUDIO		**INTRODUCTION** **HAWAIIAN LANGUAGE** 12:00PM - 1:30PM Room 209 Starts 8/14
BUYO & ENKA 1:00PM - 3:00PM WEINBERG	**BRAIN TRAINING** 11:30 AM - 12:30 PM ROOM 202 no class 8/4 & 8/11	**HAWAIIAN HANAFUDA** 11:30AM - 1:30PM ROOM 208		**SUNDAY**
	WELLNESS HULA 11:30 AM - 1:30 PM / ROOM 305	**KARAOKE** 12:00PM - 2:00PM / ROOM 209		**KARATE** 10:00AM - 12:00PM STUDIO
	KARATE 5:30PM - 7:30PM STUDIO		**KARATE** 5:30PM - 7:30PM STUDIO	

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		
	SUZUKO 2:15PM - 3:00PM	**ZENIDAIKO (BEGIN)** 9:00AM - 10:00AM **SUZUKO** 10:15AM - 11:00AM		
	NIKO NIKO GENKI TAISOO 8:00AM - 8:30AM TV OLELO CH 54			

Email: seniorcenter@moiliilicc.org Moiliili Senior Center Phone (808) 955-1555, select option 1 2535 S. King St. Honolulu, HI 96826 WEB: www.Moiliilicc.org