

Kaleidoscope February 2026 Issue #384

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 Valentines Day Seniors! Show love to your instructors and friends. Consider nominating them in the Vote for 2026 Outstanding Older Americans Award. Nomination forms are in the Senior Center office, room 203.

Nominee eligibility criteria: Must be 65 years of age or older, resident of the City and County of Honolulu and must have volunteered during the nomination year, January 1, 2025 through December 31, 2025. Deadline to vote is March 12, 2026, 4:30 PM.

CENTER CLOSED
MONDAY FEBRUARY 16, PRESIDENTS' DAY.



ONE-DAY RUMMAGE SALE!
THURSDAY, February 12
9:00 AM – 12:00 PM
MCC GARAGE

Come and support Moiliili Senior Center by shopping or volunteering your time. Volunteers may call the office (808) 955-1555 and ask to speak to Paula or Judy to sign up or visit us in room 203. Limited parking – consider carpooling or use public transportation.

MD HEALTH TALK - CANCER

Dr. James Yamashita will discuss Prostate, Pancreatic and Breast Cancer. If you or a loved one has been affected by cancer or you wish to understand the signs and preventative care, please consider signing up for this talk.

MD HEALTH TALK – CANCER
FRIDAY, February 20, 11:00 AM – 12:00 PM
Room 105

NO ACCESSIBLE YOGA on THURSDAY, February 12

CHIGIRI-E, JAPANESE PAPER ART WORKSHOP
SATURDAY, February 7, 9:00 AM – 12:00 PM
Room 105

OFFICE VOLUNTEER NEEDED: Our Senior Center Office needs a volunteer to start February 23. Please visit our office in room 203 or call (808) 955-1555. Thank you.

WEINBERG BUILDING PARKING (MSC Members)

- **Mon–Wed:** Parking allowed in all spaces
 - **Thu–Sun:** Parking allowed only on the side closest to Down to Earth
- This allows PITACUS customers and staff to park closer to the Weinberg Building during their business hours.

SNOWFLAKE SHIBORI WORKSHOP

Create beautiful Japanese fabric prints. The fabric color you will work with is pink. **Sign up** in room 203 or call us, (808) 955-1555. Limit: 15 participants.

WEDNESDAY, February 25, 10:00 AM – 12:00 PM
Room 105, (Supply cost \$2.00)

COMPASSIONATE HELP WHEN A PARENT'S HOME NEEDS TO BE SOLD AlohaSenior411.com will come and talk to us about home improvements in preparation for selling a home. AlohaSenior411.com services provide you with competitive prices and end-to-end support. They even help with **decluttering**, job estimate and before and after photos and communication throughout the project, so you and your loved ones stay informed of the work.

COMPASSIONATE HELP PREPARING FOR THE SALE OF YOUR HOME PARENT'S HOME TALK
WEDNESDAY, February 25, 10:00 AM - 11:00 AM
Room 209

CONVERSATIONAL JAPANESE WITH NADINE NISHIOKA, MCC Executive Director

This class does not require a book. There is no reading and writing. Learn the basics and fundamentals so that you are comfortable speaking Japanese.

WEDNESDAYS
February 11, Room 105
February 25, Room 104

PRIMORDIAL SOUND MEDITATION

A meditation practice from India using personalized mantras based on the vibration of the universe at your birth to support balance, calm, and compassion. Led by a Chopra Center Certified Instructor. All levels welcome.

SATURDAY, FEBRUARY 14, 9:00 AM–11:30 AM
Studio

Classes are offered in 3-session series alternating from English to Japanese. Classes run year-round.
English series February 14, 21, 28.
Japanese series begins March 14, 21, 28.

Covid-19 Safety

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 allowed. 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 open restroom entry door. 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



MCC 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 on the first floor. Please use the membership envelopes and fill them out completely with your name, phone number, and address. If you'd like to pay online, you can visit the following link or QR code:

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

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 on Mondays and Fridays, 8:00 AM to- 5:00 PM for the Moiliili Senior Center's Rummage Sales. No drop-offs outside of these days.

FREE TAX HELP (HCAP at MCC)

THURSDAY, MARCH 12

9:00 AM – 12:00 PM | Room 209

1:00 PM – 3:00 PM | Room 207

Free tax preparation by IRS-certified Volunteer Income Tax Assistance (VITA) representatives.

Appointment required. No walk-ins.

To reserve your 30-minute appointment, call MSC (808) 955-1555 or visit Room 203. You will receive instructions and a document checklist when you call.

Eligibility:

- 2025 income \$67,000 or less
- No property ownership
- Not a business owner
- Veterans served through a separate program

Bring:

- Photo ID
- Social Security card or ITIN for all on return
- Income forms (W-2, 1099, SSA-1099, 1099-R, etc.)
- Last year's tax return (if available)
- Health insurance forms (if applicable)
- Bank routing & account number for direct deposit
- Any IRS or State tax letters



VIRTUAL CLASSES



FREE DOG WALKING CALL (808) 342-5482

Or Email: Kupunapaws@gmail.com

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 choreographed dance incorporating bells for rhythmic movement.

FRIDAYS:

Beginning Tai Chi 8:00 AM – 9:00 AM

Advanced Tai Chi 9:15 AM – 10:00 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.

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

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

Important Resources

Food Resources Information:

- [SNAP Outreach Providers](#)
- [Aloha United Way 2-1-1](#)
- [Hawai'i Foodbank](#)
 - O'ahu Number: 808-836-3600
- [Hawai'i Island Food Basket](#)
 - Hawai'i Island Number: 808-933-6030

For more information from DHS, please visit their website by clicking this link:

<https://humanservices.hawaii.gov/>

FREE HOME COMPANION FOR SENIORS

Brought to you by the University of Hawaii

Practical help with aloha. It's safe and reliable. Medical help not provided.

If you are a senior and need help at home with:

- Home cooking & meal prep
- Paperwork & secure filing
- Technology setup & support
- Friendly conversation & company
- Grocery shopping & delivery

Please call PAIR COMPANIONSHIP (808) 649- 8592 to schedule your first visit by a senior companion.

How it works:

1. Call to schedule a friendly trial visit
2. They match you with a capable helper
3. Enjoy ongoing help and caring companionship!

🌻 MCC CLOSED DATES 🌻

2026 HAWAI'I STATE HOLIDAYS

- Presidents' Day, Monday, Feb. 16
- Prince Jonah Kūhiō Kalaniana'ole Day, Thursday, Mar. 26
- 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

ONE ON ONE MEDICARE COUNSELING

Possible Changes Coming to Your Medicare Plan

- Seniors could lose certain benefits or coverage, including prescription drug coverage.
- Premiums and copays may increase.
- Read your **Annual Notice of Change** to see how your 2025 plan will change in 2026.
- **Even if deadlines have passed** – there are things that can be done to help you MAXIMIZE your plan.
- Contact your agent for a side-by-side comparison of plans to see where the best savings are.

ADDITIONAL MEDICARE STATE RESOURCE

Additional Medicare Resource:

Hawaii SHIP – O‘ahu Contact

- **Phone (Helpline):** 808-586-7299
- **Toll-Free (Statewide):** 1-888-875-9229

PHONE CALLS SHOULDN'T BE STRESSFUL

Have you ever

- Missed important information during a phone call?
- Felt tired or frustrated trying to keep up?
- Said “yes” when you weren’t completely sure?
- Avoid calling because it felt uncomfortable?

As we get older phone conversations can become harder not because we aren’t paying attention but because hearing and clarity change over time.

Many seniors quietly adapt by guessing, pretending or avoiding calls altogether. There is an option. What if you could read what the caller says while you talk? There is a solution with Caption Telephones.

Some seniors qualify for a captioned telephone that displays real-time captions of phone conversations while you speak and listen.

- No complicated setup
- No pressure
- Friendly help

Curious to see how it works? Ask for a short no pressure demonstration presented by your local CapTel Outreach Representative, Susan Jung (808) 255-4211.

BON DANCE CLASSES WITH JOYCE GUSHIKEN (SPRING 2026)

Clarification for new students only: To enroll please go to our Senior Center office, room 203 or call to register (808) 955-1555.

If you are new to our center, Annual Membership registration fee is \$55. Visit our senior office in room 203 for paperwork to enroll. Membership payments are made on the first floor in the main office.

Suggested donation per class visit: \$2

Okinawan Eisa: All Levels

Mondays, through May 18, 2026

Time: 1:30 PM – 2:45 PM

Room 305

Japanese Bon Dance

Novice & Beginner Levels

Wednesdays through May 27, 2026

Novice: 9:00 AM – 10:15 AM

Beginner: 10:30 AM - 11:45 AM

Room 305

Japanese Bon Dance *Wait List*

Advanced Beginner & Intermediate Levels

Saturdays through May 30, 2026

Advanced Beginner: 10:00 AM – 11:15 AM

Intermediate: 11:30 AM – 12:45 PM

Room 105

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: Fall prevention through obstacle course exercises.

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 and 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 & 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 101/Hanafuda/Memory Games: Traditional and modified versions of Hanafuda, one-of-a-kind card games, Poker, Jenga puzzles and more. Excellent for memory training.

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.

Hawaiian Hanafuda: Helen Nakano cards, all levels invited
Hula: Modern Hula for enjoyment. Learn Hawaiian culture through music and dance 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 donate their completed crafts to MSC to sell. Proceeds support MSC program.

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.

Primordial Sound Meditation: Depak Chopra, MD Center Certified instructor class, 3 sessions to complete training

Scrabble: The ultimate crossword game.

Sashiko: Decorative stitching

Shodo: Traditional Japanese calligraphy.

No class on the 5th Wednesday.

Suzuko: Choreographed dance with bells.

Ukulele: Beginner to Intermediate: Learn strumming techniques, music keys, multicultural songs, genres.

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 chords easily.

Zenidaiko: Traditional Japanese performance with baton sticks with coins for sound with movement

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 classroom. 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. Your class checkmark does more than track attendance, it helps sustain our programs. Grant funding requires us to document participation. Every time you sign in, you help the Senior Center meet these requirements and keep classes affordable for our community. Thank you for helping us continue to provide meaningful programs for all seniors.

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.* Rides are not available to and from MCC.

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.

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.

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.

“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.

HOW TO PAY ONLINE:

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 or to/from doctor’s office (9:00 AM – 4:00 PM)
- **Limited home assistance**
- **Call (808) 945-3736 to learn more.**

Moiili Senior Center

SPECIAL EVENTS CALENDAR - FEBRUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
						CHIGIRI'E WORKSHOP 9:00AM - 12:00PM ROOM 105
8	9	10	11	12	13	14
			CONVERSATIONAL JAPANESE with Nadine Nishioka 1st class starting today 10:00 AM - 11:00 AM Room 105	RUMMAGE SALE 9:00 AM - 12:00 PM MCC GARAGE		PRIMORDIAL SOUND MEDITATION 9:00 AM - 11:30 AM Studio Session 1 of 3
				NO ACCESSIBLE YOGA TODAY		
15	16	17	18	19	20	21
	CENTER CLOSED PRESIDENTS' DAY				MD HEALTH TALK Cancer, Prostate, Pancreatic, Breast 11:00 AM - 12:00 PM Room 105	PRIMORDIAL SOUND MEDITATION 9:00 AM - 11:30 AM Studio Session 2 of 3
22		24	25	26	27	28
			SNOWFLAKE SHIBORI Workshop 10:00 AM - 12:00 PM Room 105 Supply cost: \$2. Limited to 15 participants			PRIMORDIAL SOUND MEDITATION 9:00 AM - 11:30 AM Studio Session 3 of 3
			HOME IMPROVEMENTS by Aloha Senior 411 10:00 AM - 11:00 AM Room 209			
			CONVERSATIONAL JAPANESE with Nadine Nishioka 10:00 AM - 11:00 AM Room 104			
1-Mar	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar
						CHIGIRI'E WORKSHOP 9:00AM - 12:00PM ROOM 105

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

7.

MOILIILI SENIOR CENTER PROGRAM SCHEDULE FEBRUARY 2026

IN-PERSON CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAH-JONG <i>INTERMEDIATE/ADV.</i> 7:30AM - 12:00PM ROOM 207-208	LINE DANCE 1 8:00AM - 9:30AM WEINBERG <i>* Wait List</i>	SHODO 9:00AM - 11:00AM ROOM 202	MAH-JONG <i>INTERMEDIATE/ADV.</i> 7:30AM - 12:00PM ROOM 207-208	FREE PLAY HANAFUDA 8:30AM - 10:30AM ROOM 209
CARD GAMES, HANAFUDA MEMORY GAMES 8:00AM - 12:30PM ROOM 202		BEG/INT TAI CHI 9:00AM - 10:00AM STUDIO		DRAWING & PAINTING 9:00AM - 12:00PM ROOM 207-208
BON DANCE by Toshi 9:00AM - 11:00AM STUDIO	KNIT/CROCHET & CRAFT 8:30AM - 10:30AM ROOM 209	BON DANCE by Joyce Novice: 9:00AM - 10:15AM Beginner: 10:30AM - 11:45AM Room 305	HULA <i>INTERMEDIATE/ADV.</i> 8:45AM - 9:45AM WEINBERG <i>*Wait List</i>	R&L CHAIR EXCER 10:00AM - 10:30AM ROOM 105
BEG/INT TAI CHI 9:00AM - 10:00AM STUDIO	CONVERSATION JAPANESE by Masako, 9:00AM - 10:00AM ROOM 207	GROUP SINGING 9:00AM - 10:00AM WEINBERG		WELLNESS HULA 9:00 AM - 11:00 AM Room 305
SCRABBLE 9:30AM - 12:00PM Room 209	R&L NIKO NIKO GENKI TAISOO (STAND) 10:00AM - 11:00AM STUDIO	R&L NIKO NIKO GENKI TAISOO (CHAIR) 10:00AM - 10:45AM ROOM 207 - 208	ACCESSIBLE YOGA by Kumiko 9:30AM - 10:30AM STUDIO	UKULELE ROUNTABLE 8:30AM - 10:30PM ROOM 202 <i>* Wait List *</i>
R&L CHAIR EXERCISE 10:00AM - 10:30AM Room 105	ZUMBA GOLD 9:30AM - 10:30AM ROOM 105	CONVERSATION JAPANESE by Nadine 10:00AM - 11:00AM Room 105 2/11, Room 104 2/25		BEGINNER UKULELE 10:00AM - 10:45AM Room 105 (started 2/22)
PARKOUR 11:00AM - 12:30PM Studio (All levels)	ZUMBA TONING PIYO 10:30AM - 12:00PM WEINBERG	LINE DANCE 2 10:15AM - 11:30AM WEINBERG - <i>*Wait List</i>	INTERMEDIATE UKULELE 11:00AM - 12:00PM Room 105 (started 2/22)	RELAXATION YOGA 11:30AM - 12:30PM STUDIO, every other week 2/6, 2/20 & 3/6
OKINAWAN EISA DANCE 1:30PM - 2:45PM ROOM 305	SOROBAN 10:30AM - 11:30AM ROOM 208	OKINAWAN DANCE 10:30AM - 11:30AM STUDIO		SASHIKO with Leah 9:00AM - 11:00AM Room 202 (2/5, 2/26)
BUYO & ENKA 1:30PM - 3:00PM WEINBERG	BRAIN TRAINING 11:30AM - 12:30PM ROOM 202	HAWAIIAN HANAFUDA 11:30AM - 1:30PM Room 208		BON DANCE by Joyce Adv. Beg. 10:00AM-11:15AM Inter. 11:30AM-12:45PM Room 105
		KARAOKE 12:00PM - 2:00PM Room 209		PRIMORDIAL SOUND MEDITATION 9:00AM - 11:30AM STUDIO 2/14 to 2/28

VIA ZOOM - VIRTUAL/ON-LINE SCHEDULE

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	ADVANCED TAI CHI 9:15AM - 10:00AM		
	NIKO NIKO GENKI TAISOO 8:00AM VIA TV OLELO CH 54	ZENIDAIKO (BEGIN) 9:00AM - 10:00AM		
		SUZUKO 10:15AM - 11:00AM		
		CARD GAMES <i>This class via FaceTime</i> 1:00PM - 2:30PM		