Kaleidoscope September 2026 Issue #391

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
MONDAY, SEPTEMBER 7, Labor Day

LEI ILIMA WORKSHOP via online
SUNDAY, SEPTEMBER 13 I 1:00 PM I Via Zoom
Celebrate National Friendship Month by making a gift box and paper roll dolls.

HOW DOES MEDICARE PAY FOR HOSPICE, ASSISTED LIVING OR AT-HOME CARE (HEALTH TALK)
FRIDAY, SEPTEMBER 25
11:00AM – 12:00PM | Room 105
Learn the eligible requirements for Seniors. This talk will help seniors find ways to reduce health care expenses.

CLASS UPDATES:
RELAXING YOGA: No class in September.
ACCESSIBLE YOGA: No classes on Tuesdays, September 30, October 7 and October 14.
SOROBAN: Restarts Tuesday, 9/8.
CONVERSATIONAL JAPANESE WITH NADINE:
This class has a NEW NAME: **JAPANESE FOR JAPAN TRAVEL.** It meets **every Wednesday.** except on Wednesday **September 16.** Class will meet instead on **Tuesday, September 15** as a make-up session.
WELLNESS HULA: No class Friday September 25.
KARATE: No classes in September-November. Restart will be announced in December's newsletter.
SOLO UKULELE I: In the new year, starting January 7, 2027 the class will be divided into 2 levels:
Intermediate: 11:30 AM – 12:30 PM
Beginners: 12:45 PM- 1:30 PM

NEW CLASS: RUMMI KUB with Michael Cheang
Ends Tuesday, September 8. Restart date to be advised.
TUESDAYS, 10:30 AM – 12:30 PM, ROOM 207
Come learn and play **Rummi-kub,** a fun and engaging tile game that combines numbers, strategy, and a little luck! It's a great way to exercise your mind while enjoying friendly competition and meeting others. **All skill levels are welcome, from first-time players to experienced players.** Michael will help newcomers learn the game, so come join the fun!
Sign up with the MSC office in Room 203 or call **(808) 955-1555, option 1.**

COVID and FLU VACCINATIONS – MCC will receive updates from the pharmacist as to when they will be available to offer vaccinations at our center. Stay tuned for announcement date, possibly in October.

NEW TEACHER for Beginner Line Dancing!
Virg will stop teaching her Beginners' Line Dancing class starting **January 5, 2027.** Toshiki Misawa will continue the class.

NEW! BEGINNER JAPANESE CLASS
TUESDAYS, 9:30AM–11:00AM | Room 202
BEGAN AUGUST 11 – There is still room to join!
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.

THE ART OF JAPANESE GIFT WRAPPING
A Special Presentation & Hands-On Workshop with Megumi Inouye.
WEDNESDAY, OCTOBER 14 –10:00–11:30 a.m.
Room 105
Discover how a simple sheet of paper can become a beautiful expression of thoughtfulness and gratitude. Join Megumi Inouye, acclaimed gift-wrapping artist and author, for a special morning exploring the Japanese-inspired art and philosophy of gift wrapping. Megumi will share her creative no-tape techniques and guide participants in making a modern folded gift box from ordinary paper.
Participants will also fold a special "heart of gratitude." Time permitting, she will also demonstrate her unique no-tape method for wrapping a book.
Following the presentation, Megumi will answer questions. She will bring signed copies of her book.
Space is limited. Please sign up with the Moiliili Senior Program office in Room 203 or call to reserve your seat.

SAVE THE DATE RUMMAGE & COLLECTIBLE SALES
THURSDAY, OCTOBER 22
9:00AM – 12:00PM at MCC GARAGE

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.

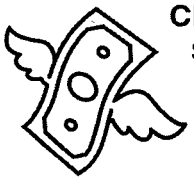
MEMBERSHIP & REGISTRATION

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 ETIQUETTE

- 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.

THANK YOU FOR SUPPORTING OUR RUMMAGE SALES!

We appreciate the many MSC members who generously donate items for our future rummage sales.

To help us safely receive and store your donations, please remember **Donation Drop-Off Times Are the Following: Mondays & Fridays ONLY, 8:00 AM – 5:00 PM.**

Please bring all donations inside the MCC lobby. Do not leave donations outside, on the grounds, or near building entrances. Items left outdoors may be vandalized or torn open, creating litter and attracting insects or animals.

Your generosity is greatly appreciated. Following our drop-off schedule helps us keep the MCC campus clean, safe, and welcoming.

Mahalo for your donations and cooperation!

KEEP IMPORTANT INFORMATION EASY TO FIND

A little preparation at home can make a big difference when help is needed. Consider keeping a clearly marked sheet with your **emergency contacts, current medications, allergies, doctor's name, and preferred hospital** in an easy-to-find location, such as on the refrigerator.

Make sure a trusted family member or friend knows where this information is kept. It is also helpful to periodically review your emergency contacts and medication list so they remain current.

Being prepared today can save valuable time when every minute matters.

GIVE YOUR BRAIN A MEMORY WORKOUT

Instead of reaching for your phone or writing something down right away, give your memory a chance to work. Try recalling your grocery list, the names of people you met, or what you did yesterday before checking.

Another simple exercise is to look at several objects, cover them, and see how many you can remember. You can also try recalling the details of a favorite song, movie, or family gathering. Regularly asking your brain to retrieve information helps keep it active. Make it fun. It doesn't have to be perfect. **The goal is simply to give your memory a little exercise each day.**

MAKE TIME FOR SOCIAL CONNECTION

Staying connected with others is an important part of healthy aging. A friendly conversation, sharing a meal, attending a class, playing a game, or simply laughing with others can brighten your day and keep you engaged.

Social connection doesn't have to mean a large gathering. Say hello to someone new at MCC, call a friend you haven't spoken with recently, or invite someone to join you for an activity. Meaningful connections can support your mood, stimulate your mind, and create a greater sense of belonging. **Sometimes a simple conversation can be the best part of someone's day.**

TAKE CARE OF YOUR HANDS

Our hands work hard every day and deserve a little extra care as we age. Keep them comfortable by using moisturizer regularly, especially after washing, and wear gloves when gardening, cleaning, or working with household chemicals. Gentle finger and wrist movements can also help maintain flexibility.

Pay attention to changes such as persistent swelling, stiffness, numbness, tingling, or changes in your nails or skin. Avoid forcing painful joints when opening jars or carrying heavy items.

If discomfort or changes continue or begin **interfering with daily activities, consider discussing them with your healthcare provider.**

A FRIENDLY REMINDER ABOUT FREE-PLAY ACTIVITIES

MSC is pleased to offer a variety of **free-play activities** where members can gather, socialize, and enjoy games and activities together. Please remember that free-play activities are different from our instructor-led classes.

Free-play activities do not have a teacher or designated instructor. Members participate together and share responsibility for keeping the activity enjoyable and running smoothly.

When someone new joins, we encourage our experienced players to extend a warm welcome and, within reason, help the newcomer become familiar with the group's established rules, procedures, and style of play. A little patience and encouragement can make a new member feel comfortable and included.

At the same time, members joining an established free-play activity should understand that the group will continue to play at its regular pace. New participants should have a basic ability to follow the activity, respect established rules and time limits, and keep pace with play with reasonable assistance from fellow participants.

Free play is a shared experience. It works best when experienced members offer courtesy and reasonable guidance, while newer members respect the pace and expectations of the group.

Our goal is to find that balance of **welcoming others while allowing everyone to enjoy the activity at a comfortable and reasonable pace.**

Thank you for bringing patience, consideration, and aloha to every MSC activity.

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.

VOLUNTEER IN 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 in our senior community. Volunteering is a wonderful way to meet people, stay active, share your talents, and make a meaningful contribution at MCC.

Volunteers may assist with classes and activities, special events, projects, or simply lend an extra set of hands when needed. **No special skills are required—being dependable, friendly, and willing to help can make a wonderful difference.**

Whether you can volunteer occasionally or on a regular basis, we would be happy to have you join us!

MAKE YOUR SMARTPHONE EASIER TO USE

Your phone has several built-in features that can make everyday use easier and more comfortable.

- **Make text larger:** Increase the font size so messages, emails, and menus are easier to read.
- **Turn up screen brightness:** Adjust the display when text is difficult to see, especially outdoors.
- **Use voice-to-text:** Tap the microphone on your keyboard and speak instead of typing a long message.
- **Try the flashlight:** Most smartphones have a flashlight built into the quick-access menu—handy for dark walkways, menus, or finding something at night.
- **Add important contacts to Favorites:** Keep family members and frequently called numbers easy to find.
- **Use your camera to remember things:** Take a picture of where you parked, a product label, appointment information, or something you want to remember later.
- **Set reminders and alarms:** Ask your phone to remind you about an appointment, activity, or something you need to do.

Don't be afraid to explore your phone! Learning just one new feature at a time can make technology much more useful in everyday life.

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

MCC CLOSED DATES FOR 2026

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

MAKE YOUR HOME SAFER FOR EVERYDAY LIVING

Small changes around the home can make daily activities easier and help prevent accidents. Take a few minutes to look around your home with safety in mind.

Keep Pathways Clear. Remove boxes, bags, cords, and other items from areas where you regularly walk.

Improve Lighting. Make sure hallways, stairs, entrances, and bathrooms are well lit. Consider nightlights for areas you use after dark.

Keep Essentials Within Reach. Store frequently used items where you can reach them comfortably without climbing or stretching.

Use Extra Care in the Bathroom. Keep floors dry and consider non-slip surfaces in the shower or tub.

Check Your Kitchen. Avoid placing heavy or frequently used items on high shelves. Keep pot handles turned inward while cooking.

Keep Emergency Numbers Handy. Post important phone numbers somewhere easy to find and keep your cellphone nearby.

Take Your Time. Many household accidents happen when we are rushing. Slow down, use handrails when available, and ask for help when a task feels unsafe.

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.

GIVE YOUR EYES A DAILY BREAK

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.
Japanese for Japan Travel: 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.

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, music keys, multicultural songs, and percussion. Bring your own ukulele, 3-ring binder, and pen/pencil. Music stand optional. Limited loaner ukuleles available in MSC office, Room 203.
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.
Rummi-Kub: A fun, social game using numbered tiles to create sets and runs. Combines strategy and luck. All skill levels welcome; beginners can learn as they play.
Scrabble: Free-play word game for experienced players. No instructor provided. Players should know the basic rules and be able to maintain the group's established pace of play.**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 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.
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 ordering contact us at (808) 955-1555, selection option 1 for MSC office. Keep in mind tht we do not store credit card information.

"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

Zeffy Contribution: When paying online, Zeffy may suggest an optional contribution to support its free nonprofit payment service. To decline, select **"Other"** in the contribution field and enter **$0**.
MCC will cover the processing fee.
If you choose to contribute to Zeffy, your contribution helps Zeffy continue providing its payment platform and customer support to nonprofits like MCC at no cost.

Moiliili Senior Center

SPECIAL EVENTS CALENDAR - SEPTEMBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	**5** **CHIGIRIE** 9:00 AM - 12:00 PM Room 105
6	7	8	9	10	11	12
13 **LEI ILIMA WORKSHOP** Nat'l Friendship Month Gift Box & Paper Dolls 1:00 PM Via Zoom	14	15	16	17	18	19
20	21	22	23	24	**25** **HOW DOES MEDICARE PAY FOR HOSPICE, ASSISTED LIVING OR IN-HOME CARE (HEALTH TALK)** 11:00 AM - 12:00 PM ROOM 105	26
27	28	28	30			

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

SEPTEMBER 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 *** **KNIT/CROCHET & CRAFTS** 8:30AM - 10:30AM I Room 209	**SHODO** 9:00AM - 11:00AM ROOM 202 **BEG/INT TAI CHI** 9:00AM - 10:00AM / STUDIO ***Wait List***	**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	**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	**ACCESSIBLE YOGA** **by Kumiko** 9:30AM - 10:30AM STUDIO No classes 9/30, 10/7, 10/14	**FREE PLAY HANAFUDA** 8:30AM - 10:30AM ROOM 209 **DRAWING & PAINTING** 9:00AM - 12:00PM ROOM 207-208
BON DANCE by Toshi *Beg./ Inter.* 9:00AM- 11:00AM ROOM 305	**BEGINNER JAPANESE by Megumi** 9:30AM - 11:00AM ROOM 202 **R&L NIKO NIKO GENKI TAISOO** **STANDING EXERCISE** 10:00AM - 10:45AM / STUDIO	**GROUP SINGING** 9:00AM - 10:00AM / WEINBERG ***Wait List***	**UKULELE** **BEGINNERS:** 10:15AM-11:00AM **INTERMEDIATE:** 11:15AM-12:00PM ROOM 105	**R&L CHAIR EXERCISE** 10:00AM - 10:30AM ROOM 105
BEG/INT TAI CHI 9:00AM - 10:00AM STUDIO ***Wait List***	**ZUMBA GOLD** 9:30AM - 10:30AM / ROOM 105	**R&L NIKO NIKO GENKI TAISOO** **CHAIR EXERCISE** 10:00AM - 10:45AM ROOM 207 - 208	**SASHIKO by Leah** 9:00AM - 11:00AM ROOM 202 9/3 & 9/24	**WELLNESS HULA** 9:00AM - 11:00AM ROOM 305 ***Wait List*** no class 9/25
SCRABBLE 9:00AM -12:00PM ROOM 209	**ZUMBA TONING** 10:30AM - 12:00PM / WEINBERG WEINBERG	**JAPANESE FOR JAPAN TRAVEL by Nadine** 10:00AM - 11:00AM / ROOM 105 No class on 9/16. Make up class is on 9/15	**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*
R&L CHAIR EXER. 10:00AM - 10:30AM ROOM 105	**SOROBAN** 10:30AM - 11:30AM ROOM 208 Restarts on 9/8	**LINE DANCE 2** 10:15AM - 11:30AM WEINBERG ***Wait List***		**BUYO & ENKA** 1:00PM - 3:00PM WEINBERG
PARKOUR 11:00AM - 12:30PM STUDIO	**RUMMI-KUB** (all levels) 10:30AM - 12:30PM ROOM 207 Restarts 10/20	**OKINAWAN DANCE** 10:30AM - 11:30AM STUDIO		**INTRODUCTION** **HAWAIIAN LANGUAGE** 12:00PM - 1:30PM Room 209
OKINAWAN EISA DANCE 1:30PM - 3:00PM ROOM 305	**BRAIN TRAINING** 11:30 AM - 12:30 PM ROOM 202	**HAWAIIAN HANAFUDA** 11:30AM - 1:30PM I ROOM 208		
BUYO & ENKA 1:00PM - 3:00PM WEINBERG	**WELLNESS HULA** 11:30 AM - 1:30 PM / ROOM 305	**KARAOKE** 12:00PM - 2:00PM / ROOM 209		**SUNDAY**
	KARATE 5:30PM - 7:30PM STUDIO		**KARATE** 5:30PM - 7:30PM / STUDIO No classes Sept. through Nov.	**KARATE** 10:00AM - 12:00PM STUDIO No classes Sept. through Nov.

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.or+A1:E53g