

# Kaleidoscope March 2026 Issue #385

**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!** Happy March! May the Year of the Horse bring you strength for new beginnings.

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## **FREE TAX HELP by IRS Certified Volunteer Income Tax Assistants - Must sign-up. No walk-ins accepted Thursday, March 12**

9:00 AM – 12:00 PM Room 209   
1:00 PM – 3:00 PM Room 207

IRS Certified Volunteer Income Tax Assistants will work with you for 30 minutes to file your tax return.

Call (808) 955-1555 to book your appointment with the senior center office or come to room 203 to sign up.

### **Requirements:**

2025 Annual Income cannot be more than \$67,000

Cannot own rental property

Cannot be a Veteran (there are other city resources which will help Veterans)

Personal tax return filings only, not business filings

Bring your Photo ID, SS Card or ITIN for you and your spouse if filing married.

Also bring forms (W-2, 1099, SSA-1099, 1099-R, etc.) and Last Year's tax return (if you filed). You will also need your health insurance forms and for those who wish to have direct deposit, please bring your bank routing and account numbers. For those who have received any IRS or State Tax letters, please bring that as well.

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## **MEDICARE UPDATES: HMSA, The Humana, Devoted & More**

**Friday, March 13 11:00 AM – 12:00 PM Room 105**

Important changes are currently taking place in Hawai'i involving Medicare contracts, healthcare providers, and insurance plans. Mergers and contract negotiations may affect which medical groups and physician offices can bill certain Medicare Advantage plans, including Humana and Devoted.

Join us for an informational session with Peter Chock who will provide updates on what is happening statewide and what these changes may mean for seniors.

**Please note:** Peter is not attempting to sell plans nor replace your current agent. This session is strictly educational and intended to help you stay informed during this period of transition. Peter is a retired pharmacist from Honolulu with over 40 years of experience working with medical doctors and medicine. We encourage members to attend and stay informed about developments that may impact your healthcare coverage and provider access.

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## **THINK SMART - TAKING CARE OF THE AGING BRAIN Wednesday, March 18 10:00 AM – 11:00 AM**

Room 105

UH Center on Aging will talk about best ways to care for your brain! University aging specialists will share best practices. Learn how to keep your brain as healthy as possible for as long as possible. Learn how to stimulate the brain of a loved one, including those who may be living with dementia. Good brain health practices will be discussed so that caregivers know how to remain mentally fit as they and their loved ones age in place at home. Resources for brain health will be shared.

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## **UNDERSTANDING THE BRAIN & STROKES**

Friday, March 20 11:00 AM – 12:00 PM Room 105

Dr. James Yamashita will share brain basics and understanding the importance of identifying a stroke and how to quickly help someone.

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## **LEI ILIMA CRAFT WORKSHOP - ONLINE**

**Sunday, March 22 1:00 PM – 2:00 PM, via ZOOM**

Bunny boxes and other paper craft goodies. If you are new to the class, please call the senior office to receive the online link and instructions, (808) 955-1555.

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## **THE CENTER WILL BE CLOSED**

**THURSDAY MARCH 26 Prince Kuhio Day**

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## **PRIMORDIAL SOUND MEDITATION (PSM)**

**Saturday, March 14 9:00 AM – 3:00 PM**

Lunch Break: 12:00 PM – 1:00 PM

In the Studio

Join us for a FREE one-day workshop to learn practical tools. Primordial Sound Meditation (PSM) is a meditation technique rooted in the ancient wisdom traditions of India. It uses specific primordial sounds considered the most essential sounds of nature to help quiet the mind and disconnect from the constant activity of daily life. Regular practice may support:

- Reduced stress and anxiety
- Improved sleep
- Healthier blood pressure
- Better digestion
- Greater emotional balance

PSM is recommended by Deepak Chopra, MD, co-founder of the Chopra Center for Wellbeing. During this workshop, a certified instructor will guide you step-by-step through the process so you can **confidently practice on your own anytime, anywhere. Important: Primordial Sound Meditation Participants must contact the instructor no later than March 7 at (808) 780-7306 to receive a personalized meditation sound**

recording based on their birth date. You will use this recording at this workshop.

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## FREE LEGAL SERVICES FOR SENIORS

**Wednesday, March 25 10:00 AM – 11:00 AM**

Room 209

Professors and law students from the University of Hawai'i William S. Richardson School of Law will provide an overview of free legal services available to seniors. Learn about the types of assistance offered and take the opportunity to ask general legal questions during this informative session.

This is a valuable resource for seniors seeking guidance and support — we encourage all members to attend.

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## THE FOLLOWING CLASSES ARE CANCELLED

Saturday, March 7	<u>Bon Dance with Joyce</u>
Monday, March 9	<u>Okinawan Eisa Dance</u>
Wednesday March 11	<u>Bon Dance with Joyce</u>
Wednesday March 18	<u>Line Dance</u>
Wednesday March 18	<u>Group Singing</u>
Saturday April 4	<u>Bon Dance with Joyce</u>
Tuesdays, March 10, 17, 24, 31	<u>Brain Training</u>
Tuesday, April 7	Brain Training

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## APRIL EVENT

### THE IMPORTANCE OF PARTICIPATING IN RESEARCH Medical Research for Asian American & Pacific Islander Seniors

Wednesday, April 22

10:00 – 10:30 AM | Presentation | Room 105

10:30 – 11:30 AM | Resource Table with UH

Representatives

The University of Hawai'i 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.

During this presentation, members will 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 from the UH Center on Aging 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/>

We encourage all members to attend and discover how your participation can help strengthen research that benefits our community.

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## JOINT FUNDRAISER: TEMARI & MOILIILI COMMUNITY CENTER

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

**Sunday, April 26**

5:00 PM – 9:00 PM

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.

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## COMMUNITY EVENT

Lavern from Da Ohana Kine Snack Shop is having a  
**Mother's Day Fun Fair Celebration**

Saturday April 11 9:00 AM – 2:00 PM

2065 S. King Street

**Musical Performers include**

Pineapple Slice 9:00 AM – 11:00 AM

The Groove Band 11:00 AM – 1:00 PM

Rolando Sanchez & El trio 1:00 PM – 2:00 PM

Emcee by Al Simbahon

Steak Plates, Bentos, KC Waffle Dogs, Cookies

Taco Nachos, Guri Guri, Sorbet Mochi and Coffee

Come join your neighbors for some fun, food, music and Latin dancing!

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## VOTER REGISTRATION REMINDER

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Hawai'i is a vote-by-mail state. All registered voters automatically receive their ballot by mail so it is important to make sure your registration and mailing address are current.

✓ **Register to vote or check your status online:**  
[elections.hawaii.gov](https://elections.hawaii.gov)

✓ **Update your mailing address if you have moved:**  
[elections.hawaii.gov](https://elections.hawaii.gov)

✓ **Call the Hawai'i Office of Elections:**  
(808) 453-VOTE (8683)

Voter Registration Applications are also available at post offices and public libraries.

Keeping your information updated ensures your ballot is mailed to the correct address for upcoming elections.

## 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 riding 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 restroom entry door open. 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

 **MSC 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. 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 [moililicc.org](http://moililicc.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 for the Moiliili Senior Center's Rummage Sales.

To help our administrative staff manage their duties across all departments, donation drop-offs are accepted only on Mondays and Fridays at the Administration Office, 1st Floor Front Desk.

If you need to make a drop-off outside these days, please call (808) 955-1555 and ask for the Senior Center Program Office to arrange an alternate time.

Please note:

- No weekend drop-offs due to limited staff and storage capacity.
- Do not leave items curbside. This helps prevent damage or tampering.

Your cooperation ensures the MCC staff can serve all programs efficiently while keeping donations safe and ready for future sales. Thank you for your generosity and understanding!

### 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. 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](mailto:bodycompstudies@cc.hawaii.edu)

## Important Reminders for the 2026 Elections

### From the Hawai'i Office of Elections

Your voice matters. The decisions made in 2026 will affect healthcare, housing, transportation, and senior services. Please take a moment to review these important reminders:

#### ✓ Hawaii is Vote-By-Mail

Hawai'i is a vote-by-mail state. If you are registered, your ballot will automatically be mailed to you for every election.

#### Key Dates

- Primary Election: Saturday, August 8, 2026
- General Election: Tuesday, November **3, 2026**

#### When Ballots Arrive

- Primary Election ballots mailed around July 21
- General Election ballots mailed around October 16

#### Check Your Voter Registration

Make sure your name and mailing address are correct. If you moved or changed your mailing address, you must update it.

- Online: [elections.hawaii.gov](https://elections.hawaii.gov)
- Phone: (808) 453-VOTE (8683)
- Paper forms available at post offices and libraries

#### Track Your Ballot

You can sign up for text, email, or phone alerts to know when your ballot is mailed and received.

Sign up at [elections.hawaii.gov](https://elections.hawaii.gov)

#### Sign Your Return Envelope

Your ballot will NOT be counted unless you sign the return envelope.

#### Return Deadline

Your voted ballot must be received by 7:00 PM on Election Day.

You may return it by mail or drop it at a ballot drop box.

#### Accessible Voting & Help Available

You may receive help with registering, reviewing, marking, and returning your ballot.

Options include:

- Voting at a Voter Service Center using accessible equipment
- Requesting an electronic ballot (for voters with print disabilities)
- Getting assistance from a person of your choice

*Note: Assistance cannot come from a candidate on the ballot, your employer, or a union agent.*

**For help or locations: (808) 453-VOTE (8683) or [elections.hawaii.gov](https://elections.hawaii.gov)**

## Why the 2026 Elections Matter to Seniors

The people and issues on the 2026 ballot help decide how resources are spent and which services are protected. Your vote helps shape decisions that directly affect your daily life.

### Governor & Lieutenant Governor

These leaders guide the overall direction of Hawai'i. They influence:

- Funding for senior programs and adult day care
- Health care access and Medicaid
- Housing and homelessness programs
- Emergency preparedness and disaster response

### State Senators & State Representatives

These lawmakers write and pass Hawai'i's laws and budget. They decide:

- Support for senior centers and nutrition programs
- Transportation funding and road repairs
- Prescription drug and health policy protections
- Caregiver and aging-in-place support

### Honolulu City Council

City Council members make decisions close to home, including:

- Bus routes, sidewalks, and crosswalk safety
- Parks, community centers, and senior facilities
- Zoning and neighborhood development
- City services and public safety

### U.S. House of Representatives

These members represent Hawai'i in Washington, D.C. and help decide:

- Medicare and Social Security policies
- Federal funding for health care and housing
- Disaster relief and infrastructure dollars

### U.S. Senate

U.S. Senators represent Hawai'i in Washington, D.C. and serve six-year terms. They help decide:

- Medicare, Medicaid, and Social Security policies
- Federal health care laws
- Veterans' benefits
- Disaster relief funding
- Confirmation of federal judges and cabinet officials

### Ballot Questions (if any)

Some elections include yes/no questions on laws or constitutional changes. These can affect how government works and how programs are funded.



### Why Your Vote Matters

You have earned your voice. Voting is one way to protect the programs and services that support seniors today and future generations.

**Your voice matters. Your vote matters.**

Form bonds of friendship with many of the wonderful people in our community!

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### VIRTUAL CLASSES VIA ZOOM

#### WEDNESDAYS:

**Beginning Tai Chi 8:00 AM – 9:00 AM** Gentle stretches and movements.

#### THURSDAYS:

**Zenidaiko Advanced 1:00 PM – 2:00 PM** Traditional Japanese performance using movement and sticks with bells.

**Suzuko 2:15 PM – 3:00 PM**

A choreographed dance incorporating bells for rhythmic movement.

#### FRIDAYS:

**Beginning Tai Chi 8:00 AM – 9:00 AM**

**Zenidaiko Beginners 9:00 AM – 10:00 AM**

**Suzuko 10:15 AM – 11:00 AM**

**Card Games 1:00 PM – 2:30 PM**

Enjoy social time and traditional card games like Trumps, Poker, Crazy 8 and one-of-a-kind card games. **CARD GAMES ARE VIA FACETIME.**

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### 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](mailto:bodycompstudies@cc.hawaii.edu)

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🌸 MCC CLOSED DATED 🌸

Please mark your calendar

### 2026 HAWAI'I STATE HOLIDAYS

- 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

## 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.

### 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>

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### 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.**

## 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 5<sup>th</sup> Wednesday of the month.*



### 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 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

**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 5<sup>th</sup> Wednesday of the month.*

**Suzuko:** Choreographed dance with bells.

**Ukulele Roundtable:** Collaborative sessions exploring variety of styles, genres and more advanced chord options. Pre-requisites: ability to read treble clef; 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 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 the space.** If you move chairs or tables during class, please return them to their original positions before you leave.
- **Be considerate of others.** A friendly, respectful attitude helps create a welcoming environment for all.
- **Restroom access.** Keys for the bathrooms are located at the front entry of each classroom. Please remember to return them after use.
- **Sign in for every class.** It is very important that you record your attendance on the class sign-in sheet each time you participate.

**Your signature does more than track attendance, it 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.

## Moiliili Senior Center

### SPECIAL EVENTS CALENDAR - MARCH 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
						<b>CHIGIRI'E WORKSHOP</b> 9:00AM - 12:00PM ROOM 105
8	9	10	11	12	13	14
					<b>MEDICARE UPDATES</b> HMVA, HUMANA, DEVOTED Many changes coming to these plans 11:00 AM - 12:00 PM ROOM 105	<b>PRIMORDIAL SOUND MEDITATION</b> 9:00 AM - 3:00 PM STUDIO (break for lunch 12:00 PM - 1:00 PM)
15	16	17	18	19	20	21
			<b>THINK SMART - TAKING CARE OF THE AGING BRAIN</b> UH Center for Aging 10:00 AM - 11:00 AM ROOM 105		<b>UNDERSTANDING THE BRAIN &amp; STROKES</b> Dr. James Yamashita 11:00 AM - 12:00 PM ROOM 105	
22	23	24	25	26	27	28
<b>LEI ILIMA CRAFT WORKSHOP</b> 1:00 PM - 2:00 PM Bunny boxes via ZOOM			<b>FREE LEGAL SERVICES FOR SENIORS</b> Talk by UH 10:00 AM - 11:00 AM ROOM 209	<b>CENTER CLOSED</b> Prince Kuhio Day		
29	30	31	1-Apr	2-Apr	3-Apr	4-Apr
						<b>CHIGIRI'E WORKSHOP</b> 9:00AM - 12:00PM ROOM 105

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

**MOILIILI SENIOR CENTER PROGRAM SCHEDULE**

**M A R C H 2 0 2 6**

**IN-PERSON CLASS SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAH-JONG</b> <i>Inter./Adv.</i> 7:30AM - 12:00PM ROOM 207-208	<del><b>LINE DANCE 1</b> 8:00AM - 9:30AM WEINBERG * Wait List *</del>	<b>SHODO</b> 9:00AM - 11:00AM ROOM 202	<b>MAH-JONG</b> <i>Inter./Adv.</i> 7:30AM- 12:00PM ROOM 207-208	<del><b>UKULELE ROUNDTABLE</b> 8:30AM - 10:30AM ROOM 202 *Wait List*</del>
<b>CARDS/PUZZLES/JENGA HANAFUDA/MEMORY GAMES</b> 8:00AM - 12:30PM ROOM 202	<b>KNIT/CROCHET &amp; CRAFTS</b> 8:30AM - 10:30AM ROOM 209	<del><b>BEG/INT TAI CHI</b> 9:00AM - 10:00AM STUDIO *Wait List*</del>	<b>ACCESSIBLE YOGA</b> by Kumiko 9:30AM - 10:30AM STUDIO	<b>FREE PLAY HANAFUDA</b> 8:30AM - 10:30AM ROOM 209
<b>BON DANCE by Toshi</b> <i>Beg./ Inter.</i> 9:00AM- 11:00AM ROOM 305	<del><b>CONVERSATIONAL JAPANESE</b> Beg.: 9:00AM-10:00AM Inter.: 10:00AM - 11:00AM ROOM 207 * Wait List *</del>	<b>BON DANCE by Joyce</b> Novice 9:00AM - 10:15AM Beginner 10:30AM-11:45AM ROOM 305 No class 3/11	<b>BEGINNING UKULELE</b> 10:00AM - 10:45AM ROOM 105 (started 1/22)	<b>DRAWING &amp; PAINTING</b> 9:00AM - 12:00PM ROOM 207-208
<del><b>BEG/INT TAI CHI</b> 9:00AM - 10:00AM STUDIO *Wait List*</del>	<b>R&amp;L NIKO NIKO GENKI TAISOO (STAND)</b> 10:00AM - 10:45AM STUDIO	<del><b>GROUP SINGING</b> 9:00AM - 10:00AM WEINBERG *Wait List* No class 3/18</del>	<b>INTERMEDIATE UKULELE</b> 11:00AM - 12:00PM ROOM 105 (started 1/22)	<b>R&amp;L CHAIR EXERCISE</b> 10:00AM - 10:30AM ROOM 105
<b>SCRABBLE</b> 9:30AM -12:-00AM ROOM 209	<b>ZUMBA GOLD</b> 9:30AM - 10:30AM ROOM 105	<b>R&amp;L NIKO NIKO GENKI TAISOO (CHAIR)</b> 10:00AM - 10:45AM ROOM 207 - 208	<b>SASHIKO with Leah</b> 9:00AM - 11:00AM ROOM 202 Meets 3/12, 4/2, 4/16, 4/30	<b>WELLNESS HULA</b> 9:00AM - 11:00AM ROOM 305
<b>R&amp;L CHAIR EXER.</b> 10:00AM - 10:30AM ROOM 105	<b>ZUMBA TONING</b> 10:30AM - 12:00PM WEINBERG	<b>CONVERSATIONAL JAPANESE by Nadine</b> 10:00AM - 11:00AM <i>Room 105 3/11 &amp; 3/25</i>		<b>RELAXATION YOGA</b> 10:00AM - 11:15AM STUDIO Meets 3/6, 3/20
<b>PARKOUR</b> 11:00AM- 12:30PM Studios(All Levels)	<b>SOROBAN</b> 10:30AM - 11:30AM ROOM 208	<del><b>LINE DANCE 2</b> 10:15AM - 11:30AM WEINBERG *Wait List* No class 3/18</del>		<b>BUYO &amp; ENKA</b> 1:00PM - 3:00PM WEINBERG
<b>OKINAWAN EISA DANCE</b> 1:30PM - 3:00PM ROOM 305 3/9 - No Class	<b>BRAIN TRAINING</b> 11:30 AM - 12:30 PM ROOM 202 No classes 3/10 through 4/7	<b>OKINAWAN DANCE</b> 10:30AM - 11:30AM STUDIO		<b>SATURDAY</b> <b>BON DANCE by Joyce</b> Adv. Beg. 10:00AM-11:15AM Inter. 11:30AM -12:45PM No Class 3/7 *Wait List*
<b>BUYO &amp; ENKA</b> 1:00PM - 3:00PM WEINBERG		<b>HAWAIIAN HANAFUDA</b> 11:30AM - 1:30PM ROOM 208		<b>PRIMORDIAL SOUND MEDITATION</b> 9:00AM - 3:00 PM Lunch break 12:00PM-1:00pm STUDIO Meets only on 3/14 this mo.
		<b>KARAOKE</b> 12:00PM - 2:00PM ROOM 209		



**VIRTUAL/ON-LINE SCHEDULE Call Senior Center for Invite Link: (808) 955-1555**

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BEGINNING TAI CHI</b> 8:00AM - 9:00AM	<b>ZENIDAIKO ADVANCED</b> 1:00PM - 2:00PM	<b>BEGINNING TAI CHI</b> 8:00AM - 9:00AM		<b>LEI ILIMA CRAFT WORKSHOP</b> Bunny boxes 1:00PM One Sunday only 3/22
	<b>SUZUKO</b> 2:15PM - 3:00PM	<b>ZENIDAIKO (BEGIN)</b> 9:00AM - 10:00AM		
	<b>NIKO NIKO GENKI TAISOO</b> 8:00AM TV OLELO CH 54	<b>SUZUKO</b> 10:15AM - 11:00AM		
		<b>CARD GAMES</b> 1:00PM - 2:30PM		



# ST. PATRICK'S DAY SEARCH



FIND WORDS ASSOCIATE WITH ST. PATRICK. WORDS COULD BE IN ANY DIRECTION.

K	Z	U	C	M	N	I	B	N	W	Q	Z	W	F	Q
W	C	Z	Q	C	W	T	E	Y	X	W	J	B	A	P
F	P	U	Z	S	E	R	M	J	K	P	G	U	N	O
D	D	W	L	B	B	E	E	L	G	C	R	B	J	T
H	W	R	O	W	K	M	R	Q	N	O	E	N	U	A
J	T	U	N	O	J	I	A	V	G	D	E	L	C	T
L	D	L	O	G	W	L	L	G	F	M	N	I	F	O
S	D	N	G	S	I	D	D	S	W	R	U	B	E	F
A	I	E	I	R	M	O	Z	G	T	H	H	K	H	I
T	S	H	A	M	R	O	C	K	A	C	A	D	Q	F
I	F	O	J	C	L	J	S	N	A	N	X	K	F	B
A	D	F	Z	X	S	U	Y	H	S	P	J	I	C	E
S	A	J	L	I	M	E	R	I	C	K	O	T	Z	K
Q	W	E	G	D	B	T	L	B	M	P	V	Y	P	B
F	P	Q	E	C	N	U	A	H	C	E	R	P	E	L

SHAMROCK  
EMERALD  
LUCK

LIMERICK  
LELPRECHAUN  
POTATO

GREEN  
GOLD  
SNAKE

