

## Senior Center Class Descriptions

- **Mah-Jongg:** Chinese game played with tiles.
- **Card Games:** Various card games played with individual decks of cards.
- **Hawaiian Quilting:** A distinctive quilting style of Hawaii that uses large radially symmetric applique patterns.
- **Rhythm & Life (R&L) Chair Exercise:** Chair aerobic exercise to traditional Japanese music.
- **Friendly Matters:** An all-new class is in store when the center reopens. You the members should be excited. A place where you can gather to make friends. Through discussions. Got a question or any topic. We can share knowledge; help find answers or simply be entertained. Plus, much more.
- **Buyo & Enka:** Traditional kabuki inspired Japanese dance.
- **Buyo & Enka Beginners:** Traditional kabuki inspired Japanese dance for beginners.
- **Line Dance I:** Group choreographed dance, repeating a sequence of steps while arranged in one or more lines or rows.
- **Line Dance II:** Group choreographed dance, repeating a sequence of steps while arranged in one or more lines or rows.
- **Zumba Gold:** Modified Zumba class that recreates the original moves you love at a lower intensity.
- **Scrabble:** The ultimate crossword game in which every letter counts.
- **Okinawan Dance:** Traditional Okinawan dance.
- **Soroban:** Traditional Japanese abacus class.
- **Zumba/PiYo:** Zumba with Pilates and Yoga inspiration.
- **Fall Prevention:** Exercises to enhance balance and prevent falls.

- **Shodo:** Traditional Japanese calligraphy.
- **Niko Niko:** Chair exercise to Japanese music.
- **Ohana Karaoke:** Group singing using karaoke machine.
- **Kitsuke:** The art of wearing Japanese kimono.
- **Mind & Body Exercise:** Mind and Body Exercise Class is a combination of exercises that will stimulate your senses. Warmup, exercises and cool down. Part of the class will be to create Your Own Natural Inner Self in exercising. I'll be using specific types of music to help set the mood. Going to be fun. Your Mind and Body as One.
- **Hanafuda:** Japanese card game.
- **Koto:** Japanese string instrument (need to have own Koto).
- **Painting:** Instructed painting class.
- **Solo Ukulele I:** Beginning ukulele (If you were in Solo Ukulele I prior to the pandemic, please return to this class).
- **Solo Ukulele II:** Advanced ukulele (Please get instructor's permission to join this class).
- **Beginning Bon Dance:** Traditional Bon dance for beginners.
- **Tai Chi:** A series of gentle physical exercises and stretches.
- **Zenidaiko:** Choreographed dance with sticks.
- **Zenidaiko Beginners:** Choreographed dance with sticks for beginners.
- **Suzuko:** Choreographed dance with bells.
- **Lei Ilima:** Craft workshop.
- **Knit, Crochet, & Crafts:** Crochet, knitting, and more!