

**MOA HAWAII
FEBRUARY 2020**

MWC Hours of Operation: Mon – Fri 9:00 am – 5:00 pm, Sat 9:00 am – 3:00 pm

xSUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*These classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive	Kohrinka = flower arranging HPS = Health Promotion Seminar (open to The public)	**Please register for these classes by calling the MOA Wellness Center at (808) 952-6900				1
2 Morning Tea Meditation 7:30am to 8:30am Kohrinka Instructors Meeting and Workshop 9am - noon	3 Bontemae Tea Class (1 of 6) at the MOA Wellness Center 6:30 pm	4 Dr. Garcia 10am– noon OHWP Committee meeting with Dr. Garcia 12pm–1pm	5 MOA Taiso (exercise) 9:30 am and 10:30 am HPS at Kaneohe Comm Center 8:30am -10:30am	6	7	8 *Takane Kohrinka Class 9:30am-12pm HPS @ the Valley of the Temples, Byodo-In 12pm-3pm
9 Morning Tea Meditation 7:30am to 8:30am	10 HPS at Pearlridge Shopping Center Mauka (Uptown) 8:30am-10:30am OPT Continuing Education (taught in Japanese) 9:30am-noon Bontemae Tea Class (2 of 6) at the MOA Wellness Center 6:30 pm	11 Dr. Garcia 10am- noon	12 MOA Taiso (exercise) 9:30 am and 10:30am HPS at Kaneohe Comm Center 8:30am -10:30am MOA Board of Directors Meeting 6:30 pm	13	14 Starting from Scratch: Naturally Colored Sweets Workshop 12pm – 2pm OPT Continuing Education Class 9:30-noon Okazaki/Liu Kohrinka Class 6pm	15 *Morimoto Kohrinka Class 10:00am-noon *Otaguro/Tom Kohrinka Class 10am-noon *Nakano/Suenaga Kohrinka Class 1pm-3pm OPT Continuing Education Class 2pm at Toho No Hikari Social Hall
16 Morning Tea Meditation 7:30am to 8:30am	17 Oshiro Kohrinka Class at the MOA Wellness Center 6:30pm	18 Dr. Garcia 10am- noon OHWP Committee meeting with Dr. Garcia 12pm–1pm	19 MOA Taiso (exercise) 9:30 am and 10:30am HPS at Kaneohe Comm Center 8:30am -10:30am OPT Continuing Education Class 6:30pm	20	21 **Intro to MOA 3pm	22 *Takane Kohrinka Class 9:30am-12pm
23 Morning Tea Meditation 7:30am to 8:30am	24 HPS at Pearlridge Shopping Center Mauka (Uptown) 8:30am-10:30am Bontemae Tea Class (3 of 6) at the MOA Wellness Center 6:30 pm	25 Dr. Garcia 10am-noon *Nakata Kohrinka Class 6:30 pm	26 MOA Taiso (exercise) 9:30 am and 10:30 am HPS at Kaneohe Comm Center 8:30am -10:30am **MOA Discussion on “Makoto (Love and Sincerity)” 9:30am-11am	27 OHWP Lifestyle Improvement Program – Extended Session 9am-12pm *Nakata Kohrinka Class 4:30 pm	28 OHWP Lifestyle Improvement Program – Extended Session 9am-11:30am	29 OHWP Lifestyle Improvement Program & lunch – Intensive Session 9am – 3pm