



Kaleidoscope



October 2023

Moiliili Senior Center Program at Moiliili Community Center
2535 South King Street, Honolulu, Hawaii 96826 | Phone: (808) 955-1555
Email: seniorcenter@moililicc.org | Website: www.moililicc.org

A program for those 60 years and above, living from Ward Avenue through to Hawaii Kai. This 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 Hawaii Executive Office on Aging and administered by Moiliili Community Center. MCC- An Aloha United Way Agency



Moiliili Senior Center Rummage Sale


Join us for a fantastic shopping experience at the Moiliili Senior Center Rummage Sale, where bargains galore await you! Mark your calendars for this exciting event taking place from October 16th through October 18th, each day from 9:00 AM to Noon.


Event Dates:

- October 16th, 2023 – Monday
- October 17th, 2023 - Tuesday
- October 18th, 2023 - Wednesday

 Event Hours: 9:00 AM to 12:00 PM (Noon)

 Location: Parking Garage at Moiliili Senior Center

 What to Expect: Explore a wide variety of items, from clothing and accessories to household goods, books, and much more, all at incredibly affordable prices. This is your opportunity to find hidden treasures and unbeatable deals, so bring your friends and family along for a shopping spree!

 Volunteer Opportunities: We need your help to make this event a success! If you'd like to volunteer for any of the following tasks - set up, selling, or break down - please sign up at the Senior Office. Your support is greatly appreciated, and it's a wonderful way to get involved in the community.

Don't miss out on the Moiliili Senior Center Rummage Sale from October 16th to October 18th. It's the perfect opportunity to shop, socialize, and support your local senior center. We look forward to seeing you there!

Reminder: Please bring your own shopping bags!
Thank you

COVID BOOSTER & FLU SHOT



MCC will be providing the new COVID-19 booster vaccine as well as Flu Shot **TUESDAY, OCT. 24TH 9:30 AM TO 11:30 AM. SIGN UP @ THE SENIOR OFFICE.** Forms are forthcoming. **If you had COVID-19 with in the past 2 months, you will not be able to get the booster but can get the FLU SHOT.** Bring your vaccination card, insurance card and a picture ID.

CLASS

REMINDERS, CHANGES, & UPDATES

Class Information:

- **MONDAY HULA:** Last class will be on 10/16
- **THURSDAY HULA:** Last class will be on 10/19

The Senior Center Ofc. will announce when classes recommence.

- **BINGO:** Classes are cancelled 10/19, 10/26 & 11/30
- **MINDFULNESS MEDITATION & REFLECTION:**
No class on 10/05
- **YOGA:** No class 10/03

Niko Niko Genki Taisoo

Televised Thursdays 8:00 am on OLELO

MSC's own Faye Murata's Niko Niko Genki Taisoo Exercise Program is showing on **OLELO (channel 54)** every *Thursday at 8:00am*. If you have a chance, watch it and enjoy the morning exercises!

UPCOMING

EVENTS & WORKSHOPS

Chigiri-e Workshop

Saturday, Oct 7 / Nov 4 / Dec 2, 2023.

9:00am – 12:00pm Room 105

Chigiri-e is a Japanese art form in which the primary technique uses colored paper that is torn to create images that may resemble a watercolor painting.

Note: Kits to be purchased at the workshop for \$10.

Ukulele Basics Workshop

October 5th & October 19th

Thursday, 10:15am – 10:45am Room 105

Learn and practice basic ukulele chords and transitions to assist in the Beginning Ukulele class. Workshops will be before class, every other week.

Lei Ilima

Fall Craft Workshop

Sunday, Oct.15th

1:00 pm – 3:00 pm on ZOOM

Please contact the Senior Center Office for a supply list and additional information.

25th Anniversary

Rhythm & Life Hawaii Luncheon Celebration

Sunday November 19, 2023

11:00 AM – 2:00 PM

HOUSE OF WONG

471 Kapahulu Avenue

Tickets \$35.00 P/Person

Cash Only – See Senior Center Office

FUN FRIDAY MOVIES

October 20, 2023, 11:00am Room 105

Zatoichi 2003

The film's plot follows a traditional theme, with Zatoichi (a blind swordsman) coming to the defense of townspeople caught up in a local yakuza gang war and being forced to pay excessive amounts of protection money. Meanwhile, Zatoichi befriends a local farmer and her gambler nephew and eventually offers his assistance to two geisha siblings (one of whom is actually a man) who are seeking revenge for the murder of their parents. The siblings are the only survivors of a robbery and massacre that was carried out on their family estate ten years ago. They soon discover the people responsible for the murders are the same yakuza wreaking havoc on the small town.

After slicing his way through an army of henchmen with his sword, Zatoichi defeats the yakuza's

bodyguard, a powerful rōnin, in a duel. Zatoichi later wanders into town and confronts the yakuza

bosses, killing the second-in-command and blinding the elderly yakuza boss (who had been masquerading as a bumbling old waiter up until this point) after surprising him by opening his eyes. The film ends with a dance number led by noted Japanese tap dance troupe *The Stripes*, and Zatoichi walking down a trail and tripping over a rock, saying "Even with my eyes wide open, I can't see anything."

Sign up at the Senior Center Office

Health Talk with Dr. Yamashita

Dr. Jim Yamashita presents
Arthritis and Osteoporosis



Friday, October 27th

11:30 – 12:30 Room 105

Sign up at the Senior Center Office



Medicare 101

Tuesday, October 24th

10:30am – 11:30am Room 202

Join Premier Benefit Consultant, Daryn Fujii, and learn Medicare Basics including topics like enrollment periods, different parts of Medicare, Medicare Supplement Plans, Prescription Drug Plans, and Medicare Advantage Plans. This information will help you choose the right plan for you. This seminar is a review of the different Medicare benefits.

GIVE THANKS With a ROCK

Tuesday, November 21st 11:00 – 12:00 Room TBA

Presented by Anne Chipchase

a unique way of saying Thanks!

OKINAWAN DANCE

This class is looking for more students its scheduled for Wednesdays 10:30 – 11:30 (Studio) Sign up at the Senior Office.



Virg's Halloween Performance & Costume Festival

**Tuesday, October 31st
9:00am – Room 305**



The Line Dancing Class will entertain the participants of the Kupuna Support Program. All MCC members are invited!

Virg enthusiastically encourages you to join us in costume and savor the Halloween atmosphere.

COVID-19 SAFETY PROTOCOLS

We no longer require members to check their temperatures upon arrival and departure from the center and no longer have the attendance station in



front of the main office. Please check yourself in on the attendance logs located in each classroom. MASKS ARE STILL REQUIRED. For

any Senior Center inquiries, please see staff in Room 203. Please see the Senior Center Bulletin Board on the first or second floor for updates and information on classes and events.

Please keep in mind that the following safety protocols will continue to remain in place:

- MASKS MUST BE WORN AT ALL TIMES
- Please sanitize your hands upon arrival and departure of MCC.
- If you are feeling sick in any way, please do not come to the center.
- If you are traveling off-island, please quarantine for five days and take a covid test on the fifth day. If the test is negative, you may return to the center.
- Classrooms and studios will be sanitized between each class.
- No sharing food or eating together on MCC property.

Thank you again for your cooperation throughout these unprecedented times. If you have any questions or concerns, please feel free to contact the senior center staff.

OPPORTUNITY FOR VIRTUAL CLASSES

Moiliili Senior Center has purchased tech equipment to make virtual classes available to all our members. We now have the ability to show virtual classes in-person at the center and can show in-person classes online through Zoom. Class instructors, if you are interested in streaming your virtual class at the center or if you are interested in posting your in-person class online, please contact the Senior Center staff.

GENERAL REMINDERS

Parking

There is limited parking at MCC. Please be dropped off, take the bus or carpool if possible. Our Parking Attendant, Theresa, will be directing traffic and coordinating the parking. Please be courteous and follow instructions. Please think about your safety and the safety of those around you. For the safety and well-being of all our members, we kindly ask that when your classes are over to immediately leave the center to avoid overcrowding and parking issues.

Senior Center Registration Forms

Please remember to update your registration forms. You may fill out registration forms at the Senior Center Office in Room 203.

Community Center Membership Fees

Starting in October 2023, the MCC Membership fee has been raised to \$50.00. The Front Office is now open for 2024 membership payments.



Please remember that memberships must be paid for each calendar year. To make a payment, kindly submit it at the main office and ensure that cash or checks are placed inside the provided membership envelopes. Don't forget to include your name, phone number, and address on the envelope. If paying by check, make it payable to Moiliili Community Center.

Online Payment Option

You may now pay membership fees and make donations online at moililicc.org. If you wish to pay online, there will be a 6% processing fee. You may opt out of paying the processing fee by choosing "I don't want to cover the processing fee for Moiliili Community Center" on the "Your Details" page when making a payment. If you have any questions or concerns, please contact Senior Center Staff or the MCC Main Office.



Donation Policy

Monetary donations are welcomed to help balance our budget. A \$2 donation per activity or a \$20 donation per month is encouraged but is not

mandatory. This is a suggested amount and is a donation, so if you are unable to, please do not worry. Subsidy monies are available for those interested in participating and who find it difficult to pay; see MSC Program Director.

MCC is now accepting donations for the Thrift Store, Rummage Sale, etc. Donations will be accepted on **MONDAYS AND FRIDAYS ONLY**. MCC staff will not accept donations on any other day. All donations should be turned in to the main office.

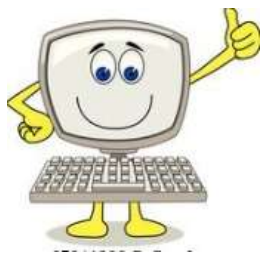
MCC Restrooms

For the safety of all, please do not prop the restroom doors open. Each classroom has a set of keys for the women’s and men’s restroom. Please make sure that the keys are back in their place by the end of your class.

SENIOR CENTER SERVICES

Assisted Transportation and Escort

Senior Center Driver, Sukil, is available from 9:00am – 2:30pm Monday through Friday to assist in transportation/escort service to doctor’s appointments, grocery shopping, haircuts, post office, and other necessary places. Appointments are first come, first served. Please call ahead of time to reserve your transportation needs. Individuals must be physically able to get in and out of the minivan.



Technology

Assistance If you need assistance utilizing technological devices (smartphone, tablet, laptop, etc.) or need assistance accessing information via

internet, you may make an appointment with Senior

Center Director, Jeff, to receive assistance. You will need to bring your own device to the appointment. Appointments are first come, first served. Please call ahead of time to schedule an appointment.

Shopping Delivery



Participants may order groceries from their supermarket and pay online or contact us to make the order if comfortable giving us credit card information for that transaction.

Please note: We do not retain or keep credit card information on file. The information is deleted after the order is placed. We will pick up the goods and deliver them to the members.

Telephone Reassurance



We are continuing to check-up on Senior Center members via telephone calls. These calls assure members’ well-being and provide updated information from the Senior Center. If you do not wish to be contacted for telephone reassurance, please notify staff.

Call- I’m OK



Call – I’m OK is a telephone check-in system to support seniors who live alone. Call the special phone number to say, “I’m OK.” If you do

not call, we will call your home. If there is no answer, we will call your emergency contact. If no one knows where you are or has not seen you, staff will go to your home for a wellness check. Please contact the Senior Center to register for this service.

All services are free. Senior Center staff will not accept tips. Donations to the Senior Center Program are welcomed.

If you are interested in any of these services, please contact the Senior Center Office Room 203.

COMMUNITY INFORMATION AND RESOURCES

Hidden Treasures Thrift Store

Senior Information and Assistance Handbook

This handbook is a key resource for our kupuna, their families and caregivers to assure our elders are comfortable, healthy, and have safe living environments as they age in place. The Senior Information and Assistance Handbook provides valuable information on senior housing options, meal assistance, transportation, community services and much more. Family and caregivers can also find resources for adult day-care, in-home care, safety and fall prevention and support group classes.

*Please see staff for a hard copy of this handbook.

Hidden Treasures offers a wide range of items for sale: vintage clothes, antiques, books, small appliances, dishes and much, much more.

DONATIONS ARE NOW BEING ACCEPTED. Small appliances are good but please, ***no furniture or bulky items.*** Items must be in re-sellable condition and are only accepted in the main office on **Mondays and Fridays.**

Store Hours:

Tuesday through
Saturday

10:00 a.m. to 3:00 p.m.

Sunday & Monday:

CLOSED

Phone number:
808-942-0595



Upcoming Holidays

Moiliili Community Center will be closed on the following holidays:

- Friday, November 10 – Veterans Day
- Thursday, November 23 – Thanksgiving
- Monday, December 25 - Christmas

MOILIILI SENIOR CENTER

Room 203 (2nd Floor Diamond Head side)

seniorcenter@moiliilicc.org

8:00 AM to 5:00 PM