



Kaleidoscope

January 2023

Moiliili Senior Center Program at Moiliili Community Center
2535 South King Street, Honolulu, Hawaii 96826 | PH: (808) 955-1555
Email: SeniorCenter@moiliilicc.org | www.moiliilicc.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

HAPPY NEW YEAR!

Happy New Year! We hope you all had an enjoyable holiday season! **Classes and events will resume on Monday, January 9.**

COVID-19 SAFETY REMINDERS

Thank you all for your cooperation and understanding. We appreciate you following the safety protocols. As a reminder, we are still maintaining COVID-19 precautions. Please continue to follow the procedures listed below:

- **PARTICIPANTS, INSTRUCTORS, AND STAFF MUST WEAR A FACEMASK AT ALL TIMES.**
 - If you forget a face mask, we will provide you with one.
 - If you are unable to wear a face mask, please wear a face shield.
 - If you do not have a face shield, we will provide you with one.
- **Temperatures must be checked upon arrival and departure of MCC.**
 - CHECK-IN AND CHECK-OUT at the "Attendance Station" located outside MCC front office.
 - After checking in at the Attendance Station, staff will give you a wristband.
 - Instructors, if someone in your class does not have a wristband, please send them down to the Attendance Station to check in.
- **PLEASE SANITIZE YOUR HANDS UPON ARRIVAL AND DEPARTURE FROM MCC.** (If you cannot use alcohol sanitizer, please wash your hands with soap and water for at least 20 seconds.)
- **IF YOU ARE FEELING SICK IN ANY WAY, PLEASE DO NOT COME TO THE CENTER.**
- If you feel sick while you are at the center, please notify a staff member immediately.
- If you are traveling off-island, please quarantine for five days before returning to the center and take a COVID-19 test on the fifth day. If the test is negative, you may return to the center.
- Classrooms/studios will be sanitized between each class.
- No sharing food or eating together on MCC property.
- Classes will continue at 50% capacity. Once a class is full, you will be put on a waitlist.
- The lunch program will not be returning right away since congregate eating is not allowed due to COVID-19 restrictions.
- The water fountains at the center are turned off, so please be sure to bring your own water.
- Room 303 is closed due to COVID-19 precautions.

These safety procedures are to ensure the safety of everyone at MCC. If COVID-19 begins to spread through our center, we will need to shut down the entire center for a minimum of two weeks. Please do your best to follow the safety procedures so we can prevent that situation from happening.

GENERAL REMINDERS

Parking

There is limited parking at MCC. **Please be dropped off, take the bus or carpool (if you are carpooling or taking the bus, be sure to wear a mask).**

Theresa (Parking Attendant) 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.

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 its place by the end of your class.

Senior Center Registration Forms

Please remember to update your registration forms. You may fill out registration forms at the Attendance station.

Community Center Membership Fees

Please remember to renew the \$40 annual membership fees. Memberships should be paid for each calendar year. All payments must be given to the main office. Please be sure to place cash/checks in the membership envelopes and fill out envelope with name, phone number, and address. Checks may be payable to Moiliili Community Center.

Online Payment Option

You may now pay membership fees and make donations online at moiliilicc.org. If you do 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 find it difficult to pay; see MSC 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.

Air Conditioners

If your class uses the air conditioner, please keep the doors and windows shut. Please also turn off the AC at the end of your class. Air conditioners should not be set lower than 75 degrees. Thank you for your cooperation.

Upcoming Holidays

Moiliili Community Center will be closed on the following Holidays:

- Monday, January 2 – New Year's Day (OBS.)
- Monday, January 16 – Martin Luther King Jr. Day

SENIOR CENTER CLASS REMINDERS, CHANGES, & UPDATES

- **NEW CLASS AVAILABLE!**
Beginning Ukulele – Starting January 19;
Thursdays from 11am -12pm in Room 202
If you would like to sign up for this class, please notify Senior Center staff.
Instructor, Colette Young-Pohlman, is a retired D.O.E Music Specialist and a professional entertainer. She will be teaching a variety of strumming techniques and music keys, multi-cultural songs and genres, and will be introducing instruments from the “percussion” family, played by tapping, shaking, or scraping. Please bring your own ukulele, music stand (optional), 3-ring binder, and pen/pencil. Sessions last 8 weeks.
- We are thinking about creating a **free-play chess class**. If you would be interested in this class, please contact the Senior Center staff.
- **Group Singing** is full. If you would like to join the waiting list, please inform Senior Center staff.
- **Line Dance I** and **Lind Dance II** are full. If you would like to join the waiting list, please inform Senior Center staff.
- **Koto** class is temporarily canceled.
- **Soroban** moved to Tuesdays at 10:30 in Room 208.
- **Virtual Tai Chi Classes** with Ken Koike will resume January 4, 2023, via Zoom.
- **Zenidaiko** and **Suzuko** will resume February 9 and 10, 2023, via Zoom.

SENIOR CENTER SERVICES

Technology Training

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, Chelsie Arume, to receive assistance. You will need to bring your device to the appointment for assistance. Appointments will be held on **Thursdays, any time between 10:30 am and 2:00 pm**. If you are unable to make it during this time, please contact Chelsie for other accommodations. Appointments are first come, first served. Please call ahead of time to schedule an appointment.

Assisted Transportation & Escort

Program Worker, Sukil, is available from 9:00 a.m. – 2:30 p.m., Monday through Fridays, to assist in transportation/escort service to doctors’ appointments, grocery shopping, haircuts, post office and other necessary places. Appointments with Sukil are first come, first served. Please call ahead of time to reserve your transportation needs with Sukil.

Shopping Delivery

Participants may order groceries from their supermarket and pay on-line on your own or you may contact us to make the order for you if you are comfortable giving us your credit card number for that particular

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

Telephone Reassurance

MCC Parking Attendant, Theresa, is 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 Senior Center staff.

Call – I'm OK

Call – I'm ok is a telephone check-in system to assure your well-being. It supports the continuation of independent living for seniors who live alone. Call the special phone number Mondays to Fridays (excluding holidays) between 8:00 and 10:00 a.m. to say, "I'm OK." When you do not call between 8:00 and 10:00 a.m., a staff will call your home. If there is no answer, follow-up contacts listed on your Information Sheet will be contacted to inquire about your whereabouts. If no one knows where you are or have not seen you, staff will go to your home to check on you.

All services are free. Senior Center staff will not accept tips. Donations to the Moiliili Senior Center are welcomed. If you are interested in any of these services. Please contact the Senior Center at (808) 955-1555.

SPECIAL EVENTS & WORKSHOPS

Hula Basics Workshop

Monday, January 9, 2023, from 11:00am – 12:00pm in Weinberg

Monday, January 23, 2023, from 11:00am – 12:00pm in Weinberg

For those new to hula. A focus on hula basics and fundamentals. Hula Basics Workshops are usually on the first and third Monday of every month. For the month of January, workshops will be held on the 2nd and 4th Mondays due to holidays.

Lei Ilima Craft Workshop

Wednesday, January 18, 2023, from 9:15am – 10:15am Rm. 209

Learn to craft a New Year's Plum Blossom Card! This card uses traditional Japanese New Year's symbols (Japanese plum blossoms and mizuhiki) that symbolize early spring. All supplies will be provided at this workshop.

Chigiri-e Workshop

Saturday, February 4, 2023, from 9:00am – 12:00pm Rm. 105

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

Niko Niko Genki Taisoo – Televised

Thursdays at 8:00am 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. For more information, call Faye Murata at 735-1323.

Seminars and Workshops are scheduled to provide education and information and do not constitute an endorsement of a product or company by the center. Please contact the Senior Center (955-1555) to register for any seminars or workshops.

VOLUNTEERS NEEDED

Class Instructors

We are looking for volunteer instructors or leaders to for classes such as *kanikapila, yoga, meditation, aerobics, technology assistance, cultural/educational seminars, etc.*

Call I'm Ok Program

We are looking for volunteers for our *Call I'm OK Program*. On Monday through Friday from 8:00am to 10:30am or on weekends, we need a volunteer(s) to answer phone calls from the participants who are unable to physically come to the center.

If you are interested in volunteering, please contact the Senior Center at 955-1555.

COMMUNITY RESOURCES AND INFORMATION

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 to adult day-care, in-home care, safety and fall prevention and support group classes.

Online Version: [Honolulu, Hawaii Department of Elderly Affairs Division \(EAD\) - Publications](#)

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

Senior Helpline: If you need help finding community resources or information, please call **(808) 768-7700**.

Deciding To Navigate Elder Care

This is a legal handbook for Hawaii's older persons, families, and caregivers. This handbook was generously donated to MSC by one of our members and the University of Hawaii Elder Law Program. ***Please see Senior Center staff for a hard copy of this handbook**

SENIOR CENTER CLASS DESCRIPTIONS

- **Beginning Bon Dance:** Traditional Bon dance for beginners with SOME experience.
- **Pre-Beginning Bon Dance:** Traditional Bon dance for beginners with LITTLE TO NO experience.
- **Beginning Ukulele:** Learn a variety of strumming techniques and music keys, multi-cultural songs and genres, and introduction to instruments from the “percussion” family, played by tapping, shaking, or scraping. Please bring your own ukulele, music stand (optional), 3-ring binder, and pen/pencil. Sessions last for 8 weeks.
- **Buyo & Enka:** Traditional kabuki inspired Japanese dance.
- **Card Games/Hanafuda:** Both in one classroom. Enjoy the traditional and modified versions of Hanafuda, and one-of-a-kind, original card games.
- **Fall Prevention:** Exercises to enhance balance and prevent falls.
- **Group Singing:** Instructed singing as a group. The group will sing a variety of songs in different languages.
- **Hanafuda:** Hanafuda (花札, "flower cards") are a style of Japanese playing cards.
- **Hawaiian Quilting:** A distinctive quilting style of Hawaii that uses large radially symmetric applique patterns. (Some sewing experience required)
- **Hula:** Hula for enjoyment. Learn about Hawaiian culture through music and dance (Hula skirt preferred but not mandatory).
- **Hula Basics:** For those new to hula. A focus on hula basics and fundamentals.
- **Kitsuke:** The art of wearing Japanese kimono.
- **Knit, Crochet, & Crafts:** Crochet, knitting, and more!
- **Koto:** Japanese string instrument (Need to have own Koto).
- **Lei Ilima:** Craft workshop
- **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 (Need to have previous experience with Line Dance).
- **Mah-Jongg:** Chinese game played with tiles.
- **Okinawan Dance:** Traditional Okinawan dance.
- **Painting:** Instructed painting class (Various forms of painting; Need to bring own materials).
- **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 (may be sitting or standing).
- **Scrabble:** The ultimate crossword game in which every letter counts.
- **Shodo:** Traditional Japanese calligraphy.
- **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. Session lasts 20 weeks.
- **Solo Ukulele II:** Advanced plucking ukulele (Please get instructor’s permission to join this class). 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. Session lasts 20 weeks.
- **Soroban:** Traditional Japanese abacus class.
- **Suzuko:** Choreographed dance with bells.
- **Tai Chi:** A series of gentle physical exercises and stretches, inspired by previous MSC tai chi instructors.
- **Zenidaiko:** Choreographed dance with sticks.
- **Zumba Gold:** Modified Zumba class that recreates the original moves you love at a lower intensity.
- **Zumba/PiYo:** Zumba with Pilates and Yoga inspiration.