



Kaleidoscope

June 2023

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

IMPORTANT COVID-19 UPDATE

Thank you all for your cooperation and understanding while MCC navigated through the COVID-19 pandemic. We appreciate you following the safety protocols as advised by our administration. We understand that COVID-19 restrictions have been lifted in many other places. However, MCC will remain cautious to keep everyone safe.

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

- **MASKS MUST BE WORN 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 (may be provided by staff).
 - Refusal to wear a face mask may result in being asked to leave the center.
- Please sanitize your hands upon arrival and departure from MCC.
- If you are feeling sick in any way or if someone in your household is feeling sick, 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 and studios will be sanitized between each class.**
- **No sharing food or eating together on MCC property.**

Our Executive Director will continue to monitor the COVID-19 situation. **IF OUR EXECUTIVE DIRECTOR DETERMINES IT IS SAFE**, we will be lifting some COVID-19 safety protocols starting **MONDAY, JUNE 19**. If it's determined to be safe, we will no longer require members to check their temperatures upon arrival and departure from the center. Therefore, we will no longer have the attendance station in front of the main office. **Senior Center members will be required to check themselves in on the attendance logs in the classrooms.** We will also be allowing 100% capacity in the classrooms. **MASKS WILL STILL BE REQUIRED. Staff will keep you updated on the administration's decision.** 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.

!!! COVID-19 Booster Event – Friday, June 16, 9:30am – 11:30am Room 102

MCC will be providing the new COVID-19 booster vaccines via Don Quijote Pharmacy. **THE VACCINE WILL BE AVAILABLE TO SENIORS 65+ YEARS OLD (FOUR MONTHS AFTER 1ST BIVALENT DOSE) AND THOSE WHO ARE IMMUNOCOMPROMISED (2 MONTHS AFTER 1ST BIVALENT DOSE).** This bivalent booster shot targets the omicron variants. Seniors

receiving the shot will need to bring their **latest vaccination card, insurance card, and picture ID**. Please contact the Senior Center as soon as possible to register to receive the shot and to fill out the required forms.

SHOUT-OUTS!


Thank you to the Knit, Crochet, and Crafts class for making beautiful leis! We will be selling these leis for graduation season at the attendance station through the first week of June. Leis are \$10 each.

CLASS REMINDERS, CHANGES, & UPDATES

The Children and Families Program's Summer Intersession is from **May 30 to July 28**. Please be aware that the children will be on property during this time.

Upcoming Holidays:

Moiliili Community Center will be closed on the following holidays:

- Monday, June 12 – King Kamehameha I Day (OBS.)
- Tuesday, July 4 – Independence Day 

Class Information:

- **NEW CLASS! – Relaxation Yoga: Every other Tuesday 11:30am – 12:30pm starting Tuesday, June 20.** (Please see class descriptions)
- **NEW CLASS! – Mindfulness Meditation & Reflection with Shakuhachi Sounds: Thursdays 10:30am – 11:30am starting Thursday, June 22.** (Please see class descriptions)
- **Scrabble** will be held in Room 208 during Summer Intersession
- **New Session – Beginning Ukulele:** Starting Thursday, June 15.
- **BINGO** will be every other week (6/1, 6/15, 6/29)
- **Koto** is temporarily CANCELED.

- **Pre-Beginning Bon Dance** will begin at 9:00am until Koto resumes.
- Free-play chess and Ping-Pong have been requested as new classes. If you are interested in leading, instructing, or participating in one of these classes, please notify staff.
- Full Classes (Please ask staff to join waitlist):
 - Group Singing
 - Line Dance I
 - Line Dance II
 - Solo Ukulele I
 - Solo Ukulele II

UPCOMING SPECIAL EVENTS & WORKSHOPS

Chigiri-e Workshop – Saturday, June 3, 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. Kits to be purchased at the workshop for \$10.

Virtual Lei Ilima Craft Workshop – Sunday, June 11, 2023, 1:00pm via Zoom

Learn to make a Sogetsu style paper ikebana arrangement. The workshop will be utilizing paper flowers made in the April workshop; however, the paper flowers will be reviewed in the June workshop. Please contact the Senior Center for a supply list and more information.

Ukulele Basics Workshop – Thursday, June 15, 10:30am – 11:00am Room 105

Learn and practice basic ukulele chords and transitions to assist in Beginning Ukulele class!

COVID-19 Booster Event – Friday, June 16, 9:30am – 11:30am Room 102
(See page 1)

Make Music Hawaii Day – Wednesday, June 21, 2023, 9:00am – 10:00am in MCC Courtyard
Colette Young Pohlman (MSC Ukulele Instructor) and her band, Double Happiness, will be performing in the courtyard for Make Music Hawaii Day. Come enjoy the performance and appreciate the joy of music!

Kokua Mau Seminars –

Part I: Tuesday, June 20, 2023, 10:30am – 11:30am Room 202

Part II: Tuesday, June 27, 2023, 10:30am – 11:30am Room 202

Kokua Mau will be discussing End of Life Care, Palliative Care, Advanced Care Planning, and having these difficult conversations with family and loved ones. This is a two-part seminar, and it is recommended to attend both parts to receive the most quality information. **The first 10 people to sign up for these seminars will receive a prize!**

Keiki and Kupuna ID – Friday, June 30, 2023, 9:00am

The Honolulu Police Department will be coming to MCC and will be offering Keiki and Kupuna IDs for our members. If you are interested, please see Senior Center staff to get an ID registration form. All registration forms need to be turned in by June 22, 2023.

Diabetes Seminar – Friday, July 28, 2023, 11:30am – 12:30pm Room 105

Learn about Diabetes from Dr. Jim Yamashita. This seminar will also be available virtually via Zoom.

The first 10 people to sign up to attend this seminar in-person will receive a prize!

Incontinence Seminar – Friday, August 18, 2023, 11:30am – 12:30pm Room 105

Learn about incontinence from Dr. Lori Yamashita. This seminar will also be available virtually via Zoom. **The first 10 people to sign up to attend this seminar in-person will receive a prize!**

Keiki to Kupuna Family Fun Day – Saturday, July 22, 2023, 9:00am – 12:00pm at Old Stadium Park

Enjoy fun activities for the whole family, including games, arts and crafts, entertainment, and more! This event is co-sponsored by Moiliili Community Center. We are looking for Senior Center classes to demonstrate, display, or perform their skills and talents at the event! Please notify staff if you are interested.

Niko Niko Genki Taisoo – Televised – Thursdays 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!

Special Event!

Moiliili Senior Center Rhythm & Life Presents

Rhythm & Life 25th Anniversary Celebration

Date: Saturday, November 18, 2023

Time: 11:00am – 2:00pm

Place: House of Wong Restaurant - 471 Kapahulu Ave.

Cost: \$35 per person

Welcoming special guests from Japan's Rhythm and Life and others! Tickets are first come, first served.

Tickets on sale now! Please contact Senior Center Staff for tickets or more information.

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.

EVAC CHAIRS

MCC has purchased Evac Chairs for each classroom on the second and third floor and one for the Weinberg studio. These Evac Chairs will allow mobility impaired individuals to safely descend a staircase in an emergency in which an evacuation is necessary. All MCC staff have been trained to utilize these chairs and will assist mobility impaired individuals in an emergency. You may notice the chairs situated under a yellow protective cover in each room. Please do not touch or move the chairs as we do not want anyone to get hurt or the chairs to be damaged. If you need to move an Evac Chair, please contact a staff member.

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

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 the envelope with name, phone number, and address. **Checks may be payable to Moilili Community Center.**

Air Conditioners

If your class uses the air conditioner, please keep the doors and windows shut. Air conditioners should not be set lower than 75 degrees. Please do not turn on the ceiling fans in any classroom. Thank you for your cooperation.

Online Payment Option

You may now pay membership fees and make donations online at moililicc.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 Moilili 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.

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. Individual must be physically able to get in and out of the minivan.

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, 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 may contact us to make the order if comfortable giving us credit card information for that particular transaction. Please note: We do not retain or keep on file credit card information. 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 Moiliili Senior Center are welcomed. If you are interested in any of these services. Please contact the Senior Center at (808) 955-1555.

VOLUNTEERS NEEDED

Class Instructors

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

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

COMMUNITY INFORMATION AND RESOURCES

Hawaii's 2nd Annual Active Seniors Expo 2023

Friday, June 9th and Saturday, June 10th 2023

8:30am – 4:00pm at Hawaii Convention Center

Free Admission!

Servicing and educating families and their kupuna to make informed choices on services they select to give them complete peace of mind knowing that their kupuna will truly be cared for and have an active, healthier life.

To register for this exp, please visit

<https://brideschoicehawaii.com/seniors-registration-to-attend/>

If you are unable to register online, please see Senior Center staff for a hard copy of the registration form.

Hard copy registration forms should be mailed to:

Hawaii Active Senior Expo

PO Box 10308, Honolulu, HI 96816

Kiwanis Kupuna Spelling Bee

Aiea: Saturday, July 15, 9:00am at Aiea High School Library

Honolulu: Saturday, July 22, 1:00pm at Lanakila Multipurpose Center

Join Kiwanis Kupuna Spelling Bee for a fun and friendly competition among Hawaii residents 60 years and older! The top 3 winners from each preliminary contest will win a medal and compete in the Final Championship on July 29. To register, visit kupunaspellingbee.com.

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.**

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

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 staff for a hard copy of this handbook.**

SENIOR CENTER CLASS DESCRIPTIONS

Exercise/Physical Fitness Classes:

- **Fall Prevention:** Exercises to enhance balance and prevent falls.
- **Relaxation Yoga:** Gentle relaxing yoga for body, mind, and spirit. Enhance flexibility and strength physically and mentally. All levels welcome!
- **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).
- **Beg/Int Tai Chi:** A series of gentle physical exercises and stretches, inspired by previous MSC tai chi instructors.
- **Zumba Gold:** Modified Zumba class that recreates the original moves you love at a lower intensity.
- **Zumba Toning/PiYo:** Zumba incorporating weights with Pilates and Yoga inspiration.

Recreation/Leisure Classes:

- **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.
- **BINGO:** Play multiple games of BINGO and win prizes every week!
- **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.
- **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.
- **Hula:** Hula for enjoyment. Learn about Hawaiian culture through music and dance (Hula skirt preferred but not mandatory).
- **Beginning Hula:** Students will be exposed to basic hula steps and movements. There will be a focus on hapa haole (English-based) songs.
- **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.
- **Mindfulness Meditation & Reflection with Shakuhachi Sounds:** Join sparkling transformative mindfulness meditation with immersive shakuhachi soundscapes played by Katsumi along with engaging talk story sessions. Enhance your well-being as you explore serene sitting, breathwork, and self-reflection.
- **Okinawan Dance:** Traditional Okinawan dance.
- **Drawing & Painting:** All levels welcome. Materials provided. Instruction for beginners.
- **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.
- **Suzuko:** Choreographed dance with bells.
- **Zenidaiko:** Choreographed dance with sticks.

Education Classes:

- **Soroban:** Traditional Japanese abacus class.