

KALEIDOSCOPE

March 2024 Issue #360

Aloha Seniors

A program for those 60 years and above, living from Ward Avenue 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. **Located at 2535 South King Street, Honolulu, HI 96826.**

To learn more, visit our Website: www.MoiliiliCC.Org Phone: 808.955.1555

SENIOR CENTER SERVICES

Your \$50 Annual Senior Center Membership covers free of charge:

- Assisted & Escort Transportation
- Assisted Shopping & Delivery
- Care Calls, "I'm OK" program
- Contact Senior Center office, Rm. 203

Lei Sale - Early Bird Special

until March 28, \$9, then Regularly price \$10 and up. Hurry while supplies last!

Stop by Senior Center Office, Rm. 203 to select your favorite leis - perfect for Graduation Mother's & Father's Day and all celebrations. - Hand crafted by our seniors.



IMPORTANT DATES

March Events

- **March 2**, Saturday, Chigirie Workshop 9am-Noon, Rm. 105
- **March 10**, Sunday, Lei Lima Craft Workshop, Bunny Origami Note holder, 1pm via Zoom. Call Senior Center for invite
- **March 15**, Hypertension Talk by MD, 11am, Rm. 105

* **Closed** on the following State Holidays
March 26 & 29

Upcoming Rummage Sale!

April 10, 11, 12 9:00 AM - NOON

Taking donated gently used items now. Unable to accept large appliances. Volunteers contact us! It's going to be fun! Location: MCC Garage.

BONUS: Art Exhibit on 4/12, 10am-Noon, Rm. 207-208 by Gordon Sasaki senior students

CONTACT INFO

Phone: (808) 955-1555

Email: Seniorcenter@moiliilicc.org

Website: <https://www.moiliilicc.org/>

FREE TAX HELP AND DIRECTORY

Hawaii Tax Help

List of Free Tax Sites Open in 2024. All Sites Closed on State and Federal Holidays

You must bring a Picture ID for yourself & spouse, if any, and Social Security Card/s (for everyone who will be listed on the tax return. You will need to submit a completed Intake Form. You can download an Intake Form and fill it in ahead of time by visiting the INTAKE FORM link: [Form 13614-C \(Rev. 10-2023\) \(irs.gov\)](https://www.irs.gov/efile)

And the full website by visiting link: <https://www.hawaiitaxhelp.org/free-tax-help/free-tax-sites/>

You will also need to bring Originals of your tax documents.

Examples of Tax documents: W-2, Social Security benefits statement, Unemployment benefits statement, Retirement Benefits (1099-R), Interest Earned (1099-INT), Dividends Earned (1099-DIV), 1099-MISC or 1099-NEC for work done as an independent contractor or self-employed, Mortgage Interest and Real Property Taxes paid on a home that you live in, etc.

If you are self-Employed, you must have a general excise tax license and have all your income and expenses calculated.

They do not prepare tax returns for: Landlords, Partnerships, or Farming or Fishing Businesses, Military active duty (this requires special certification), or any businesses with employees; anyone who is NOT a Hawaii resident or has a visa, (this requires special certification).

Hawaii State Capital Capitol

415 South Beretania St., 3rd Fl.

Only On March 9, 9:30am-1:30pm

(808) 450-4351 (last appointment 12:45pm)

Hawaii Tax Help – Kapiolani

1347 Kapiolani Blvd. (Certain Saturdays, Sundays, Mondays, Tuesdays)

Email: stamanaha@hawaiitaxhelp.org **Ends 4/6**

Honolulu Community Action Program

1132 bishop St., Suite 100

Mon./Wed. 12:00pm – 3:30pm

Fri. 8:30am-1pm & 1:30pm-3:30pm

(808) 521-4531, APPOINTMENT REQUIRED

Honolulu Community Action Program

1915 Palolo Ave.

Tues/Thurs 9:00am – Noon

Closed during lunch

(808) 732-7755, APPOINTMENT REQUIRED

Hawaii FCU

1244 Kaumualii St.

Wed/Thurs/Fri 9:00am – 1:00pm

Saturdays 9:00am - Noon

Debra Nelson-Kelii (808) 447-4285

APPOINTMENT REQUIRED, Ends 4/6

Honolulu Community Action Program

1555 Haka Dr., Unit #2408

Tues/Thurs 10:00am – 3:00pm

Closed during lunch

(808) 847-0804 APPOINTMENT REQUIRED

Ends 4/5

Alu Like, Inc.

2969 Mapunapuna Place, Suite 200

Wednesdays 3/13, 3/27; 4/3, 4/10

2:30pm – 6:30pm

(808) 450-4351 APPOINTMENT REQUIRED

Honolulu Community Action Program (Kaneohe)

47-232 Waihee Rd.

Tues/Thurs 9:00am-Noon

Closed during lunch

(808) 239-5754, Ends 4/4

ADDITIONAL SPECIAL ANNOUNCEMENTS & EVENTS

Volunteers

SENIOR VOLUNTEERS

Interested in helping our community? Rummage Sale, April 10, 11 and 12

At MCC, Room 203 or call (808) 955-1555

Volunteers

SENIOR COMPANION PROGRAM – State of Hawaii Department of Human Services

Families struggle to care for their loved ones and need our help. Become a senior companion, help the families and their caretakers by running errands or being a friend.

Must be 55 years of age or older

Able and willing to serve 5 hours minimum a week

On limited income (less than \$33,540 person/year; couples \$45,360/year) STIPEN \$4 per hour given

Call for more details: (808) 832-0340

Crafts

SUNDAY, March 10, 1:00pm: ZOOM LEI ILIMA CRAFT WORKSHOP – Origami Note Holder, Lani Hee

(2) 40-minute sessions – **Call Senior Center to receive the Zoom Invite (808) 955-1555**

Supplies: craft paper, glue or tape, pen or marker and scissors.

Entertainment

FUN FRIDAY MOVIE March 22, 11:00am, Room 105 – Movie: Flower Drum Song

"Flower Drum Song" is a 1961 musical film set in San Francisco's Chinatown, revolving around the conflicts and relationships within the Chinese American community. It follows the romance between Mei Li, a young woman from China, and Wang Ta, his Americanized son who falls in love with another woman, Linda Low. Amidst vibrant musical numbers, the characters navigate themes of love, duty, and cultural heritage, ultimately celebrating the resilience of the human spirit and the power of love to bridge cultural divides.

Entertainment

Art Exhibit April 12, 10:00am – Noon, Rooms 207-208

Gordon Sasaki's painting students will display their art for Seniors to enjoy.

Come and enjoy, we look forward to your visit!

New Class Session

Beginner and Intermediate Ukulele New Class Sessions begin March 28.

Membership Update: Subway no longer honoring discounts for MCC memberships

One-to-One Drive Ins continues to honor 10% off with your MCC membership.

Friendly Reminder, if you have not renewed your membership, there are many wonderful reasons to do so. We offer a wide array of classes and entertainment. Renew in the main office at the front desk. All donations are 100% tax deductible.

MCC GUIDELINES

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. Check yourself in on the attendance logs 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.

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. No Double-Parking Permitted.

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 if you are new. For Renewals, please go to the main office front desk. Your membership of \$50.00 for the year is 100% tax-deductible, MCC is a non-profit.

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 membership envelopes provided. Don't forget to include your name, phone number, and address on the envelope. If paying by check, make it payable to Moilili 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 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.

Mindful Meditation and Shakuhachi Soundscapes with Haiku Reflection

Stress to Harmony

Stress in my body
Is released through the flute's breath
Harmony is reached

Vera

Homeless Man at Bus Stop

Man sits, birds gather
Counts money, shares bread with friends
I share my rice ball

Adelaide Nakamura

尺八の
虹の音響く
招き猫

しゃくはちの
にじのねひびく
まねきねこ

Shakuhachi sounds
Beckons rainbows
Maneki neko

Setsuko Tokumine

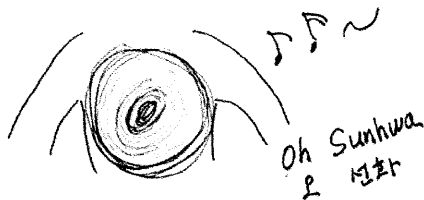
What a Happy Gift
On a grey day is
This Rainbow's reflection
In the puddle at my feet

Karen H.

Shaped like a heart
A green slate
With thoughts of
Healing and Peace

Mila C.

Banzai Meditation Class
In the waterfall
Let it flow through and relax
Like meditation



Oh Sunhwa
오 선화
나는 무지개를 껴안았네
나는 무지개를 초대했네
무지개는 내 몸안에 들어왔네
무지개는 내게 에너지를 주었네
그 순간!
무지개의 노란색은 내몸은 감사네~
2/8/24 Sunny님

I focus on my body
Invited the rainbow
The rainbow entered my body
Rain gives me energy
Golden Light gives me Energy
Surrounds my body!

Sunny Oh

輪になって わになって
つなぐ言の葉 つなぐことのは
アロハレイ アロハレイ

Circle of Life
Words string us all together
Aloha Lei

Emiko Shimoyama

SPECIAL THANKS

Wish of a Lifetime, brought to you by AARP

Wish of a Lifetime is a volunteer service granting over 2,700 wishes this year alone. Our seniors were given a fresh cut rose to honor them on Valentine's Day. Thank you, Wish of a Lifetime, AARP! To learn more about the program and how you can volunteer or be honored not just on Valentine's Day, visit: Cupid Crew | Wish of a Lifetime <https://wishofalifetime.org/events/cupid>

Special thanks to all who participated in the Aloha Run, Monday, February 19th. We enjoyed the walk, run and time with each of you. Your donations and time are appreciated.

Thank you to our board members, instructors, volunteers and staff for their tireless dedication. We could not do this without you!

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.

Senior Helpline: (808) 768-7700

Easy

		2		3	1	9		
5		9			7	6		
	3	1	6		9	2		
4	1	5				3	7	
7	6		1	8				9
	2	8				5		
			7	5		1		
					6	8	3	2
3	9	6		1			4	

Medium

5	4			1		8		
8			2	5				
			9		4			1
	5		8		2		9	
		6	7	4	5		1	8
						7		
			3		8			2
7							8	
9	2			6				4



Sudoku



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).

Recreation/Leisure Classes:

- **Beginning Bon Dance:** Traditional Bon dance for beginners with SOME experience.
- **Advance Bon Dance:** Traditional Bon dance for people who have 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. Review of last session lessons. Sessions last for 8 weeks.
- **Intermediate 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. New songs added. 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.
- **Karaoke:** recreational singing (need to bring own CD)

Education Classes:

- **Friendly Matters:** Join us at Friendly Matters for light – hearted discussions and friendly connections. Bring your questions, share your interests, and enjoy a positive at-

- **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. No class on the 5th Tuesday, if there are 5 Tuesdays in the month.
- **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.
- **Meditation with Shakuhachi Soundscapes:** 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 with haiku and art.
- **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. No class on the 5th Wednesday, if there are 5 Wednesdays in the month.
- **Suzuko:** Choreographed dance with bells.
- **Ukulele Roundtable:** Collaborative sessions exploring different styles, genre, and more advanced chord options. Pre-requisites: ability to read treble clef notation; knowledge of basic chords and ability to change easily; willingness to share songs/pieces and help facilitate group discussions. Please see senior staff for a more detailed description.
- **Zenidaiko:** Choreographed dance with sticks.

mosphere. Let's create a community where we uplift each other through knowledge, laughter, and camaraderie.

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

Moiiliii Senior Center

SPECIAL EVENTS CALENDAR - March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Chigirie Workshop: 9:00 AM - 12:00 PM Room 105
						2
						3
						4
						5
						6
						7
						8
						9
10 Lei Ilima Craft Workshop: Bunny Origami Note Holder via ZOOM 1:00 P.M						15 Health Talk: Hypertension 11:00 AM Room 105
						16
						17
						18
						19
						20
						21 Fun Friday Movie "Flower Drum Song" 11:00 AM - 1:15 PM Room 105
						22
						23
						24
						25 HOLIDAY Prine Kuhio Day Center Closed.
						26
						27
						28
						29 HOLIDAY Good Friday Center Closed.
						30
						31
						1-Apr Happy Easter! Chigirie Workshop: 9:00 AM - 12:00 PM Room 105
						2-Apr 3-Apr 4-Apr 5-Apr 6-Apr

NOTE: March 18 - 22 is Spring Break for the children. There will be all-day care at Moiiliii Community Center at this time.

MOILILI SENIOR CENTER PROGRAM SCHEDULE

March 2023

IN-PERSON CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MAH-JONG 7:30 - 12:00 ROOM 207-208	LINE DANCE 1 8:00 - 9:30 WEINBERG <i>* Wait List *</i>	FALL PREVENTION 8:00 - 9:00 ROOM 105	MAH-JONG 7:30 - 12:00 ROOM 207-208	FREE PLAY HANAFUDA 8:30 - 10:30 ROOM 209	
	CARD GAMES, HANAFUDA & MORE 8:00 - 12:30 ROOM 202	KNIT/CROCHET & CRAFT 8:30 - 10:30 ROOM 209	BEG BON DANCE 9:00 - 10:45 ROOM 305	HULA 8:45 - 10:00 WEINBERG <i>* Wait List *</i>	DRAWING PAINTING 9:00 - 12:00 ROOM 207-208	
	BEG/INT TAI CHI 9:00 - 10:00 STUDIO	FRIENDLY MATTERS 9:00 - 11:30 ROOM 202	SHODO 9:00 - 11:00 ROOM 202	BINGO 9:00 - 10:00 ROOM 202	R&L CHAIR EXCER 10:00 - 10:30 ROOM 105	
	SCRABBLE 9:30 - 12:00 ROOM 104	ZUMBA GOLD 9:30 - 10:30 ROOM 105	BEG/INT TAI CHI 9:00 - 10:00 STUDIO	BEGINNING UKULELE 10:00 - 10:45 ROOM 105 <i>Class begins 3/28/24.</i>	UKULELE ROUNDTABLE 10:00 - 12:00 ROOM 202 <i>* Wait List *</i>	
	R&L CHAIR EXER. 10:00 - 10:30 ROOM 105	R&L NIKO NIKO GENKI TAISOO (STAND) 10:00 - 10:45 STUDIO	GROUP SINGING 9:00 - 10:00 WEINBERG <i>* Wait List *</i>	KOTO 10:00 - 12:00 ROOM 305 <i>Must have your own Koto.</i>	KITSUKE 12:00 - 1:00 WEINBERG	
	BEGINNING HULA 10:30 - 11:30 WEINBERG <i>* Wait List *</i>	ZUMBA TONING PIYO 10:30 - 12:00 WEINBERG	LINE DANCE 2 10:15 - 11:30 WEINBERG <i>* Wait List *</i>	MEDITATION W/SHAKUHACHI SOUNDSCAPES 10:30 - 11:45 STUDIO	BUYO & ENKA 1:00 - 3:00 WEINBERG	
	BUYO & ENKA 1:00 - 3:00 WEINBERG	SOROBAN 10:30 - 11:30 ROOM 208	OKINAWAN DANCE 10:30 - 11:30 STUDIO	INTERMEDIATE UKULELE 11:00 - 12:00 ROOM 105 <i>Class begins 3/28/24.</i>		
		RELAXATION YOGA 11:30 - 12:30 STUDIO <i>Every other week 3/5 & 3/19</i>	ADV BON DANCE 11:00 - 1:00 ROOM 305			
			KARAOKE 12:00 - 2:00 ROOM 209			

VIRTUAL/ON-LINE SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEI ILIMA NOV. 12 1:00 - 3:00 ZOOM			BEGINNING TAI CHI 7:45 - 9:00 ZOOM	ZENIDAIKO ADVANCE 1:00 - 2:00 ZOOM	BEGINNING TAI CHI 7:45 - 9:00 ZOOM	
				SUZUKO 2:15 - 3:00 ZOOM	ADVANCE TAI CHI 9:15 - 10:00 ZOOM	
				NIKO NIKO GENKI TAISOO 8:00 AM OLELO TV CH 54	ZENIDAIKO (BEGIN) 9:00 - 10:00 ZOOM	
IF YOU ARE INTERESTED IN A VIRTUAL/ON-LINE CLASS PLEASE CONTACT THE SENIOR CENTER OFFICE ROOM 203 FOR DETAILS. <i>Thank you</i>					SUZUKO 10:15 - 11:00 ZOOM	
					CARD GAMES 1:00 FACETIME	