



Kaleidoscope

May 2024

Issue #362

Moiili Senior Center Program is for Seniors 60 years and above who live from Ward Avenue to Hawaii Kai. Program partially funded by State funds through the Elderly Affairs Division, Dept. of Community Services. City and County of Honolulu & the State of Hawaii Executive Office on Aging, an Aloha United Way Agency. Located at 2535 S. King St., Honolulu, HI 96826. To learn more, visit website: <https://www.moiiliicc.org>

Aloha Seniors:

Thank you to all who contributed to the success of our April Rummage Sale. We earned \$1,900!

A special thanks goes out to our generous donors and the dedicated volunteers who made it all possible.



Also, Gordon Sasaki's painting class had a fantastic turnout at the April Art Show.

Ukulele Roundtable performers beautifully enhanced the event with their musical accompaniment.

Mahalo, Delia Benitez, Program Director
Paula Regidor, Program Coordinator

Leis Sales are still going on! Please visit us in Room 203. Your contributions keep our community vibrant and thriving.

Special Events and Updates

Saturday May 4 Chigirie 9:00am-12:00pm Room 105. Arts and Crafts project. Supplies can be purchased. A great way to make a gift for someone graduating or Mother's Day!

Wednesday May 8 & 15 9:30am-12:00pm Room 105 Hawaii Home Energy Assistance Program Community Representative available to help with applications. Learn how to save on your electricity bill.

Friday May 17 Skin Cancer Talk 11:00am-12:00pm, Room 105. Learn how to recognize early skin cancer signs, and how to protect from harmful UV rays. James Yamashita, MD.

Tuesday May 14 CapTel Talk 10:00am-11:15am Room 202. Free telephones for people with hearing Loss

Wednesday May 22 How to Stretch Your Food Dollar 10:00am-11:00am Room 105- Learn how to prepare nutritious meals for less money! Brooke Maruyama, SnapEd, University of Hawaii at Manoa – Cooperative Extension Service – Nutrition Education for Wellness.

Friday May 24 Fun Friday Movie 11:00am-12:50pm Room 202. Comedy "9 to 5". Three of Hollywood's favorite stars, Jane Fonda, Lily Tomlin, and Dolly Parton live every secretary's dream, changing the rules at the office for more equality. Full of wit!

Tuesdays May 14, 21 and 28 Tech Sessions 9:00am-10:30am Room 202. (In the Friendly Matters Classroom) Learn how to use your phone, emails, attachments, photos, video and how to protect your data. Friendly, easy training to enhance your life.



Bon Dance Beginners & Advanced NEW Schedule: 1st and 3rd Wednesdays Rm 305
- Beginners: 9:00am-10:45am
- Advanced: 11:00am-1:00pm



Relaxation Yoga Resumes May 28 and continues every other week, at the MCC Studio.



Card Games (online) May 3 then class resumes in June.

Delicious Chutney and Jams are available now



at Hidden Treasures Thrift Store

Hurry, while supplies last!

Mango Chutney

Mango Jam and Lilikoi Jam

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.
- **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.**
- Feeling sick while you are at the center, please notify a staff member immediately.
- Traveling off-island, quarantine for five days before returning to the center and take a COVID-19 test on the 5th day. If the test is negative, you may return to the center.
- Classrooms/studios are sanitized between each class.
- No sharing food or eating together on MCC property.
- MCC water fountains are turned off, be sure to bring your own water.

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 consider to be dropped off or take the bus or carpool; (if you are carpooling or taking the bus, be sure to wear a mask). IF YOU ARE PARKING – NO DOUBLE PARKING IS EVER ALLOWED.**

Theresa (Parking Attendant) will be directing traffic and coordinating parking. Be courteous, follow instructions. 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 in Room 203. If there are changes to your contact and medical information.

Community Center Membership Fees

Renew your \$50 annual membership fee per calendar year. **All payments must be given to the main office.** Place cash/checks in the membership envelopes and fill out the envelope completely with your name, phone number, address.

Checks payable to Moiliili Community Center.

Online Payment Options: Membership fees and donations can be paid 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 who find it difficult to pay; see MSC Director.

MCC accepts donations for the Thrift Store, Rummage Sale, etc. Donations accepted on **MONDAYS AND FRIDAYS ONLY. No weekend drop-offs permitted, due to lack of staff & storage space. We wish to avoid passersby picking through items left curbside as well as rain and bugs entering the items.** MCC staff will not accept donations on any other day. **All donations should be turned into 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. Return the key to its place immediately after use.

Air Conditioners when on keep doors windows closed. Do not set lower than 75 Degrees. Turn off AC at end of class. Mahalo.

VIRTUAL CLASSES

Wednesdays

Beginning Tai Chi 7:45am-9:00am

Thursdays

Zenidaiko Advanced 1:00pm-2:00pm

Suzuko 2:15pm-3:00pm

Fridays

Beginning Tai Chi 7:45am-9:00am

Advanced Tai Chi 9:15am-10:00am

Suzuko 10:15am-11:00am

Card Games (FaceTime) 1:00pm – 3:00pm
(online card games May 3rd then Resumes again in June.)

Lei Ilima Sunday, May 19 1:00pm– 3:00pm



Lily of the Valley, the flower for May, represents sweetness and joy of people born in May and popular in wedding bouquets and arrangements, symbolizing the purity, happiness, and luck the bride hopes to bring into her new life.

Contact Senior Department (808) 955-1555 to receive links and instructions on how to join virtual classes or email: seniorcenter@moililicc.org



Moilili Senior Center Super Senior Nomination Form

The Moilili Senior Center is now accepting nominations to select “Super Seniors: to be featured in a section of our monthly newsletter, Kaleidoscope. Persons who are chosen should exemplify the spirit, character, and personality of the program.

All seniors are eligible to be nominated. We kindly ask for your cooperation to help recognize “Super Seniors” who are deserving of the title by filling out this form and dropping it into the ballot box in Room 203.

Name of Super Senior Nomination: _____

Submitted by: _____ Date submitted: _____

Reason for the nomination:

I consent to have my name included as nominator.
If not checked marked, you will remain anonymous in the Kaleidoscope newsletter.

HAWAII VOTES

VOTE AT HOME WITH A PAPER BALLOT

Automatic Mail delivery. Your ballot packet arrives directly at your mailing address.

You're allowed to have help. If reviewing, marking, and returning your ballot poses a challenge, you can ask for help. You're permitted to ask someone you feel comfortable with to help read through your ballot, mark your choices and be your witness if you cannot sign the return envelope independently. Your employer or your union agent are prohibited from helping.

Prepaid return envelope provided. Return your ballot by mail in the provided return envelope. No additional postage is required.

1. Register. By registering to vote, you'll automatically receive a mail ballot every election. No separate request is needed.
2. Receive. Receive your ballot to your mailing address at least 19 days before election Day.
3. Vote. Vote and return your ballot by mail. Return envelopes are preaddressed and postage is included. Alternatively, you can drop your voted ballot at a ballot drop box in your county or have someone drop it off for you. Find a ballot drop box in your area at elections.hawaii.gov or by calling (808) 453-VOTE (8683).



Use your cell phone to access QR Code (as shown to the left) to learn more about voting. If you need assistance with QR Code, contact MSC Tech Support, Delia, Room 203.

City & County of Honolulu:
(808) 768-3800

Website: elections.hawaii.gov

HELP WANTED



Faye Murata is requesting help copying CDs and DVDs. Call or visit MSC office, Room 203 if you can offer your help.



COMPRESSION BOOTS and STOCKINGS with Electric Sock Dryer Unit. Available for Free, (gently used) 1st come-1st serve, In Senior Center Office Room 203.

MAY IS SKIN CANCER AWARENESS MONTH

Occurring every May, Skin Cancer Awareness Month is devoted to shining the spotlight on the most common cancer in the United States — skin cancer. It's estimated that every day about 9,500 people in the United States are diagnosed with this cancer.

Many of these skin cancers could be prevented if people would protect their skin from the sun and stop using tanning beds.

During Skin Cancer Awareness Month, the American Academy of Dermatology (AAD) brings you insights that can help you protect your skin. The AAD also shares information that can help you find skin cancer. When found early, skin cancer is highly treatable.

Key facts about melanoma:

Melanoma is the most serious type of skin cancer. In 2024, it's estimated that more than 200,340 melanomas will be diagnosed and about 8,290 people will die of melanoma.³

That's why the AAD encourages everyone to begin a lifelong habit of checking their skin by performing [skin self-exams](#). Here's why these exams are so important:

- Caught early, melanoma is highly treatable.
- Melanoma can develop anywhere on the skin, including skin that's had plenty of sun exposure and skin that's usually protected from the sun.
- Melanoma can develop under or around a fingernail or toenail.
- You can find melanoma early by examining your skin for the [ABCDEs of melanoma](#) and [checking your nails](#).

Dermatologists encourage everyone to check their skin for signs of skin cancer. People of all skin tones develop skin cancer. By checking your skin, you can find signs early.

May 17, 11:00am-12pm Room 105
James Yamashita, MD Health Talk
Skin Cancer and Prevention

Smile when the phone rings. FREE CapTel Phones for those with Hearing Loss

Use the phone again with confidence.

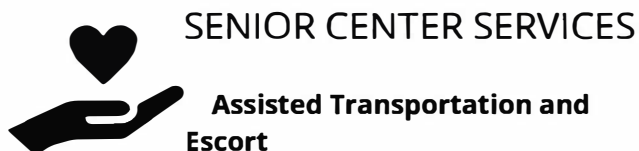


If hearing loss has made using the phone stressful, there is a solution - A captioned telephone from CapTel provides a no-cost service that displays live captions of what your caller is saying during your call.

Answering machine feature included so you never have to worry about what your caller is saying, because the recorded messages are transcribed in large readable text. Call Representative, Susan Jung (808) 225-4211, or email: susan.jung@oeisu.org CapTel provides 24/7 one-touch customer service in the U.S. Captions available in English and Spanish.

Save the date for our upcoming event.

**Tuesday May 14 CapTel Talk 10:00am-11:15am
Room 202.** Telephones for people with Hearing Loss.



SENIOR CENTER SERVICES

Assisted Transportation and Escort

Senior Center Van service is from 9:00am-12:00pm, Monday through Friday to assist transportation to doctor's appointments, grocery shopping, haircuts, post office, and other necessary places. Escort service is also available if you need the driver to stay with you throughout your errand or appointment. Appointments are first come first serviced. Please call ahead of time to reserve transportation. MSC members must be physically able to get in and out of the minivan.

Technology Assistance: If you need assistance with your devices (smartphone, tablet, or laptop) or need assistance accessing information via the internet, you may make an appointment with Senior Center Program Director, Delia. Tech Sessions are also held every, with exception of the 1st, Tuesday, in Room 202, 9:00am-10:30am, (In the Friendly Matters Class)

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.

"I'm OK" Call Service is a telephone check-in system to support seniors who live alone. Sign up is free for MSC members. 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. Register for this service at the Senior Center office Room #203; or call (808) 955-1555.

All services are free for MSC Members. Annual membership is \$50 per household. Please renew at the MCC main office.

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.

Community Information and Resources

Senior Assistance handbook. Learn about senior housing options, meal assistance, transportation, community services, adult day-care, in-home care, safety and fall prevention and support group classes. Please ask Senior Center staff for a copy of the book.

Hidden Treasures Thrift Store



Hidden Treasures offers a wide range of items for sale from vintage clothes, antiques, books, small appliances, dishes, craft and sewing items and much more!

Store Hours: Tuesday through Saturday, 11:00am-4:00pm. CLOSED Sunday & Mondays
Phone: (808) 942-0595.

 **Delicious Chutney and Jams are available now at Hidden Treasures Thrift Store**

Hurry, while supplies last!

Mango Chutney

Mango Jam and Lilikoi Jam

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, strength, and physically and mentally. All levels welcome!

Rhythm & Life (R&L) Chair Exercise: Chair aerobic exercise to traditional Japanese music.

Rhythm and 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, music keys, multi-cultural songs, 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.*

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 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 (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.*



Exercise/Physical Fitness Classes cont.:

Beginning / Intermediate 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 cont.

Karaoke: recreational singing (need to bring own CD)

Kitsuke: The art of wearing Japanese kimono.

Knit, Crochet, & Crafts: crochet, knitting, and more!

Koto: Japanese string instrument (need to have own Koto).

Le 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.

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 months with 5 Wednesdays.*

Suzuko: Choreographed dance with bells.

Ukulele Roundtable: *Collaborative sessions exploring different styles, genres, 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.*



Education Classes:

Friendly Matters: Puzzles, Tech, Games and More!

Soroban: Traditional Japanese abacus class.

Moiliili Senior Center

SPECIAL EVENTS CALENDAR - MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Chigirie Workshop: 9:00 AM - 12:00 PM Room 105
5	6 Beginning Hula Cancelled this Monday	7	8 Community Aid: Hawaii Home Energy Assistance Program 9:30 AM - 12:00 PM Room 105	9	10	11
12 <i>Happy Mother's Day!</i>	13	14 Seminar: CapTel (services) 10:00 AM - 11:15 AM Room 202	15 Community Aid: Hawaii Home Energy Assistance Program 9:30 AM - 12:00 PM Room 105	16	17 Health Talk: Skin Cancer 11:00:00 AM-12:00 PM Room 105	18
(Free telephones for people with hearing loss)						
19 Lei Ilima Craf Worskhop: Quilled Lily of the Valley 1:00 PM - 3:00 PM VIA ZOOM	20	21	22 Seminar: How to Stretch Your Food Dollars! 11:30 AM - 12:30 PM Room 105 National Maritime Day	23	24 Fun Friday Movie "9 to 5" Jane Fonda Lily Tomlin & Dolly Parton 11:00 AM - 1:15 PM Room 105	25
26	27 HOLIDAY! Memorial Day Center Closed.	28 Relaxing Yoga <i>Resumes today</i> 11:30 AM - 12:30 PM Studio	29	30 BINGO Cancelled this Thursday	31	1-Jun Chigirie Workshop: 9:00 AM - 12:00 PM Room 105

NOTE: All-day care Summer Program for the children begins June 3 and ends July 26 at the Community Center.

MOILIILI SENIOR CENTER PROGRAM SCHEDULE

MAY 2024

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 <i>1st & 3rd Wed.</i>	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 <i>No class 5/30.</i>	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>Session ends May 16</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 TAI SOO (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. (1st & 3rd Thurs.)</i>	KITSUKE 12:00 - 1:00 WEINBERG	
	BEGINNING HULA 10:30 - 11:30 WEINBERG <i>* Wait List *</i> <i>No class 5/6.</i>	ZUMBA TONING PIYO 10:30 - 12:00 WEINBERG	R&L NIKO NIKO GENKI TAI SOO (CHAIR) 10:00 - 10:45 ROOM 207 - 208	INTERMEDIATE UKULELE 11:00 - 12:00 ROOM 105 <i>Session ends May 16</i>	BUYO & ENKA 1:00 - 3:00 WEINBERG	
	BUYO & ENKA 1:00 - 3:00 WEINBERG	SOROBAN 10:30 - 11:30 ROOM 208	LINE DANCE 2 10:15 - 11:30 WEINBERG <i>* Wait List *</i>			
		RELAXATION YOGA 11:30 - 12:30 STUDIO <i>Every other week</i> <i>Class resumes May 28.</i>	OKINAWAN DANCE 10:30 - 11:30 STUDIO			
			ADV BON DANCE 11:00 - 1:00 ROOM 305 <i>1st & 3rd Wed.</i>			
			KARAOKE 12:00 - 2:00 ROOM 209			

VIRTUAL/ON-LINE SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEI ILIMA CRAFT WORKSHOP: QUILLED LILY OF THE VALLEY 1:00 ZOOM <i>May 19</i>			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 TAI SOO 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 <i>No classes May 10,17, 24 & 31.</i>	