



Kaleidoscope

January 2024

Moiliili Senior Center Program at Moiliili Community Center

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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 8.

Thank you to our volunteers for helping with the Christmas sales and PTC shell leis project.

HEALTH TALK – HEARING LOSS & TINNITUS

Friday, January 19th, 2024 11:00am -12:00pm, Room 105

Join us for an informative session with MD James Yamashita on hearing loss and tinnitus. Learn about common causes, prevention tips, and available solutions. Gain valuable insights to enhance your hearing health.

NEW CLASS – FRIENDLY MATTERS

Tuesdays starting January 22nd, 2024 9:00 am – 10:30am, Room 202

Join us for lighthearted discussions and warm connections. Bring your questions, share your interests, and enjoy a positive atmosphere. In our sessions we'll explore a variety of topics, from learning how to use a Roku to having small discussions about hearing aids, home projects, gardening and will also play games. The agenda is open to anything helpful the group wishes to share. Come be a part of a "Friendly Matters" where we foster connections.

VIRTUAL ON-LINE CLASSES:

Wednesdays: Beg. Tai-Chi – Thursday: Zenidaiko, Sukuko

Fridays: Beginning Intermediate Tai-Chi, Advanced Tai-Chi, Beginning Zendaiko, Suzuko, Card Games

Contact Senior Center for more information.

COVID-19 SAFETY REMINDERS

We are still maintaining COVID-19 precautions. Please continue to follow the procedures listed below:

- **PARTICIPANTS, INSTRUCTORS, & 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.)
- **FEELING SICK IN ANY WAY, stay home & contact your MD as soon as possible.**
- 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.
- The water fountains at the center are turned off, so please 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 Limited parking at MCC. Consider drop-off, bus, or carpool (wear a mask). Theresa directs parking. Follow instructions, prioritize safety. Leave promptly after classes to avoid overcrowding parking problems.

Senior Center Registration Forms

Please remember to update your registration forms.

Community Center Membership Fees

Membership Renewal Reminder, \$50 annual membership fees for the calendar year. Give payments to the main office, place cash/checks in membership envelopes with name, phone, and address. Payable to Moillili Community Center.

Online Payment Option

You may now pay membership fees and make donations online at moillilicc.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 Moillili 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 its place by the end of your class.

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.

SENIOR CENTER CLASS REMINDERS, CHANGES, & UPDATES

- **NEW CLASS AVAILABLE! Beginning Ukulele – January 11; Thursdays 10am -1045am, Rm. 105**
Interested, please notify Senior Center staff.
Instructor, Colette Young-Pohlman, is a retired D.O.E Music Specialist & professional entertainer. Learn a variety of strumming techniques, music keys, multi-cultural songs genres; 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.
- **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** please bring your Koto to class.
- **Virtual Tai Chi Classes** with Ken Koike will resume January 3, 2024, via Zoom.
- **Zenidaiko and Suzuko** resumes January 4th 2024, via Zoom.

SENIOR CENTER SERVICES

Technology Training

If you need assistance utilizing technological devices (smartphone, tablet, laptop, etc.) or need assistance accessing information via the internet, please make an appointment with Senior Center Program Director, Delia Benitez. Bring your device **Thursdays, any time between 10:30 am and 2:00 pm**. If you need an alternate time contact Delia **(808) 955-1555, Ext. 130**. Appointments are first come, first served.

Assisted Transportation & Escort

We're excited to introduce two new drivers for our shuttle service as Sukil is no longer available. Here are the details:

- **Morning Driver** – Alex Chan, Program Worker 9:45 am – 12:30pm Mondays through Fridays
- **Afternoon Driver** – Delia Benitez, Program Director 12:00 pm – 2:00pm Mondays through Fridays

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 then your next emergency contact if you do not answer.

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) (808) 955-1555.

SPECIAL EVENTS & WORKSHOPS

Lei Ilima Craft Workshop

Online Class: Sun, Jan 14, 2024, 1:00 pm – 2:00 pm. Contact Senior Center for Zoom link. Craft a New Year's Paper Dragon card with instructor Lani Hee. All skill levels welcome. Materials needed: paper, scissors, glue, or tape.

Lei Ilima Craft Workshop (In-Person): Sun, Feb 14, 2024, 9:15 am – 10:15am, Rm. 209. Instructor Lani Hee guides you in creating the New Year's Dragon Paper Card. All paper supplies provided; bring scissors and glue. Join us for a creative experience!

Chigiri-e Workshop

(no classes in January 2024 – resumes February 3rd, 2024)

Saturday, February 3, 2024, 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 Taiso – Televised

Thursdays at 8:00am on OLELO Channel 54

MSC's own Faye Murata's Niko Niko Genki Taiso Exercise Program will ring in the New Year with great energy during this wonderful TV program. If you would like more information you may contact Faye Murata at (808) 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 (808) 955-1555 to register for any seminars or workshops.

VOLUNTEERS NEEDED

Class Instructors

We are looking for volunteer instructors or leaders to for classes in all categories of education, exercise, recreation, and leisure activities.

If you are interested in volunteering, please contact the Senior Center at (808) 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 for 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.**

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

Feature Spotlight: Meet Our Inspiring Instructor — Katsumi Takemoto Meditation with Shakuhachi Soundscapes, Thursday 10:30-11:45 AM

Katsumi has cultivated an approach to meditation and breathwork exercises with her shakuhachi (bamboo flute) as soundscapes with haiku and art at our Senior Center Program. She has also developed what she calls Banzai Meditation with our Kupuna Support Program.

Her meditation practice has been forged by over fifty years of spiritual care experience and thirty years of social work and peace education. A second-generation *hibakusha* (her mother was in the heart of Hiroshima during the atomic bombing,) Katsumi has facilitated humanitarian initiatives for healing and unity among intergenerational communities.

Katsumi holds a master's in public administration and is continuing graduate studies in social work. She specializes in gerontology, with particular emphasis on meditation, consciousness in aging well, and Quality of Life.

At the age of eight, she began the practice of Zazen (meditation,) *chado* (tea ceremony,) *shodo* (Japanese calligraphy,) and judo. Trained in kendo (Japanese fencing) concentrates on *iaido* (the art & methods of using the Japanese sword.) Katsumi has performed with multicultural groups with the shakuhachi professionally for forty years. Guided by her shakuhachi and as a licensed shiatsu therapist, she supports individuals in hospice care and conducts peace walks.

Since her class began in June 2023, our Senior Center Program meditation class participants reported improved changes, feeling more focused, mindful, and empowered. Here are some reports by Senior Center Program attendees:

- *I further my consciousness during meditation and connect with Nature with rhythm and flow.*
- *I'm more aware of my breath and able to relax.*
- *Every sound is so rich. Meditation allows you to almost taste the shakuhachi—like spiritual food.*

We write haiku, poetry, create art in free form, or simply reflect quietly after meditation exercise through shakuhachi soundscapes focused on themes of the day.

Themes are transformed around the spirit of aloha, Japanese aesthetics such as *wabi-sabi*, the appreciation of beauty in nature, and lifelong learning experiences with *ikigai* (ways of aging well) in Hawai'i and beyond.

Here are some examples of our reflections through meditation.

Breath-in and breath-out

Energy within and out

Being the Essence is

Kiyoshi

Bamboo around us

Standing strong to protect us

Bending the wind

Vera

And its summer

peaceful

what you see is me.

Reflections of our selves.

Michael

Drifting upon
Expansive calm waters
warm soft gentle waves rock
air, wind, and water relaxes me
Mila

SMELL OF RAIN
VIBRATION OF SOUND
LIGHTNESS IS DARKNESS
LIFE BRINGS NEW UNDERSTANDING
Leandra

Loving Kindness
floating thru, I sense a star
Listen, Listen, Are you there?
Jean

そよ風に
乗って届けよ
希望愛の風や光

From (the) distant winds
Let us ride the gentle breeze
With hope, Love & Light

English translation, Katsumi

Composed by a Beautiful class member

Haiku inspired paper cutting artwork by Karen H:



LISTENING TO THE FLUTE
I WALK BACK INTO CHILDHOOD
MY SADNESS LIFTS

Karen H.

LEAVES IN FULLEST BLOOM
WOW, ALL THE TREES AND SPARKLES!
COOL AIR, SKY, AND STARS

Composed by our loving Kupuna Support Program, Banzai Meditation class, 12/28/23

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

- **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.

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

Moiliili Senior Center

SPECIAL EVENTS CALENDAR - January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 HOLIDAY New Year's Day Center Closed.	2	3	4	5	6
7	8	9	10	11	12	13
14 Lei Ilima Craft Workshop: Paper Dragon via ZOOM 1:00 PM	15 HOLIDAY Martin Luther King Jr. Day Center Closed.	16	17	18	19 Health Talk: Hearing Loss & Tinnitus 11:00 Room 105	20
21	22	23	24	25	26	27
28	29	30	31			

MOILILI SENIOR CENTER PROGRAM SCHEDULE

January 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 8:15 - 11:30 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	DRAWING PAINTING 9:00 - 12:00 ROOM 207-208	
	BEG/INT TAI CHI 9:00 - 10:00 STUDIO	FRIENDLY MATTERS 9:00 - 10:30 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	<i>Class begins 1/23/24.</i> 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 1/11/24.</i>	UKULELE ROUNDTABLE 10:00 - 12:00 ROOM 202 <i>Class begins 1/12/24.</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	ZUMBA TONING PIYO 10:30 - 12:00 WEINBERG	R&L NIKO NIKO GENKI TAISOO (CHAIR) 10:00 - 10:45 ROOM 207 - 208	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	LINE DANCE 2 10:15 - 11:30 WEINBERG <i>* Wait List *</i>	INTERMEDIATE UKULELE 11:00 - 12:00 ROOM 105 <i>Class begins 1/11/24.</i>		
		RELAXATION YOGA 11:30 - 12:30 STUDIO <i>Every other week</i>	OKINAWAN DANCE 10:30 - 11:30 STUDIO			
			ADV BON DANCE 11:00 - 1:00 ROOM 305			
			KARAOKE 12:00 - 2:00 ROOM 305			

VIRTUAL/ON-LINE SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEI ILIMA CRAFT WORKSHOP: PAPER DRAGON 1/14/2023 1:00 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 <i>OLELO TV CH 54</i>	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 ZOOM	