



Moiliili Senior Center, (MSC) 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 and administered by Moiliili Community Center, (MCC). Located at 2535 S. King St., Honolulu, HI 96826. <https://www.moiliilicc.org> MCC – An Aloha United Way Agency

Aloha Seniors!

Join us this month for great workshops, seminars, a rummage sale, a Halloween performance and more!

CLASS UPDATES AND EVENTS

Oct. 16-18

Rummage Sale

9:00am – 12:00pm, MCC Garage

Oct. 22

Seminar: Medicare – Stern at Home Therapy

Medicare pays for your home care, therapy and more!

10:45am – 11:30am, Room 105

Oct. 23

HMSA Community Table

8:00am – 1:00pm Very helpful~ Informational Medicare & more.

Don't miss this special event!

Oct. 24

Medicare in 2025: Learn about Medicare changes! Premier Benefit Consultants.

10:30am – 11:30am, Room 202

Oct. 25

Health Talk: Supplements, Part 2

11:00am – 12:00pm, Room 105

Oct. 29

Virg's Halloween Show

9:15am – 10:30am, Room 305

Oct. 30 SNAP-Ed Food Aid

9:00am – 11:30am

In Front of Room 102

Nov. 2

Chigirie Workshop

9:00am – 12:00pm, Room 105

Nov. 9

MCC Annual Fundraiser

5:00pm at JCCH

- **Bon Dance:** Temporarily unavailable. Awaiting further details.
- **Fall Prevention:** On hold.

Oct. 2 No Okinawan Dance class

Oct. 3 No Hula classes

Oct. 4 Relaxing Yoga with

Meditation 10:00am – 11:30am

(Every other Friday in the Studio)

(Tuesday's class moved to Fridays)

Oct. 5

Chigirie Workshop

9:00am – 12:00pm, Room 105

Oct. 8

Succulent Plants Workshop

9:00am – 11:30am, Room 202

Oct. 9

No Bon Dance – All Bon Dance classes are paused until further notice.

Oct. 11

COVID Shot Clinic

9:30am – 11:30am, Room 102

Oct. 11

Fun Friday Movie: *Runaway*

Jury 11:00am – 12:20pm, Room 105

Oct 13 Lei Ilima Craft Workshop

1:00pm via ZOOM

Oct. 15

Seminar: Free Law Service for Seniors by UH Elder Law

Program

1:30pm – 2:30pm, Room 209

COVID Shot Clinic at MCC

Date: Oct. 11

Time: 9:30am – 11:30am.

Location: Room 102

Reservations required. Sign up by Oct. 8 in Room 203 or call (808) 955-1555.

MCC's Annual Fundraiser Dinner: "Where Great Things Happen"

Date: Nov. 9

Time: 5:00pm

Location: JCCH

The annual fundraiser is back after 4 years! Special discounts for members and their one guest.

Reservation Deadline: Oct. 11.

For more details all the main office at (808) 955-1555. Thank you for telling others about this important event and for your support!

Rummage Sale

Date: Oct. 16 – 18

Time: 9:00am – 12:00pm

Location: MCC Garage.

There will be many great finds, including clothes and household items. Donations are welcome!

Volunteers visit room 203 or call the Senior Center office.

Moiliili Community Center

Senior Center Office, Room 203

2535 South King Street

Honolulu, HI 96826

(808) 955-1555

**WRONG
WAY**

SAFETY FIRST for your safety and the safety of others, please do not enter the center through the "EXIT" which is on Kapaakea Lane.

**Medicare - Seminar Oct. 24
10:30am - 11:30am, Rm. 202**

Important new rules and regulations for seniors

- Lower Prescription Drug Costs
- Expanded Coverage
- Increased support for Low-Income
- Difficult and complex details explained in simple easy to understand way.

Contact Ayumi Miyazaki, Licensed insurance agent: (808) 389-6691 ayumi@pbchawaii.com



**Succulent Plant - Workshop
Oct. 8, 9:00am - 11:30am, Rm. 202**

Bring a small container, teacup size or an empty Soup can. Soil, grass clippings and pebbles provided.

**Fun Friday Movie - Runaway Jury
Oct. 11, 11:00am - 12:20pm, Rm. 105**

Runaway Jury a legal thriller novel by John Grisham, a high-stakes court case involving a widow suing powerful tobacco company for her husband's death. Themes of corruption, manipulation, and the ethics of jury tampering in the legal system.

**Supplements part 2 - Health Talk
Oct. 25, 11:00am - 12:00pm, Rm. 105**

Dr. James Yamashita will briefly review part 1 of the supplements talk and then dive deeper into understanding which supplements are most beneficial for seniors, focusing on minerals and how they support overall health, energy, and well-being. We'll also explore safe usage tips and potential interactions with medications to ensure you're getting the most out of your supplements.



Congratulations - Super Senior Award Goes to Ruth Mikami!

Ruth's unwavering enthusiasm for leading the intermediate/advanced Mah-Jongg classes is greatly appreciated by her students and staff. She is a talented instructor, compassionate friend, and neighbor with energy and kindness that shines brightly. We're all blessed to have Ruth in our lives.

Virtual Classes

Wednesdays

Beginning Tai Chi 8:00am - 9:00am

Thursdays

Zenidaiko Advanced 1:00pm - 2:00pm

Suzuko 2:15pm - 3:00pm

Niko Niko Genki Taisoo 8:00am

TV OLELO Ch 54

Fridays

Beginning Tai Chi 8:00am - 9:00am

Zenidaiko Beginning 9:00am - 10:00am

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

Suzuko 10:15am - 11:00am

Card Games 1:00pm - 3:00pm

Saturdays

Mindfulness Meditation with Minyi
11:00am - 12:00pm

Sunday (1 class on Oct. 13)

Lei Ilima craft workshop 1:00pm

Halloween themed shadow box

All virtual classes are on ZOOM with exception of the following
Card Games via FaceTime
Mindfulness with Minyi via Google GMeet

EVENT DETAILS

Relaxing Yoga has changed days and has added meditation to the class, starting on Oct. 4. Relaxing Yoga class is from 10:00am - 11:00am and then Meditation is from 11:00am -11:30am, every other Friday. This class use to meet every other Wednesday and now meets every other Friday.

Workshop Succulent Plants

Oct. 8, 9:00am – 11:30am, Room 202
Students, please bring an empty soup can and your gardening gloves. Plant and soil will be provided.



COVID Shot Clinic

Oct. 11, 9:30am – 11:30am, Room 102
Don Quijote Pharmacy will be providing COVID vaccinations at MCC. You must sign up no later than Oct. 8 to receive the shot. Call Senior Center office (808) 955-1555 or visit us in room 203.



Annual Fundraiser Dinner Nov. 9, 5pm JCCH Deadline to reserve your tickets is Oct. 11

Wonderful dinner and auction for a great cause, MCC! We cannot do this without you. Please support us and share with your friends and family about this event. Call main office for details, (808) 955-1555. Discounts extended to members and their one guest (their plus one).

Fun Friday Movie – Runaway Jury

Oct. 11, 11:00am – 12:20pm, Room 105
Runaway Jury is a legal thriller novel by John Grisham, published in 1996. The story revolves around a high-stakes court case involving a widow suing a powerful tobacco company for her husband's death.

Lei Ilima Craft Workshop

Halloween themed shadow box
Oct. 13, 1:00pm via Zoom

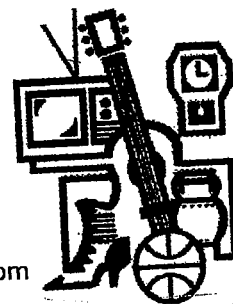
Seminar – UH Elder law Program, Learn about Free Legal Services for Seniors

Oct. 15, 1:30pm – 2:30pm
Room 209 Legal advisors and attorneys will talk about UH's free legal services for seniors and how to best receive their help. Know your rights. You are not alone!

Rummage Sale

Oct. 16 – 18, 9:00am – 12:00 pm
MCC Garage

There's still time to donate your gently used items. Please deliver to the MCC main office Mondays and Fridays. Help spread the word with friends and family and carpool to MCC. There is something for everyone. Can't wait to see you here!



Seminar – Medicare Stern at Home Therapy

Oct. 22, 10:45am – 11:30am

Learn more about how you can receive physical therapy & occupational therapy right at home! This and more is covered by your health insurance plans & Medicare. Need massage, walker, scooter? Learn how your insurance plan can cover.

Lei Ilima Craft Workshop

Peace Dove & Pleated Angel
Oct. 23, 9:15am – 10:15am Room 209
Bring scissors, glue and a black marker.

HMSA Community Table Planning for Medicare? We can help you get ready!

Oct. 23, 8:00am – 1:00pm. In front of Room 102

Medicare – Premier Benefit Consultant

Table – Learn about the *many* upcoming benefits from Medicare

Oct. 24, 10:30am – 11:30am Room 202
Help is on the way. Learn about your rights!

Health Talk Supplements part 2

Oct. 25, 11:00am – 12:00pm Room 105
Continuation of last month's supplements talk. Learn which minerals and vitamins are best for seniors

SnapEd - Learn how to apply for SNAP

Oct. 30, 9:00am – 11:30am Just outside of Room 102. Food Aid for those in need.

MCC Annual Fundraiser Dinner

Nov. 9, 5:00pm at JCCH

Deadline to reserve your tickets is Oct. 11
Call office for more details, (808) 955-1555.

SNAPed Representative on campus October 30. Brought to you by Hawaii Food Bank

Learn about SNAP and the application process
9:00am - 12:00pm Table just outside of Room 102.



If you or someone you know is having difficulty making ends meet to buy groceries or runs out of food and

skips meals, this program can help. Low income and those in need are encouraged to apply. Our representative speaks fluent Japanese and can help all who need food. For those who are ready to apply please bring your documents. Call Sonomi Espinosa (808) 265-1144 or email: sonomi@hawaiifoodbank.org



SENIOR CENTER SERVICES

Transportation 9:15am - 12:00pm

Assisted Transportation and Escort

Senior Center Van service is from 9:15am - 12:00pm, **Monday through Friday** to assist with 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 served. Call ahead of time to reserve your ride.

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

Technology Assistance: For device assistance (smartphone, tablet, or laptop) or help accessing information online, schedule an appointment with Senior Center, ask for tech support, (808) 955 - 1555. Tech classes also available every Tuesday (except the 1st and 5th Tuesday of the month) in Room 207, from 9:15am - 10:15am.

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. When additional paperwork is received you will be provided with a special number to call. 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.

Hidden Treasures Thrift Store

Delicious chutneys, jams and marmalades are here for a limited time!

- Calamondin Marmalade \$8
- Mango Chutney \$10
- Mango Jam \$8
- Lilikoi Jam \$4



We have a variety of items for everyone. Hidden Treasures offers a wide range of items for sale from vintage clothes, antiques, books, small appliances, dishes, crafts, sewing items and much more!

HIDDEN TREASURES
2535 S. King St., HNL, HI 96826
Business Hours: 11:00am - 4:00pm
Closed Sundays & Mondays
Phone: (808) 942-0595

COVID-19 SAFETY REMINDERS

Thank you for your cooperation and understanding. 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 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 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, no quarantine required before returning to the center if symptom-free and have a COVID-19 test that is negative.
- 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 address, emergency 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.

Write checks payable to Molili Community Center.

Online Payment Options: Membership fees and donations can be paid online at molilicc.org. If you do wish to pay online, there is 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 Molili 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, (808) 9 9 5 - 1 5 5 5.

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 and Rummage Sale. 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 submitted to the main office.

MCC Restrooms

For the safety of all, please do not prop 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 and windows closed. Do not set lower than 75 Degrees. Turn off the AC at the end of class. Mahalo.

SENIOR CENTER CLASS DESCRIPTIONS

Exercise/Physical Fitness Classes:

- **Fall Prevention:** Exercises to enhance balance & prevent falls.
- **Relaxation Yoga with Meditation:** Gentle relaxing yoga for body, mind, & spirit. Enhance flexibility, strength physically & 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. No class on the 5th Tuesday, if there are 5 Tuesdays in the month.

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 & genres, & 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.
- **BINGO:** Play multiple games of BINGO & 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).
- **Intermediate Ukulele:** Learn a variety of strumming techniques and music keys, multi-cultural songs & genres, & introduction to instruments form the "percussion" family, played by tapping, shaking, or scraping. Please bring your own ukulele, music stand (optional), 3-ring binder, & pen/pencil. New songs added. Sessions last for 8 weeks.
- **Beginning Hula:** Students will be exposed to basic hula steps & movements. There will be a focus on hapa haole (English-based) songs.
- **Karaoke:** recreational singing (need to bring own CD).
- **Kitsuke:** The art of wearing Japanese kimono.
- **Knit, Crochet, & Crafts:** Crochet, knitting, & more!
- **Koto:** Japanese string instrument, (need to have own Koto).

Recreation/Leisure Classes continued:

- **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 tile game. For Intermediate/Advanced students, must be experienced player.
- **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, genres, & 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 & help facilitate group discussions. Please see senior staff for a more detailed description.
- **Zenidaiko:** Choreographed dance with sticks.

Education Classes:

- **Friendly Matters:** Join us for light hearted discussions & friendly connections. Puzzles, games, succulent plants, how-to projects & more. Enjoy positive atmosphere for learning & social gathering.
- **Soroban:** Traditional Japanese abacus class.
- **Tech Class:** Learn smartphone & tablet skills. All students are welcome, beginners to intermediate. Students may also book one-on-one 1/2 hour sessions with instructor Wednesday & Thursdays. *No Tech class or one-on-one sessions on the 1st and 5th Tuesday, if there are 5 Tuesdays in the month.*

Moiliili Community Center

2535 South King Street

Honolulu, HI 96826

(808) 955-1555

Email: SeniorCenter@Moiliilicc.org

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

Molihili Senior Center

SPECIAL EVENTS CALENDAR - OCTOBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Cancelled No Okinawan Dance class	2 Cancelled No Hula class Intermediate/Adv.	3 Relaxing Yoga with Meditation 10:00am-11:30am Every other Friday In Studio	4 Chigirie Workshop 9:00am - 12:00pm Room 105
	6 Workshop Succulent Plants 9:00am - 11:30am Room 202 (bring an empty soup can)	7 Workshop Succulent Plants 9:00am - 11:30am Room 202 (bring an empty soup can)	8 Rummage Sale 9:00am - 12:00pm MCC Garage	9 Rummage Sale 8:00am - 12:00pm MCC Garage	10 COVID Shot Clinic 9:30am-11:30am, Room 102 Fun Friday Movie Runaway Jury 11:00am - 12:20pm Room 105	11 Chigirie Workshop 9:00am - 12:00pm Room 105
13 Leilima Craft Workshop Halloween themed shadow box 1:00 PM via Zoom	14 Seminar UH Elder Law Program "Free Legal Services" 1:30pm - 2:30pm Room 209	15 Seminar UH Elder Law Program "Free Legal Services" 1:30pm - 2:30pm Room 209	16 Rummage Sale 9:00am - 12:00pm MCC Garage	17 Rummage Sale 9:00am - 12:00pm MCC Garage	18 Rummage Sale 9:00am - 12:00pm MCC Garage	19
20	21 Seminar - Medicare Stern at Home Therapy Know Your Medicare Plan Home therapy, Massage & Scooter with Medicare 10:45am - 11:30am Room 105	22 Seminar - Medicare Stern at Home Therapy Know Your Medicare Plan Home therapy, Massage & Scooter with Medicare 10:45am - 11:30am Room 105	23 Leilima Craft Workshop Peace Dove & Pleated Angel 9:15am - 10:15am Room 209 HMSA Community Table 8:00am - 1:00pm In front of Room 102	24 Cancelled No Ukulele classes Beginning/Intermediate/Adv. Medicare In 2025 Learn Medicare Changes Premier Benefit Consultants 10:30am - 11:30am Room 202	25 Health Talk Supplements Part 2 11:00am - 12:00pm Room 105	26
27	28 Virg's Halloween Show 9:15am - 10:30am Room 305	29 Virg's Halloween Show 9:15am - 10:30am Room 305	30 SNAPed Food Aid Learn how to apply for SNAP 9:00am - 11:30pm In front of Room 102	31 Cancelled No Ukulele classes Beginning/Intermediate	1-Nov	2-Nov Chigirie Workshop 9:00am - 12:00pm Room 105

MOILIILI SENIOR CENTER PROGRAM SCHEDULE OCTOBER 2024

IN-PERSON CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAH-JONG <i>INTERMEDIATE/ADV.</i> 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 On Hold Until Further Notice	MAH-JONG <i>INTERMEDIATE/ADV.</i> 7:30 - 12:00 ROOM 207-208	FREE PLAY HANAFUDA 8:30 - 10:30 ROOM 209
CARD GAMES HANAFUDA 8:00 - 12:30 ROOM 202	KNIT/CROCHET & CRAFT 8:30 - 10:30 ROOM 209	SHODO 9:00 - 11:00 ROOM 202	HULA <i>INTERMEDIATE/ADV.</i> 8:30-9:30 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 - 12:30 ROOM 202	BEG/INT TAI CHI 9:00 - 10:00 STUDIO	BINGO 9:00 - 10:00 Room 202 1st & 3rd Tues.	R&L CHAIR EXCER 10:00 - 10:30 ROOM 105
SCRABBLE 9:30 - 12:00 ROOM 209	TECH CLASS ROOM 207/9:15-10:15 Except 1st & 5th Tues./mo.	GROUP SINGING 9:00 - 10:00 WEINBERG <i>* Wait List *</i>	BEGINNING UKULELE 10:00 - 10:45 ROOM 105	RELAXATION YOGA with Meditation 10:00-11:30 STUDIO <i>Every other week</i> 10/4, 10/18 & 11/1
R&L CHAIR EXER. 10:00 - 10:30 ROOM 105	ZUMBA GOLD 9:30 - 10:30 ROOM 105	R&L NIKO NIKO GENKI TAISOO (CHAIR) 10:00 - 10:45 ROOM 207 - 208	INTERMEDIATE UKULELE 11:00 - 12:00 ROOM 105	UKULELE ROUNDTABLE 10:00 - 12:00 ROOM 202 <i>* Wait List *</i>
BEGINNING HULA 10:30 - 11:30 WEINBERG <i>* Wait List *</i>	R&L NIKO NIKO GENKI TAISOO (STAND) 10:00 - 10:45 STUDIO	LINE DANCE 2 10:15 - 11:30 WEINBERG <i>* Wait List *</i>		KITSUKE 12:00 - 1:00 WEINBERG
BUYO & ENKA 1:00 - 3:00 WEINBERG	ZUMBA TONING PIYO 10:30 - 12:00 WEINBERG	OKINAWAN DANCE 10:30 - 11:30 STUDIO		BUYO & ENKA 1:00 - 3:00 WEINBERG
	SOROBAN 10:30 - 11:30 ROOM 208	KARAOKE 12:00 - 2:00 ROOM 209		

➔ VIRTUAL/ON-LINE SCHEDULE

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEGINNING TAI CHI 8:00 - 9:00 Via ZOOM	ZENIDAIKO ADVANCED 1:00 - 2:00 Via ZOOM	BEGINNING TAI CHI 8:00 - 9:00 Via ZOOM	MINDFULNESS MEDITATION WITH MINYI 11:00 - 12:00 Via Google - Gmeet	LEI ILIMA CRAFT WORKSHOP Halloween shadow box October 13 (1 day class) 1:00 Via ZOOM
	SUZUKO 2:15 - 3:00 Via ZOOM	ADVANCE TAI CHI 9:15 - 10:00		
	NIKO NIKO GENKI TAISOO 8:00 AM Via TV OLELO CH 54	ZENIDAIKO (BEGIN) 9:00 - 10:00 Via ZOOM		
		SUZUKO 10:15 - 11:00 Via ZOOM		
		CARD GAMES 1:00 - 2:30 Via Meta- FaceTime		

2024 Participant Survey – Moiliili Senior Center

Please complete this survey by Friday, November 1, 2024, and return to Senior Center office, room 203. Only one survey per person is needed. This survey is important as it is required by our contracting agency, City and County of Honolulu, Elderly Affairs Division.

1. I have been attending MSC for
- | | |
|-------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> less than a year | <input type="checkbox"/> 5 – 8 years |
| <input type="checkbox"/> 1 – 3 years | <input type="checkbox"/> 8 – 10 years |
| <input type="checkbox"/> 3 – 5 years | <input type="checkbox"/> more than 10 years |

2. I attend or use MSC services
- | | |
|---------------------------------------------|--------------------------------------------|
| <input type="checkbox"/> 1x a month | <input type="checkbox"/> 1x a week |
| <input type="checkbox"/> 2x a month | <input type="checkbox"/> 2x a week |
| <input type="checkbox"/> 3x or more a month | <input type="checkbox"/> 3x a week |
| | <input type="checkbox"/> 4x or more a week |

3. Satisfaction with Services at MSC (please circle one option)

A. Education Activities (Workshops/Seminars)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
B. Recreation / Leisure Activities (Card Games, Zenidaiko, Suzuko, Lei Ilima, etc.)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
C. Exercise / Fitness Activities (Rhythm & Life classes, Tai Chi Classes, etc.)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
D. Health Activities (Seminars)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
E. Telephone Reassurance Service (Check-in Calls, Call – I’m Okay Program)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
F. Assisted Transportation / Escort Service (One-to-one services)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
G. Counseling / Information & Assistance	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
H. Volunteer Service (For teachers, leaders, crafters, etc.)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable

4. Please help us improve our services; Share your comments or suggestions. Thank you for your time.
