



Kaleidoscope - November 2024 Issue #368

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.

Dear Seniors,

Your Safety Is Paramount - **Auditing Classes:** For those wishing to audit a new class or attend a workshop or seminar, please check-in at our Senior Center office first to sign up. This ensures we can prepare properly and avoid any confusion for instructors and students. To maintain a safe and respectful environment, all participants must sign our code of conduct and waiver prior to participating in classes, events, seminars, performances, and workshops.

We have a *zero tolerance* policy for behaviors that compromise the safety and comfort of our community.

Thank you to all who participated in donating and purchasing items at the Rummage Sale. We couldn't do it without you! MSC earned \$2,200 in rummage sales!

This month we're excited to bring you fun, learning, and opportunities to connect. Thank you for your continued participation and support in making the Moiliili Senior Center a vibrant and welcoming community. Be sure to check out the exciting events. Stay safe, stay engaged, and have fun!

Mahalo, The Moiliili Senior Center Team

November Events

- **Bonus Tech Class** Saturday, November 2
9:00 AM – 10:00 AM, Room 202

- **Chigirie** Saturday, November 2
9:00 AM - 12:00 PM, Room 105

- **Fun Friday Movie (Comedy)**
A Women, a Gun and a Noodle Shop
Friday, November 8
11:00 AM - 12:45 PM, Room 105

- **MCC Annual Fundraiser Dinner**
Saturday, November 9, 5:00 PM JCCH

- **Lei Ilima Craft Workshop**
Sunday, November 10, 1:00 PM via Zoom

- Succulent Plant Workshop

Tuesday, November 12, Room 202
9:00 AM – 10:30 AM (*Friendly Matters also in Room 202, 9:00 AM - 12:30 PM*)

- Ukulele Performance & MSC Hula Class

Performers Thursday, November 14
10:00 AM - 11:30 AM, Room 105

- HMSA – Medicare

Friday, November 15
11:00 AM - 12:00 PM, Room 105

Volunteers needed Tues., Nov. 19
(Japanese speakers, see page 3 for details)

- **HMSA – Community Table** Wednesday, November 20
8:00 AM - 12:00 PM, in front of Room 102

- **Gratitude Rock Painting** Thursday, November 21
10:00 AM - 11:00 AM, Room 104

- **Health Talk – Diabetes & Prevention**
Friday, November 22, 11:00 AM – 12:00 PM, Room 105

- **Mayor's Fair**, Saturday, November 23
9:00 AM - 1:00 PM, Neal S. Blaisdell Center

Temari Hawaii Event Nov. 10 and 24
Blender Papermaking & Shifu
with Jake Wroten (details see page 2)

December Events

- **MSC Craft Fair** Monday, December 9
9:00 AM – 12:00 PM, MCC Garage (*rain or shine*)

- **Senior Safety Seminar** Wednesday, December 11
10:00 AM - 11:00 AM, Room 105

- **MSC Hula Class Performance** Thursday, December 12
9:45 AM - 10:30 AM, Room 105

- **MSC Rhythm & Life Niko Niko Genki Taisoo**
Christmas Show, Friday, December 13
9:30 AM - 11:00 AM, Room 105

Moiliili Senior Center Program
2535 South King Street, Honolulu, HI 96826
Phone (808) 955-1555

November Event Details

The sign-up sheet to join these events is in Room 203 or call Senior Center Office (808) 955-1555 to have your name added.

November 8 Fun Friday Movie

A Women, a Gun and a Noodle Shop

11:00 AM-12:45 PM, Room 105

A 2009 comedic thriller directed by Zhang Yimou. Set in a remote noodle shop in China. Combining suspenseful twists with great cinematography.

Saturday, November 9

MCC Annual Fundraiser

5:00 PM at JCCH "Where Great Things Happen" We are excited to host our annual fundraiser after 4 years! We hope you will join us for cocktails, dinner, silent auction and country store. Contact our head office for tickets (808) 955-1555 or email kikir@moililicc.org

Sunday, November 10

Lei Ilima Craft Workshop 1:00 PM via Zoom
Christmas holly & Christmas lights wallpaper shadowbox project

Tuesday, November 12

Succulent Plant Workshop 9:00 AM – 10:30 AM, Room 202 in the "Friendly Matters" class. All supplies provided. Bring your garden gloves and learn how to propagate from cuttings.

Thursday, November 14

MSC Class Performers 10:00 AM – 11:30 AM, Room 105, Ukulele Instructor, and the Hula Instructor and hula students will perform for the Ukulele students and MSC members.

Wednesday, November 20

HMSA Community Table Learn About Medicare Advantage and the upcoming changes to health plans. 8:00 AM – 12:00 PM, In front of Room 102

Thursday, November 21

Gratitude Rock Painting by Anne

Chipchase, 9:30 AM – 10:30 AM, Room 104
Celebrate your good fortune by decorating Gratitude Rocks, a unique way to say thanks.

Friday, November 22

Health Talk: Diabetes & Prevention

Dr. James Yamashita, 11:00 AM – 12:00 PM
Room 105

Saturday, November 23

Mayor's Craft & Country Fair 9:00 AM – 1:00 PM
Neal S. Blaisdell, NBC Exhibition Hall. Looking for some amazing craft goods this holiday season? Don't miss out!

Thursday, November 28

The Salvation Army 52nd Annual

Thanksgiving Dinner

11:00 AM – 1:00 PM, Neal S. Blaisdell, NBC Exhibition Hall. Come share in the fellowship of Ohana and bring a friend for a FREE Thanksgiving Dinner that begins at 12:00 PM. Everyone is welcome. Tickets available in Senior Center Office Room 203. (*Tickets not required, walk-ins welcomed*)

Temari Hawaii presents

Blender Papermaking & Shifu with Jake Wroten

Sunday November 10 & 24

9:00am – 11:00 AM, Room 105

Don't miss this wonderful workshop where you learn to make paper for botanical cards and learn to make paper strings for art projects.

Take your junk mail – shred and toss pieces into a blender with water. Pour the resulting slurry into a dishpan. Capture the mixture with a screen piece held between two wooden frames i.e., a deckle. Drain. Dry on a flat surface. You just made a sheet of PAPER!

Session 1: Observe Jake's methods, then form a sample paper sheet with your own deckle. Before you return for the second session, set up your very own blender papermaking area and make paper.

Session 2: Share your experiences and show off your handmade paper sheets. Jake will share how he creates paper treasures with pressed botanicals. Learn how to twist paper napkins into Shifu, paper string for decorative and even functional uses like knotting the paper wrapper for a folded kimono.

Class fee: \$80 - Supply fee: \$20 for your own deckle, assorted papers and blank cards—**payable to Jake at Session 1 with cash or check. (online payments instructions on next page)**

Temari Hawaii Blender Paper making & Shifu workshop by Jake Wroten (Nov. 10 & 24)

Online Credit Card sign-up click this link: [Blender Paper Making with Jake Wroten Sign-up Form](#)

Or manually type <https://form.jotform.com/242808295284162> (Senior Center Office can help with sign-ups)

Volunteers Needed Tuesday, November 19: Professor Nobuo Takeshita, Professor Shidehiro Yamamoto from Asahi University, Japan and Professor Yukia Oba from the University of Hawaii are conducting a study on seniors' movement activities for daily living.

Date: Tuesday, November 19

Time: 10:00 AM

Place: MCC, Studio

Study will coincide with the Niko Niko Genki Taisoo Class. If you have any questions, please contact the senior office and we will have Faye Murata contact you.

December Events Details

Saturday, December 7

Chigirie 9:00 AM - 12:00 PM, Room 105

Monday, December 9

MSC Craft Fair

9:00 AM - 12:00 PM

MCC Parking Lot (Rain or Shine)

Reminder: Bring your own shopping bags. Arrive early for the best parking.

MSC Craft Fair Volunteer Opportunities: Stop by the Senior Center, Room 203 (2nd floor), or call (808) 955-1555 to sign up.

Wednesday, December 11

Senior Safety Seminar

10:00 AM - 11:00 AM, Room 105

Find out information on how to keep safe and learn how to lessen your chance to be chosen as a victim. Join us as the district 7 Community Policing team will give us advice on how to protect ourselves.

Thursday, December 12

MSC Hula Class Performance

9:45 AM - 10:30 AM, Room 105

Join in the Aloha spirit. See what the students have been working on all year!

Friday, December 13

MSC Rhythm & Life Niko Niko Genki Taisoo Christmas Program

9:30 AM - 11:00 AM

Faye Murata hosts her annual Christmas show. Join in the festivity, great music, and exercise

COVID-19 and Safety Regulations

Thank you for your continued cooperation and understanding. We appreciate your efforts to keep the Moiliili Community Center (MCC) safe for all.

COVID GUIDELINES:

- **Facemasks Required:** Participants, instructors, and staff must always wear facemasks on campus. If you forget one, we will provide it. Face shields are available for those unable to wear facemasks.
- **Hand Sanitizing:** Please sanitize your hands upon arrival and departure. If you cannot use hand sanitizer, wash your hands with soap and water for at least 20 seconds.
- **If You Are Feeling Sick:** Please stay home if you feel unwell in any way. If you begin to feel ill while at the center, notify a staff member immediately.
- **Traveling Off-Island:** No quarantine is required to return to the center if you are symptom-free and test negative for COVID-19.

GENERAL REMINDERS

- **Air Conditioners:** When the A/C is on, keep all doors and windows closed.

Please ensure the A/C is turned off at the end of class, and do not set it to lower than 75°F.
- **Bathroom Access:** Keep bathroom doors always closed to avoid unwanted guests. Keys to the bathrooms are available in each classroom. Return the keys immediately after use.
- **No Food Sharing:** For your safety, no food sharing or eating together is allowed on MCC property.

- **Bring Your Own Water:** MCC water fountains are turned off. Please remember to bring your own water bottle.

- **Auditing Classes:** For those wishing to audit a class please check into our Senior Center office first. This helps to avoid any confusions by instructors and students. Non-members MUST sign waiver to audit class/classes.

\$50 Annual Membership Reminder

Write checks payable to Moiliili Community Center and write "Membership" in the Memo Line.

If you pay online, there is a 6% processing fee. You may opt out of paying the processing fee by selecting "I don't want to cover the processing fee for MCC" on the "Your Details" page when making a payment. If you have questions or concerns, visit our Senior Center staff in Room 203 or call (808) 955-1555.

Donation Policy: Monetary donations are welcomed to help balance our budget. - **Donations Encouraged:** A \$2 donation per activity or a \$20 donation per month is suggested to help support the center. Donations are appreciated but not mandatory.

- **Donation Goods Drop-Off Days for the Thrift Store and Senior Center:** Donations accepted on Mondays and Fridays only. No large appliances, thank you.

Moiliili Community Center

Senior Center Program

2535 South King Street
Honolulu, HI 96826

(808) 955-1555

Senior Center Services



- **Transportation, Monday to Friday (9:15 AM – 12:00 PM)**

Our Senior Center Van service is available Monday through Friday to assist with transportation for doctor's appointments, grocery shopping, haircuts, post office visits, and other necessary errands.

- **The Escort Transportation Service** is also provided for those who need a team member to stay with them during their appointment or errand run.

- **Technology Assistance:** Need help with your smartphone, tablet, or laptop? Schedule a one-on-one 30-minute appointment with the Senior Center Program Director by calling (808) 955-1555.



- **Shopping Delivery Service:** Order groceries online, and we'll pick them up and deliver them to you. We do not store any credit card information after the transaction.



- **"I'm OK" Call Service:** This is a free service for MSC members living alone. We'll check in if you don't call. Ask for more details in our Senior Center office, room 203 or call (808) 955-1555.

Hidden Treasures Thrift Store

Hidden Treasures offers a wide selection of items for sale, including vintage clothes, antiques, books, small appliances, craft supplies, and more!

- **Store Hours:** Tuesday through Saturday, 11:00 AM – 4:00 PM. Closed on Sundays and Mondays.

- **Donations:** We welcome donations of household items, crafts, small décor, and clothes. Please drop off donations on Mondays and Fridays only.

Hidden Treasures

2535 South King Street
Honolulu, HI 96826
Closed Sundays and Mondays
Phone: (808) 942-0595

Weekly Virtual Classes

Contact Senior Center office, Room 203 for online instructions
or call (808) 955-1555

Beginning Tai Chi

Wednesday & Friday, 8:00 AM – 9:00 AM

Gentle stretches and movements to improve balance and flexibility.

Zenidaiko (Advanced)

Thursday, 1:00 PM – 2:00 PM

Traditional Japanese performance using movement sticks with bells.

Suzuko

Thursday, 2:15 PM – 3:00 PM

Friday, 10:15 AM – 11:00 AM

A choreographed dance incorporating bells for rhythmic movement.

Advanced Tai Chi

Friday, 9:15 AM – 10:00 AM

A more advanced session of Tai Chi exercises for those experienced with the practice.

Zenidaiko (Beginners)

Friday, 9:00 AM – 10:00 AM

Card Games (FaceTime)

Friday, 1:00 PM – 3:00 PM

Enjoy social time and traditional card games: Trumps, Poker, Crazy 8 & one-of-kind card games

Lei Ilima Craft Workshop

Sunday, 1:00 PM (one Sunday only, November 10)

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, Poker 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)
- **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.

- **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 continued

- **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 & help facilitate group discussions. Please see senior staff for a more detailed description.

Education Classes:

- **Friendly Matters:** Join us for light hearted discussions and friendly connections. Enjoy positive atmosphere for learning and social gathering.
- **Soroban:** Traditional Japanese abacus class
- **Tech Sessions:** Learn how to use technology, tablet, smartphone, and laptop. (1st & 5th Tues. class closed)
- **Zenidaiko:** Choreographed dance with sticks.

SPECIAL EVENTS CALENDAR - November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						Chigrie Workshop 9:00am-12:00pm Room 105
						Bonus Tech Class 9:00am-10:00am Room 202
3	4	5	6	7	8	9
		HOLIDAY Election Day Center Closed			Fun Friday Movie A Woman, a Gun & a Noodle Shop 11:00 AM - 1:15 PM Room 105	MCC Annual Fundraiser 5:00pm JCCH
10	11	12	13	14	15	16
Lei Ilima Craft Workshop Christmas holly & Christmas lights wallpaper shadow box 1:00PM via ZOOM	HOLIDAY Veterans' Day Center Closed	Workshop Succulent Plants 9:00am-10:30am Room 203 Plants & materials supplied		MSC Class Performers Ukulele & Hula 10:00am-11:30am Room 105	Seminar HMSA Medicare Advantage 11:00am-12:00pm Room 105	
17	18	19	20	21	22	23
			HMSA Community Table Medicare Advantage 8:00am-12:00pm in front of Room 102	Workshop Gratitude Rock Painting 9:30am-10:30am Room 104	Health Talk Diabetes & Prevention 11:00 AM - 12:00 PM Room 105	Mayor's Fair 9:00am-1:00pm Blaisdell NBC, Exhibition Hall
24	25	26	27	28	29	30
				HOLIDAY Thanksgiving Day		
				Salvation Army 52nd Annual Thanksgiving Dinner Doors Open @ 11:00am; Dinner @ 12:00pm Neal Blaisdell Center Exhibition Hall - NO CHARGE EVENT		
1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec	7-Dec
						Chigrie Workshop 9:00 AM - 12:00 PM Room 105+A1-G38

MOILIILI SENIOR CENTER PROGRAM SCHEDULE NOVEMBER 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		SHODO 9:00 - 11:00 ROOM 202		
BEG/INT TAI CHI 9:00 - 10:00 STUDIO	KNIT/CROCHET & CRAFT 8:30 - 10:30 ROOM 209	BEG/INT TAI CHI 9:00 - 10:00 STUDIO	BINGO 9:00 - 10:00 Room 202 1st & 3rd Tues.	DRAWING & PAINTING 9:00 - 12:00 ROOM 207-208
SCRABBLE 9:30 - 12:00 ROOM 209	FRIENDLY MATTERS 9:00 - 12:30 ROOM 202	GROUP SINGING 9:00 - 10:00 WEINBERG <i>* Wait List *</i>		R&L CHAIR EXCER 10:00 - 10:30 ROOM 105
R&L CHAIR EXER. 10:00 - 10:30 ROOM 105	TECH CLASS ROOM 207/9:15-10:15 Except 1st & 5th Tues./mo.	R&L NIKO NIKO GENKI TAI SOO (CHAIR) 10:00 - 10:45 ROOM 207 - 208	BEGINNING UKULELE 10:00 - 10:45 ROOM 105	RELAXATION YOGA with Meditation 10:00-11:30 STUDIO <i>Every other week</i> 11/15, 11/29 & 12/13
BEGINNING HULA 10:30 - 11:30 WEINBERG <i>* Wait List *</i>	ZUMBA GOLD 9:30 - 10:30 ROOM 105	LINE DANCE 2 10:15 - 11:30 WEINBERG <i>* Wait List *</i>		INTERMEDIATE UKULELE 11:00 - 12:00 ROOM 105
BUYO & ENKA 1:00 -3:00 WEINBERG	R&L NIKO NIKO GENKI TAI SOO (STAND) 10:00 - 10:45 STUDIO	OKINAWAN DANCE 10:30 - 11:30 STUDIO		KITSUKE 12:00 - 1:00 WEINBERG
	ZUMBA 10:30 - 12:00 WEINBERG	KARAOKE 12:00 - 2:00 ROOM 209		BUYO & ENKA 1:00 - 3:00 WEINBERG
	SOROBAN 10:30 - 11:30 ROOM 208			

➔ 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 1:00 Via ZOOM (one Sunday per mo.)
		ADVANCE TAI CHI 9:15 - 10:00		
	SUZUKO 2:15 - 3:00 Via ZOOM	ZENIDAIKO (BEGIN) 9:00 - 10:00 Via ZOOM		
	NIKO NIKO GENKI TAI SOO 8:00 AM Via TV OLELO CH 54	SUZUKO 10:15 - 11:00 Via ZOOM		
		CARD GAMES 1:00 - 2:30 Via Meta- FaceTime		