



Kaleidoscope

July 2023

Moiliili Senior Center Program at Moiliili Community Center
2535 South King Street, Honolulu, Hawaii 96826 | Phone: (808) 955-1555
Email: seniorcenter@moiliilicc.org | Website: www.moiliilicc.org

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

COVID-19 SAFETY PROTOCOLS

We no longer require members to check their temperatures upon arrival and departure from the center and no longer have the attendance station in front of the main office. **Please check yourself in on the attendance logs located in each classroom. MASKS ARE STILL REQUIRED.** For any Senior Center inquiries, please see staff in Room 203. Please see the Senior Center Bulletin Board on the first or second floor for updates and information on classes and events.

Please keep in mind that the following safety protocols will continue to remain in place:

- **MASKS MUST BE WORN AT ALL TIMES**
- Please sanitize your hands upon arrival and departure of MCC.
- If you are feeling sick in any way, please do not come to the center.
- If you are traveling off-island, please quarantine for five days and take a covid test on the fifth day. If the test is negative, you may return to the center.
- Classrooms and studios will be sanitized between each class.
- No sharing food or eating together on MCC property.



Thank you again for your cooperation throughout these unprecedented times. If you have any questions or concerns, please feel free to contact the senior center staff.

SHOUT-OUTS! 😊

Thank you to Michie Takemoto, Henri Kikuta, and Allen Tanabe for their many years of volunteer service! Moiliili Senior Center Program appreciates their hard work and dedication to the program and participants. We wish you the best of luck in your future endeavors!



Thank you to Colette Young-Pohlman and Double Happiness for their wonderful performance on Make Music Hawaii Day!

CLASS REMINDERS, CHANGES, & UPDATES

The Children and Families Program's Summer Intersession is from **May 30 to July 28**. Please be aware that the children will be on property during this time.

Upcoming Holidays:

Moiliili Community Center will be closed on the following holidays:

- Tuesday, July 4 – Independence Day 
- Friday, August 18 – Statehood Day 

Class Information:

- **NEW CLASS!** – Karaoke Wednesdays from 12:00pm to 2:00pm in Room 209 **starts July 5**. (Leaders: Bob Murata and Kil Dong Koh; Bring your own CDs)
- No **Relaxation Yoga** on July 4 (holiday). Next class will be Tuesday, July 11.

- **Scrabble** will be held in Room 209 during Summer Intersession
- **BINGO** will be held every Thursday in July.
- **Zumba PiYo/Toning** moved to Tuesdays, 10:30am – 12:00pm
- We are no longer holding **Solo Ukulele**, **Koto**, or **Bon Dance** classes. Please see Senior Center staff for more information.
- **Soroban** class will resume in September.
- Please ask to join waitlist for the following classes:
 - Group Singing
 - Line Dance I
 - Line Dance II

to create images that may resemble a watercolor painting. Kits to be purchased at the workshop for \$10.

Ukulele Basics Workshop – Every other Thursday, 10:15am – 10:45am

July Class Dates: 7/6/23 and 7/20/23

Learn and practice basic ukulele chords and transitions to assist in the Beginning Ukulele class. Workshops will be before class, every other week.

Virtual Lei Ilima Craft Workshop – Sunday, July 9, 2023, 1:00pm via Zoom

Learn to make a Quilled Bird of Paradise. Please contact the Senior Center for a supply list and more information.

In-Person Lei Ilima Craft Workshop – Wednesday, July 19, 2023 9:15am – 10:15am Room 209

Learn to make a mini paper rose bouquet. Please contact the Senior Center for a supply list and more information.

Medicare 101 – Tuesday, July 18, 2023, 10:30am – 11:30am Room 202

Join Premier Benefit Consultant, Daryn Fujii, and learn Medicare Basics including topics like enrollment periods, different parts of Medicare, Medicare Supplement Plans, Prescription Drug Plans, and Medicare Advantage Plans. This information will help you choose the right plan for you. **The first 10 people to sign up to attend this seminar in-person will receive a prize!**

Diabetes Seminar – Friday, July 28, 2023, 11:30am – 12:30pm Room 105

Learn about Diabetes from Dr. Jim Yamashita. This seminar will also be available virtually via Zoom.

The first 10 people to sign up to attend this seminar in-person will receive a prize!

UPCOMING EVENTS & WORKSHOPS

Moiliili Summer Fest

Saturday, July 1, 2023

5:00pm – 10:00pm

1100 University Ave

Old Varsity Theater Parking Lot

Enjoy Honolulu's largest bon dance, local food vendors, artisans, retailers, and cultural entertainment! Moiliili Community Center is a partner for this event.

Keiki to Kupuna Family Fun Day –

Saturday, July 22, 2023, 9:00am – 12:00pm
at Old Stadium Park

Enjoy fun activities for the whole family, including games, arts and crafts, entertainment, and more! This event is co-sponsored by Moiliili Community Center. We are looking for Senior Center classes to demonstrate, display, or perform their skills and talents at the event! Please notify staff if you are interested.

Chigiri-e Workshop – Saturday, July 1, 2023, 9:00am – 12:00pm Room 105

Chigiri-e is a Japanese art form in which the primary technique uses colored paper that is torn

Movie Monday – Monday, July 31, 2023, 11:00am
Room 105

Every last Monday of each month is Movie Monday. Throughout the month of July, you may visit the Senior Center office (Room 203) to vote on the movie you would like to watch and to make suggestions for movies for the upcoming months!

July movie choices:

1. Sleepless in Seattle
2. Rocky
3. La La Land

Come enjoy a movie with us!

Niko Niko Genki Taisoo – Televised – Thursdays
8:00am on OLELO

MSC's own Faye Murata's Niko Niko Genki Taisoo Exercise Program is showing on OLELO (channel 54) every Thursday at 8:00am. If you have a chance, watch it and enjoy the morning exercises!

Special Event!

**Moiliili Senior Center Rhythm & Life
Presents**

Rhythm & Life 25th Anniversary Celebration

Date: Saturday, November 18, 2023

Time: 11:00am – 2:00pm

Place: House of Wong Restaurant - 471 Kapahulu Ave.

Cost: \$35 per person

Welcoming special guests from Japan's Rhythm and Life and others! Tickets are first come, first served.

Tickets on sale now! Please contact Senior Center Staff for tickets or more information.

**OPPORTUNITY FOR VIRTUAL
CLASSES**



Moiliili Senior Center has purchased tech equipment to make virtual classes available to all our members. We now have the ability to show virtual classes in-person at the center and can show in-person classes online through Zoom. Class instructors, if you are interested in streaming your virtual class at the center or if you are interested in posting your in-person class online, please contact the Senior Center staff.

GENERAL REMINDERS

Parking

There is limited parking at MCC. Please be dropped off, take the bus or carpool if possible. Our Parking Attendant, Theresa, will be directing traffic and coordinating the parking. Please be courteous and follow instructions. Please think about your safety and the safety of those around you. For the safety and well-being of all our members, we kindly ask that when your classes are over to immediately leave the center to avoid overcrowding and parking issues.

Senior Center Registration Forms

Please remember to update your registration forms. You may fill out registration forms at the Senior Center Office in Room 203.

Community Center Membership Fees

Please remember to renew the \$40 annual membership fees. Memberships should be paid for each calendar year. All payments must be given to the main office. Please be sure to place cash/checks in the membership envelopes and fill out the envelope with name, phone number, and address. **Checks may be payable to Moiliili Community Center.**

Air Conditioners

If your class uses the air conditioner, please keep the doors and windows shut. Air conditioners should not be set lower than 75 degrees. Please do not turn on the ceiling fans in any classroom. Thank you for your cooperation.

Online Payment Option

You may now pay membership fees and make donations online at moililicc.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 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 their place by the end of your class.

SENIOR CENTER SERVICES

Assisted Transportation and Escort

Senior Center Driver, Sukil, is available from 9:00am – 2:30pm Monday through Friday to assist in transportation/escort service to doctor's appointments, grocery shopping, haircuts, post office, and other necessary places. Appointments are first come, first served. Please call ahead of time to reserve your transportation needs. Individual must be physically able to get in and out of the minivan.

Technology Training

If you need assistance utilizing technological devices (smartphone, tablet, laptop, etc.) or need assistance accessing information via internet, you may make an appointment with Senior Center Director, Chelsie, to receive assistance. You will need to bring your own device to the appointment. Appointments are first come, first served. Please call ahead of time to schedule an appointment.

Shopping Delivery

Participants may order groceries from their supermarket and pay online or may contact us to make the order if comfortable giving us credit card information for that particular transaction. Please note: We do not retain or keep on file credit card information. The information is deleted after the order is placed. We will pick up the goods and deliver them to the members.

Telephone Reassurance

We are 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 staff.

Call- I'm OK

Call – I'm OK is a telephone check-in system to support seniors who live alone. 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. If no one knows where you are or has not seen you, staff will go to your home for a wellness check. Please contact the Senior Center to register for this service.

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) 955-1555.

VOLUNTEERS NEEDED

We are looking for volunteer instructors or leaders for classes such as *ping pong, friendly matters, kanikapila, yoga, meditation, aerobics, technology assistance, cultural/educational seminars, etc.*

COMMUNITY INFORMATION AND RESOURCES

Kiwanis Kupuna Spelling Bee

Aiea: Saturday, July 15, 9:00am at Aiea High School Library

Honolulu: Saturday, July 22, 1:00pm at Lanakila Multipurpose Center

Join Kiwanis Kupuna Spelling Bee for a fun and friendly competition among Hawaii residents 60 years and older! The top 3 winners from each preliminary contest will win a medal and compete in the Final Championship on July 29. To register, visit kupunaspellingbee.com.

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.

***Please see staff for a hard copy of this handbook.**

Online version: [Honolulu, Hawaii Department of Elderly Affairs Division \(EAD\) - Publications](#)

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

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 staff for a hard copy of this handbook.**

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).
- **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.

Recreation/Leisure Classes:

- **Beginning Ukulele:** Learn a variety of strumming techniques and music keys, multi-cultural songs and genres, and introduction to instruments from the "percussion" family, played by tapping, shaking, or scraping. Please bring your own ukulele, music stand (optional), 3-ring binder, and pen/pencil. 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)
- **Kitsuke:** The art of wearing Japanese kimono.
- **Knit, Crochet, & Crafts:** Crochet, knitting, and more!
- **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.
- **Mindfulness Meditation & Reflection with Shakuhachi Sounds:** 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.
- **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.
- **Zenidaiko:** Choreographed dance with sticks.

Education Classes:

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