



Kaleidoscope

June 2024

Issue #363

Moiliili 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.moiliilicc.org>

Phone: Senior Center (808) 955-1555

Email: seniorcenter@moiliilicc.org

Lei Sales are still going on! Please visit us in Room 203.

Happy Father's Day!

As we celebrate this special day dedicated to honoring fathers and paternal figures, let's also explore the fascinating connection between Father's Day and Tanabata (the Star Festival).

While Father's Day and Tanabata are distinct celebrations, they share some intriguing commonalities.

Timing: Father's Day, celebrated on the third Sunday of June, often precedes Tanabata, typically held on July 7th in most parts of Japan. Some regions even celebrate Tanabata in August.

Themes of Family and Love: Father's Day has modern western origins dedicated to honoring fathers and paternal figures celebrating their vital roles in families. Tanabata's rich history is rooted in an ancient Chinese love story and adopted by Japanese culture. It celebrates the annual meeting of the deities Orihime and Hikobushi. Symbolized by the stars Vega & Altair, this festival emphasizes romantic love and familial bonds.

Expressions of Affection and Wishes: On Father's Day, gifts and cards are given to show appreciation for fathers. During Tanabata, people write their wishes on colorful strips of paper (tanzaku) and hang them on bamboo branches, hoping for them to come true.

Special Workshop Announcement: In celebration of these beautiful traditions, our Lei Ilima Craft Workshop will devote a special session to a Tanabata lantern project. Join us via Zoom, June 9, 1:00pm to create your own lantern, a perfect way to express your wishes and add a personal touch to the Tanabata festivities. Contact MSC Senior Center office in room 203 or call for a Zoom link, (808) 955-1555.

Both holidays offer special moments for families to gather, express their feelings, and celebrate important relationships, whether through honoring a family member or participating in a cherished cultural tradition.

Happy Father's Day to all the wonderful dads out there! Don't forget to join our Tanabata lantern craft project and make your wishes shine bright!

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 submitted 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. 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 the AC at the end of class. Mahalo.



Congratulations to Mrs. Kil Dong Koh, June's Super Senior!



June 2024 Super Senior nomination goes to Mrs. Kil Dong Koh. A true aloha spirit, Mrs. Koh selflessly and generously shares her time and resources by conducting chair exercise classes. She has also taken on the role of Karaoke leader when needed, bringing joy and music to our seniors.

Always ready to lend a hand, she consistently volunteers whenever help is called for. Mrs. Koh's support truly makes her a Super Senior! Thank you to all the MSC peers who participated in submitting their vote.

We will continue to feature a Senior every month, per your votes. Please visit the Senior Center office to pick up a "Super Senior Nomination Form". Thank you for your participation.

Special Events and Updates

Friday, June 7 – Health Talk

Alzheimer's Disease & Dementia, 11:00am-12:00pm, Room 105. This session will cover key differences between the two conditions, early warning signs, and latest research on prevention and treatment. Learn risk factors, coping strategies for caregivers, available support resources to better understand and manage these challenging conditions. Speaker James Yamashita, MD

Sunday, June 9 – Lei Ilima Craft Workshop

1:00pm-3:00pm via ZOOM. Learn how to make 3-D paper craft projects, a Tanabata lantern in recognition of the Star Festival & a watermelon commemorating the beginning of Summer.

Tuesday, June 11 – Moiliili Community Center Closed for King Kamehameha Day.

Wednesday, June 12 Friday – Lei Ilima Craft Workshop, Blue Daze Minis, 9:15am-10:30am, Room 209.

Paper supplies will be provided. Please bring glue and scissors. Craft a beautiful 3-D Blue Daze paper bouquet.

Friday, June 21 – Fun Friday Movie

The Best Exotic Marigold Hotel! 11:15am-1:15pm, Room 209. A heartwarming film that follows a group of British retirees who decide to "outsource" their retirement to a seemingly luxurious but dilapidated hotel in Jaipur, India. Each character embarks on a personal journey, discovering unexpected life lessons and newfound friendships. With a stellar ensemble cast, including Judi Dench, Bill Nighy, and Maggie Smith, the film beautifully blends humor, drama, and cultural exploration, highlighting the themes of adventure, resilience, and the enduring quest for happiness in the golden years.

Saturday, July 6 – Chigiri-e Workshop

9:00am-12:00pm, Room 105 Chigiri-e is a traditional Japanese art form that uses hand torn pieces of colored paper to create beautiful, textured images. Originating in the Heian period, this technique involves layering paper to achieve depth and subtle color variations, often depicting nature scenes, landscapes, and delicate patterns.

Monday Scrabble

9:30am-12:30pm
has moved to Room 209, through July.



Thursday Hula class time changed to: 8:30am-9:30am, starting in June.

Bon Dance Beginners & Advanced

NEW Schedule: 1st and 3rd

Wednesdays Room 305

- Beginners: 9:00am-10:45am
- Advanced: 11:00am-1:00pm



Ukulele New Session begins July 11 for both Beginner and Intermediate classes.



Relaxation Yoga June 25 11:30am 12:30pm, in the Studio



Monday Card Games by Glen Yasuoka Hanafuda, 8:00am-10:00, Room 202 on-going.

Poker, Room 202, 11:00am-12:30pm resumes June 17

SKIN CANCER AWARENESS UPDATE

Early Skin Cancer Detection Success Story

Last month, we were fortunate to have Dr. James Yamashita talk about the importance of early skin cancer detection. We're thrilled to share that this talk had a significant impact. One of our seniors reported that a peer, inspired by the talk, visited their doctor and discovered they needed early intervention. Thanks to this timely action, everything went well.

This success story underscores the importance of regular check-ups and staying informed about health matters. We hope it inspires others to take proactive steps in monitoring their health and seeking medical advice when needed. Early detection can make all the difference!

JUNE'S HEALTH TALK

Understanding Alzheimer's Disease and Dementia: June 7, 11:00am-12:00pm Room 105

Alzheimer's disease and dementia are often used interchangeably, but they are not the same. Here's a brief overview of the differences and some tips on prevention.

Differences between Alzheimer's and Dementia:

1. Dementia:

Definition: Dementia is an umbrella term used to describe a range of symptoms associated with cognitive impairment severe enough to interfere with daily life. It includes memory loss, difficulties with thinking, problem-solving, and language.

Causes: Various conditions can cause dementia, including Alzheimer's disease, vascular dementia, Lewy body dementia, and frontotemporal dementia, among others.

2. Alzheimer's Disease:

Definition: Alzheimer's disease is the most common cause of dementia, accounting for 60-80% of cases. It is a specific brain disease marked by the build-up of plaques and tangles in the brain.

Symptoms: Early symptoms include difficulty remembering recent events or conversations, while later symptoms can involve severe memory loss, confusion, and changes in behavior.

Progression: Alzheimer's disease is progressive, meaning it worsens over time.

Prevention and Management:

While there is no certain way to prevent Alzheimer's disease or dementia, research suggests that certain lifestyle choices may help reduce the risk:

1. **Healthy Diet:** Following a balanced diet, such as the Mediterranean or DASH diet, which is rich in fruits, vegetables, whole grains, and healthy fats, may support brain health.
2. **Regular Exercise:** Engaging in regular physical activity can improve blood flow to the brain and may reduce the risk of cognitive decline.
3. **Mental Stimulation:** Keeping the brain active through learning new skills, reading, puzzles, and social engagement can help maintain cognitive function.
4. **Quality Sleep:** Ensuring adequate and quality sleep is essential for overall brain health.
5. **Managing Cardiovascular Health:** Controlling blood pressure, cholesterol, and diabetes can help protect against conditions that might contribute to cognitive decline.
6. **Avoiding Tobacco and Excessive Alcohol:** Reducing or eliminating smoking and excessive drinking can benefit brain health.

Regular check-ups and staying informed about cognitive health are crucial. If you or a loved one notice symptoms of memory loss or other cognitive changes, it is important to consult with a healthcare professional. For more information and support, consider reaching out to organizations such as the Alzheimer's Association or the National Institute on Aging.



Celebrate Father's Day with a beautiful lei

Our seniors have made different styles of leis in a wide variety of colors.

Stop by our Senior Center office in room 203. There are still many to choose from.

Father's Day is a special occasion to honor and appreciate the incredible role fathers play in our lives. It's a time for families to come together and express gratitude for their love, support, and guidance. Whether through a heartfelt message or a thoughtful gesture, this day is about celebrating the strength and wisdom of dads everywhere. Let's take this opportunity to show our dads how much they mean to us. Happy Father's Day!

HARD OF HEARING – not to worry, CapTel Representative is available to talk with you about telephones with captions. Through our government, under provisions of the Americans with Disabilities Act, you have the right to devices free of charge, which will help you hear your callers and stay connected. CapTel provides 24/7 one-touch customer service in the U.S. Captions available in English and Spanish.

CapTel representative contact

Susan Jung at (808) 225-4211 or email susan.jung@oeius.org



SENIOR CENTER SERVICES

Assisted Transportation and Escort

Senior Center Van service is from 9:00am-12:00pm, Monday through Friday and in **June and July ride times are extended up to 2:00pm**. These ride services are to assist you 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 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 Tuesday, except for the 1st Tuesday of the month, 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.

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, 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 continued:

Beginning / Intermediate Tai Chi: A series of gentle physical exercises and stretches, inspired by previous MSC tai chi instructors.

Zumba Gold: Modified Zuma 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:

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.

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 the 5th Wednesday if there are 5 Wednesdays in the month.

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, Technology training for iPhone, Android and tablets, and many cognitive games and more!

Soroban: Traditional Japanese abacus class.

Moliiili Senior Center

SPECIAL EVENTS CALENDAR - JUNE 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Chigirie Workshop: 9:00 AM - 12:00 PM Room 105
2	3	4	5	6	7 Health Talk: Alzheimer's Disease & Dementia 11:00 AM-1200 PM Room 105	8
9 Lei Ilima Craft Workshop: Paper Lantern for Tanabata & Watermelon 1:00 PM - via ZOOM	10	11 HOLIDAY! King Kamehameha Day MCC Closed	12 Lei Ilima Craft Workshop: Blue Daze Minis 9:15 AM Room 209	13	14 Flag Day	15
16 Happy Father's Day!	17	18	19 Juneteenth	20 1st Day of Summer	21 Fun Friday Movie The Best Exotic Marigold Hotel 11:15 AM - 1:15 PM Room 209	22
23	24	25	26	27	28	29
30	1-Jul	2-Jul	3-Jul	4-Jul HOLIDAY! Independence Day MCC Closed	5-Jul	6-Jul 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.
Please be aware of the children playing in the courtyard.**

MOILIILI SENIOR CENTER PROGRAM SCHEDULE

JUNE 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 8:30 - 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 - 11:30 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 209 <i>for June and July</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>Session begins July 11</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 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. (1st & 3rd Thurs.)</i>	KITSUKE 12:00 - 1:00 WEINBERG	
	BEGINNING HULA 10:30 - 11:30 WEINBERG <i>* Wait List *</i>	ZUMBA TONING PIYO 10:30 - 12:00 WEINBERG	R&L NIKO NIKO GENKI TAISOO (CHAIR) 10:00 - 10:45 ROOM 207 - 208	INTERMEDIATE UKULELE 11:00 - 12:00 ROOM 105 <i>Session begins July 11</i>	BUYO & ENKA 1:00 - 3:00 WEINBERG	
	BUYO & ENKA 1:00 - 3:00 WEINBERG	SOROBAN 10:30 - 11:30 ROOM 208 <i>Class resumes 9/3</i>	LINE DANCE 2 10:15 - 11:30 WEINBERG <i>* Wait List *</i>			
		RELAXATION YOGA 11:30 - 12:30 STUDIO <i>Every other week. 6/25</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: 1:00 ZOOM June 9			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 FACETIME	