



Kaleidoscope



December 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

Aloha Moiliili Community Center Seniors

We eagerly anticipate seeing you in December and throughout the New Year!

DECEMBER 11th

Moiliili Senior Center Craft Fair

9:00 am - Noon! MCC Parking Lot (Rain or Shine)
Location: Parking Garage Moiliili Senior Center

What to Expect: Explore a wide variety of handcrafted items, accessories, all at incredibly affordable prices. This is your opportunity to find hidden treasures and unbeatable deals, so bring your friends and family along for a shopping spree! Pick up your last minute gifts and stocking stuffers for the holiday. Your purchases help our community center.

Volunteer Opportunities: We need your help to make this Craft Fair a success!

Volunteers can stop by the Senior Center, 2nd floor, Room 203, or call (808) 955-1555.

Reminder: Please bring your own shopping bags! Arrive early for best parking. Parking limited.

DECEMBER 14th

Kapahulu - Moiliili Lions Club Presents 66th Annual Christmas Parade Thursday December 14th 6:30 pm

FEATURING: The St. Louis High School and Kaimuki High School marching bands, popular costume characters, Santa Claus, and goodies for the children!

PARADE ROUTE

Begins at Kuhio Elementary School, along the mauka side of S. King St., then continues onto Beretania St., and then turns left/makai on Isenberg St., and ends at Old Stadium Park.

DECEMBER 15th

Rhythm & Life Niko Niko Genki Taiso Mini Mini Christmas Program

Room 105 10:00 am - 10:45 am

Join us for an enjoyable session of the R&L Niko Niko Genki Taiso class led by our esteemed Sensei, Faye Murata. With 25 years of dedicated teaching at MCC, Sensei Murata invites everyone to drop in and partake in the festivities for a delightful chair exercise and entertainment experience!

ANNOUNCEMENTS MCC UPDATE

Aloha, I'm Delia Benitez, your new Director for the Senior Center and Kupuna Support Program.

Thank you for the warm welcome, and special thanks to Ms. Kimiko Itokazu for the lovely flowers. I'm eager to connect with each of you and excited to learn your stories.

Here's to a thriving community and shared moments ahead.

Chigiri-e Workshop

Next Class Begins January 6th

9:00 am – 12:00 pm Room 105

Chigiri-e is a Japanese art form in which the primary technique uses colored paper that is torn to create images that may resemble a watercolor painting.

Note: Kits to be purchased at the workshop for \$10.

25th Anniversary

Rhythm & Life Hawaii Celebration

Introduced by President Eiji Toyoda 25 years ago, the delightful exercise program from Japan Rhythm & Life found its home at MCC. In celebration, we had the honor of being joined by him and Head Sensei Yoko Matsumoto and a dozen dedicated Rhythm and Life Instructors, marking a joyful tribute to Mrs. Faye Murata's 25 years of service in November.

OKINAWAN DANCE class

is looking for more students.

Its scheduled for Wednesdays

10:30 am – 11:30 am

(Studio)

Sign up at the Senior Office,
Room 203.



Niko Niko Genki Taiso

Televised Thursdays 8:00 am on OLELO

MSC's own Faye Murata's Niko Niko Genki Taiso

Exercise Program is featured on OLELO

(Channel 54) every Thursday at 8:00 am

If you have a chance, watch it and enjoy the morning exercises! Ring in the New Year with wonderful energy!

BEGINNING UKULELE

Thursday, 10:00 am – 10:45 am Room 105

Learn and practice basic ukulele chords and transitions. Instructor Colette Young-Pohlman will revisit all of the previous songs taught.

For those who have graduated Beginners Ukulele Congrats! Colette offers a new intermediate class with all new songs. Students please bring a 3-ring binder and ukulele.

NEW Intermediate Ukulele class

Thursdays 11:00 am- Noon in Room 105

Ms. Young-Pohlman will introduce all new songs! Contact Senior Center (808) 955-1555. Students please bring a 3-ring binder and ukulele.

Ukulele Round-table

Fridays, 10:00 am - Noon Room 202

(maximum 10 students)

2-hour collaborative sessions exploring different styles, genre, and more advanced chord options.

This is a 2-hour workshop, not a traditional class. In this collaborative session, there is no designated teacher—each person actively participates.

Prerequisites include the ability to read treble clef notation, basic chord knowledge, and the ability to change chords easily. Participants should be willing to share songs/pieces and help facilitate group discussions.

Students, please bring your ukulele and any songs you wish to share during the workshop. For more details, contact the Senior Center office.

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.

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

Starting in October 2023, the MCC Membership fee has been raised to \$50.00. The Front Office is now open for 2024 membership payments.

**RENEWAL
REMINDER**

Please remember that memberships must be paid for each calendar year. To make a payment, kindly submit it at the main office and ensure that cash or checks are placed inside the provided membership envelopes. Don't forget to include your name, phone number, and address on the envelope. If paying by check, make it payable to Moiliili Community Center.

Online Payment Option

You may now pay membership fees and make donations online at moiliilicc.org. If you 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 Program 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 9:00 am – 2:30 pm 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. Call ahead of time to reserve your transportation needs. Individuals must be physically able to get in and out of the minivan.

Technology Assistance

If you need assistance utilizing technological devices (smartphone, tablet, laptop, etc.) or need assistance accessing information via the internet, you may make an appointment with Senior



Center Director, Delia, 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, (808) 955-1555, Ext. 130.

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.

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 Senior Center Program are welcomed.

If you are interested in any of these services, please contact the Senior Center Office Room 203, or call (808) 955-1555.

COMMUNITY INFORMATION AND RESOURCES

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, brought to you by the Elderly Affairs Division.

**Website: www.ElderlyAffairs.com
(808) 768-7700**

Hidden Treasures Thrift Store

Hidden Treasures offers a wide range of items for sale: vintage clothes, antiques, books, small appliances, dishes and much, much more.

DONATIONS ARE NOW BEING ACCEPTED.

Small appliances are good but please, **no furniture or bulky items**. Items must be in re-sellable condition and are only accepted in the main office on ***Mondays and Fridays, 8:00 am - 5:00 pm***

Store Hours:

Tuesday through
Saturday
10:00 am to 3:00 pm
Sunday & Monday:
CLOSED
Phone number:
808-942-0595



Upcoming Holidays

Moiliili Community Center will be closed on the following holidays:

- Monday, December 25, 2023 - Christmas Day
- Monday, January 1, 2024 - New Year's Day
- Monday, January 15, 2024 - Martin Luther King Jr. Day
- Monday, February 19, 2024 - Presidents' Day

MOILIILI SENIOR CENTER
Room 203 (2nd Floor Diamond Head side)
seniorcenter@moililicc.org

8:00 am to 5:00 pm

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)

- **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.
- **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.
- **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.

Moiliili Senior Center

SPECIAL EVENTS CALENDAR - December 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						2
3	4	5	6	7	8	9
10	11 Moiliili Senior Center Christmas Craft Fair 9:00 am - 12:00 pm MCC, Parking Garage	12	13	14 Kapahulu-Moiliili Lions presents: 66th Annual Christmas Parade 6:30 pm	15 Mini Christmas Program - Niko Niko Genki Taiso 10:00 am - 10:45 am Room 105	16
17	18	19	20	21	22	23
24	25 HOLIDAY! Christmas Day CENTER CLOSED	26	27	28	29	30
31 Happy New Year!	Classes will be on break from December 18, 2023 through January 5, 2024. Individual classes may end and resume on different dates. Check with instructors/leaders for return dates.					

MOILIILI SENIOR CENTER PROGRAM SCHEDULE

DECEMBER 2023

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	ZUMBA GOLD 9:30 - 10:30 ROOM 105	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	R&L NIKO NIKO GENKI TAISOO (STAND) 10:00 - 10:45 STUDIO	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	ZUMBA TONING PIYO 10:30 - 12:00 WEINBERG	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	SOROBAN 10:30 - 11:30 ROOM 208	R&L NIKO NIKO GENKI TAISOO (CHAIR) 10:00 - 10:45 ROOM 207 - 208	MINDFULNESS MEDITATION & REFLECTION W/SHAKUHACHI SOUNDS 10:30 - 11:30 STUDIO	BUYO & ENKA 1:00 - 3:00 WEINBERG	
	BUYO & ENKA 1:00 - 3:00 WEINBERG	RELAXATION YOGA 11:30 - 12:30 STUDIO <i>Every other week</i>	LINE DANCE 2 10:15 - 11:30 WEINBERG <i>* Wait List *</i>	OKINAWAN DANCE 10:30 - 11:30 STUDIO		
			ADV BON DANCE 11:00 - 1:00 ROOM 305	INTERMEDIATE UKULELE 11:00 - 12:00 ROOM 105 <i>Class begins 1/11/24.</i>		
			KARAOKE 12:00 - 2:00 ROOM 305			

VIRTUAL/ON-LINE SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			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 OLELO TV CH 54	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	