



# Kaleidoscope - DECEMBER 2024 Issue #369

Moilili 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 Moilili Community Center, (MCC). Located at 2535 S. King St., Honolulu, HI 96826. <https://www.moililicc.org> MCC – An Aloha United Way Agency.

**Dear Seniors,**

Thank you to everyone who donated and participated in our Annual Fundraiser and Mayor’s Country Craft Fair! The Senior Program raised \$2,500 at the Annual Fundraiser, and the Mayor’s Country Craft Fair brought in \$1,100. We’re grateful to the crafters, volunteers, and everyone who purchased our goodies. Wishing you all a very Merry Christmas!

Your safety is important to us – **While visiting Classes:** For those wishing to visit 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 for your cooperation. Delia Benitez, Program Director, Moilili Senior Center.

## **December Events & Updates**

- Ukulele Classes Last day  
Thursday, December 5  
The New Session starts Thursday, January 30  
Beginners 10:00 AM – 10:45 AM  
Intermediate 11:00 AM – 12:00 PM  
Room 105

- Health Education – SNAP Nutrition  
Thursday, December 5  
Learn about nutrition & free food for seniors.  
10:30 AM – 12:00 PM, Room 202

- Chigirie Workshop – Saturday, December 7  
9:00 AM – 12:00 PM, Room 105

- Bonus Tech Class – Saturday, December 7  
9:30 AM – 10:30 AM, Room 202  
Review Tuesday’s lessons & work on new tech questions from the students in class.

- MSC Craft Fair – Monday, December 9  
9:00 AM – 12:00 PM, MCC Garage  
(rain or shine) Join us for last-minute Christmas shopping!

- Health Talk Care Navigators by CareSift  
Tuesday, December 10  
11:30 AM - 12:30 PM, Room 105  
All services are free. Learn the options for assisted living and Long-term care.

- Senior Safety Seminar by District 7  
Moilili Police - Wednesday, December 11  
10:00 AM - 11:00 AM, Room 105  
Learn how to avoid scams and how to avoid becoming a target for violence and crime. Please don’t miss out!

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

- MSC Rhythm & Life Niko Niko Genki  
Taisoo Christmas Show  
Friday, December 13, 10:00 AM – 10:45 AM  
Room 105

- Senior Programs Closed  
Monday, December 16  
Classes resume week of January 6, 2025

**Moilili Senior Center Program**  
2535 South King Street  
Honolulu, HI 96826  
Email: [SeniorCenter@moililicc.org](mailto:SeniorCenter@moililicc.org)  
Phone: (808) 955-1555

**Special Thanks to Faye Murata for organizing** Professor Nobuo Takeshita, Professor Shidehiro Yamamoto from Asahi University, Japan and Professor Yukia Oba from the University of Hawaii to conduct a study on seniors' movement activities for daily living on November 18, 19. Preliminary observations found our seniors to be very healthy and mobile.

We also wish to thank all our senior participants.

## January 2025 Details

**Classes resume week of January 6, 2025**

**Bon Dance by Toshiki - Mondays**

**STARTING Monday, January 6**

9:00 AM - 11:00 AM, Room 305

Class is combined for Beginners and Intermediate.

**BON Dance by Joyce - Wednesdays**

**STARTING Wednesday, January 8**

**Beginners:** 9:00 AM - 10:15 AM

**Intermediate:** 10:30 AM - 11:45 AM  
Room 305

**Lei Ilima Workshop - Year of the Snake Mobile**

**Sunday, January 12** 1:00 PM, via Zoom

You will need: paper, scissors, a black marker and string

**Health Talk - Importance of Hearing** presented by Family Hearing Aid Center- Slow down Dementia & Alzheimer's

**Tuesday, January 14**

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

Learn the importance of maintaining your hearing.

**Lei Ilima Workshop  
- Year of the Snake Mobile**

**Wednesday, January 15**

9:15 AM - 10:15 AM, Room 105

Bring scissors and a black marker, all other materials will be supplied.

**Health Talk -** Learn how your medical plan can cover for medical services at home, like physical therapy, massage, scooter and more, presented by Stern at Home

**Thursday, January 16**

10:00 AM - 11:00 AM

Room 105

**Bento boxed lunch**

**provided** to all attendees.



Sign up in the Senior Center office, room 203 or call to reserve your spot, (808) 955-1555.

**Health Talk - Osteoporosis**

Presented by Dr. James Yamasita

**Friday, January 17**

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

Learn preventative and maintenance for good bone health.

## **Introducing Our new MONDAY Bon Dance**

**Instructor Toshiki Misawa**

**Starting Monday, January 6 2025**

**9:00 AM -11:00 AM, Room 305**



We are thrilled to welcome Toshiki as the new Bon Dance instructor at MCC! Born in Japan, Toshiki speaks Japanese fluently and has a deep love for dance. After training under our beloved longtime instructor Michie for a year, Toshiki learned how much the students valued the Bon Dance classes and felt inspired to step up when he heard the class needed a new instructor.

Toshiki's teaching style reflects Michie's approach: friendly, easy-going, and focused on mastering the foundational forms. He believes that when students build a solid foundation, they can naturally flow into the rhythm and joy of dancing to traditional Japanese music. His warm and encouraging demeanor creates an atmosphere where everyone feels welcome to join and grow.

In addition to teaching Bon Dance, Toshiki is an enthusiastic participant in MSC's Hula and Line Dance classes, sharing his love of movement and community. He also treasures the camaraderie among his students, appreciating the sweet gestures of sharing traditional Japanese treats during the holidays, even though food isn't permitted in the center.

Starting January 6, 2025, join Toshiki every Monday from 9:00 AM to 11:00 AM in Room 305 for Bon Dance. Whether you are a beginner or an experienced dancer, this class promises to deepen your appreciation for this beautiful tradition while building lasting friendships. Come dance with us and keep the Bon Dance spirit alive!

## **We also welcome our new WEDNESDAY Bon Dance**

**Instructor Joyce Gushiken**

**Starting Wednesday, January 8 2025**

**Beginners: 9:00AM – 10:15 AM**

**Intermediate: 10:30AM – 11:45 AM**

**Room 305**



“Since my mother was an active bon dance leader on Kauai, I was introduced to bon dancing at a very early age. But I stopped bon dancing soon after graduating from high school and moved to Oahu to attend college. Then about 30 years later, I returned to bon dancing again in the late 1990's when my freelance journalist friend was doing an article on Michi Takemoto who was, at that time, the bon-dancercise class instructor at Honpa Hongwanji. I then started taking bon dance lessons from her, and seven years later, I was given the opportunity to teach both Japanese bon dance and Okinawan Eisa at the Manoa District Park. In the years that followed and to the present, I have been teaching Japanese Bon Dance and Okinawan Eisa year-round at the Kapahulu Center and the Makiki District Park. Seasonally, I would teach Japanese Bon Dance at two senior independent living centers, Kahala Nui and Kalakaua Gardens, to prepare their residents for their respective facility's annual mini bon dance.

From 2012, to 2022, I was the Senior Dance Leader for the Honolulu Fukushima Bon Dance Club. In 2023 I formed my own bon dance group and named it Senwa Kai. Senwa Kai's main purpose is to perpetuate bon dance that is inherent in Hawaii's Japanese culture. As a bon dance instructor, I am able to carry out my mission in the perpetuation of bon dance for current and future generations to enjoy by sharing my expertise in bon dancing with anyone interested in learning to bon dance.

Bon dancing is a low impact form of aerobic exercise that involves using the whole body. Your hands and feet are constantly in motion, and your brain also gets a workout when you're trying to learn the dance patterns and commit them to memory. Overall bon dancing is a fun and safe activity for everyone, especially for Kapuna, to enjoy and at the same time, reap the health benefits of bon dancing.

I am happily looking forward to joining the Moiliili Community Center's team of volunteer instructors as a Bon Dance instructor.”

– Gambarimasu, Joyce Gushiken

## **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, food sharing or eating together is not allowed on MCC property.

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

- Visiting Classes: For those wishing to visit 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 participate in 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 are 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 seniors with transportation to 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 who live 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  
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 – 2:30 PM*

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

### Lei Ilima Craft Workshop Year of the Snake

**Mobile Sunday, 1:00 PM (one Sunday only, January 12 via ZOOM)** and onsite January 15, 9:15 AM- 10:15 AM, Room 209



Kapahulu Moiliili Lions Club

presents **67<sup>th</sup> Annual Christmas Parade, Thursday, December 12,**

**6:00 PM.** – Begins at Kuhio Elementary School, along the mauka side of S. King St., continues onto Beretania St., turns left/makai on Isenberg St., and ends at Old Stadium Park. St. Louis H.S. marching band, Santa Claus, fun characters will be there, and also goodies for the children.

# SENIOR CENTER CLASS DESCRIPTIONS



## Exercise/Physical Fitness Classes

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

**Fall Prevention:** Exercises to enhance balance and to 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 & Life (R&L) Niko Niko Genki Taisoo:** Exercise to Japanese music (may be sitting or standing)

**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 5<sup>th</sup> Tuesday if there are 5 Tuesdays in the month.



## Recreation/Leisure Classes

**Beginning Bon Dance:** traditional Bon dance for beginners with SOME experience.

**Intermediate Bon Dance:** Traditional Bon dance for people who have experience.

**Beginning Ukulele:** Learn a variety of strumming, keys, multi-cultural songs, genres, and introduction to instruments from the "percussion" family, played by tapping, shaking, or scraping. Bring your own ukulele, music stand (optional), 3-ring binder, and pen/pencil. Last session lessons will be reviewed. Sessions last for 8 weeks.

**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, (Japanese flower cards)

**Beginning Hula:** Basic hula steps and movements. There will be a focus on hapa haole (English-based) songs.

**Hula:** Hula for intermediate and advanced students. Learn about Hawaiian culture through music and dance (Hula skirt preferred but not mandatory).

**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 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. There is no class on the 5<sup>th</sup> Wednesday in January, April, July, October & December 2025.

**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.

**Zenidaiko:** Choreographed dance with sticks.



## Education Classes

**Soroban:** Traditional Japanese abacus class

**Technology:** 2<sup>nd</sup>/3<sup>rd</sup>/4<sup>th</sup> Tuesday. Learn basic computer, phone and tablet skills.

# Moiliili Senior Center

## SPECIAL EVENTS CALENDAR - DECEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
			SNAP - Learn about food services 10:30am - 12:00pm Room 202 Last Day of Ukulele Classes Ukulele classes resume January 30, 2025	Health Education 10:30am - 12:00pm Room 202		Chigirie Workshop 9:00am-12:00pm Room 105 Bonus Tech Class 9:30am-10:30am Room 202
8	9	10	11	12	13	14
	Senior Center Craft Sales 9:00am - 12:00pm MCC Parking Garage (Rain or Shine)	Health Talk Care Navigators - CareSift Independent & Assisted Living 11:30am - 12:30pm Room 105	Senior Safety Seminar District 7 Police 10:00am - 11:00am Room 105	Performance MSC Hula Class Performance 9:45am - 10:45am Room 105 Kapahulu Moiliili Lions Club Christmas Parade 6:00pm	MSC Rhythm & Life Niko Niko Genki Taisoo Christmas Show 10:00am - 10:45am Room 105	
15	16	17	18	19	20	21
	Senior Program Closed December 16 - January 5 Program restarts January 6					
22	23	24	25	26	27	28
			Closed - Christmas			
29	30	31	1-Jan	2-Jan	3-Jan	4-Jan
			CLOSED - New Years			
5-Jan	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
	Bon Dance by Toshiko Beginner/intermediate 9:00am - 11:00am Room 305		Bon Dance by Joyce Beginners 9:00am - 10:15am Intermediate 10:30am - 11:45am Room 305			

# MOILIILI SENIOR CENTER PROGRAM SCHEDULE DECEMBER 2024

## IN-PERSON CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAH-JONG</b> <i>INTERMEDIATE/ADV.</i> 7:30 - 12:00 ROOM 207-208	<b>LINE DANCE 1</b> 8:00 - 9:30 WEINBERG <i>* Wait List *</i>	<del><b>FALL PREVENTION</b> 8:00 - 9:00 On Hold Until Further Notice</del>	<b>MAH-JONG</b> <i>INTERMEDIATE/ADV.</i> 7:30 - 12:00 ROOM 207-208	<b>FREE PLAY</b> <b>HANAFUDA</b> 8:30 - 10:30 ROOM 209
<b>CARD GAMES</b> <b>HANAFUDA</b> 8:00 - 12:30 ROOM 202	<b>KNIT/CROCHET &amp; CRAFT</b> 8:30 - 10:30 ROOM 209	<b>SHODO</b> 9:00 - 11:00 ROOM 202	<del><b>HULA</b> <i>INTERMEDIATE/ADV.</i> 8:30-9:30 WEINBERG <i>*Wait list*</i></del>	<b>DRAWING &amp; PAINTING</b> 9:00 - 12:00 ROOM 207-208
<b>BON DANCE by Toshiki</b> Beginnner/Intermediate 9:00 - 12:00 Room 305 (starts 1/6/25)	<b>TECH CLASS</b> 9:15 - 10:15 Room 207 Except 1st & 5th Tue. of mo.	<b>BON DANCE by Joyce</b> Beginners 9:00 - 10:15 Intermediate 10:30 - 11:45 Room 305 (starts 1/8/25)	<b>BEGINNING UKULELE</b> 10:00 - 10:45 ROOM 105 Session begins 1/30/25	<b>R&amp;L CHAIR EXCER</b> 10:00 - 10:30 ROOM 105
<b>BEG/INT TAI CHI</b> 9:00 - 10:00 STUDIO	<b>ZUMBA GOLD</b> 9:30 - 10:30 ROOM 105	<del><b>GROUP SINGING</b> 9:00 - 10:00 WEINBERG <i>* Wait List *</i></del>	<b>INTERMEDIATE UKULELE</b> 11:00 - 12:00 ROOM 105 Session begins 1/30/25	<b>RELAXATION YOGA with Meditation</b> 10:00-11:30 STUDIO <i>Every other week</i> 12/13, 1/10 & 1/24
<b>SCRABBLE</b> 9:30 - 12:00 ROOM 209	<b>R&amp;L NIKO NIKO GENKI TAISOO (STAND)</b> 10:00 - 10:45 STUDIO	<b>R&amp;L NIKO NIKO GENKI TAISOO (CHAIR)</b> 10:00 - 10:45 ROOM 207 - 208		<del><b>UKULELE ROUNDTABLE</b> 10:00 - 12:00 ROOM 202 <i>* Wait List *</i></del>
<b>R&amp;L CHAIR EXER.</b> 10:00 - 10:30 ROOM 105	<b>ZUMBA TONING PIYO</b> 10:30 - 12:00 WEINBERG	<b>LINE DANCE 2</b> 10:15 - 11:30 WEINBERG <i>* Wait List *</i>		<b>KITSUKE</b> 12:00 - 1:00 WEINBERG
<del><b>BEGINNING HULA</b> 10:30 - 11:30 WEINBERG <i>* Wait List *</i></del>	<b>SOROBAN</b> 10:30 - 11:30 ROOM 208	<b>OKINAWAN DANCE</b> 10:30 - 11:30 STUDIO		<b>BUYO &amp; ENKA</b> 1:00 - 3:00 WEINBERG
<b>BUYO &amp; ENKA</b> 1:00 - 3:00 WEINBERG		<b>KARAOKE</b> 12:00 - 2:00 ROOM 209		



## VIRTUAL/ON-LINE SCHEDULE

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BEGINNING TAI CHI</b> 8:00 - 9:00 Via ZOOM	<b>ZENIDAIKO ADVANCED</b> 1:00 - 2:00 Via ZOOM	<b>BEGINNING TAI CHI</b> 8:00 - 9:00 Via ZOOM		<b>LEI ILIMA CRAFT WORKSHOP</b> Year of the Snake Mobile 1:00 via Zoom no classes in Dec. Next virtual class Jan. 12
	<b>SUZUKO</b> 2:15 - 3:00 Via ZOOM	<b>ADVANCE TAI CHI</b> 9:15 - 10:00		
	<b>NIKO NIKO GENKI TAISOO</b> 8:00 AM Via TV OLELO CH 54	<b>ZENIDAIKO (BEGIN)</b> 9:00 - 10:00 Via ZOOM		
		<b>SUZUKO</b> 10:15 - 11:00 Via ZOOM		
		<b>CARD GAMES</b> 1:00 - 2:30 Via Meta- FaceTime		