



Kaleidoscope August 2024 Issue #365

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. Learn more visit: <https://www.moiliilicc.org> MCC – An Aloha United Way Agency

Aloha Seniors, we enjoyed seeing many of you attend Moiliili's 11th Annual Bon Dance Summer Fest. We are so grateful to our Board members, sponsors and volunteers who worked tirelessly for MCC.

Compliments on the "Food to Grow" workshop lead by Deanna Au-Wong, of Supplemental Nutrition Assistance Program - Education (SNAP-Ed) University of Hawai'i at Mānoa - Cooperative Extension Service - Hawai'i Nutrition Center, Agricultural Science.

Thank you, Sonomi Espinosa, SNAP Outreach Coordinator, for spending half a day with us, educating seniors on food programs, including how to apply for SNAP, and Free Food Box Deliveries for Seniors!



SAVE THE DATE, August 15
9AM-12PM, Room 102

Learn how to apply for SNAP!

Sonomi speaks fluent Japanese and will help all seniors with their applications. If you are ready to start, please bring your documents. Have questions, you may contact:



NOURISH
OHANA

Sonomi Espinosa, cell:
(808) 265-1144

sonomi@hawaiifoodbank.org

Thank you, Susan Jung, Hamilton CAPTEL for also staying onsite for half a day to help answer questions about free telephones for those who are hard of hearing. For more information contact Susan Jung (808) 225-4211.

Thank you to Dun Uchimura, Active Seniors Expo for sponsoring MSC's booth! We saw many of our senior friends, and several new members joined our program!

Thank you, Hula and Okinawan dance performers, for entertaining the children at MCC.



CHESS PARTNER

Friendly Matters Class is looking for a Chess partner to play Chess on Tuesdays, between 9AM – 12PM.
Contact Senior Center office.

Update on Tuesdays' Tech Class:
Starts at 9:15AM and goes until 10:15AM, Room 207.

Senior Center WISHLIST
Portable Cassette/CD Player
If anyone can donate, visit Room 203



Fun Friday Movie August 9
11AM - 1PM Room 105
The 2nd Best Marigold Hotel

"The Second-Best Exotic Marigold Hotel" is a charming sequel that continues the story of a group of British retirees who have moved to India. As they navigate new relationships and business ventures, the film showcases themes of adventure, resilience, and the joys of life.



Learn about Succulents AUGUST 13
9AM – 11:30AM



Room 202 Friendly Matters Class
Starter plants provided!



Lei Ilima Craft Workshop
Rabbit Lantern
August 21, Room 105 9:15AM – 10:15AM

UPCOMING PERFORMANCES



JAZZ TAP DANCERS STEP ★ TACULARS
SAVE the Date, August 22
10AM-11AM Room 105

Thank you to Bonnie Parsons of Hidden Treasures for coordinating Step ★ Taculars, a wonderful jazz tap dance troop! Prepare to be dazzled by an amazing show filled with incredible tap-dancing talent, and jazz music!



HULA PERFORMERS

Thank you to Pat Takahashi
MSC Hula Instructor and hula dance students for a wonderful July Performance. They are returning this month!
SAVE the Date, August 29
9:45AM – 10:15AM Room 305



Moiliili Senior Center Email:
SeniorCenter@moiliilicc.org
Phone: (808) 955-1555

**Congratulations to Jerry Young!
August 2024 Moiliili Senior**



Center Super Senior

Jerry Young brings great energy to all her classmates. She visits the center daily, enjoying chair exercise classes, painting, and bingo. With a beautiful outlook on life, Jerry shares many jokes, keeping everyone laughing throughout the day. Both her classmates and instructors adore her. Thank you, Jerry, for sharing your joy with us and being a Super Senior!



VIRTUAL CLASSES

- **WEDNESDAY**
Beginning Tai Chi
8AM – 9AM
- **THURSDAY**
Zenidaiko Advanced 1PM – 2PM
Suzuko 2:15PM – 3PM
- **FRIDAY**
Beginning Tai Chi 8AM – 9AM
Advanced Tai Chi 9:15AM – 10AM
Contact Senior Department (808) 955-1555 to receive links and instructions on how to join virtual classes or email: seniorcenter@moililicc.org
- **FRIDAY continued**
Suzuko 10:15AM – 11AM
Card Games (FaceTime) 1PM – 3PM
- **SATURDAY**
Mindful Meditation
11AM- 12PM - Starting 8/17
- **SUNDAY**
Lei Ilima Craft Workshop 1PM
Pocket Hug (1 Virtual class, August 11)

SAVE THE DATE: Learn about Succulents AUGUST 13, Room 202, Friendly Matters Class.

CORONARY ARTERY DISEASE

SAVE THE DATE

AUGUST 23, 11AM – 12PM ROOM 105

Heart Prevention and Early detection is key. Reserve your spot for an informative talk by James Yamashita, MD, who will share his knowledge and conduct a question-and-answer session.

Preventing heart disease involves a combination of healthy lifestyle choices, regular medical check-ups, and proactive management of existing health conditions. By adopting a heart-healthy diet, staying active, maintaining a healthy weight, quitting smoking, managing stress, limiting alcohol, and keeping up with regular screenings, you can significantly reduce your risk of heart disease and enjoy a healthier, more vibrant life.

SNAPed Representative on campus August 15 – Brought to you by Hawaii Food Bank

Learn about SNAP and the application process
9AM – 12PM just outside of Room 102.



If you or someone you know is having difficulty making ends meet to buy groceries or runs out of food and

skips meals, this program can help. Low income and those in need are encouraged to apply. Our representative speaks fluent Japanese and can help all who need food.

For those who are ready to apply please bring your documents. Call Sonomi Espinosa (808) 265-1144 or email: sonomi@hawaiifoodbank.org



SENIOR CENTER SERVICES

Transportation 9:15 AM – 12PM

Assisted Transportation and Escort

Senior Center Van service is from 9:15AM – 12PM, **Monday through Friday** to assist you with your 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 served. Call ahead of time to reserve your ride. MSC members must be physically able to get in and out of the minivan.

Technology Assistance: For device assistance (smartphone, tablet, or laptop) or help accessing information online, schedule an appointment with Senior Center Program Director, Delia. Tech classes are also available every Tuesday (except the 1st and 5th Tuesday of the month) in Room 207, from 9AM – 10:30AM.

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. When additional paperwork is received you will be provided with a special number to call. 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.

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.

We welcome donations, household items, crafts, small décor and clothes.



Up-coming Rummage Sale October 16-18

Volunteers are welcomed. Visit Senior Center Office Room 203 or call (808) 955-1555.



Lost and Found

"K" Key chain was left in the Weinberg Studio on a Monday. Please contact Senior Center office, Room 203 or call (808) 955-1555. Thank you.



Note from your Program Director: In July, I attended a Senior Center Leadership meeting. We look forward to announcing Oahu Senior Center community events. Stay tuned and visit our bulletin board and our website for more information as these events develop!

AUGUST STRESS MANAGEMENT TIPS!

Effective Stress Management:

In today's fast-paced world, stress has become an almost inevitable part of daily life. While a certain amount of stress can be motivating, chronic stress can negatively impact both mental and physical health. Managing stress effectively is crucial for maintaining overall well-being. Here are some practical tips to help you manage stress and achieve a balanced life.

Recognize Stress Triggers

Identifying what causes your stress is the first step in managing it. Common stressors include work pressure, financial worries, relationship issues, and health concerns. Keeping a stress diary can help you pinpoint specific triggers and understand patterns.

Practice Mindfulness and Relaxation

Incorporate mindfulness and relaxation techniques into your daily routine to reduce stress levels:

1. **Meditation:** Spend a few minutes each day meditating. Focus on your breath and let go of distracting thoughts.
2. **Deep Breathing:** Practice deep breathing exercises to calm your mind and body. Inhale deeply, hold for a few seconds, and exhale slowly.
3. **Yoga:** Engage in yoga to combine physical movement with mindful breathing, which can help reduce stress.

Stay Active

Regular physical activity is one of the most effective ways to combat stress. Exercise releases endorphins, which are natural mood lifters. Aim for at least 30 minutes of moderate

exercise, such as walking, jogging, or swimming, most days of the week.

Maintain a Healthy Lifestyle

A balanced diet, adequate sleep, and avoiding excessive caffeine and alcohol can significantly impact your stress levels:

1. **Healthy Eating:** Eat a diet rich in fruits, vegetables, whole grains, and lean proteins to keep your energy levels stable.
2. **Sleep Well:** Aim for 7-9 hours of quality sleep each night. Establish a regular sleep routine and create a restful environment.
3. **Limit Stimulants:** Reduce your intake of caffeine and alcohol, as these can increase anxiety and disrupt sleep.

Connect with Others

Social support is vital for managing stress. Spending time with family and friends, sharing your feelings, and seeking support can help you feel more grounded and less overwhelmed. Don't hesitate to reach out for professional help if you need it.

Manage Time Effectively

Poor time management can lead to stress. Prioritize tasks, set realistic goals, and break larger tasks into manageable steps.

Take Breaks and Set Boundaries

Ensure you take regular breaks. Set boundaries between work and personal life. Learn to say no to commitments that overwhelm you.

Engage in Hobbies and Activities You Enjoy

Make time for activities that bring you joy and relaxation, whether it's reading, gardening, painting, or playing a sport. Engaging in hobbies can provide a mental escape from stressors.

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, no quarantine required before returning to the center if symptom-free and have a COVID-19 test is negative.
- 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 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 and doors windows closed. Do not set lower than 75 Degrees. Turn off the AC at the end of class. Mahalo.

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.

(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!

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.



Education Classes

Friendly Matters: Puzzles, Games, Tech training and more!

Soroban: Traditional Japanese abacus class.

Tech Class: Learn Smartphone and tablet skills.
No class on the 1st and 5th Tuesdays of the month.



Exercise/Physical Fitness Classes

Beginning / Intermediate 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 of 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 (bring Koto to class).

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 of 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.

Zenidaiko: traditional Japanese performance with baton sticks with coins, that incorporate movement sticks with sound of coins.

Tech Class: Learn how to use smartphones and tablets. *No class on the 1st and 5th Tuesdays of the month.*

Moiliili Senior Center

SPECIAL EVENTS CALENDAR - AUGUST 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|------------------|---|---|---|--|
| | | | | | | 3 Chigirie Workshop 9:00 AM - 12:00 PM Room 105 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 Fun Friday Movie The 2nd Best Exotic Marigold Hotel 11:00 AM - 1:15 PM Room 105 |
| 11 Lei Ilima Craft Workshop Pocket Hug 1:00 PM via Zoom | 12 Succulent Plant Stratter class Friendly Matters Class 9AM - 12:30PM Room 202 <i>starter plants provided</i> | 13 | 14 | 15 SNAP Community Aid 9:00 AM - 12:00 PM Sidewalk Table in front of Room 103 | 16 Statehood Day Center Closed | 17 |
| 18 | 19 | 20 | 21 Lei Ilima Craft Workshop Rabbit Lantern 9:15 AM - 10:15 AM Room 105 | 22 Step ★ Taculars Jazz Tap Dance Troop 10:00 AM - 11:00 AM Room 105 | 23 Health Talk Coronary Artery Disease 11:00AM - 12:00 PM Room 105 | 24 |
| 25 | 26 | 27 | 28 | 29 Hula Performance 9:45 AM - 10:15 AM Room 305 | 30 | 31 |
| Sunday 1-Sep | Monday 2-Sep | Tuesday 3-Sep | Wednesday 4-Sep | Thursday 5-Sep | Friday 6-Sep | Saturday 7-Sep Chigirie Workshop 9:00 AM - 12:00 PM Room 105 |

IF YOU ARE INTERESTED IN VIRTUAL/ON-LINE CLASS, PLEASE CONTACT THE SENIOR CENTER OFFICE ROOM 203 OR CALL (808) 955-1555. Thank you.

MOILIILI SENIOR CENTER PROGRAM SCHEDULE AUGUST 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 ROOM 105 | 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 | KNIT/CROCHET & CRAFT 8:30 - 10:30 ROOM 209 | BEG BON DANCE 9:00 - 10:45 ROOM 305 | HULA <i>INTERMEDIATE/ADV.</i> 8:45 - 10:00 WEINBERG | DRAWING & PAINTING 9:00 - 12:00 ROOM 207-208 |
| BEG/INT TAI CHI 9:15 - 10:00 STUDIO | FRIENDLY MATTERS 9:00 - 10:30 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 104 | TECH CLASS ROOM 207 WK 2,3,& 4 | BEG/INT TAI CHI 9:15 - 10:00 STUDIO | BEGINNING UKULELE 10:00 - 10:45 ROOM 105 | UKULELE ROUNDTABLE 10:00 - 12:00 ROOM 202 <i>* Wait List *</i> |
| R&L CHAIR EXER. 10:00 - 10:30 ROOM 105 | ZUMBA GOLD 9:30 - 10:30 ROOM 105 | 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 <i>* Wait List *</i> | R&L NIKO NIKO GENKI TAI SOO (STAND) 10:00 - 10:45 STUDIO | R&L NIKO NIKO GENKI TAI SOO (CHAIR) 10:00 - 10:45 ROOM 207 - 208 | MEDITATION W/SHAKUHACHI SOUNDSCAPES 10:00 - 11:15 STUDIO <i>* Wait List *</i> | BUYO & ENKA 1:00 - 3:00 WEINBERG |
| BUYO & ENKA 1:00 - 3:00 WEINBERG | ZUMBA TONING PIYO 10:30 - 12:00 WEINBERG | LINE DANCE 2 10:15 - 11:30 WEINBERG <i>* Wait List *</i> | INTERMEDIATE UKULELE 11:00 - 12:00 ROOM 105 | |
| | SOROBAN 10:30 - 11:30 ROOM 208 | OKINAWAN DANCE 10:30 - 11:30 STUDIO | | |
| | RELAXATION YOGA 11:30 - 12:30 STUDIO <i>Every other week</i> 8/6 & 8/20 | ADV BON DANCE 11:00 - 1:00 ROOM 305 | | |
| | | KARAOKE 12:00 - 2:00 ROOM 209 | | |

➔ VIA ZOOM - VIRTUAL/ON-LINE SCHEDULE

| WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|--|
| BEGINNING TAI CHI 8:00 - 9:00 | ZENIDAIKO ADVANCE 1:00 - 2:00 | BEGINNING TAI CHI 8:00 - 9:00 | MINDFUL MEDITATION <i>STARTING AUGUST 17</i> 11:00 - 12:00 | LEI ILIMA CRAFT WORKSHOP POCKET HUG (AUGUST 11TH) 1:00 |
| | SUZUKO 2:15 - 3:00 | ADVANCE TAI CHI 9:15 - 10:00 | | |
| | NIKO NIKO GENKI TAI SOO 8:00 AM <i>VIA TV OLELO CH 54</i> | ZENIDAIKO (BEGIN) 9:00 - 10:00 | | |
| | | SUZUKO 10:15 - 11:00 | | |
| | | CARD GAMES <i>This class via FaceTime</i> 1:00 - 2:30 | | |