



Kaleidoscope July 2024

Moilili 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, and administered by Moilili Community Center, (MCC). Located at 2535 S. King St., Honolulu, HI 96826. To learn more please visit: <https://www.moililicc.org> MCC is an Aloha United Way Agency.

- Super Senior Award and Special Events Page 2
- Member Benefits & Services Page 3
- Safety & General Reminders Page 5
- Virtual Classes / Puzzle / Civic Voting Page 4
- Class Description Page 6
- Event Calendar Page 7
- Class Schedule Page 8

11th Annual Summer Fest July 6



SATURDAY, 5:00pm-10:00pm
1100 University Avenue
(Old Varsity theater parking lot)

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Save the Date August 22

Jazz Tap Dance Troop
Step ★ Taculars
perform at MCC
10am-11am



Special Thanks

*Goes out to our Donors,
Board Members and
Volunteers*

A special thanks goes out to our generous donors, executive board members, district leaders, representatives, MSC, MCC teams, and dedicated volunteers who make it all possible.

Thank you also to Temari for inviting us to participate in the Temari Bolts of Fabric & Fun Sale in June. Thanks to the volunteers, we were able to raise \$1,150.00 at this event!



CLASS UPDATES

There is still time to join classes. Call Senior Center Office (808) 955-1555 or stop by Room 202.

BINGO 1st and 3rd Thursday of the month, starting August 9:00am-10:00am, Room 202.

UKULELE CLASSES

Resume July 11
Our wonderful Ukulele instructor will begin a new session July 11. Bring your ukulele and notebook to class. Loaner ukulele's available, see Senior Center office.

LEI ILIMA CRAFT WORKSHOP

Resumes August 11, 1:00pm via Zoom, Friendship Pocket Quilt. August 21, 9:15am, Room 105, Rabbit Lantern for Moon Festival.

TECH CLASS

Tuesdays, 9:00am-10:30am
Now meeting in Room 207.

FRIENDLY MATTERS CLASS

Tuesdays, 9:00am-11:30am
Room 202.
If you love to talk story, sharing your knowledge on life, home, travel, photography, cooking, or would enjoy puzzles, playing Jenga, Chess, card games or brain teaser games, join us for some great fun!

BON DANCE

Beginners & Advanced
1st and 3rd Wednesdays
Room 305
Beginners: 9:00am-10:45am
Advanced: 11:00am-1:00pm

SUPER SENIOR AWARD



**Congratulations
Faye Hasegawa**

Faye makes and donates many various items throughout the year to MCC. She is always helpful, sharing her craft techniques in the knit, crochet and craft class.

You may see Faye also in the Bon dance or Bingo classes. Wherever you may see her, she participates with a smile and has a heart of service. Thank you, Faye, we appreciate your spirit!

VISION HEALTH TALK

Glaucoma and Cataracts

Friday, July 19

11:00am-12:00pm, Room 105

Join us for this information talk.

Learn about early signs, best practices for eye safety and how to prevent vision damage.

SNAP - Food Aid Meet & Greet

Thursday, July 18

9:00am-12:00pm

Breezeway, in front of Room 105

NEED FOOD? If you or someone you know is having difficulty paying for groceries, or skips meals to stretch food dollars, they can help! Please stop by.

Caption Telephone Meet & Greet

Thursday, July 18

10:00am-11:00am

Breezeway, in front of Room 105

Followed by 2nd visit, sit down class

CapTel Workshop , July 25

10:00am-11:00am, Room 203.

Special Events

Walk-ins welcomed, although, sign-ups are encouraged, so that we can notify you of any changes. Contact Senior Center (808) 955-1555 or visit us in Room 202.

11th ANNUAL SUMMER FEST

SATURDAY, July 6 , 5:00pm-10:00pm

Enjoy Food and Bon Dance

1100 University A venue (Old Varsity theater parking lot)

The Moiliili Summer Fest is held once a year during Bon season and is home to one of the largest Bon dances in Honolulu.

Chigiri-e Workshop

Saturday - July 6, and August 3

9:30am-12:00pm, Room 105

(ちぎり絵) is a Japanese art form in which the primary technique uses colored paper that is torn to create images and may resemble a watercolor painting.

Traditional Okinawan Dance Performance

Wednesday, July 24, 10:30am-11:00am

Room 105

Hula - Intermediate / Advanced

Accepting new students – Waitlist has lifted!!

Thursday 8:30am-9:30am.

Sign up in Senior Center office, Room 203.

Relaxation Yoga July 9 and 23

Continues every other week, in the MCC Studio.

FOOD TO GROW WORKSHOP

Wednesday, July 17, and July 31

9:30am-11:30am, Room 105

Receive a kit containing Bok Choy seedling, additional seeds, growing directions, tasty recipes, SNAP pamphlet on benefits & other food resources. Both days will cover the same information. Class maximum 12 per workshop. Sign up in Senior Center office, Room 203.

Senior Center Member Benefits and Services

All services listed here are included in the MSC Members Annual membership, \$50 per household. To sign-up or renew, please visit the MCC main office.



Transportation

- **How to reserve a ride:** Whenever possible, call ahead for your ride, (808) 955-1555, Ext. 129. Transportation is limited to first come first serve.
- **Transportation Hours:** 9:00am-12:00pm. June and July hours extend to 2:00pm.
- **Transportation Days:** Monday through Friday, except State holidays.

Assisted Transportation is for those who need someone from our center to stay with them throughout the appointment or the errand. This is most helpful for those who have difficulty walking, hearing, seeing and or carrying or lifting items to and from the appointment or errand.

Transportation service can be used for necessary appointments such as doctor, dentist, bank, haircut, or food shopping. Apologies, we are unable to transport to and from our center, due to limited number of vans and drivers.

Shopping Delivery



Members can order groceries from their market or restaurant and pay online or contact us to place the order, if comfortable sharing your payment information. Please note we do not keep card information on file. The card payment information is deleted after the order is placed. We will pick up and deliver the goods to the members.

- **How to reserve shopping delivery:** Call (808) 955-1555, Ext. 129.
- **Shopping/Delivery Hours:** 9:00am-12:00pm.
- **Shopping/Delivery Days:** Monday through Friday.

“I’m OK” Call Service

“I’m OK” is a telephone check-in system to support MSC members who live alone.

How “I’m OK” works: Once member signs up for the service they call the special phone number to say, “I’m OK”. If a call is not received by 10:00am, we will call the member. If there is no answer, we will call the member’s emergency contact.

Virtual Classes

Contact Senior Center or email seniorcenter@moiliilicc.org for instructions on how to join MSC Zoom and FaceTime online classes. All classes are via Zoom with exception of Card Games

WEDNESDAYS

Beginning Tai Chi 7:45am-9:00am

THURSDAYS

- Zenidaiko (Advanced) dance with sticks 1:00pm-2:00pm
- Suzuko, dance with bells 2:15pm-3:00pm

FRIDAYS

- Beginning Tai Chi 7:45am-9:00am
- Advance Tai Chi 9:15am-10:00am
- Zenidaiko (Begin) 9:00am-10:00am
- Suzuko 10:15am-11:00am

SUNDAY – Lei Ilima Craft Workshop
August 11 1:00pm-2:30pm

8			4		6			7
						4		
	1					6	5	
5		9		3		7	8	
				7				
	4	8		2		1		3
	5	2					9	
		1						
3			9		2			5



HIDDEN TREASURES THRIFT STORE

Don't forget to visit our thrift store!

See the new treasures that recently arrived, from vintage clothes, books, small appliances, dishes, crafts and more!

Store Hours: Tuesday through Saturday, 11:00am-4:00pm. Closed Sunday and Monday.

2535 South King Street, (next to Down To Earth).
Phone: (808) 942-0595.

Please visit us in Room 202 to pick up your form to vote for your favorite "Super Senior"

Also don't forget it's an Election Year. Email Elections@honolulu.gov or call (808) 768-3800 to receive help to vote by mail.

Primary Election – 2024, August 10, 2024
General Election – 2024, November 5, 2024

VOTE-BY-MAIL

The State of Hawaii transitioned to the Vote By Mail election model starting with the 2020 Elections. Traditional election day polling places are no longer established.

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.
- 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 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 Moilili 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.

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, and 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. Last session lessons will be reviewed. 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.

Beginning Hula: Students will be exposed to basic hula steps and movements. There will be a focus on hapa haole (English-based) songs.

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



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).

Le 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 months with 5 Wednesdays.

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:

Friendly Matters: Puzzles, games, tech training (iPhone, Android, tablets), talk story and more!

Soroban: Traditional Japanese abacus class.

Moiliili Sen+A1:G34ior Center

SPECIAL EVENTS CALENDAR - JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
				HOLIDAY Independence Day Center Closed.		Chigirie Workshop: 9:00 AM - 12:00 PM Room 105
7	8	9	10	11	12	13
14	15	16	17	18	19	20
			Workshop: Food to Grow Bokchoy plant provided 10:00am-12:00pm Room 105	SNAP and CapTel Rep onsite Learn about Food Assistance and Caption phones - How To Apply 9:00 AM - 12:00 PM Just outside of Room 105	Health Talk: Vision: Glaucoma, Cataracts 11:00:00 AM-12:00 PM Room 105	
21	22	23	24	25	26	27
			Okinawan Dance Performance 10:30 AM - 11:00 AM Room 105	No BINGO today CapTel Seminar 10:00am-11:00am Room #203	Fun Friday Movie Best Exotic Marigold Hotel 11:00 AM - 1:15 PM Room 105	
28	29	30	31	1-Aug	2-Aug	3-Aug
			Workshop: Food to Grow Bokchoy plant provided 10:00am-12:00pm Room 105			Chigirie Workshop: 9:00 AM - 12:00 PM Room 105

NOTE: All-day care Summer Program for the children began 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

JULY 2024

IN-PERSON CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MAH-JONG 7:30 - 12:00 ROOM 207-208 <i>Intermediate/Advanced</i>	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 8:00 - 12:30 ROOM 202	KNIT/CROCHET & CRAFT 8:30 - 10:30 ROOM 209	9:00 - 10:45 ROOM 305	HULA 8:45 - 10:00 WEINBERG <i>Intermediate/Advanced</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	BEG./INT. TAI CHI 9:00 - 10:00 STUDIO	BINGO 9:00 - 10:00 ROOM 202 7/11 & 7/18 then 1st & 3rd Thurs. starting in August	R&L CHAIR EXCER 10:00 - 10:30 ROOM 105	
	SCRABBLE 9:30 - 12:00 ROOM 209 for June and July	TECH CLASS 9:00-10:30 ROOM 207	GROUP SINGING 9:00 - 10:00 WEINBERG <i>* Wait List *</i>	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	R&L NIKO NIKO 9:30 - 10:30 ROOM 105 GENKI TAISOO (STAND)	R&L NIKO NIKO GENKI TAISOO (CHAIR) 10:00 - 10:45 ROOM 207 - 208	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>	10:00 - 10:45 STUDIO	LINE DANCE 2 10:15 - 11:30 WEINBERG <i>* Wait List *</i>	INTERMEDIATE UKULELE 11:00 - 12:00 ROOM 105 <i>Class begins July 11</i>	BUYO & ENKA 1:00 - 3:00 WEINBERG	
	BUYO & ENKA 1:00 - 3:00 WEINBERG	10:30 - 12:00 WEINBERG	OKINAWAN DANCE 10:30 - 11:30 STUDIO			
		SOROBAN 10:30 - 11:30 ROOM 208 <i>Class resumes 9/3</i>	ADV BON DANCE 11:00 - 1:00 ROOM 305			
		RELAXATION YOGA 11:30-12:30 - STUDIO <i>Every other week</i> 7/9 and 7/23	KARAOKE 12:00 - 2:00 ROOM 209			

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 SUZUKO 2:15 - 3:00 ZOOM NIKO NIKO GENKI TAISOO 8:00 AM OLELO TV CH 54	BEGINNING TAI CHI 7:45 - 9:00 ZOOM ADVANCE TAI CHI 9:15 - 10:00 ZOOM ZENIDAIKO (BEGIN) 9:00 - 10:00 ZOOM SUZUKO 10:15 - 11:00 ZOOM	
<p>IF YOU ARE INTERESTED IN A VIRTUAL/ON-LINE CLASS PLEASE CONTACT THE SENIOR CENTER OFFICE ROOM 203 FOR DETAILS.</p> <p><i>Thank you</i></p>					1:00 FACETIME	