Kaleidoscope August 2025 Issue #377

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.
WEBSITE: Https://www.moiliilicc.org **PHONE:** (808) 955-1555 **MCC – An Aloha United Way Agency**

Aloha Seniors! Join us for fun and friendship.

AUGUST EVENTS

Going Green Day

Saturday, August 2 | 9:00 AM – 11:00 AM
Thrift Store Parking Area & MCC Overflow Lot
Everyone is welcome to join us for E-Waste Recycling and community donations!
Accepted Items:
Computers, printers, scanners, TVs, cell phones, ink cartridges
Metal items: refrigerators, file cabinets
HI-5 beverage containers
All types of batteries
Canned goods
Gently used clothing
Used eyeglasses and hearing aids
Diapers and wipes (for keiki & kūpuna)
Pet items: food, towels and blankets
Free towing available for unwanted cars, call (808) 291-6151

New Class: Sashiko with Leah Sekiguchi

Thursday, August 7 | 9:00 AM – 11:00 AM | Room 202
This class meets every other Thursday. Students are welcome to bring their own favorite fabrics, but supplies will also be provided. Note: This class is currently full. Interested MSC members may sign up to be added to the waitlist if they have not already registered for this class.

Parkour Talk with Certified Trainer Alana Kaunaloa Hart

Friday, August 8 | 10:00 AM – 12:00 PM | Room 105
Join us for a special session on Parkour is a practice of movements that builds balance, coordination and safe mobility.
Trainer Alana will show how Parkour can be adapted for seniors to improve strength, confidence and fall prevention. No stunts or jumping just simple, fun ways to move better at any age!

Food To Grow Workshop – SNAP-Ed

Presented by Deanna Au-Wong from the University of Hawai'i at Mānoa Cooperative Extension Service, Hawai'i Nutrition Center
Tuesday, August 12 | 11:00 AM – 1:00 PM | Room 105
Learn how to grow your own food in this hands-on workshop! Students will receive free starter **bok choy** and **green bean** plants, along with all supplies, soil and pots.
This is one of the **final SNAP-Ed classes on O'ahu**, as food aid programming is expected to be reduced starting September 2025 due to changes in federal administration.
Note: This class is currently **full.** If you signed up but can no longer attend, please call the **Senior Center office at (808) 955-1555** so we can offer your spot to someone on the waitlist.

New Class: Brain Training with Eisho Hayashi

Tuesday, August 12 | 11:30 AM – 12:30 PM | Room 202
Instructor Eisho Hayashi returns with a fun and stimulating Brain Training class designed to keep your mind sharp. Join us for puzzles, memory games and worksheets that challenge your thinking and support cognitive wellness in a relaxed, social setting.
All are welcome—no experience needed!

Succulent Class with Glen Yasuoka

Tuesday, August 19 | 10:00 AM – 11:00 AM | Room 202
Learn how to propagate succulents and grow in atrium. A great class for beginners and plant lovers alike. Supplies provided!

Jackbox Party Games with Megan Fujishige

Tuesday, August 26 | 10:00 AM – 11:00 AM | Room 202
Come learn how to play Jackbox Games—a fun and easy collection of online party games you can enjoy with friends! We'll meet in Room 202 where Megan will guide you step-by-step on how to log in online, join a game and start playing.
Please bring your smartphone if you have one.
Delia, our tech teacher, will also bring a shared laptop for those without smartphones.
No experience needed and no purchases required. Just come ready to laugh, learn and have fun!

TV Special: 10th Anniversary of Genki Taisoo

Friday, August 29 | 10:00 AM – 11:30 AM | Room 105
Don't miss this special viewing of Faye Murata's 10th Anniversary of Genki Taisoo on 'Ōlelo TV. Enjoy the program and follow along with gentle, energizing exercises!

Health Talk: Kidney Care with Dr. James Yamashita

Friday, August 29 | 12:00 PM – 1:00 PM | Room 105
Join Dr. Yamashita for an informative session on how to care for your kidneys and protect your overall health.

COVID-19 SAFETY REMINDERS

Thank you all for your cooperation and understanding. We appreciate you following our safety protocols.
As a reminder, we are still maintaining COVID-19 precautions. Please continue to follow the procedures listed below:

As of July 1, 2025, MCC has lifted the mask mandate for all participants, instructors, visitors and staff. While face coverings are no longer required, we strongly recommend wearing a mask if you:

- Are feeling unwell or recovering from a recent illness
- Are immunocompromised or caring for someone who is
- Have recently traveled or attended a large public gathering.

Let's continue to care for one another and protect our most vulnerable community members.

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 you have a negative COVID-19 test.
- 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 throughout our center, we will need to shut down 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 Notice
Parking at MCC is limited. Please consider being dropped off, carpooling or taking the bus. (If carpooling or using public transit, please wear a mask.)

Important: No double parking is allowed. Theresa, our Parking Attendant, will direct traffic and coordinate parking. Be courteous, follow instructions and prioritize safety. To avoid creating parking issues, kindly leave the center promptly after your class. Thank you.

Senior Center Registration Update: Please update your registration forms in Room 203 if there are any changes.

Community Center Membership Renewal
Renew your annual membership for $50 at the main office. Please use the membership envelopes and fill them out completely with your name, phone number, and address.

Make checks payable to Moiliili Community Center. Membership fees and donations can also be paid online at moiliilicc.org. A 6% processing fee applies unless you opt out by selecting "I don't want to cover the processing fee for Moiliili Community Center" on the Your Details page.

For questions, please contact the Senior Center staff or the MCC Main Office.

Donation Policy: Monetary donations help support our budget. A **suggested** $2 donation per activity or $20 per month is encouraged but **not mandatory.** Subsidies are available for those in need. Please contact the MSC Program Director for assistance.

Donation Guidelines
MCC accepts donated items for the Rummage Sale on Mondays and Fridays only. No weekend drop-offs allowed due to limited staff and storage. To prevent items being tampered with or damaged, do not leave donations curbside. All donations must be submitted to the main office.

Restroom Use For safety, do not prop restroom doors open. Each classroom has restroom keys. Please return them immediately after use.

Air Conditioner Use Keep doors and windows closed while the AC is on. Set the temperature to no lower than 75°F and turn off the AC at the end of class. **Mahalo for your cooperation!**

VIRTUAL CLASSES VIA ZOOM

WEDNESDAYS:
Beginning Tai Chi 8:00 AM – 9:00 AM Gentle stretches and movements.

THURSDAYS:
Zenidaiko Advanced 1:00 PM – 2:00 PM
Traditional Japanese performance using movement and sticks with bells.
Suzuko 2:15 PM – 3:00 PM
A choregraphed dance incorporating bells for rhythmic movement.

FRIDAYS:
Beginning Tai Chi 8:00 AM – 9:00 AM
Zenidaiko Beginners 9:00 AM – 10:00 AM
Suzuko 10:15 AM – 11:00 AM
Card Games 1:00 PM – 2:30 PM
Enjoy social time and traditional card games like Trumps, Poker, Crazy 8 and one-of-a-kind card games. THIS ONLINE CLASS IS VIA FACETIME.

SUNDAY: Lei Ilima Craft Workshop via Zoom
Fruit banner, carrot garland and clothes pin ornaments **August 17, 1:00 PM. Call the Senior Center Office (808) 955-1555 for invitation link.**

A Big Mahalo to Our Volunteers, Donors and Instructors!
Thank you to everyone who supported our July Rummage Sale whether by donating, volunteering or shopping. Together, we raised $2,338.86, all of which goes directly back to supporting our senior center programs.
Your generosity and time truly make a difference. Mahalo nui loa!

No Bon Dance with Toshiki Monday, August 25
No Bon Dance with Joyce Wednesdays, September 3 and 10.

Volunteers Wanted – Body Composition Study
Get a Free Health Report + Gift Card
The University of Hawai'i Cancer Center is looking for volunteers to participate in their InBody Research Study and you may qualify! This is a one-time visit at the UH Cancer Center in Kaka'ako, where researchers will use advanced, non-invasive equipment to measure your body fat, muscle and water levels. It's safe, simple and helps support local health research.
✓ Receive a personalized body composition report
✓ Get a gift card for your time
✓ Contribute to important scientific research
Now enrolling the following groups:

- Men and women over 40 with a BMI under 20
- Men and women over 60 with a BMI over 30
  (Not sure of your BMI? We can help you calculate it!)

Appointments: Mondays only
Time: 7:15 AM to 11:30 AM
Location: UH Cancer Center – 701 Ilalo St., Kaka'ako
To learn more or sign up:
Call 808-440-5234 or email bodycompstudies@cc.hawaii.edu

Update on MCC Roof Repair – We're Almost There
Mahalo to everyone who has generously donated to help replace our roof. We know many gave what they could, even when it was a stretch and we are deeply grateful for your support.
While we've made great progress, we have not yet reached our fundraising goal and are still accepting donations to complete the project before the end of the year.
If you're not able to give, please consider sharing our message with friends, family or community members who may want to help.
Together, we can make this happen. Thank you for standing with us.

Resources & Support for Seniors During These Challenging Times

We understand that many of our kūpuna are feeling the effects of rising costs, changes in government programs and general uncertainty. Please know that **you are not alone.** Below are helpful resources and opportunities that may support your well-being, mentally, financially and socially.

Mental Health & Emotional Support (O'ahu-Based Resources)

Kūpuna Care Connection – Mental Health Counseling

Low-cost or no-cost counseling available for seniors. Virtual and in-person sessions.

Call: (808) 768-7700 (Department of Community Services)

Hawai'i CARES – 24/7 Mental Health & Crisis Line

Confidential support, crisis intervention and substance use assistance.

Call: 988 or 1-800-753-6879

hicares.hawaii.gov

Catholic Charities Hawai'i – Senior Wellness

Provides emotional and social support services, including counseling, case management and check-ins.

Call: (808) 521-HELP (4357)

Medicaid & Financial Assistance Programs

Med-QUEST (Hawai'i Medicaid Program)

Helps cover healthcare costs for low-income individuals, including seniors.

Call: (808) 524-3370

medquest.hawaii.gov

Kupuna Care Program

Provides in-home services, meals and transportation for eligible seniors.

Call: (808) 768-7705

elderlyaffairs.com

Community Support at Moiliili Senior Center (MSC)

Daily Social & Educational Classes

From exercise to storytelling, art and tech. We welcome you to stay engaged, move your body and connect with others. Every week day.

Need Help Navigating Services?

Please call us or come by—we are happy to help you fill out forms, connect to agencies or explain benefits you may qualify for.

MSC Office: (808) 955-1555

New Interest: English as a Second Language Class

Are you or someone you know interested in learning or improving **English speaking skills**?

Megumi Okura is considering offering a free, weekly **English as a Second Language (ESL)** class—possibly on **Wednesdays.**

Let us know if you're interested! Sign up in room 203 or call the office at (808) 955-1555.

Let's continue to uplift and support one another. Your health, your voice and your well-being matter.

We're here for you. Mahalo nui loa.

SENIOR CENTER SERVICES

All services are free for MSC Member

Assisted Transportation: The Senior Center Van service operates Monday through Friday, 9:15 AM to 2:00 PM. Transportation is available for essential errands: medical, dental appointments and shopping.

Escort Transportation: Escort service accompanies you throughout their errand or appointment. Appointments are first-come, first-serve. Please call ahead to reserve your transportation. For safety reasons, MSC members must physically be able to enter and exit the minivan independently. (no wheelchair ramp available).

Important Transportation Service Guidelines

To ensure that our **transportation service** runs smoothly and efficiently for everyone, take a moment to review these important reminders when requesting a ride:

Pick-Up & Drop-Off Schedule:

Our transportation service from **9:15 AM to 2:00 PM.**

Know Your Destination:

When calling for a ride, please **provide the full address** of where you need to go.

While many of us know Honolulu well, our staff may not always recognize building names alone. Having the **exact address** helps us assist you better!

Round-Trip Planning:

If you need a ride back, please ask your **doctor or service provider** for an **estimated time** when your appointment will finish.

This allows us to schedule your return trip and helps our driver coordinate rides for others in the same area.

Senior Center staff will not accept any tips.

Maximizing Our Routes: We have **limited vans and drivers,** so providing accurate details helps us **group rides efficiently** and assist as many seniors as possible and provide reliable transport. We appreciate your **cooperation** and **understanding** in making our transportation service work smoothly for all. Thank you.

Technology Assistance: **Smartphone, tablet or laptop** assistance. Reserve your private one-on-one lesson, call Senior Center (808) 955-1555 ask for Delia.

Shopping Delivery: Participants can order groceries online from their preferred supermarket or contact us to place the order using their credit card. **We do not store credit card information**—all details are securely deleted after the order is placed, we will pick up and deliver the groceries.

Membership and Donations:

Annual Membership please visit our primary office Monday through Friday 8:00 AM – 5:00 PM to renew your $50/annual membership or to make donations. **Donations** are tax deductible. Let us know if you need help, sponsorship for memberships available.

"I'm OK" Call Service is a telephone check-in system to support seniors who live alone. Signing up is free for MSC members. Once you are signed up for this service you will call the special phone number to say, "I'm OK". If you do not call, we will call you. 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. There is no cost to you and is separate from the Moiliili Senior Center Annual Membership.

"Project Dana" offers additional services to our Seniors such as transportation **to and from our center** or to your MD office 9:00 AM to 4:00 PM. They offer limited home assistance.Call (808) 945-3736 to learn more about their services.

CLASS DESCRIPTION

Exercise/Physical Fitness Classes

Fall Prevention: Exercises to enhance balance and prevent falls. **Class is currently on pause until further notice.**
Relaxation Yoga: Gentle relaxing yoga for body, mind and spirit. Enhance flexibility, strength and mentality. All levels welcome! (every other week)
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 (you can participate sitting or standing).

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 strumming techniques, music keys, multicultural songs, genres and explore percussion instruments.
Please bring: Your own ukulele, music stand (optional), 3-ring binder, Pen/pencil.
The 8-week sessions include a review of previous lessons. Limited loaner ukuleles are available for those wanting to try before investing.
Buyo & Enka: Traditional kabuki inspired Japanese dance.
Card Games/Jenga/Puzzles/Hanafuda: All in one classroom. Enjoy traditional and modified versions of Hanafuda and one-of-a-kind original card games, Jenga, puzzles and more.
Chigirie: Traditional Japanese college artform by tearing washi paper.
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 Hawaiian culture through music and dance (Hula skirt preferred but not mandatory).
Karaoke: Recreational singing (participants will need to provide their own CD).

Exercise/Physical Fitness Classes cont.

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 Zumba moves at a lower intensity.
Zumba Toning: Zumba incorporating weights with Pilates and Yoga inspiration; participants must provide their own weights. No class on 5th Wednesday.

Recreation/Leisure classes cont.

Kitsuke: The art of wearing Japanese kimono.
Knit, Crochet & Crafts: Materials provided for those who want to donate their crafts to MSC for sale.
Lei Ilima: Craft workshop (online classes only)
Line Dance I: Learn group choreographed dances with repeated step sequences, arranged in one or more lines or rows.
Line Dance II: For those with prior line dance experience, continue exploring group choreographed dances with repeating step sequences in lines or rows.
Mah-Jongg: Chinese game played with tiles, for Advanced Players only.
Okinawan Dance: Traditional Okinawan dance.
Okinawan Eisa Dance: This dance promotes balance, flexibility and cognitive engagement.
Drawing & Painting: All levels welcome. Materials provided. Instruction for beginners.
Scrabble: The ultimate crossword game in which every letter counts.
Sashiko: Decorative stitching.
Shodo: Traditional Japanese calligraphy. *No class on the 5th Wednesday for October & December.*
Suzuko: Choreographed dance with bells.
Ukulele Roundtable: Collaborative sessions exploring variety of 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 for sound with movement.

Education Classes:

Soroban: Traditional Japanese abacus class
Conversational Japanese: Beginner Japanese for busy adults.
Technology Class: Smartphone, laptop and tablets
Brain Training: Fun brain games and puzzles.

Moiliili Senior Center

SPECIAL EVENTS CALENDAR - AUGUST 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	**2** **CHIGIRIE WORKSHOP** 9:00AM - 12:00PM ROOM 105 **GOING GREEN** 9:00AM - 11:00AM Thrift Store parking lot donate recycleables
3	4	**5** **Tech Class** 9:00AM - 10:00AM Room 202	6	7 **SASHIKO WITH LEAH** 9:00AM - 11:00AM ROOM 202 *Waitlist* Starts today and goes every other week	8 **PARKOUR TALK** 11:00AM - 12:00PM ROOM 105	9
10	11	**12** **FOOD TO GROW WORKSHOP** 11:00AM - 1:00PM ROOM 105 free starter plants and supplies **Brain Training (New Class)** 11:30 AM - 12:30 PM ROOM 202	13	14	15	16
17 **Lei Ilima Craft Workshop 1:00PM via Zoom** Fruit Banner, Carrot garland and clothes pin ornaments	18	19 **SUCCULENT WORKSHOP** 10:00 AM - 11:00 AM ROOM 202	20	21 **SASHIKO WITH LEAH** 9:00AM - 11:00AM ROOM 202 *Waitlist*	22	23
24	25 **NO BON DANCE WITH TOSHIKI** class cancelled today	**26** **TECH CLASS** 9:00AM - 10:00AM ROOM 202 **JACKBOX PARTY GAMES** 10:00 AM - 11:00 AM Room 202	27	28	**29** **HEALTH TALK** **KIDNEYS** Dr. Yamashita 12:00AM - 1:00PM ROOM 105 **TV SPECIAL 10th ANNIVERSAY - GENKI TAISOO** 10:00 AM - 11:30 AM ROOM 105	30

Call (808) 955-1555 or visit us in Room 203 to RESERVE YOUR SEAT for these events!

MOILIILI SENIOR CENTER PROGRAM SCHEDULE
AUGUST 2025

IN-PERSON CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAH-JONG *Intermediate / Advanced* 7:30AM - 12:00PM ROOM 207-208	**LINE DANCE 1** 8:00AM - 9:30AM WEINBERG ** Wait List **	**SHODO** 9:00AM - 11:00AM ROOM 202	**MAH-JONG** *Intermediate / Advanced* 7:30AM- 12:00PM ROOM 207-208	**FREE PLAY** **HANAFUDA** 8:30AM - 10:30AM ROOM 209
CARD GAMES/PUZZLES **JENGA/HANAFUDA** 8:00AM - 12:30PM ROOM 202	**KNIT/CROCHET & CRAFTS** 8:30AM - 10:30AM ROOM 209	**BEG/INT TAI CHI** 9:00AM - 10:00AM STUDIO	**HULA** *Intermediate / Advanced* 8:45AM -9:45AM WEINBERG *Waitlist	**DRAWING & PAINTING** 9:00AM - 12:00PM ROOM 207-208
BON DANCE by Toshi *Beginner Intermediate* 9:00AM- 11:00AM ROOM 305 (*no class 8/25*)	**CONVERSATIONAL JAPANESE** 9:00AM-10:00AM Pre-Beginners Class 10:00AM - 11:00AM ROOM 207 * Wait List *	**BON DANCE by Joyce** Beg. 9:00AM - 10:15AM Inter. 10:30AM-11:45AM ROOM 305	**BEGINNING UKULELE** 10:00AM - 10:45AM ROOM 105 *New session starts 9/4* *No August classes*	**R&L CHAIR EXCER** 10:00AM - 10:30AM ROOM 105
BEG/INT TAI CHI 9:00AM - 10:00AM STUDIO	**TECH CLASS** 9:00AM-10:00AM ROOM 202 *8/5 & 8/26*	**GROUP SINGING** 9:00AM - 10:00AM WEINBERG	**Intermediate UKULELE** 11:00AM - 12:00PM ROOM 105 *New session starts 9/4* *No August classes*	**RELAXATION YOGA with Meditation** 10:00 AM -11:30 AM STUDIO, 8/8 & 8/22 *Every other week*
SCRABBLE 9:30AM -12:-00AM ROOM 209	**R&L NIKO NIKO GENKI TAISOO (STAND)** 10:00AM - 10:45AM STUDIO	**R&L NIKO NIKO GENKI TAISOO (CHAIR)** 10:00AM - 10:45AM ROOM 207 - 208	**OKINAWAN EISA DANCE** 1:30PM - 3:00PM ROOM 305 Last day 8/28	**UKULELE ROUNDTABLE** 10:00AM - 12:00PM ROOM 202 *Wait List*
R&L CHAIR EXER. 10:00AM - 10:30AM ROOM 105	**ZUMBA GOLD** 9:30AM - 10:30AM ROOM 105	**LINE DANCE 2** 10:15AM - 11:30AM WEINBERG ** Wait List **	**SASHIKO with Leah** 9:00AM - 11:00AM (8/7, 8/21) ROOM 207 * Wait List * Every other week.	**KITSUKE** 12:00PM - 1:00PM WEINBERG
BUYO & ENKA 1:00PM - 3:00PM WEINBERG	**ZUMBA TONING** 10:30AM - 12:00PM WEINBERG	**OKINAWAN DANCE** 10:30AM - 11:30AM STUDIO		**BUYO & ENKA** 1:00PM - 3:00PM WEINBERG
	SOROBAN 10:30AM - 11:30AM ROOM 208 Class resumes 9/2	**KARAOKE** 12:00PM - 2:00PM ROOM 209		
	BRAIN TRAINING 11:00 AM - 12:30 PM ROOM 202			

VIRTUAL/ON-LINE SCHEDULE Call Senior Center for Invite Link: (808) 955-1555

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEGINNING TAI CHI 8:00AM - 9:00AM	**ZENIDAIKO ADVANCED** 1:00PM - 2:00PM	**BEGINNING TAI CHI** 8:00AM - 9:00AM		**LEI ILIMA CRAFT WORKSHOP** Fruit Banner & Carrot Garland & Clothes Pin Ornaments **August 17, 1:00 PM**
	SUZUKO 2:15 PM - 3:00 PM	**ZENIDAIKO (BEGIN)** 9:00AM - 10:00AM		
	NIKO NIKO GENKI TAISOO 8:00 AM TV OLELO CH 54	**SUZUKO** 10:15AM - 11:00AM		
		CARD GAMES 1:00PM - 2:30PM		

Zenidaiko & Suzuko class update: no classes on 8/1 -- resumes 8/7 & 8/8