



Kaleidoscope

September 2022

Moiliili Senior Center program at Moiliili Community Center
2535 South King Street, Honolulu, Hawaii 96826 | PH: (808) 955-1555
Email: SeniorCenter@moiliilicc.org | 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

MCC UPDATES AND REMINDERS

Continuing in-person activities!

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.
 - **Temperatures must be checked upon arrival and departure of MCC.**
 - **CHECK-IN AND CHECK-OUT at the "Attendance Station" located outside MCC front office.**
 - **After checking in at the Attendance Station, staff will give you a wristband.**
 - **Instructors, if someone in your class does not have a wristband, please send them down to the Attendance Station to check in.**
 - **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.)
 - Classrooms/studios will be sanitized between each class.
 - No sharing food or eating together on MCC property.
 - **IF YOU ARE FEELING SICK IN ANY WAY, PLEASE DO NOT COME TO THE CENTER.**
 - If you feel sick while you are at the center, please notify a staff member immediately.
 - If you are traveling off-island, please quarantine for five days before returning to the center and take a COVID-19 test on the fifth day. If the test is negative, you may return to the center.
- 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.

Additional COVID-19 safety reminders:

- Classes will continue at 50% capacity. Once a class is full, you will be put on a waitlist.
- The lunch program will not be returning right away since congregate eating is not allowed due to COVID-19 restrictions.
- The water fountains at the center are turned off, so please be sure to bring your own water.
- Room 303 is closed due to COVID-19 precautions.

- 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.

Parking Reminder

There will be limited parking at MCC when the Senior Center reopens. **Please be dropped off, take the bus or carpool (if you are carpooling or taking the bus, be sure to wear a mask).** Theresa (Parking Attendant) 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. Do not be in a rush when being dropped off at the center. Have your driver pull up to the parking lot attendant, not in the middle of the driveway. Watch for vehicles backing up – do not try to walk around the back of the vehicle especially when it is backing up. **BE AWARE! BE PATIENT! BE SAFE!**

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 its place by the end of your class.

Senior Center Registration Forms

Please remember to update your registration forms. You may fill out registration forms at the Attendance station.

Community Center Membership Fees

Please remember to renew the \$40 annual membership fees. All payments must be given to the main office. Please be sure to place cash/checks in the membership envelopes and fill out envelope with name, phone number, and address. Checks may be payable to Moilili Community Center.

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 find it difficult to pay; see MSC Director.

MCC will begin accepting donations for the Thrift Store, Rummage Sale, etc. starting in **September**. 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.

Air Conditioners

If your class uses the air conditioner, please keep the doors and windows shut. Please also turn off the AC at the end of your class. Air conditioners should not be set lower than 75 degrees. Thank you for your cooperation.

Please welcome new and incoming members!

We have many new members joining Moilili Senior Center. We kindly ask that existing members welcome our new members with open arms and include them in all activities. Please remember that MCC is a community center that hopes to serve all members of the community. Thank you!

Upcoming Holidays

MCC will be closed on the following holidays:

- Monday, September 5 – Labor Day
- Tuesday, November 8 – Election Day
- Friday, November 11 – Veterans Day
- Thursday, November 24 – Thanksgiving Day

CLASS REMINDERS

- **Hula** CANCELED September 29 and October 6.

- **Okinawan Dance** has been changed from Tuesday to Wednesday 10:30 – 11:30. 5 people are required to begin the class.
- **Solo Ukulele I** and **Solo Ukulele II** are full. If you would like to join the next session, please inform Senior Center staff.
- **Shodo** class is full. If you would like to join the waiting list, please inform Senior Center staff.
- **Line Dance I** and **Lind Dance II** are full. If you would like to join the waiting list, please inform Senior Center staff.
- **Hanafuda is full.** If you would like to join the waiting list, please inform Senior Center staff.
- If you are in Card Games, Scrabble, Hanafuda, or Mah-jongg, please sanitize your hands before using the cards/tiles.

SENIOR CENTER SERVICES

Technology Counseling (New Service!)

If you need assistance utilizing technological devices (smartphone, tablet, laptop, etc.) or need assistance accessing information via internet, you may make an appointment with Senior Center Director, Chelsie Arume, to receive assistance. You will need to bring your device to the appointment for assistance. Appointments will be held on **Thursdays, any time between 10:30 am and 2:00 pm**. If you are unable to make it during this time, please contact Chelsie for other accommodations. Appointments are first come, first served. Please call ahead of time to schedule an appointment (955-1555).

Assisted Transportation & Escort

Program Worker, Sukil Suh, is available from 9:00 a.m. – 2:30 p.m., Monday through Fridays, to assist in transportation/escort service to doctors' appointments, grocery shopping, haircuts, post office and other necessary places. Appointments with Sukil are first come, first served. Please call ahead of time to reserve your transportation needs with Sukil (955-1555).

Shopping Delivery

Participants may order groceries from their supermarket and pay on-line on your own or you may contact us to make the order for you if you are comfortable giving us your credit card number for that particular transaction. Please note: We do not retain or keep on file credit card numbers. The information is deleted. Sukil will pick up the goods and deliver them to the members. Please call the Senior Center for more information (955-1555).

Telephone Reassurance

MCC Parking Attendant, Theresa, is 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 Senior Center staff.

Call – I'm OK Program

Call – I'm ok is a telephone check-in system to assure your well-being. It supports the continuation of independent living for seniors who live alone. Call the special phone number at Moilili Community Center Mondays to Fridays (excluding holidays) between 8:00 and 10:00 a.m. to say, "I'm OK." When you do not call between 8:00 and 10:00 a.m., a staff will call your home. If there is no answer, follow-up contacts listed on your Information Sheet will be contacted to inquire about your whereabouts. If no one knows where you are or have not seen you, staff will go to your home to check on you. If you would like to register for this service, please contact the Senior Center (955-1555).

All services are free. Senior Center staff will not accept tips. Donations to the Moiliili Senior Center are welcomed.

SPECIAL EVENTS/WORKSHOPS

Chigiri-e Class

Saturday, September 3, 2022, from 9:00am – 12:00pm Rm. 105

Chigiri-e 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.

Please contact the Senior Center (955-1555) to register for this class.

Lei Ilima Virtual Craft Workshop

Sunday, September 11, 2022, at 1:00pm

We will be making a washcloth bear. The theme is "A Little Hug" and bears are perfect for this. It would be a perfect gift for someone who is experiencing isolation because of the pandemic. If you would like to follow along and make a washcloth bear, please have the following items: a small square washcloth and 3 rubber bands. You can always add eyes and embellishments later.

Please contact the Senior Center (955-1555) to register for this workshop.

Access to Independence Educational Seminar

Wednesday, September 21, 2022, at 10:00am Rm. 105

The following description is provided by Access to Independence Coordinator, Brock Lyle.

“Aloha to all members of Moiliili Community Center, Access to Independence (A2i) will be presenting an educational workshop to help provide you with ways to remain independent within the community through the various free programs that we offer. A2i supports the idea that everyone deserves the right to live independently within the community of their choosing regardless of their disability. As our fellow kupunas age, they may find this increasingly needed. A2i strives to help through provision of access to durable medical equipment, grab bar installation, wheelchair ramp installation, housing advocacy assistance, home modification, assistive technology training, and more so that you can regain or maintain that independence in your own space. The following are the relevant programs that may be of interest to you:

- Transition & Diversion (Ho`olilo)
- Kauhale (Housing Advocacy)
- VAAIA (Low Vision & Blind)

Please join us as our knowledgeable staff explain and field questions over the free services that are offered from this local non-profit organization. Your attendance is greatly appreciated!”

Please contact the Senior Center (955-1555) to register for this seminar.

Good Life Expo Senior Fair

September 21 – September 23, 8:30am to 4:30pm at Blaisdell Center

Annual Good Life Expo features hundreds of vendor booths on Travel, Health, Finances, Mortgages & Real Estate, Beauty, Nutrition, Flu Shots, Games, Contests, Prizes, Giveaways, and MUCH, MUCH more! Vendors

and businesses selling senior services and products and informational booths, entertainment, and senior club sales. Admission is FREE.

Medicare 101 Seminar

Thursday, September 29, 2022, at 10:00am Rm. 105

Moiliili Senior Center will be presenting Medicare 101, an educational event. Dennis Vanairsdale will be the presenter. Dennis is a retired professor from Kapiolani Community College, a licensed attorney in Hawaii since 1975 and a licensed insurance agent since 2008. He is also a former member of the Board of Directors of the Honolulu Chapter of the Alzheimer's Association and the Alzheimer's Association national Board. No marketing materials will be distributed or presented at this event.

Please contact the Senior Center (955-1555) to register for this seminar.

Health and Wellness: "Functional Fitness" Virtual Seminar

Friday, September 30, 2022, at 1:00pm

Learn about "Functional Fitness," a series of exercises that helps individuals with everyday activities.

Register for this seminar at:

<https://us06web.zoom.us/j/82078382344?pwd=TE8zNWZ4V0poUFJLTU9jYThhMOZ1UT09>

Blue Zones Project – Keiki to Kupuna Family Fun Day

Saturday, November 19, 2022, from 9:00am – 11:00am

At Old Stadium Park

Enjoy fun activities for the whole family, including games, arts and crafts, exercise, dance, and more! This event is co-sponsored by Moiliili Community Center and will be featuring some of our Senior Center classes!

Niko Niko Genki Taisoo

Thursdays at 8:00am on OLELO

MSC's own Faye Murata's Niko Niko Genki Taisoo Exercise Program is showing on OLELO (channel 54) every Thursday at 8:00am. If you have a chance, watch it, and enjoy the morning exercises. For more information, call Faye Murata at 735-1323.

Seminars and Workshops are scheduled to provide education and information and do not constitute an endorsement of a product or company by the center.

UPCOMING CLASSES

- Hula will be on Thursdays from 9:00 – 10:00 in the Weinberg Studio starting **September 1**.
- Chigiri-e classes will resume on **September 3** from 9:00am – 12:00pm in Room 105. Classes will be scheduled for the **first Saturday of every month**.

Please contact the Senior Center or instructor if you would like to register for new classes or for any questions or concerns.

VOLUNTEERS NEEDED

Attendance Station

We are looking for volunteers for our Attendance Station. On Monday through Friday, we need a volunteer(s) to work out the attendance station, checking members in/out and taking temperatures. If you are interested, please call the Senior Center at (808) 955-1555.

Class Instructors

We are looking for volunteer instructors or leaders to for classes such as regular ukulele, kanikapila, yoga, meditation, aerobics, technology assistance, cultural/educational seminars, etc.

Call I'm Ok Program

We are looking for volunteers for our *Call I'm OK Program*. On Monday through Friday from 8:00am to 10:30am or on weekends, we need a volunteer(s) to answer phone calls from the participants who are unable to physically come to the center.

If you are interested in volunteering, please contact the Senior Center at 955-1555.

COMMUNITY RESOURCES AND INFORMATION

Foodland – Give Aloha

During September, Maika'i members are invited to make donations up to \$249 to their favorite participating Hawaii non-profit organization at checkout. Donations to each organization are tracked, and Foodland's matching gift is divided proportionately among all participating organizations based on customer donations to the organizations.

Please consider donating to our center! Provide the code below at checkout.

77106 Moiliili Community Center

Mahalo!

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 to adult day-care, in-home care, safety and fall prevention and support group classes.

***Please see Senior Center staff for a hard copy of this handbook.**

Senior Helpline

If you need help finding community resources or information, please call **(808) 768-770**.

SENIOR CENTER CLASS DESCRIPTIONS

- **Mah-Jongg:** Chinese game played with tiles.
- **Card Games:** Instructor has developed new card games using multiple decks of cards. Your brain will be stimulated. Come in and enjoy the new games, in addition to classic card games.
- **Rhythm & Life (R&L) Chair Exercise:** Chair aerobic exercise to traditional Japanese music.
- **Hawaiian Quilting:** A distinctive quilting style of Hawaii that uses large radially symmetric applique patterns.
- **Kitsuke:** The art of wearing Japanese kimono.

- **Tai Chi:** A series of gentle physical exercises and stretches, inspired by previous MSC tai chi instructors.
- **Buyo & Enka:** Traditional kabuki inspired Japanese dance.
- **Line Dance I:** Group choreographed dance, repeating a sequence of steps while arranged in one or more lines or rows.
- **Friendly Matters:** A place where you can gather to make friends through discussions. Got a question or any topic? We can share knowledge, help find answers, or simply be entertained. Plus, much more.
- **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).
- **Zumba Gold:** Modified Zumba class that recreates the original moves you love at a lower intensity.
- **Scrabble:** The ultimate crossword game in which every letter counts.
- **Okinawan Dance:** Traditional Okinawan dance.
- **Soroban:** Traditional Japanese abacus class.
- **Zumba/PiYo:** Zumba with Pilates and Yoga inspiration.
- **Fall Prevention:** Exercises to enhance balance and prevent falls.
- **Shodo:** Traditional Japanese calligraphy.
- **Rhythm & Life (R&L) Niko Niko Genki Taisoo:** Exercise to Japanese music (may be sitting or standing).
- **Zenidaiko:** Choreographed dance with sticks.
- **Suzuko:** Choreographed dance with bells.
- **Knit, Crochet, & Crafts:** Crochet, knitting, and more! (Some sewing experience required).
- **Beginning Bon Dance:** Traditional Bon dance for beginners.
- **Solo Ukulele I:** Beginning ukulele (If you were in Solo Ukulele I prior to the pandemic, please return to this class). Session lasts 20 weeks.
- **Solo Ukulele II:** Advanced ukulele (Please get instructor's permission to join this class). Session lasts 20 weeks.
- **Painting:** Instructed painting class (Various forms of painting; Need to bring own materials).
- **Mind & Body Exercise:** Mind and Body Exercise Class is a combination of exercises that will stimulate your senses, including warmup exercises and cool down. Part of the class will be to create Your Own Natural Inner Self in exercising. Instructor will be using specific types of music to help set the mood. Lots of fun. Your Mind and Body as One.
- **Hanafuda:** "Thank you, Fred and Lillian Takeda, for the opportunity to be the next Hanafuda instructor. Hi, I'm Glen Yasuoka and I'll be your new instructor. Change is here and I am excited to inform everyone that I'll be using the NA PUA Hawaii Hanafuda Cards. All new look with traditional values. For those who want to play the original Hanafuda card game, please come enjoy the game as well."
- **Koto:** Japanese string instrument (Need to have own Koto).
- **Group Singing:** Instructed singing as a group. The group will sing a variety of songs in different languages.
- **Hula:** Hula for enjoyment. Learn about Hawaiian culture through music and dance (Hula skirt preferred but not mandatory).
- **Lei Ilima:** Craft workshop.