



Kaleidoscope

August 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!

The first month of in-person activities was very successful! 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.

Classes will continue at 50% capacity. Space is limited, so classes will be first come, first served. Once a class is full, you will be put on a waitlist. Please call the Senior Center at (808) 955-1555 or email the Senior Center at SeniorCenter@moililicc.org to sign up for classes. If you are signing up by email, please wait for a confirmation to ensure that we received your email.

Additional COVID-19 safety reminders:

- 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.

Registration Forms and Membership Fees

Please remember to update your registration forms and \$40 annual membership fees. You may fill out registration forms at the Attendance Station and you may pay for your membership fees at the front office. MSC staff will not receive payments or donations at Attendance Station. All payments must be given to the 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 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 Moiliili 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:

- Friday, August 19 – Statehood Day
- Monday, September 5 – Labor Day

Class Reminders

- Soroban CANCELED August 9 and August 16.
- Zumba/PiYo CANCELED August 9 and August 16.
- Solo Ukulele I and Solo Ukulele II are closed. If you would like to join the next session, please inform Senior Center staff.
- Shodo class is closed. If you would like to join the waiting list, please inform Senior Center staff.
- If you are in Card Games, Hanafuda, or Mah-jongg, please sanitize your hands before using the cards/tiles.

Volunteers Needed

Class Instructors

We are looking for volunteer instructors to teach classes such as yoga, meditation, aerobics, technology assistance, cultural/educational seminars, etc. If you are interested or know of someone who may be interested, please call the Senior Center at (808) 955-1555.

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, please call the Senior Center at (808) 955-1555.

Senior Center Services

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).

Note: All services are free. Program worker will not accept tips. Donations to the Moiliili Senior Center are welcomed.

Special Events/Workshops

Lei Ilima Virtual Craft Workshop

Sunday, August 14, 2022, at 1:00pm

There are several national holidays and observances in August relating to dogs, including National Dog Day on August 26th. We will do a couple of fun and easy dog crafts including an origami memo holder and a towel dog. For the origami dog, you will need two 3" square pieces of origami paper (any color), scissors, glue, black permanent marker, and googly eyes or you can draw the eyes on a white sheet of paper and cut them out.

Please call the Senior Center at 955-1555 if you are interested in participating in this workshop.

If you would like to make the dogs on your own, here is the link:

<http://www.origamitree.com/2019/06/origami-dog-memo-holder/>

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.

Upcoming Classes

- R&L Niko Niko Genki Taisoo adding one more class starting **August 2** (Tuesdays 10am-10:45am; Instructor – Sachiko Chinen).
- Group Singing starting **August 3** (Wednesdays 9am-10am; Instructor – Virg Pabro).
- Suzuko and Zenidaiko are resuming via Zoom starting **August 4** (see class schedule; Instructor – Mieko Sato).
- Beg/Int Tai Chi will begin **August 22** (Mondays and Wednesdays 9am-10am; Instructor – Stan Murakami).
- Okinawan Dance will begin **August 23** (Tuesdays 10am-11am; Instructor – Kay Murata) ***5 people minimum to begin class.**
- Chigiri-e classes will resume in September. 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.**

Community Resources and Information

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) 768-7700**.

Needs Assessment Survey: Aging in Hawaii

The Department of Health, Executive Office on Aging is requesting your assistance and participation in completing this survey. This survey looks at issues faced by you, our Kupuna, and Hawaii's older adults of tomorrow. The results of this survey will help with the development of programs, services, and the direction of the 2023-2027 Hawaii State Plan on Aging. Answers are strictly voluntary and anonymous and will help to identify needs within our community. It is important to answer each question.



Scan the QR Code to access this survey.

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

Needs Assessment Survey: Hawaii's Caregivers

The Department of Health, Executive Office on Aging is requesting your assistance and participation in completing this survey. This survey will look at issues faced by you as a caregiver. The results of this survey will help with the development of programs, services, and the direction of the 2023-2027 Hawaii State Plan on Aging. Answers are strictly voluntary and anonymous.



Note: A “Caregiver” is someone who regularly provides unpaid assistance to a person who would otherwise have difficulty on their own.

Scan the QR Code to access this survey.

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

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!
- **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.
- **Lei Ilima:** Craft workshop.

