



Kaleidoscope

July 2022

Moiliili Senior Center*2535 South King Street*Honolulu, Hawaii 96826* PH: (808) 955-1555

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 Update

We are reopening for in-person activities!

Dear MSC Members,

I am very happy to announce that we will be reopening the Senior Center on Tuesday, July 5, 2022.

Thank you for your patience during this time. I understand you are very eager to return to the center. MCC Executive Director, Nadine, the MSC staff, and I, decided to push back our reopening considering graduation season, and until we could ensure everyone's safety.

Although the center is reopening, we are still maintaining COVID-19 precautions. Please be sure to follow the requirements listed below:

- Staff, volunteers, and members must **wear a face mask 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 taken 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 must be sanitized between each class.
- No sharing food
- 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.

Because classes will be held at 50% capacity, you will need to sign-up for classes that you would like to participate in. Space is limited, so classes will be first come, first served. Once a class is full, you will be put on a waitlist. **Sign-ups for classes began Monday, June 27, 2022.** Please call the Senior Center at (808) 955-1555

or email the Senior Center at SeniorCenter@moiliilicc.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.

As a reminder, 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. Also, Room 303 will be 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.

Thank you very much for your patience as MCC navigates through the pandemic. We are very excited to see all of you in-person again!

Sincerely,

Chelsie Arume, MSC Director

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. Don't 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!** Thank you.

Registration Forms and Membership Fees

As you return to the center, 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.

Say hello to our MSC Director!



If you have not met me already, my name is Chelsie Arume, and I am the new Director of Moiliili Senior Center program. I am very excited to be here and would like to support you in any way that I can. Please feel free to contact me with any questions or concerns, and please say hello if you see me around!

Chelsie's Contact Information:

Phone: 955-1555 ext. 130

Cell: 294-4645

Email: chelsiea@moiliilicc.org

Services – 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.

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 program for more information.

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

Special Events/Workshops

Blue Zones Project: Keiki to Kupuna Family Fun Day

Saturday, July 2, 2022, from 9:00am to 11:00am

Location: Old Stadium Park

Enjoy family-fun games and activities for the whole family, including arts and crafts, Japanese aerobic exercise, and more! This event is co-sponsored by Moiliili Community Center.

Moiliili Summer Fest

Saturday, July 2, 2022, from 5:00pm to 10:00pm

Location: 1100 University Ave (Old Varsity Theater Parking Lot)

“The Summer Fest will celebrate historic Mō’ili’ili with Honolulu’s largest Bon Dance and modern street festival.”

More information at: [The Mō’ili’ili Summer Fest \(moiliiliummerfesthi.com\)](http://moiliiliummerfesthi.com)

Lei Ilima Virtual Craft Workshop

Sunday, July 10, 2022, at 1:00pm

Since it is bon dance season, we will be making dancing chiyogami dolls. They are similar to the Heron Maiden paper dolls that we made at a previous workshop, but they are not stuffed with cotton or free standing so in a sense, they are easier to make. You will just have time to make one doll at the workshop, but after making one, you will be able to make the other two on your own as it is just a matter of adjusting the sleeves and feet.

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



Virtual Presentation: Disaster Preparedness with Mr. John M. Cummings III, Public Information Officer
Friday, July 15 at 1:00pm

Learn about the natural disasters that can affect us most (hurricanes, tsunami, and floods) and what you and your family need to know to be disaster prepared. **Register in advance by JULY 8:**

<https://us06web.zoom.us/join/zoom/register/tZYqd-ivqzgpHNzv4z2XXFPgl3C1HfndmeS7>

Upcoming Classes

Group Singing

Group singing will return starting in August. The class will be limited to 10 people. Please let us know if you are interested in registering for the class.

Rhythm and Life via Zoom

Rhythm and Life will return virtually in the second week of July. The instructor will notify students when classes resume.

Chigiri-e

Chigiri-e classes will resume in September. Classes will be scheduled for the first Saturday of every month.

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.

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.

Community Resources and Information

Oahu Community Resilience Hub Survey

“This survey is being delivered by the City and County of Honolulu Office of Climate Change, Sustainability and Resiliency (OCCSR). This is the first step in the engagement process to develop an Oahu Community Resilience Hub Action Plan. We aim to understand your community’s needs, willingness to support, and potential opportunities to develop a network of Community Resilience Hubs across Oahu. The purpose of this survey is to gather information about the needs for Community Resilience Hubs, the desirable functions during normal times and emergency situations, potential partner organizations to support the Hub, and the most preferred locations.” Visit their website for more information!

Link: <https://go.hawaii.edu/x6f>

Statewide Fall Prevention Awareness Campaign

[News Releases from Department of Health | Statewide fall prevention awareness campaign begins to reduce kupuna fall injuries \(hawaii.gov\)](#)

“The Hawai‘i State Department of Health (DOH) and the Hawai‘i Fall Prevention Consortium are launching a statewide campaign to reduce kupuna fall injuries. **The campaign runs through July 17** and features new public service announcements, tai chi classes, a tai chi instructor workshop, medication reviews for seniors, “Fall Proof” workshops, and community presentations that focus on preventing falls among older adults.”

Services and Resources Provided:

- **“Aging Isn’t for Sissies” fall prevention presentations**
 - This award-winning presentation will continue at various locations around O‘ahu and on neighbor islands pending current COVID specifications and protocols. Currently the Emergency Medical Services and Injury Prevention System Branch (EMSIPSB) is scheduling presentations based on community requests. Call (808) 733-9202 or email stanley.michaels@doh.hawaii.gov to inquire as to when and where the next event will be.
- **“Fall-Proof” Senior Assistive Safety Devices at Home**
 - The City Mill stores on Nimitz, and in Pearl City will host fall prevention and home safety specialists from the DOH. The public will be informed of the exact dates the “Fall Proof” workshops will occur. These events will use all current COVID safety protocols. Seniors and their families are invited to ask questions about the latest senior assistive safety devices that can help make a home safer and almost “fall-proof”. See stores for a schedule of DOH events.
- **TIMES Pharmacies will offer medication reviews for seniors**
 - Pharmacists at TIMES will offer medication reviews for kupuna by appointment during the campaign. Seniors are urged to speak with the pharmacists at TIMES to see if multiple medications are a possible concern and may contribute to dizziness or a possible fall.
- **Tai Chi for Arthritis/Fall Prevention classes held at all O‘ahu YMCAs**
 - Ongoing classes in Tai Chi for Arthritis/Fall Prevention (TCAFP) are offered at all O‘ahu YMCAs. All classes are led by Certified TCAFP instructors, and their certified skills are one of the reasons this exercise is one of the world’s leading fall prevention programs. Contact your YMCA for more information.
- **Tai Chi for Arthritis/Fall Prevention Instructor Workshop**
 - In August, a Tai Chi for Arthritis/Fall Prevention (TCAFP) Instructor Workshop is being held to re-certify instructors in TCAFP. Certification is maintained by the International Tai Chi for Health Institute. For information on community classes call (808) 733-9202 or go to the DOH website at <https://health.hawaii.gov/injuryprevention/home/preventing-falls/tai-chi/>

Access to Independence

“Here at Access to Independence, our mission is to promote full participation of people with disabilities; to help maintain, sustain, and maximize independence. This also includes physical disabilities an individual may have as they start aging. Access to Independence is a center for independent living, serving the city of Honolulu and its surrounding areas. Our branch offers core services that include transition, diversion, peer support, independent living skills, advocacy, and information & referral. These core services are reflected in the programs we utilize to assist our consumers in living as independently as possible, such as Housing advocacy, Job Readiness, Vision, Transition & Diversion and more. Everything offered is free of charge so long as the individual requesting for services has a significant disability that affects their independence.

If you feel that you could benefit from our programs, or know someone who could, then give us a call sometime to talk with one of our Independent Living Services Coordinators. Everyone deserves the right to live independently in the community of their choosing. We advocate for that right to promote inclusion for all!”

Visit their website for more information: [Hawaii – Access To Independence](#)

Senior Center Class Descriptions

- **Mah-Jongg:** Chinese game played with tiles.
- **Card Games:** Various card games played with individual decks of cards.
- **Hawaiian Quilting:** A distinctive quilting style of Hawaii that uses large radially symmetric applique patterns.
- **Rhythm & Life (R&L) Chair Exercise:** Chair aerobic exercise to traditional Japanese music.
- **Friendly Matters:** A place where you can gather to make friend through discussions. Got a question or any topic? We can share knowledge, help find answers, or simply be entertained. Plus, much more.
- **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.
- **Line Dance II:** Group choreographed dance, repeating a sequence of steps while arranged in one or more lines or rows.
- **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:** Chair exercise to Japanese music.
- **Ohana Karaoke:** Group singing using karaoke machine.
- **Kitsuke:** The art of wearing Japanese kimono.
- **Mind & Body Exercise:** Mind and Body Exercise Class is a combination of exercises that will stimulate your senses. Warmup, exercises and cool down. Part of the class will be to create Your Own Natural Inner Self in exercising. I'll be using specific types of music to help set the mood. Going to be fun. Your Mind and Body as One.
- **Hanafuda:** Japanese card game.
- **Koto:** Japanese string instrument (need to have own Koto).
- **Painting:** Instructed painting class.
- **Solo Ukulele I:** Beginning ukulele (If you were in Solo Ukulele I prior to the pandemic, please return to this class).
- **Solo Ukulele II:** Advanced ukulele (Please get instructor's permission to join this class).
- **Beginning Bon Dance:** Traditional Bon dance for beginners.
- **Tai Chi:** A series of gentle physical exercises and stretches.
- **Zenidaiko:** Choreographed dance with sticks.
- **Zenidaiko Beginners:** Choreographed dance with sticks for beginners.
- **Suzuko:** Choreographed dance with bells.
- **Lei Ilima:** Craft workshop.
- **Knit, Crochet, & Crafts:** Crochet, knitting, and more!

MSC Class Schedule Starting July 5th, 2022

In-Person Class Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mah-Jongg 7:30 - 1:00 (Room 207-8)	Line Dance I 8:00 - 9:30 (Weinberg)	Fall Prevention 8:00 - 9:00 (Room 105)	Mah-Jongg 7:30 - 1:00 (Room 207-8)	Hanafuda 8:30 - 10:30 (Room 209)	
	Card Games 8:30 -10:00 (Room 202)	Knit, Crochet, & Crafts 8:30 -10:30 (Room 209)	Shodo 9:00 - 11:00 (Room 202)	Mind & Body Exercise 8:00 - 9:00 (Room 202)	Kato 9:00 - 10:30 (Studio)	
	Hawaiian Quilting 9:00 - 12:00 (Room 209)	Zumba Gold 9:30 - 10:30 (Room 105)	R&L Niko Niko Genki Tai soo 10:00 - 10:45 (Room 207-8)		Painting 9:00 -12:00 (Room 207-8)	
	Scrabble 9:30 - 11:00 (Room 104)	Soroban 10:45 - 11:45 (Room 209)	Line Dance II 10:15 - 11:45 (Weinberg)		Solo Ukulele I 9:00 -10:15 (Room 202)	
	R&L Chair Exercise 10:00 - 10:30 (Room 105)	Zumba/PiYo 11:30 - 1:00 (Weinberg)	Ohana Karaoke 12:00 - 2:00 (Room 209)		R&L Chair Exercise 10:00 - 10:30 (Room 105)	
	Friendly Matters 10:30 - 11:30 (Room 202)				Beginning Bon Dance 10:45 - 1:00 (Studio)	
	Buyo & Enka 12:00 - 3:30 (Weinberg)				Solo Ukulele II 10:30 - 12:00 (Room 202)	
					Kitsuke 12:00 - 1:00 (Weinberg)	
					Buyo & Enka 1:00 - 3:30 (Weinberg)	

Virtual/Offsite Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 10: Lei Ilima Workshop 1:00 (Zoom)		R&L Niko Niko Genki Tai so 10:00 - 11:00 (Magic Island)	Advanced Tai Chi 7:45 - 9:00 (Zoom)	Postponed until further notice: Zenidaiiko 1:00 - 2:00 (Zoom)	Tai Chi 7:45 - 9:00 (Zoom)	
				Postponed until further notice: Suzuki 2:15 - 3:00 (Zoom)	Tai Chi 9:15 - 10:00 (Zoom)	
					Postponed until further notice: Zenidaiiko Beginners 9:00 -10:00 (Zoom)	
					Postponed until further notice: Suzuki 10:10 - 11:00 (Zoom)	
					Card Games 1:00 (Zoom)	

* Please note that we will slowly be adding more classes to the schedule after we reopen.