



KALEIDOSCOPE

April 2024 Issue #361

Aloha Seniors

A program for those 60 years and above, living from Ward Avenue 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. **Located at 2535 South King Street, Honolulu, HI 96826. To learn more, visit our website: [Https://www.moiliilicc.org](https://www.moiliilicc.org)**

Upcoming Rummage Sale!

April 10, 11, 12 9:00AM to Noon
We are still taking donated gently used items.

Volunteers contact us! Its going to be fun! Location: MCC Garage.

SENIOR CENTER SERVICES

Your \$50 Annual Senior Center Membership includes:

- Assisted & Escort Transportation
- Assisted Shopping & Delivery
- Care Calls, "I'm OK" program
- Contact Senior Center office, Rm. 203 for more information

Lei Sale

\$10 and up

Don't Miss Out - while they last, stop by and select your favorite. Great for Mother's Day, Graduations, Birthdays, and more!
Visit Senior Center Office, Room 203

PAINTING CLASS ART SHOW

APRIL 12, 10:00 AM to Noon
Room 207-208

Paintings by Gordon Sasaki's students



IMPORTANT APRIL DATES

- **April 6, Chigirie Workshop**
9:00AM-Noon, Room 105
- **April 10-11-12, Rummage Sale**
9:00AM-Noon, MCC Garage
- **April 12, MSC Painting Class Art Show**
10:00AM-Noon, Room 207-208
- **April 17, Lei Ilima Craft Workshop**
9:15AM-10:15AM Room 209
- **April 19, CPR/AED Training**, MCC has is stalled AEDs (Automatic External Defibrillators) in every classroom and studios. If you can, we highly recommend coming to learn about the devices and how to use them in case of an emergency. This workshop is for information only and not for certification. 11:00AM-1:15PM Room 105

Mental Health America of Hawaii

Feeling sad or overwhelmed?

You don't have to suffer.

If you or a friend are in need,

there is help, please call

(808) 832-3100 - Open 24 hours

Update - Beginning Hula Mondays

(No Class April 29 & May 6)

Fun Friday Movie 4/26, 11:00AM -1:15PM

Room 105

Fried Green Tomatoes - Academy award Winning Actresses
Kathy Bates & Jessica Tandy, housewife befriends a senior,
heartwarming film

MSC PHONE: (808) 955-1555

EMAIL: Seniorcenter@moiliilicc.org

WEBSITE: [Https://www.moiliilicc.org](https://www.moiliilicc.org)

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.
- Traveling off-island, 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.
- 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 be dropped off, 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.

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 Moiliili 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 turned in 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

Class air conditioner use, keep doors & windows shut. Turn off the AC at the end of class. Do not set lower than 75 degrees. Thank you for your cooperation.

Mindful Meditation and Shakuhachi Soundscapes with Haiku Reflection

**A soulful journey
Akahai transforming
Human existence
Uplifting, illuminating
Zen leaps**

Maureen

Possibility

**Peace, where are you?
Let go, open your heart
I'm here, come find me.**

Karen

**Nature abounds with
Infinite Sources of Love
And Light when we look**

Kiyoshi

The candlelight shines

I stayed calm, and concentrate

Mune o hibiku

(my heart resonates with the shakuhachi)

Kupuna Support Program

道場や どうじょうや
仲間と聴くは なかまときくは
竹の音 たけのおと

Inside our dojo

Listen together with friends

The sounds of bamboo (shakuhachi)

Setsuko

静けさや しずけさや
深き調べに ふかきしらべに
包まれて つつまれて
耳をすませば みみをすませば
木もれ日の中 こもれびのなか

Within the silence

Enveloped in melodies

I listen closely

Whispers from deep in my heart

Filtered through the sunlit trees

Emiko

Japanese-English translation: Emiko, Setsuko, and Katsumi

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 and strength physically and mentally. All levels welcome!
- **Rhythm & Life (R&L) Chair Exercise:** Chair aerobic exercise to traditional Japanese music.
- **Rhythm & 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 and music keys, multi-cultural songs and genres, and introduction to instruments form the "percussion" family, played by tapping, shaking, or scraping. Please bring your own ukulele, music stand (optional), 3-ring binder, and pen/pencil. Review of last session lessons. Sessions last for 8 weeks.
- **Intermediate Ukulele:** Learn a variety of strumming techniques and music keys, multi-cultural songs and genres, and introduction to instruments form the "percussion" family, played by tapping, shaking, or scraping. Please bring your own ukulele, music stand (optional), 3-ring binder, and pen/pencil. New songs added. 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 the 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 (花札, "flower cards") are a style of Japanese playing cards.
- **Hula:** Hula for enjoyment. Learn about Hawaiian culture through music and dance (Hula skirt preferred but not mandatory).
- **Beginning Hula:** Students will be exposed to basic hula steps and movements. There will be a focus on hapa haole (English-based) songs.
- **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).
- **Lei Ilima:** Craft workshop
- **Line Dance I:** Group choreographed dance, repeating a sequence of steps while arranged in one or more lines or rows.

- **Beg/Int 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 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

- **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.
- **Meditation with Shakuhachi Soundscapes:** Join sparkling transformative mindfulness meditation with immersive shakuhachi soundscapes played by Katsumi along with engaging talk story sessions. Enhance your well-being as you explore serene sitting, breathwork, and self-reflection with haiku and art.
- **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 the 5th Wednesday, if there are 5 Wednesdays in the month.
- **Suzuko:** Choreographed dance with bells.
- **Ukulele Roundtable:** Collaborative sessions exploring different styles, genre, 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:** Join us for light hearted discussions and friendly connections. Enjoy positive atmosphere for learning and social gathering.
- **Soroban:** Traditional Japanese abacus class
- **Tech Sessions:** 2nd and 3rd Tuesdays, learn how to use technology, tablet, smartphone, and laptop.

Molihili Senior Center

SPECIAL EVENTS CALENDAR - APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 Chigirie Workshop: 9:00 AM - 12:00 PM Room 105
7	8	9	10	11	12 MSC's Painting Class Art Show 10:00 AM - Noon Rm 207-8	13
14	15	16	17 Lei Ilima Craft Workshop: Leap Year Frog & Bunny Note Holder 9:15 AM - 10:15 AM Room 209	18	19 Health Talk: CPR/AED Training 11:00 AM Room 105	20
21	22 Passover Earth Day	23	24	25	26 Fun Friday Movie "Fried Green Tomatoes" 11:00 AM - 1:15 PM Room 105	27
28	29	30	1-May	2-May	3-May	4-May Chigirie Workshop: 9:00 AM - 12:00 PM Room 105

MOILIILI SENIOR CENTER PROGRAM SCHEDULE

April 2024

IN-PERSON CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MAH-JONG 7:30 - 12:00 ROOM 207-208	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 & MORE 8:00 - 12:30 ROOM 202	KNIT/CROCHET & CRAFT 8:30 - 10:30 ROOM 209	BEG BON DANCE 9:00 - 10:45 ROOM 305	HULA 8:45 - 10:00 WEINBERG <i>* Wait List *</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	SHODO 9:00 - 11:00 ROOM 202	BINGO 9:00 - 10:00 ROOM 202	R&L CHAIR EXCER 10:00 - 10:30 ROOM 105	
	SCRABBLE 9:30 - 12:00 ROOM 104	ZUMBA GOLD 9:30 - 10:30 ROOM 105	BEG/INT TAI CHI 9:00 - 10:00 STUDIO	BEGINNING UKULELE 10:00 - 10:45 ROOM 105 <i>Class began 3/28/24.</i>	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 GENKI TAISOO (STAND) 10:00 - 10:45 STUDIO	GROUP SINGING 9:00 - 10:00 WEINBERG <i>* Wait List *</i>	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>	ZUMBA TONING PIYO 10:30 - 12:00 WEINBERG	R&L NIKO NIKO GENKI TAISOO (CHAIR) 10:00 - 10:45 ROOM 207 - 208	LINE DANCE 2 10:15 - 11:30 WEINBERG <i>* Wait List *</i>	BUYO & ENKA 1:00 - 3:00 WEINBERG	
	BUYO & ENKA 1:00 - 3:00 WEINBERG	SOROBAN 10:30 - 11:30 ROOM 208	OKINAWAN DANCE 10:30 - 11:30 STUDIO	MEDITATION W/SHAKUHACHI SOUNDSCAPES 10:30 - 11:45 STUDIO		
		RELAXATION YOGA 11:30 - 12:30 STUDIO <i>Every other week 4/16 & 4/30</i>	ADV BON DANCE 11:00 - 1:00 ROOM 305	INTERMEDIATE UKULELE 11:00 - 12:00 ROOM 105 <i>Class began 3/28/24.</i>		
			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	BEGINNING TAI CHI 7:45 - 9:00 ZOOM	
				SUZUKO 2:15 - 3:00 ZOOM	ADVANCE TAI CHI 9:15 - 10:00 ZOOM	
				NIKO NIKO GENKI TAISOO 8:00 AM OLELO TV CH 54	ZENIDAIKO (BEGIN) 9:00 - 10:00 ZOOM	
IF YOU ARE INTERESTED IN A VIRTUAL/ON-LINE CLASS PLEASE CONTACT THE SENIOR CENTER OFFICE ROOM 203 FOR DETAILS. <i>Thank you</i>					SUZUKO 10:15 - 11:00 ZOOM	
					CARD GAMES 1:00 FACETIME	