



Kaleidoscope February 2024

Moiliili Senior Center Program at Moiliili Community Center

2535 South King Street, Honolulu, Hawaii 96826 | Phone: (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

Happy February, love is in the air!

- Feb 3rd Saturday, Chigirie Workshop, 9am-12pm, Rm 105
- Feb 6th Tuesday, Sr's Valentine Dance, 9am-12pm (Blaisdell) no charge (808) 768-3015
- Feb 7th Wednesday, Line Dance II and Group Singing is cancelled for this date only.
- Feb 9th Friday, How to Join an Online Zoom or Gmeet, by Bennet Yen, 11am-12pm, Rm 105
- Feb 14th Wednesday, Lei Ilima Craft Workshop, 9:15am Rm 209
- Feb 16th Friday, Hearing and Tinnitus, part 2 Talk by James Yamashita, MD, Rm 105 11am - 12pm
- Feb 19th Monday, Great Aloha Run – to Register visit: <https://greatealoharun.com>
- Feb 19th Monday, HOLIDAY, MCC Closed in observance of Presidents' Day
- Feb 23rd Friday, Fun Friday Movie Day "Playing by Heart" at 11am Rm 105
- Feb 29th Thursday, No Bingo class on this day.
- Mar 2nd Saturday, Chigirie Workshop, 9am-12pm, Rm 105
- Hidden Treasures Thrift Store NEW HOURS 11am – 4pm, Tuesday through Saturday, closed Sunday and Monday
- Rummage Sale to be announced – estimated event date in the month of April 2024
- Election Year 2024 – stay connected elections.hawaii.gov

SENIOR CENTER CLASS REMINDERS, CHANGES, & UPDATE

- We are thinking about creating a free-play chess class. If interested, please contact the Senior Center staff.
- Group Singing and Line Dance II – NO CLASS February 7, 2024.
- WAIT-LISTED CLASSES – Hula, Line Dance I & II, Group Singing, Solo Ukulele I & II and Ukulele Roundtable. Please contact Senior Center office or visit us in Rm 203.
- No Bingo class Thursday, Feb 29th

SENIOR CENTER SPECIAL EVENTS & WORKSHOPS

Chigiri-e Workshop

Saturdays: February 3, 2024, and March 2, 2024, 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.

Niko Niko Genki Taiso – Televised

Thursdays at 8:00am on OLELO - MSC's own Faye Murata's Niko Niko Genki Taiso Exercise Program on OLELO (channel 54) every Thursday, 8:00am. 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. Please contact the Senior Center (808) 955-1555 to register for any seminars or workshops.

SENIOR CENTER SERVICES

Technology Training

If you need assistance utilizing technological devices (smartphone, tablet, laptop, etc.) or need assistance accessing information via the internet, appointments can be made with our Senior Center Director, Delia Benitez, to receive assistance. Appointments are first come, first served. Please call ahead of time to schedule an appointment.

Assisted Transportation & Escort

UPDATED HOURS: Program Worker/Driver, Alex Chan, is available from 9:00am – 12:30pm, Monday through Fridays, to assist in transportation/escort service to doctors' appointments, grocery shopping, haircuts, post office and other necessary places. Appointments are first come, first served. Please call ahead of time to reserve your transportation.

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.

Telephone Reassurance

We are 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

Call – I'm ok is a telephone check-in system to support seniors who live alone. Call the special phone number to say, "I'm OK." If you do not call, we will call your home. If there is no answer, we will call your emergency contact. If no one knows where you are or have not seen you, staff will go to your home to check on you.

RUMMANGE SALE We are looking for volunteers to help us set-up, break-down, and sell items for the Rummage Sale in April, date to be announced in March newsletter. See Senior Center staff for more information.

Class Instructors

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

COMMUNITY RESOURCES AND INFORMATION

Free Tax Assistance Sites

Please visit <https://www.hawaiiataxhelp.org/free-tax-help/free-tax-sites/> or [AARP Foundation Tax-Aide Locator](#) for more sites and information.

Catholic Charities Hawaii (TAX Help)

1822 Keeaumoku St. Appointments only, (808) 319-7681. Appointment lines open on Tuesdays and Fridays 9am to noon. DO NOT LEAVE MESSAGES

International Church of Oahu (Tax Help)

20 Dowsett Ave. HNL, HI. Walk-ins only.

Lanakila Multipurpose Senior Center (TAX Help)

1640 Lanakila Ave. Appointments only.
Call (808) 847-1322 for an appointment.

Hawaii Tax Help – Kapiolani (Tax Help)

1347 Kapiolani Blvd.

Certain Sundays, Mondays, and Tuesdays

Email stamanaha@hawaiiataxhelp.org for available dates and times. First come first serve basis

Hawaii State Capitol 415 South Beretania St., 3rd Fl, call (808) 450-4351

Hawaii Kai Public Library (TAX Help)

249 Lunalilo Home Road. Saturdays, Walk-ins only.

Honolulu Community Action Program (TAX Help)

1915 Palolo Av., Tuesdays & Thursdays 9:00am – 12:00pm

Call (808) 732-7755 for an appointment.

Great Aloha Run

The 40th Annual Great Aloha Run is February 19, 2024. If you are interested in participating in the event, please consider joining Moiliili Community Center's Club Team! Visit [Hawai'i Pacific Health Great Aloha Run | Register for Races for Hawaii Charities](#) [Hawai'i Pacific Health Great Aloha Run | Register for Races for Hawaii Charities](#) for more information!

53rd Annual Senior Citizen's Valentine Dance

Tuesday, February 6, 2024, at Neil Blaisdell Center Exhibition Hall

Sponsored by the City and County of Honolulu Department of Parks and Recreation. Open to the public. Free admission. For more information, please call (808) 768-3015. (MCC is not affiliated with this event.)

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 for adult day-care, in-home care, safety and fall prevention and support group classes. Online Version: [Honolulu, Hawaii Department of Elderly Affairs Division \(EAD\) - Publications](#)

***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.

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 moiliilicc.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.

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, & spirit. Enhance flexibility & strength physically & mentally. All levels welcome!
- **Rhythm & Life (R&L) chair Exercise:** chair aerobic exercise o traditional Japanese music.
- **Rhythm & Life (R&L) Niko Niko Genki Taiso:** Exercise to Japanese music (may be sitting or standing).
- **Beginning Bon Dance:** Traditional Bon dance for beginners with SOME experience.
- **Advance Bon Dance:** Traditional Bon dance for people who have experience.
- **Pre-Beginning Bon Dance:** Traditional Bon dance for beginners with LITTLE TO NO 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. Sessions last for 8 weeks.
- **Intermediate Ukulele:** Learn a variety of strumming techniques and music keys, multi-cultural songs & genres, & introduction to instruments from the "percussion" family, played by tapping, shaking or scraping. Please bring you ukulele, music stand (optional), 3-ring binder, and pen/pencil. New songs added. Sessions last for 8 weeks.
- **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 CDs if you have preference of songs)
- **Beginning Tai-Chi:** A series of gentle physical exercises & 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

- **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.
- **Line Dance II:** Group choreographed dance, repeating a sequence of steps while arranged one or more lines or rows (Need to have previous experience with Line Dance).
- **Mah-Jongg:** Chinese game played with tiles.
- **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, genres; knowledge of basic chords & ability to change easily; willingness to share songs/pieces & 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. Bring your questions, interests, in a positive atmosphere. Each session also shares an educational topic along with instructions, i.e. How to use a Roku, what are some resources to help with hearing loss, how to rules for best practices using Windows PC or Mac, and more!
- **Soroban:** Traditional Japanese abacus class.

**Banzai Meditation and Shakuhachi Soundscapes with Haiku & Poetry Reflection
Kūpuna Support Program**

Climbing to the top
Finding a spot on a branch
Oh, juicy mangoes
(we are hadashi, barefeet)

1/4/24

At home with family
Pounding the steaming mochi...
and drinking Sāke!

1/10/24

I could hear music,
the soft and sweet shakuhachi.
I could see night sky;
hoshi o mita, (I saw the stars)
and my cat flying with me

1/17/24

Mānoa River
riding down to Ala Wai (in the canoe)
Swimming in the rain
and go Ahhh Ahhhh, like Tarzan!
Big, Wide, Splashing water – cold
We have a good time

1/24/24

**Meditation & Shakuhachi Soundscapes with Haiku and Art Reflection
Thursdays 10:30 AM-11:45 AM**

THEME OF MEDITATION: WABI SABI- ON STILLNESS

*Calm places in Nature
Mountains, Clouds, the Sea, and Green Trees
Soft beautiful sunshine*

Sunny Oh

*Thoughts fall gracefully
In my stillness to the ground
Like leaves of a tree*

Kiyoshi

*Alone in Nature
The soft breeze is cold
The river flows briskly
My senses are Alive*

Mila Collins

美しく光り Ustukushiku hikari Beautifully shining
輝く Kagayaku Sparkling
竹の音 Tāke no oto Sounds of bamboo

Setsuko Tokumine

我しのぶ ware shinobu
古希の道のり koki no michinori
明暗の meianno

Sachiko Chinen

*Contemplating pathways I have taken
through the Light and shadows
in my seventieth year*

竹林に Chikurin ni
響く風の声 Hibiku kaze no oto
心の声 Kokoro no koe

Emiko Shimoyama

*In the bamboo grove
Sound echoes in the wind
Voice from my heart*

Molihili Senior Center SPECIAL EVENTS CALENDAR - February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Chigirie Workshop: 9:00 AM - 12:00 PM Room 105
4	5 Dept. Of Parks & Rec. Valentine Dance 9:00 AM - 12:00 PM Valentine Dance NBC, Exhibition Hall	6	7	8	9 Seminar: Learn How to Join an Online Meeting 11:00 AM - 12:30 PM Room 105	10 Chinese New Year
11	12	13 <i>Happy Valentine's Day!</i>	14 Lei Ilima Craft Workshop: Paper Dragon & Paper Lion 9:15 AM Room 209	15	16 Health Talk: Tinnitus 11:00 AM - 12:00 PM Room 105	17
18 HOLIDAY Presidents' Day Center Closed.	19	20	21	22	23 Fun Friday Movie "Playing by Heart" 11:00 AM - 1:15 PM Room 105	24
25	26	27	28	29	1-Mar	2-Mar Chigirie Workshop: 9:00 AM - 12:00 PM Room 105

MOILIILI SENIOR CENTER PROGRAM SCHEDULE

February 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 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 - 10:30 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 1/11/24.</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.</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	MEDITATION W/SHAKUHACHI SOUNDSCAPES 10:30 - 11:45 STUDIO	BUYO & ENKA 1:00 - 3:00 WEINBERG	
	BUYO & ENKA 1:00 - 3:00 WEINBERG	SOROBAN 10:30 - 11:30 ROOM 208	LINE DANCE 2 10:15 - 11:30 WEINBERG <i>* Wait List *</i>	OKINAWAN DANCE 10:30 - 11:30 STUDIO		
		RELAXATION YOGA 11:30 - 12:30 STUDIO <i>Every other week 2/6 & 2/20</i>	ADV BON DANCE 11:00 - 1:00 ROOM 305	INTERMEDIATE UKULELE 11:00 - 12:00 ROOM 105 <i>Class began 1/11/24.</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 <i>OLELO TV CH 54</i>	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	