



Kaleidoscope

May 2015
Vol. XXVI No. 5

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

A Program for those 60 years old 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

SENIOR CENTER NEWS:

PARKING ALERT: The last day of public schools will be Wednesday, June 3. Children will be here at the center for all day care from June 4 - July 24. Limited parking. Be dropped off, take the bus or carpool. Also, **YOU** need to be aware of what is happening around you. **THINK OF YOUR SAFETY!!!** Don't be in a rush when being dropped off at the center. Have your driver pull up to the parking lot attendant and the tree, not in the middle of the driveway, in the tunnel or in front of the ramp. Watch for vehicles backing up - you are NOT stronger or faster or larger than a vehicle: don't try to walk around the back of the vehicle especially when it is backing up. **BE AWARE! BE PATIENT! BE SAFE!** Thank you.

Congratulations to our RSVP (Retired Senior Volunteer Program) seniors who received awards at the RSVP Recognition Luncheon which was held in February. The following people received awards:

Presidential Volunteer Service Award (100 - 299 hours)- Bronze medal, Certificate of Appreciation and a letter from President Obama - Miu Lan Oman

Presidential Volunteer Service Award (300 - 499 hours)- Silver medal, Certificate of Appreciation and a letter from President Obama - Betty Goya, Faye Hasegawa, Anna Kong & Harry Okamura.

Presidential Volunteer Service Award (500+ hours)- Gold medal, Certificate of Appreciation and an letter from President Obama - Stella Saito

Service Awards - Kay Uyehara for 5 years of service and Jane Otsuka for 10 years of service. Congratulations to all of you and thank you for sharing your time and talents with the center.

MSC Rummage Sale - Thanks to all of you who helped with set-up, sales, packing, donating goods and bought things. We made \$2400! MAHALO!

Mother's Day Boutique Sale - Thank you to our craft ladies for planning, organizing and working at our first ever Mother's Day Boutique Sale which was held in April. Your efforts are truly appreciated.

Moiliili Children & Families Program & Senior Center present...

Project Rescue. Save the Planet.

Thursday, May 28

10:30 - 11:15 a.m. MSC, Room 105

We will be treated with a musical performance by 77 Lunalilo Elementary School 3rd graders.

WALKERS! The 37th ANNUAL VISITOR INDUSTRY CHARITY WALK is on Saturday, May 16, from 7:00 a.m. Start and end at Ala Moana Beach Park for a 6-mile walk through Waikiki. Pick up entry forms in MCC main office and start getting your sponsors.

Moiliili Senior Center is always in search of teachers or group leaders to expand our program. Have a special talent and is willing to teach for the satisfaction of sharing but without monetary compensation. Contact the Senior office, room 203, and "talk story" with staff.

ATTENTION Seniors! When paying by check for your membership, please **DO NOT** include your donation to the Senior Center on the same check. Please write **two** separate checks and note in the "memo" if you are making a donation to the Senior Center or paying for membership. If you are making a donation to the Community Center, then your membership and donation can be on one check. Reminder - **ALL** checks must be written to: **MOILILI COMMUNITY CENTER**, not the senior center. Returned checks will be assessed a \$25.00 fee. Mahalo.

Registration Card Update!! \$1.00 charge for every year you have not updated! Cards should be checked annually for current information, especially your emergency contacts, health status, etc. It takes just a few minutes.

Fire & Lockdown Drills: MCC will hold periodic fire and lockdown drills. Please listen to staff for instructions. Thank you. **Helen Narahara.**

Your Kokuu, please. Your help in maintaining the rooms, emptying waste baskets, turning off lights & fans, and reporting problem areas immediately will help in alleviating further problems. Also, your help in maintaining the

restrooms is needed. Only wash your hands in the sink to avoid any clogging. Mahalo.

Senior Helpline phone number 768-7700, for the island of Oahu: They can assist you in finding the resources or information you may need.

DONATION POLICY: Donations are welcomed to help balance our budget: \$2.00 suggested per activity, or \$20.00 per month. REMEMBER, this is a suggested amount and is a donation, so if you are unable to, don't worry. Subsidy monies are available for those interested in participating and find it difficult to pay; see Director. All Senior Center participants are asked to pay the MCC membership fee of \$25.00 for 2015. For those who may find this difficult, please see Program Director.

MAHALO! MAHALO! MAHALO! to performers:
*RLC Niko Niko Genki Club members at Kuakini & One Kalakaua.

Attention all class participants: It is **YOUR** responsibility TO CHECK YOURSELF IN THE CLASS ATTENDANCE FOLDER AND CHECK FOR ANY FLYERS OR ANNOUNCEMENTS, which include last minute notices or other information. All participants MUST be registered with the senior office.

MCC NEWS:

MCC's major fund raiser, "Where Great Things Happen!" will be held on Saturday, May 30, 5:30 p.m. at the Japanese Cultural Center of Hawaii's Manoa Grand Ballroom. \$150/seat. RSVP deadline is Friday, May 15. If you are interested, stop by the main office.

NOTICE: For the safety of MCC patrons, any vehicles coming on to MCC property via the WRONG WAY (through the one way street) will be given a warning. If there is any future infractions, parking privileges will be immediately revoked. Thank you for your cooperation.

VOLUNTEERS WANTED: Looking for "responsible", regular volunteers for the Thrift Store, especially for Thursdays, Fridays or Saturdays. If interested, see Bonnie at the Thrift Store.

EXCURSION REMINDER: Excursion participants, please carpool or use the bus to allow parking for those who

attend classes. All participants must remain with the bus as the bus pick-up point will be determined by the driver. DO NOT ask to be dropped off somewhere else or along the way. If you plan to leave the group at some point, let Escort know.

A REMINDER: Sign up for any of the special activities noted, such as seminars, workshops, excursions. Activities may be canceled due to lack of interest or at speaker's request, and only those on the list would be notified. Also, if you have any suggestions or ideas for activities, please submit information to the senior office.

ACTIVITIES, SPECIAL EVENTS & EXCURSIONS

- *Sign up for all excursions, seminars, workshops, special events, etc. in person. NO phone reservations.
- *Sign up for you and your spouse only.
- *Call for cancellations. NO REFUNDS for late cancellations.
- *Payments for excursions due one week prior.
- *Those needing assistance must bring a companion.
- *Seminars and workshops are scheduled to provide education and information and do not constitute an endorsement of a product or company by the center.

CLASSIC MOVIE: "ON THE BEACH" (1959) (2 hrs & 14 min. VHS, Drama)

Starring Gregory Peck, Ava Gardner & Fred Astaire. The war is over. Nobody won. Only the inhabitants of Australia and the men of the U.S. Submarine *Sawfish* have escaped the nuclear destruction and radiation. With the days and hours dwindling, each person confronts the grim situation in his or her own way. The final chapter of human history is coming to a close...

Date: Friday, May 8

Time: 11:15 a.m.

Place: MSC, room 207

Cost: Donation

MOVIE: "THE IMITATION GAME" (2014)

(1-hr. & 54-mins., DVD, Biography, Drama, Thriller.

Rated PG-13 - for some sexual references, mature thematic material and historical smoking.)

Starring Benedict Cumberbatch & Keira Knightley. Based on a real life story of legendary cryptanalyst Alan Turing, the film portrays the race against time by Turing and his team of code-breakers at Britain's top -secret Government Code and Cypher School, during the days of WWII.

Date: Friday, May 22

Time: 11:15 a.m.

Place: MSC, room 207

Cost: Donation

CRAFT WORKSHOP: CHIGIRI-E

The Japanese style of doing a collage picture by tearing washi paper to form. Workshop for all ages and levels.

Date: Saturday, May 2 & June 6

Time: 9:00 a.m.

Place: MSC, room 202

Cost: Supplies

LIMIT: 12

CRAFT WORKSHOP: KUMIHIMO

Traditional Japanese art of braiding cord; can be used with a pendant or other decorative ways. Beginners learn basic braids; Advanced do own project. LIMIT: 10 per class.

Date: Thursday, May 14(Beg) & May 7(Adv)

Time: 9:00 am

Place: MSC, room 209

Cost: Supplies

CRAFT WORKSHOP: BEADING

This month's beading project is a bracelet. LIMIT: 15

Date: Thursday, May 21

Time: 9:00 a.m.

Place: MSC, room 209

Cost: Supplies

SEMINAR: MEDICARE

Representatives from Financial Benefits Insurance Company will speak on Medicare Health Plans.

Date: Tuesday, May 12 (room 202) - Humana

Date: Friday, May 22 (room 104) - United Health Care

Time: 9:00 a.m.

SEMINAR: BENEFITS OF EXERCISE

Many ladies were taught as girls that competitive sports and "sweating" were things best left to boys. As a result, now that we're much older ladies, we discover that we don't really know how to exercise. Many don't fully recognize the important effects of exercise on our mental and physical health. Anne Chipchase from Ohana Health Plan will talk about the reasons exercise is so important - reduce fall risks, strengthen muscles, lower blood pressure and improve mental outlook. Then she will demonstrate some of the techniques that older people can use to safely strengthen their bodies. Come and learn and have fun!

Date: Friday, May 15

Time: 9:00 a.m.

Place: MSC, room 105

Cost: Donation

SEMINAR: FALL PREVENTION

Sponsored by Attention Plus Care. Please check bulletin boards for information.

Date: To be Determined

Time: 8:30 - 10:30 a.m.

Place: MSC, room

Cost: Donation

SEMINAR: GENWORTH LONG TERM CARE

What choices are available for you when you need care? What government benefits will cover your long term care? How will you pay for your care? How can you avoid depleting your hard earned assets? Options and strategies will be discussed by Bob Choi, LTC Specialist.

Date: Tuesday, May 26

Time: 9:30 a.m.

Place: MSC, room 202

Cost: Donation

FREE MESSAGES

Rieko Tanaka is offering FREE 10 - 15 minute massages when she is at the center. Rieko's mother was a past participant in the program and Rieko would like to "give back" to the seniors by offering massages. Rieko's schedule varies, some days her schedule will be set but some days if you happen to see her in the courtyard, please feel free to get a massage. We will also post notices on our bulletin boards when she is at the center.

Place: MCC, Courtyard area or 2nd floor

Date: To Be Announced

Time: 9:00 - 10:30 a.m.

Free 3-MINUTE MASSAGE by Sadaji Oi, licensed massage therapist who studied Swedish massage, lomi lomi, and shiatsu. Suggested: \$1/min. after first 3 minutes. Call 599-4237 for an appointment, leave a message. If no appointments are scheduled, Sadaji will not come.

Date: Thursdays

Time: 10:30-noon

Place: MSC, room 303

EXCURSION: KUAKINI HOSPITAL & CARE HOME

Visit various departments in the hospital and the nursing home facilities. Be sure to wear flat, treaded, covered shoes ... lots of walking! Lunch on your own at Liliha Shop. Ctr.

Date: Wednesday, May 6

Departure Time: 8:30 a.m.

Return Time: 12:00 p.m.

Cost: \$4.00 (Trans.)

EXCURSION: HALM'S ENTERPRISES

Halm'S Enterprises includes Diamond Head Seafood Keoki's Lau Lau and Halm's Kim Chee. Be prepared to have your salivary glands go wild! Hey, all we need is the poi and rice ... oh yeah and the mac salad too! Let's enjoy watching where our favorite local foods come from and see how they're made! Sorry you'll need to make your purchases at your favorite grocer. Lunch on your own at Dole Cannery.

Date: Thursday, May 21

Departure Time: 8:30 a.m.

Return Time: 12:30 p.m.

Cost: \$5.00 (Trans.)

EXCURSION: HONOLULU STAR ADVERTISER PRODUCTION PLANT

Join us as we take a drive out to Kapolei and see how newspapers are produced from blank rolls of paper to printed copy. Lunch on your own at Kapolei Commons.
Date: Wednesday, June 10 Departure Time: 8:30 a.m.
Return Time: 1:00 p.m. Cost: \$5.00 (Trans.)

EXCURSION: SUMMER TRAIN RIDE

Toot, Toot! Enjoy the ride on the Hawaiian Railway Society's reconditioned passenger rail cars pulled along by the engine car. Our guide will tell you about days gone by. We will be joining Waikiki Community Center on this ride. WAIT LIST. Money is due no later than Friday, May 29. No refunds after the 29th unless the space is filled.
Date: Friday, June 19 Departure Time: 8:15 a.m.
Return Time: 12:45 p.m.
Cost: \$12.50 (\$8.00 - Train Ride & \$4.50 - Bus)

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

***NEW BEGINNER'S LINE DANCING I**, Tuesdays, 8:00 a.m. - 9:30 a.m., Weinberg Studio. Welcomes new students. From 8:00 - 9:00 am, learn American Line Dances and from 9:00 - 9:30 am, learn Okinawan Line Dances. Instructor: Virg Pabro.

***GROUP SINGING**, Wednesdays, 9:15 a.m. - 10:00 a.m. & **BEGINNER'S LINE DANCING II**, Wed., 10:15 - 11:45 am Weinberg Studio. More Students are welcomed. For Line Dancing, students must have some experience. Instructor: Virg Pabro.

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Began 4/10, 10 weeks, Fridays, 9:30 am - 12 noon, room 102. Bring sharp pair of scissors, container, and ballpoint pen. Supplies payable to instructor. Cost: \$20 - MSC seniors; \$30 - MCC members; \$35 - Non-members.

***Adult Hula Auana** with Kumu Hula April Chock. Begins 5/9, 10 weeks, Saturdays, 9:30 am - 11 am, room 105. Learn modern hula. Wear loose clothing. Cost: \$20 - MSC seniors; \$35 - MCC members; \$40 - Non-members.

Our wishes to our *May* birthday participants.

BUDAR, EVA
CASTRO, MAY
CHAN, CORINNA
CHEN, SUE
CHING, JOCELYN
CHONG, MAY
DOI, FLORENCE
ENDO, ELLEN
HAMAI, YOSHINO
HASHIMOTO, LILLIAN
HEE, LANI

HIRAOKA, MAY
INOUE, SHIRLEY
KAGESA, BETTY
KAJIOKA, VICTORIA
KWOK, YUK-LIN
MASON, CHARLES
MIYAMASU, MARY
MIYASHIRO, SADAOKO
MUKAI, MITSUNO
MURASHIGE, JEAN
NAKAMA, RENE

***Specialized Aerobics** with Faye Fukuhara. Mondays, 5:30 pm - 6:30 pm, room 305, 10 week session began 4/13. Excellent class for all ages, focuses on cardio exercise, muscle tone, range of motion, warm-ups, floor exercise, & cool downs. Bring towel/water. Cost: \$30 - MSC & MCC members; \$40 - Non-members. **Ann Matsuyama.**

***Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class began Saturday, 4/4, 9:30 am - noon and Wednesday, 4/8, 10 am - 12:30 pm, room 207-8. An impressive array of projects to choose from. Bring: pins & scissors. Supplies/kit payable to instructor the first day of class. Class Cost: \$35 - MSC seniors; \$40 - MCC member; \$45 - Non-member. Need to pre-register.

CLASS REMINDER: Do not enter the classroom until the previous class has vacated. Those in class, gather your belongings & exit quickly to allow for the next class to set up. Visit with friends outside, not in the classroom.

LANAKILA MEALS-ON-WHEELS AT MCC

LMOW serves hot and nutritious meals at the Center Mondays through Fridays, at 11:00 a.m. There is no charge for meals to registered participants in the nutrition program. Participants are given an opportunity to make a donation to the program and all contributions are used to support Lanakila's Group Dining nutrition program. To register to participate - come to MCC, room 105 on weekdays from 8:00 a.m. to 12:00 p.m. and see Gerath for more information or to register in the program.

Looking for a volunteer to assist and serve lunches to participants on Mondays and Thursdays from 10:30 a.m. to 12:00 p.m.

MCC THRIFT STORE

Thrift Store: Open Tuesday - Saturday, 10:00 a.m. - 3:00 p.m.. Drop off donations when store is open. *Note: MCC members get 25% discount with purchase of \$5 or more.

Attention: If you find your name in bold print, in this newsletter, come to the senior office.

NAKAMURA, BETTY
NISHIMURA, NANCY A.
NOH, JOY
OISHI, SACHIKO
ONISHI, JUNE
SAITO, FLORENCE
SHIMABUKURO, GERI
SHIMAMOTO, AMY
SHODA, MIWAKO
SUYEOKA, MAY
TAKEDA, LILLIAN
TAM, LENETTE
TOMITA, MAY

TOYAMA, KAREN
UEHARA, PEGGY
UMETSU, SHIZUKO
UYEDA, HISAKO
UYESUGI, TELLME
WANAMI, KUNIKO
WATERHOUSE, MARILYN
YOSHIOKA, JENNIE
YOSHIZAWA, RODNEY
YOUNG, CHARLENE

Mojilili Senior Center
Schedule of Special Events
May 2015

Days to remember in May:

- 1 - Lei Day
- 1 - Law Day
- 5 - Cinco de Mayo
- 6 - National Nurses Day
- 10 - Mother's Day
- 25 - Memorial Day - CENTER CLOSED.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	* Allergy/Asthma Awareness Month * Arthritis Awareness Month * * Better Sleep Month * High Blood Pressure Awareness Month * Mental Health Month * * Older Americans Month * Osteoporosis Prevention Month * Stroke Awareness Month *					
3	4	5	6	7	8	9
		Excursion: Kuakini Hospital & Care Home 8:30 am	Craft Workshop: Kumihimo - Adv 9 am Rm 209 Chair Massage 10:30 - 12 noon Rm 303	Classic Movie: "On The Beach" 11:15 am Rm 207	Craft: Chigiri-e 9 am Rm 202	Visitor Industry Charity Walk Ala Moana Park 7 am
10	11	12	13	14	15	16
Happy Mother's Day!	Seminar: Medicare - Humana 9 am Rm 202	Blood Pressure Reading 8 am	Craft Workshop: Kumihimo - Beg 9 am Rm 209 Chair Massage 10:30 - noon Rm 303	Seminar: Benefits of Exercise 9 am Rm 105	Seminar: Medicare United Health Care 9 am Rm 104 Movie: "The Imitation Game" 11:15 am Rm 207	
17	18	19	20	21	22	23
		Seminar: Genworth Long Term Care 9:30 am Rm 202	Excursion: Halm's Enterprises 8:30 am Craft: Beading 9 am Rm 209 Chair Massage 10:30 - noon Rm 303	Performance: Project Rescue. Save Planet. 10:30 - 11:15 Rm 105 Chair Massage 10:30 - 12 noon Rm 303		MCC Fundraiser "Where Great Things Happen!" JCCH 5:30 pm
24	25	26	27	28	29	30
	HOLIDAY MEMORIAL DAY Center Closed					
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Moiliili Senior Center Class Schedule May 2015

Monday	Tuesday	Wednesday	Thursday	Friday
7:30-1:00 Mah-Jongg (Room 207-8)	7:30-10:30 Seedcraft (Room 209)	8:00-9:00 Fall Prevention (Room 105)	7:30-1:00 Mah-Jongg (Room 207-8)	8:00-9:00 Ki-Coord. (Room 305)
8:00-9:00 Beg. Tai Chi (Room 305)	8:00-9:00 Ki-Coord. (Room 305)	8:00-9:30 Minyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	8:30-10:30 Hanafuda (Room 209)
8:30-1:1:00 *Conv. Eng. (Beg/Int)(Rm 202 9/2015	8:00-9:00 Blood Pressure (Room 102)	8:30-11:00 *Conv. Eng. (Beg/Int)(Rm 202 9/2015	8:00-9:00 Began 2012	9:00-11:00 Painting (Room 207-8)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	8:00 - 9:30 Beginner's Line Dancing I (Weinberg)	9:00-11:00 Shodo (Room 104)	9:00-11:00 Conversational Japanese (Room 202)	9:00-10:00 Tai Chi for Arthritis (Weinberg)
9:00-10:00 Tai Chi (108) (Room 305)	8:30-10:30 Crochet (Room 207-8)	9:00-10:00 Tai Chi(108) (Room 305)	9:00-10:30 Rhythm & Life (Adv. I)	9:30-12:00 +Ribbon/Croch. Lei Making (Room 102)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	9:30-11:00 Rhythm & Life (Int. II)	9:15-10:00 Group Singing (Weinberg)	Closed	Began 4/10 (Room 102)
10:00-10:30 R&L Chair Exer. (Room 105)	Closed	9:15-10:30 Minyo Danc(Beg) (Room 105)	9:00-10:30 Ukulele Prac. (Room 105)	Closed
10:15-12:00 Rhythm & Life (Adv. I) (Room 305)	10:45-11:45 Soroban (Room 209)	9:30-11:30 *Sumie (Room 209)	12:00-2:30 *Citizenship (Room 202)	10:00-10:30 R&L Chair Exer (Room 105)
10:30-11:30 Qi Gong/ Self Massage (Weinberg)	10:00-11:15 Okinawan Dnc. (Weinberg)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	12:00-1:30 Rhythm & Life (Adv. V) (Room 305)	11:00-12:15 Solo Ukulele II (Room 202)
1:00-3:00 Buyo & Enka (Weinberg)	12:00 - 2:30 *Citizenship (Room 202)	10:00-12:30 +Jpns/Okwrn Doll Making & Oshie (Room 207-8)	Closed	11:15-12:15 Dahn Yoga (Weinberg)
5:30 - 6:30 +Spec. Aerobics Began 4/13 (Room 305)	12:00-2:30 Karaoke (Room 209)	11:00-12:30 Rhythm & Life (Beg.) (Room 305)	1:00-2:30 Line Dancing (Room 105)	12:00-1:30 Rhythm & Life (Int. I) (Room 305)
*DOE classes are provided by McKinley Community School for Adults. Citizenship & English classes - \$20 enrollment fee. Additional fees applied to new English class students. Sumie - \$60.	12:00-1:30 Kenbu Sembu Shigin (Room 207)	12:00 - 2:00 Roy Otake Karaoke Ohana (Room 209)	Reminder: No class the last Thur. of the month.	Closed
	+ Tuition based classes. Walk-in fee \$5.	1:00 - 3:00 Kitsuke (Weinberg)		

"Kaleidoscope" is published monthly, written/edited by the senior staff. Director - Paula Regidor, Elaine Lau, Raena Akase & Henry Asari.

COMMUNITY ANNOUNCEMENTS:

DEPARTMENT OF VETERANS AFFAIRS BENEFIT WORKSHOP,

Sat., June 6, 9 am - 12 pm, Oahu Veterans Center, 1298 Kukula St. Who: Veterans, Family Members, Widows and Community Providers. Workshops topics: VA benefits, Loan Guaranty, Vocational Rehabilitation & Employment, Death Benefits & Education Benefits. Counselors will be available to answer questions and assist with the claim process. Phone: 1-808-433-0384. E-mail: petc.vbahon@va.gov

July 19, 10:15 am, Pomaikai Ballrooms, Dole Cannery, 735 Iwilei Rd. Cost: \$51.00 (lunch included), \$26.00 (children 6 - 10 years old). For more information, please contact Virg Pabro at 521-7214.

WAIKIKI FRIENDLY NEIGHBORS Program

is looking for volunteers to assist the elderly in the Waikiki area. Services may include: friendly visits; reassurance calls; shopping and errands; mail reading; light housework; and meal preparation. All volunteers complete a screening process, including a background check, before they start providing services. If interested, call 926-8032.

JOHN K. SAKAI MUSIC STUDIO SUMMER VOICE RECITAL, Sun.,