



Kaleidoscope

July 2015
Vol. XXVI No. 7

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:

HAPPY 44th ANNIVERSARY!!! July 1st marks the 44th anniversary of the establishment of the Moiliili Senior Center Program. Thank you all for your many years of support. The Senior Center Program would not exist if all of you did not want to join us. We thank: the volunteer instructors who provide the variety of classes; MCC for their support; and the State and City for the partial funding of the program all these years.

PARKING ALERT: While public schools are on summer break through July 24, children are here at the center for all day care. 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.

MOILIILI SENIOR CENTER WISH LIST:

- 1) Senior Program Director

To all our members who use the Weinberg studio for classes: PLEASE do not touch any of the articles that are stored in back, in the elevator and by the bathrooms downstairs. These are for the Thrift Store to sort, price and sell. Articles have been missing.

Moiliili Senior Center is always in search of teachers or group leaders to expand our program. Do you 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: **MOILIILI 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.

Your Kokua, 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, Sakura House, Matsuri in Hawaii & 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:

NOTICE: For the safety of MCC patrons, any vehicles coming on to MCC property via the **WRONG WAY** (through Kapaakea Lane or Kuilei Street) will be given a warning. If there are 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. **NO RESERVING SEATS**, except for your partner. **Please allow the disabled to board the bus first, for safety.** Whenever you are going from one place to another, please return to your original seat. 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: "THE STALKING MOON"

(1968) (1 hr. & 50 min. DVD, Western)

Starring Gregory Peck & Eva Marie Saint. A relentless foe tracks an Army scout as he attempts to lead a woman once held captive by Apaches to safety. **Nobuko Kurahara.**

Date: Friday, July 10

Time: 11:15 a.m.

Place: MSC, room 207

Cost: Donation

MOVIE: "AGAINST THE SUN" (2014)

(1-hr. & 40-mins., DVD, Adventure. Rated PG - for thematic material involving peril & hardships and for language.)

Starring Garret Dillahunt, Tom Felton & Jake Abel. A WWII pilot, bombardier and radioman find themselves adrift on a lifeboat without food or water after being forced to ditch their plane during a scouting mission. **Yin Hui.**

Date: Friday, July 24

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. **LIMIT: 12.**

Date: Saturday, August 1

Time: 9:00 a.m.

Place: MSC, room 202

Cost: Supplies

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, July 2(Adv) & July 9(Beg)

Time: 9:00 a.m.

Place: MSC, room 209

Cost: Supplies

CRAFT WORKSHOP: BEADING

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

Date: Thursday, July 16

Time: 9:00 a.m.

Place: MSC, room 209

Cost: Supplies

SEMINAR: BUGS AND OTHER BOTHERSOME PESTS

Do you have bugs in and around your home? Ants? Roaches? Andy, the Bug Doctor, will tell us some helpful tips on how to control pesky bug problems.

Date: Tuesday, July 21

Time: 9:15 a.m.

Place: MSC, room 105

Cost: Donation

SEMINAR: EPILEPSY SEIZURE SYMPTOMS & FIRST AID

About 300,000 older adults in the U.S. have epilepsy.

Epilepsy is more common among older adults than it is in any other age group, including infants. Many times, older people or their caregivers think they're experiencing a symptom of another medical condition, or that they're having side effects from medication, when what's really happening is a seizure. Without training, seniors and those who care for them might not recognize a seizure, attributing it instead to a 'senior moment.' Seminar will be conducted by Samantha West from the Epilepsy Foundation of Hawaii.

Date: Friday, July 24 Time: 9:00 a.m.
Place: MSC, room 105 Cost: Donation

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 a.m.-noon
Place: MSC, room 303 **Sorry, on vacation.**

Will return in September.

EXCURSION: BISHOP MUSEUM

Take a self-guided tour of Hawaii's history from royalty to immigrants, extinct birds and plant life of ancient Hawaii. Navigate the heavens so you can sail the oceans. Make an appointment with the library to view their collection of historical books of significance in the modernization of Hawaii. This is where you will find old phone books. Other documents housed there are land ownership, but they are written in Hawaiian only. This Library is a good source of information for tracking your genealogy. Lunch on your own at 99 Ranch Food Court.

Date: Monday, July 20 Departure Time: 8:30 a.m.
Return Time: 1:15 p.m.
Cost: \$12.00 (\$7.95 - Admission & \$4.05 - Trans.)

EXCURSION: JOHN A. BURNS SCHOOL OF MEDICINE

Join us as we take a guided tour of the UH School of Medicine in Kakaako with an overview of the facilities and classes. We will see the labs and various projects underway. Lunch options: Campus Cafeteria; Lunch Wagons; or Ward Warehouse - majority rules.

Date: Tuesday, July 28 Departure Time: 9:30 a.m.
Return Time: 1:00 p.m. Cost: \$4.00 (Trans.)

EXCURSION: HOOPONO CENTER FOR THE BLIND & LANAKILA PACIFIC CENTER

Hoopono Center for the Blind is a vocational rehabilitation center and provides other services for the blind. Lanakila

Pacific is also a rehabilitation center - Lanakila Crafts is part of their rehabilitation program as well as the Lanakila kitchen, who provides the meals for the "Meals on Wheels" program. Lunch on your own at Lanakila Pacific or Ward Warehouse - majority rules. If we are having lunch at Lanakila Pacific, a head count is needed by July 27. Lunch will cost \$2.00 Please indicate lunch site preference when signing up.

Date: Monday, August 3 Departure Time: 8:30 a.m.
Return Time: 12:30 p.m. Cost: \$4.00 (Trans.)

CLASS/ACTIVITY ANNOUNCEMENTS: Sign up Senior Office, rm. 203

ARE YOU INTERESTED??? Anyone wants to have a little end of summer fun at Wet 'n Wild Water Park in Kapolei? Water park / Mini-golf? The cost will be about \$40.00. If we have enough people signed up, we will go in September. See Elaine in the senior office if interested.

***SOLO UKULELE I & II:** Classes begin Friday, July 17. Classes run for a 19-week session, room 202. SUI - 9:30 - 10:45 a.m.; SUII (must complete SUI and instructor must approve advancement) - 11:00 - 12:15 p.m. Inst: Allen Tanabe. Learn to read music and play the melody. Must have own ukulele and dedication to practice. Cost: \$20 for textbook & \$10 is due at the beginning of the course to cover the cost of music notes, music sheets and additional study materials. Other optional fees will be announced if the need arises. If interested, additional flyer will be given stating materials needed. MAXIMUM: 12 students per class.

***QI GONG / SELF MASSAGE** class will resume Monday, July 6, 10:30 - 11:30 am, Weinberg Studio.

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

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Begins 7/10, 10 weeks, Fridays, 9:30 am - 12 noon, room 102. Bring sharp pair of scissors, container, and ballpoint pen. Supplies payable to instructor. New students must register before the session starts. Cost: \$20 - MSC seniors; \$30 - MCC members; \$35 - Non-members.

***Adult Hula Auana** with Kumu Hula April Chock. Begins 8/01, 10 weeks, Saturdays, 9:30 am - 11 am, room 105. No class 7/4 & 7/18. Learn modern hula. Wear loose clothing. Cost: \$20 - MSC seniors; \$35 - MCC members; \$40 - Non-members.

***Specialized Aerobics** with Faye Fukuhara. Mondays, 5:30 pm - 6:30 pm, room 305, 10 week session began 6/29. 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.

***Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class begins Saturday, 7/4, 9:30 am - noon and Wednesday, 7/8, 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.

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 \$10 or more.

COMMUNITY ANNOUNCEMENTS:

WANTED: KALE RECIPE - One of our senior members is looking for a Kale recipe. If you have one to share, we will

publicize it in the newsletter.

“SENIORS HELPING SENIORS” basic computer class for senior citizens. Sponsored by the Great Aloha Run and Harry & Jeanette Weinberg Foundation Computer Center. Free 2-hour class to learn basic computer concepts and having fun being comfortable with computers. Instructors are students volunteering their services to help our kupuna. Rene Mansho is the volunteer coordinator. RESERVATIONS REQUIRED; MUST CALL RENE @ 291-6151. Classes are from June through August Dates for July: 1, 3, 6, 8, 10, 13, 15, 17, 20, 22, 24, 27, 29, 31. Dates for August: 3, 5, 7, 10, 12, 14, 17, 19, 21, 24. Class Time: 9 - 11 am & 12 - 2 pm. Place: Carole Kai Charities, Inc. Office, 418 Kuwili St., Suite 102, Honolulu, 96817. Classes are 2 hours and repeat classes are unlimited. Intermediate classes will be offered after mastery of basic skills is demonstrated.

REAL PROPERTY TAX CREDIT FOR HOMEOWNERS, CITY & COUNTY OF HONOLULU.

The C&C Honolulu offers a real property tax credit to property owners who meet certain eligibility requirement. If you qualify, the maximum real property tax owed would not exceed 3% or 4% of your income, depending on your age. Eligibility Requirements: Homeowner must have a home exemption in effect at the time of application and or the subsequent tax year; Any of the titleholders do not own any other property anywhere; and The combined income of all titleholders cannot exceed \$60,000. To apply, complete an application available at the following locations: All Satellite City Halls; Treasury Division at Honolulu Hale; Tax Relief Section at the Standard Finance Building; Moiliili Senior Center office; and on line @<http://www.honolulu.gov/cms-bfs-menu/site-bfs-sitearticles/6416-treasury-division.html> Application deadline is September 30 annually. For more information contact the Real Property Tax Relief Office at 768-3205.

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

Our wishes to our **July** birthday participants.

ARAKI, MARIS	KOIKE, KEN
AUYONG, JOANN	LAU, SUSAN
AVECILLA, SHELE	MARUYAMA, NOBUKO
CRANDALL, AIKO	MEYER, CHUNG-WON
DANG, HELEN	MOTOOKA, CYNTHIA
FUJIMOTO, MICHIE	NAGATA, NIKKI
FUJISAWA, THELMA	NAITO, EARL
FUNG, PATRICK	NAKAMA, DOROTHY
GOYA, TSUNEO	NAKAMURA, MARILYN
ITAGAKI, WILFRED	NAKATA, SUEMI

NOBORIKAWA, DOREEN	TACHI, HISAE
OPA, LAURA	TAMURA, CAROLYN
OGATA, KAZUMA	TASAKA, HIRAM
PARKER, ELIZABETH	THEODORE, HAZEL
PITTMAN, OLIVE	TOMA, JEAN
RAO, MINEKO	TONG-SUMMERFORD, MARY
ROBERTS, HARRIET	TRONBAK, GLADYS
ROGERS, SHIRLEY	TSUCHIDA, SHIGEKO
SAKURAI, LILY	UYEMURA, GRACE
SAN MIGUEL, ROSALINA	UYETAKE, JOHN
SHIMOYAMA, EMIKO	WENTWORTH, ELEANOR
SHINSATO, MYRIS	YAMAGUCHI, MASAKO

Moiili Senior Center Class Schedule July 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 Mllyno Singing (Room 207)	7:30-8:30 Yoga (Studio)	8:30-10:30 Hanafuda (Room 209)
8:30-11:00 *Conv. Eng. (Beg/Int)(Rm 202)	8:00-9:00 Blood Pressure (Room 102)	8:30-11:00 *Conv. Eng. (Beg/Int)(Rm 202)	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)	9:00-10:30 Rhythm & Life (Adv. I)	9:00-10:00 Tai Chi for Arthritis (Weinberg)
9:00-10:00 Tai Chi (108) (Room 305)	FULL	9:00-10:00 Tai Chi(108) (Room 305)	Closed	9:30-12:00 +Ribbon/Croch. (Room 202)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	8:30-10:30 Crochet (Room 207-8)	9:15-10:00 Group Singing (Weinberg)	9:00-10:30 Ukulele Prac. (Room 105)	Begins 7/10 Lei Making (Room 303)
10:00-10:30 R&L Chair Exer. (Room 105)	Closed	9:15-10:30 Mllyno Danc(Beg) (Room 105)	12:00-2:30 9/2015	9:30-10:45 Solo Ukulele I (Room 303)
10:15-12:00 Rhythm & Life (Adv. I) (Room 305)	10:45-11:45 Soroban (Room 209)	*Sumie (Room 209)	12:00-1:30 Rhythm & Life (Adv. V) (Room 305)	Begins 7/17 Solo Ukulele II (Room 303)
Closed	10:00-11:15 Okinawan Dnc. (Weinberg)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	1:00-2:30 Line Dancing (Room 105)	11:15-12:15 Dahn Yoga (Weinberg)
10:30-11:30 Qi Gong/ Self Massage (Weinberg)	12:00 - 2:30 *Citizenship (Room 202)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)	Reminder: No class the last Thur. of the month.	12:00-1:30 Rhythm & Life (Int. I) (Room 305)
Resumes 7/6 (Weinberg)	12:00-2:30 Karaoke (Room 209)	Begins 7/8 Rhythm & Life (Beg.) (Room 305)		Closed
1:00-3:00 Buvo & Enka (Weinberg)	12:00-1:30 Kenbu Senbu Shigin (Room 207)	12:00 - 2:00 Roy Otake Karaoke Ohana (Room 209)		Saturday
5:30 - 6:30 +Spec. Aerobics Began 6/29 (Room 305)		1:00 - 3:00 Kitsuke (Weinberg)		9:30 - 11:00 +Adult Hula Auana (Room 105)
*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.	+Tuition based classes. Walk-in fee \$5.			Begins 7/4 (Room 207-8)

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

HAWAII FOOD BANK, COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP). This program works to improve the health of low-income elderly persons at least 60 years of age by supplementing their diets with nutritious USDA Foods. Requirements: Complete an application each year and re-certify every 6 months; Applications will be collected at any time but once maximum caseload is met, a continuous waitlist will be maintained at each site; Participants must be at least 60 years of age and show a photo ID that confirms age and residence; CSFP participants must reside on Oahu; Income at or below 130% of the Federal Poverty Income Guidelines. You will pick up your food box at the same place you turn in your application. Once you are qualified, you will be eligible to

receive a food box once a month for 6 months. Food packages are very heavy. The average weight of the food box is 32 pounds. It is recommended to bring your own cart with wheels or a proxy may be designated. Locations: Kokua Kalihni Valley Elderly Services, 1846 Gulick Ave.; Kokua Kalihni Valley Elderly Services, Kuhio Park Terrace Community Center; Ss. Peter & Paul Church, 800 Kahaka Street). Each month you will need to pick up your food box at the same place you signed up. The site where you submitted your application will tell you the dates and times of when to pick up your box. For more information about this program, contact the Hawaii Foodbank, 2611 Kilihau St., Honolulu 96819, 836-3600 ext.238 or visit www.hawaiifoodbank.org