



Kaleidoscope

October 2015
Vol. XXVI No. 10

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:

Thank you to our groups who performed at the senior fair at NBC in September. MSC was well represented.

PARKING ALERT! Children will be at the center for all day care October 5 - 9 & 12 and the covered parking area will be blocked off to accommodate them. The following week (October 19 - 23) we will be having our Rummage Sale in the parking lot using most of the stalls against the fence. Very limited parking will be available. Please carpool, be dropped off, take the bus or walk. We appreciate your cooperation.

For your information ... the center is working on putting in air conditioners in the 2nd floor classrooms. The rooms will need to be rewired and the electricians will be coming in October to do the work. Please accommodate the workers when they work in your classroom. The air conditioners CANNOT be used until the electrical wiring is completed. We will let you know when it is okay to use them. Please adhere to signs. We are sorry for the inconvenience but thank you for your patience.

Next year, October 7, 8 & 9 will be the 5th Rhythm & Life Exercise Taikai at Shizuoka, Japan. Rhythm & Life Chair Exercise Teachers will be participating at the Taikai and will include 6 days of tour - Nara, Kyoto, Hiroshima and Tokyo. Anyone Interested in attending, call Faye Murata at 735-1323 or see any of the Rhythm & Life Chair instructors for more information.

MOILILI SENIOR CENTER WISH LIST:

- 1) Senior Program Director
- 2) Volunteer instructors to teach educational classes / workshops
- 3) Volunteer instructor to teach Japanese

COMING UP... Haruko Sugitani will be coming back to Hawaii in November to hold her Japanese craft classes. Keep an eye out for informational flyers.

LOST & FOUND - throughout the year, we have been storing lost and found items. If you think you have lost

something at the center, please check our "Lost & Found" box. Unclaimed items will be sold at our rummage sale.

MSC Rummage Sale

October 19 - 23, 2015

9:00 a.m. - noon MCC Garage

Find bargains galore! Kitchen ware, clothes, knick-knacks, books, more. Monies go to operational expenses for the senior center program. Volunteers needed daily to help set-up, selling and break-down. Sign up in the senior office. We will be accepting your donation items for the sale starting October 1. **REMINDER: BRING YOUR RECYCLABLE BAGS!**

Moiliili Senior Center is always in search of teachers or group leaders to expand our program. Do you have a special talent and 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.

Fire & Lockdown Drills: MCC will hold periodic fire and lockdown drills. Please listen 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 \$30.00 for 2016.

MAHALO! MAHALO! MAHALO! to performers:

- *Heels 'n Harmony members at the senior fair.
- *Line Dancing / Okinawan Dance members at the senior fair.
- *RLC Niko Niko Genki Club members at One Kalakaua & the senior fair.
- *Rhythm & Life members at Maluhia & the senior fair.

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:

VACATIONS HAWAII - Help Moiliili Community Center earn travel credit by booking your travel with Vacations - Hawaii Custom Packages department at 591-4700. When making a booking, refer to their loyalty Rewards and mention Moiliili Community Center. If we have enough credit, they will donate a trip to Vegas for MCC's next fundraiser.

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.

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.

MOVIE: "WILD" (2014)

(1-hr. & 55-min., DVD, Adventure, Biography, Drama. Rated R-for sexual content, nudity, drug use and language.) Starring Reese Witherspoon & Laura Dern. A chronicle of one woman's 1,100-mile solo hike undertaken as a way to recover from a recent personal tragedy. **Anna Fujimori.**
Date: Friday, October 9 Time: 11:15 a.m.
Place: MSC, room 207 Cost: Donation

CLASSIC JAPANESE PROGRAM: "SONGS OF MY HEART" CONCERT by Misora Hibari (1980's)
(2 hrs. DVD, Music)

Take a trip down memory lane and join us for a special showing by Richard Ching as he shares his treasured DVD of one of Misora Hibari's concert.
Date: Friday, October 23 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, October 3 & November 7
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, October 1 (Adv) & October 8 (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, October 15 Time: 9:00 a.m.
Place: MSC, room 209 Cost: Supplies

ACUPUNCTURE by Heijiro Ikeda

Originally from China, acupuncture is currently practiced all around the world. Heijiro Ikeda (son of Phyllis Ikeda, MSC's former Qi Gong Instructor) has graciously volunteered his time to help our seniors. This is your chance to see if acupuncture can help you. First-come, first-served.

Date: Tuesdays - beginning October 20
Time: 9:00 a.m. - 10:00 a.m. Place: MSC, room 207
Cost: Donation

SEMINAR: WALK WISE HAWAII - PEDESTRIAN SAFETY

Dana Teramoto, Traffic Education Specialist, with the Department of Transportation Services, C&C of Honolulu, will speak on walking safely in your neighborhood.

Date: Tuesday, October 6 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: BE AKAMAI ABOUT SAFETY - SMART911

No one plans to call 9-1-1, but now you can plan ahead. Basically, you would give Smart911 valuable information about yourself, family members, your home, pets and even vehicles that will be immediately available to 9-1-1 when you make an emergency call. For Police assistance: premise details, large dog on site, photos of elderly residents prone to wandering, etc. For Fire assistance: property layout, number of people in the household, disabilities and/or mobility limitations, utility shut-off locations, etc. For EMS assistance: gates and access codes, allergies, medical conditions, medications and treatment, emergency contacts, etc. These details can save valuable seconds or even minutes during an emergency. Officers from the District 7 Community Policing Team will explain to you what Smart911 is about and how it can benefit you.

Date: Tuesday, October 13 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: POLST

What is POLST? And, why should you care? I think we should have one on file. Physician's Orders for Life Sustaining Treatment (POLST) - what it means and why you should seriously consider yours. Come to this seminar and get the latest information on the updated POLST. Your

decisions today can eliminate a lot of confusion and angst for your loved ones later. Listen to Anne Chipchase of O'hana Health Plan for this timely and informative presentation.

Date: Friday, October 16 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: MEDICARE ADVANTAGE PLANS

Questions about Medicare? Get Answers! Open enrollment is the time of the year when you can enroll in or change your Medicare plan. Attend these seminars to find out which plan can help you. Seminars conducted by representatives from Financial Benefits Ins. Company.

Medicare Plan: Humana

Date: Tuesday, October 20 Time: 9:00 a.m.
Place: MSC, room 202

Medicare Plan: United Health Care

Date: Friday, October 30 Time: 9:00 a.m.
Place: MSC, room 104

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 can you avoid depleting your hard earned assets? Options and strategies will be discussed by Bob Choi, LTC Specialist.

Date: Wednesday, October 21 Time: 9:30 a.m.
Place: MSC, room 202 Cost: Donation

SEMINAR: EMERGENCY & DISASTER PREPAREDNESS

This is a great opportunity to learn how to prepare you and your family for an emergency and basic disaster surviving tips. Attention plus Care, Hawaii's largest and oldest joint Commissioned Home Health Care Agency and the Department of Emergency Management, will be hosting the seminar. To reserve your space, call 440-9372.

Date: Tuesday, October 27 Time: 8:30 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: KUPUNA WIKI by LOCATIONS

Kupuna WIKI is your source for senior related information and services. Kupuna in Hawaiian means elder and is a term of endearment and respect. The contributors of this blog are local professionals who understand and desire to serve the unique needs of Hawaii's Kupuna. Attend this seminar presented by representatives from Locations, LLC and find out how this site may benefit you.

Date: Wednesday, October 28 Time: 9:30 a.m.
Place: MSC, room 202 Cost: Donation

EXCURSION: DOLE PLANTATION GARDEN TOUR

Take a ride out to Dole Plantation for a walking tour of their pineapple gardens. See the many varieties of pineapple from small-sized ones to large-sized ones and they come in different colors too. You can feed the Koi in the large fishpond at the far end of the garden for a small fee. Be sure you wear sunscreen, bring an umbrella or hat, comfortable covered walking shoes and bring a bottle of water to keep hydrated. Stand behind a wooden cutout for a comical photo, be a child for a day - enjoy the outdoors. Lunch on your own at Dole Plantation or Mililani Shopping Center.

Date: Tuesday, October 13

Departure Time: 8:15 a.m. Return Time: 1:00 p.m.

Cost: \$9.50 (\$4.50-Garden Tour & \$5.00-Trans.)

EXCURSION: MANOA HERITAGE CENTER

Tour includes an outdoor guided walk through a garden of native Hawaiian and Polynesian introduced plants; broad views of the Manoa Valley; a close look at Kukao Heiau as well as the history of Kualii, the private home of Sam and Mary Cooke, which will one day be open to the public as a museum. Seniors must be able to walk on uneven grounds. Lunch on your own at Manoa Marketplace. Deadline to sign up is October 20.

Date: Tuesday, October 27

Departure Time: 9:30 a.m. Return Time: 1:15 p.m.

Cost: \$7.00 (\$4.00-Tour & \$3.00-Trans.)

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

*****NEW CLASS - ZUMBA**, Tuesdays, 11:15 a.m.-12:15 p.m., Weinberg Studio. Class began September 15. A great combination of fun and fitness as you dance your way to a healthier you. Instructor: Grace Hada.

EXCURSION PHOTO ALBUM - Have you participated in any of our excursions within the last year? Have you taken photos and would be willing to share them? If so,

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

BILMES, PONGSUWAN
CHONG, AILEEN
CHOY, KAZUKO
CHRISTIANSSEN, KATHY
CUBA, LOUISE
FUJIMORI, ANNA S.
FUJIMOTO, CATHERINE
FUJIMOTO, ELLA
FUJISHIGE, AMY
IKEDA, SHARON
INOUE, TOSHIKO

KAGAWA, ATSUKO
KAKU, FAYRENE
KAMA, EVA
KIM, RHONDA
KINOSHITA, MUSUE
KITAGAWA, ETHEL
KITAGAWA, HIROKO
KOBAYASHI, LOIS
KOBAYASHI, MYRTLE
LEE, SHON-NING
MARUYAMA, MITSUE

please drop off your copies at the senior office. Thank you for sharing. **Muriel Donnan.**

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 10/2, 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 10/24, 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.

Specialized Aerobics with Faye Fukuhara. No class until further notice.

Japanese/Okinawan Doll Making, Oshie & Kimekomi with Masako Ogawa. 6-week class began Saturday, 9/5, 9:30 am - noon and Wednesday, 9/9, 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.

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

MEIER, CAROL
MINATO, SUSAN
MOGI, CAROL
MORITSUGU, JEAN
NAGANO, CAROL
NAKAMAEJO, DAVID
NAKASONE, KAREN
NAKATA, IKUKO
NISHIYAMA, DOROTHY
NODA, DORIS
OGASAWARA, DIANE
OGAWA, CHARLEEN
OTAGURO, KAREN

PABRO, VIRG
RIKER, WILHELMINE
SAGARA, AKIKO
SAIGUSA, SACHIE
SEO, GRACE
SHIKADA, BETTY
SHIROMA, JANET
SNYDER, FRITZ
TAKAHASHI, YOSHIKO
TILTON, RUBY
WONG, JOYCE
YAMAOKA, KAREN

Moliiili Senior Center
Schedule of Special Events
October 2015

Days to remember in October:
 12 - Columbus Day

31 - Halloween

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Long Term Care Planning Month * National Apple Month * * National Arts & Humanities Month * National Book Month * * National Cookie Month *						
4	5	6	7	8	9	10
	Seminar: Walk Wise Hawaii - Pedestrian Safety 9:15 am Rm 105	Excursion: Dole Plantation Garden Tour 8:15 am		Craft Workshop: Kumihimo - Adv 9 am Rm 209	Movie: "Wild" 11:15 am Rm 207	Craft: Chigiri-e 9 am Rm 202
11	12	13	14	15	16	17
	Seminar: Be Akamai About Safety - Smart 911 9:15 am Rm 105	Seminar: Medicare Plan: Humana 9 am Rm 202 Acupuncture 9 am Rm 207	Seminar: Genworth Long Term Care 9:30 am Rm 202		Seminar: POLST 9:15 am Rm 105	
18	19	20	21	22	23	24
*** MSC Rummage Sale * MCC Parking Lot * 9:00 am - Noon * Monday - Friday ***						
25	26	27	28	29	30	31
	Excursion: Manoa Heritage Center 9:30 am	Seminar: Emergency & Disaster Preparedness 8:30 am Rm 105	Seminar: Kupuna Wiki 9:30 am Rm 202		Seminar: Medicare Plan: United Health Care 9 am Rm 104	Happy Halloween!

Moliiili Senior Center Class Schedule October 2015

Monday	Tuesday	Wednesday	Thursday	Friday
7:30-1:00 Mah-Jongg (Room 207-8)	8:00-9:00 Ki-Coord. (Room 305)	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 Blood Pressure (Room 102)	8:00-9:30 Minyo 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 - 9:30 Beginner's Line Dancing I (Weinberg)	8:30-11:00 No class	8:00-9:00 Begun 2012 Rhythm & Life (Adv. I)	9:00-11:00 Painting (Room 207-8)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	FULL	9:00-11:00 Shodo (Room 104)	9:00-10:30 Rhythm & Life (Room 305)	9:00-10:00 Tai Chi for Arthritis (Weinberg)
9:00-10:00 Tai Chi (108) (Room 305)	9:30-11:00 Rhythm & Life (Int. II)	9:00-10:00 Tai Chi(108) (Room 305)	Closed	9:30-12:00 +Ribbon/Croch. (Weinberg)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	Closed	9:15-10:00 Group Singing (Weinberg)	9:00-10:30 Ukulele Prac. (Room 105)	9:30-12:00 Lei Making (Room 102)
10:00-10:30 R&L Chair Exer. (Room 105)	10:45-11:45 Soroban (Room 209)	9:15-10:30 Minyo Danc(Beg) (Room 105)	12:00-2:30 Begun 9/22 Line Dancing	Begins 10/9 Solo Ukulele I (Room 303)
10:15-12:00 Rhythm & Life (Adv. I)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:30-11:30 *Sumie (Room 209)	1:00-2:30 Line Dancing (Room 105)	Closed
Closed	11:15-12:15 Zumba (Weinberg)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	Reminder: No class the last Thur. of the month.	10:00-10:30 R&L Chair Exer (Room 105)
1:00-3:00 Buvo & Enka (Weinberg)	12:00 - 2:30 *Citizenship (Room 202)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)	12:00-2:30 *Citizenship (Room 202)	11:00-12:15 Solo Ukulele II (Room 303)
5:30 - 6:30 +Spec. Aerobics (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)	11:15-12:15 Dahn Yoga (Weinberg)
No Class	12:00-1:30 Kenbu Senbu Shigin (Room 207)	Began 9/9		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.				
+Tuition based classes. Walk-in fee \$5.				

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

- 1 pm. Tickets are available in the senior office.

COMMUNITY ANNOUNCEMENTS:

TEMARI'S TRASH & TREASURE FAIR, JCCH, Manoa Grand Ballroom, 5th Floor, Sunday, October 4, 9 am - 2 pm. MSC will be selling craft items at the fair.

HAWAII FAMILY CAREGIVER COALITION ANNUAL MEMBER-SHIP MEETING, Hawaii State Capitol, Thursday, December 10, noon - 2 pm. The agenda will include a presentation by a panel of experts on family caregiving. Lunch will be served. For further information, please contact Gary Simon at 547-8140 or email at gmsimon@stfrancishawaii.org

45th ANNUAL THANKSGIVING DINNER, NBC Exhibition Hall, Thursday, November 26. Doors open at 11 am, dinner will be served from noon