



Kaleidoscope

December 2015
Vol. XXVI No. 12

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:

From all of us at the Center to all of you. Have a Merry Christmas and a Health and Happy New Year!

Winter Break: all MSC classes will be on vacation from December 21 - January 8. Only Lanakila Meals on Wheels will meet during that period. Children will be here for all day care during the break. Parking will be limited. Participants, please be sure to check with your instructors or leaders as to when is your actual last day and first day of class.

Christmas in Honolulu

a craft fair where everything is merry & bright
NEW!!! Day, Time & Location
Saturday, December 5 9:00 a.m. - 1:00 p.m.
Palolo Hongwanji
Free admission & lots of free parking.
MSC has a booth at this fair.

All interested afternoon Line Dancers,

Know what a "vine" is? No, it's not the thing grapes and tomatoes grow on - at least not in Line Dance "talk". We're planning to start a new Beginners Line Dance class that will cover all the meanings of the "language" to help you enjoy Line Dancing. Tentative plans for Beginners class: February, Thursdays, 12:30 p.m.

Our present, ongoing Advanced Beginners/Intermediate class continues to meet, as usual, until further notice. See Kaleidoscope for schedule. Newcomers are welcome any time.

Join us for fun, health and friendship! And look for updates in February's issue of Kaleidoscope.

Happy Holidays,
Mary Ann & May, Instructors

MSC Holiday Boutique

Thursday, December 10
9:00 a.m. - 1:00 p.m., Room 209
Get your Christmas shopping done while helping the senior program.

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

MCC's Hidden Treasures

2nd Annual Christmas Craft Fair

Saturday, December 12

10:00 a.m. - 3:00 p.m., Thrift Store Parking Lot

MSC will have crafts for sale and the Thrift Store will be featuring Star Wars objects.

All the 2nd floor air conditioners are operational! The temperature should be set at 73 degrees. To turn the units on and off, please use the on/off switch that the unit is plugged into. You do not need to manually turn on and off the unit itself. When using the air conditioners, the windows and doors need to be closed. Thank you for your cooperation.

RHYTHM & LIFE CHAIR EXERCISE CLASS

presents

Christmas Program

Friday, December 18, 2015

9:30 - 10:45 am MSC, room 105

Program is open to all. Join us and get into the Christmas spirit.

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.

MOILIILI SENIOR CENTER WISH LIST:

- 1) Volunteer instructors to teach educational classes/workshops
- 2) Volunteer instructor to teach Japanese

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.

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.

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.

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. For those who may find this difficult, please see Program Director.

MAHALO! MAHALO! MAHALO! to performers:
*Heels 'n Harmony members at the Mayor's Craft Fair.
*Ohana Karaoke members at Maunalani Nursing Home.

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.

***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: "THE MAN FROM UNCLE" (2015)

(1-hr. & 56-min., DVD, Action, Adventure, Comedy. Rated PG-13 - for violence, some suggestive content and partial nudity.)

Starring Henry Cavill & Armie Hammer. In the early 1960's, CIA Agent Napoleon Solo & KGB Operative Illya Kuryakin participate in a joint mission against a mysterious criminal organization, which is working to proliferate nuclear weapons. **Beatrice Hijirida.**

Date: Friday, December 11

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, Dec.5 & Jan. 16 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, January 14(Adv) & January 21(Beg)
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 Time: 9:00 - 10:00 a.m.
Place: MSC, room 207 Cost: Donation

HAIRCUTS by Hair Institute of Hawaii

Students from the school will be here to cut hair. Sign up in the office so we can let the school know how many people to expect.

Date: Wednesday, January 13 Time: 9:00 a.m.
Place: MSC, room 102 Cost: Donation

SEMINAR: MEDICARE 101

Medicare 101 with Premier Benefit Consultants. HOW DO I KNOW HOW TO CHOOSE THE RIGHT PLAN? In this seminar, we will cover a general overview of Medicare and how to make a good decision when choosing a Medicare Plan for the upcoming year. We will discuss the key elements in understanding what you should consider when picking your 2016 plan, so that you feel comfortable knowing your healthcare coverage will meet your healthcare needs. Medicare plan benefits change every year, so it's good to evaluate and understand what you have available.

Date: Thursday, December 3 Time: 9:30 a.m.
Place: MSC, room 202

SEMINAR: NEW YEAR'S RESOLUTIONS AND HOW TO MAKE THEM STICK

Join Anne Chipchase from 'Ohana for this seminar. How many times have you made a New Year's Resolution and

given up within a month? That would be most of us, but Anne has suggestions and techniques that could help make this year different! Do stop by and see if 2016 can be a year with a difference.

Date: Friday, December 4 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: KALAKAUA GARDENS

Have you heard of Honolulu's newest retirement community that will open early 2016? Attend this seminar and get more information on Hawaii's first monthly rental retirement community. Find out more about their Independent Living, Assisted Care, memory Care, Skilled nursing and Short-Term Respite Care Facilities.

Date: Tuesday, December 15 Time: 9:15 a.m.
Place: MSC, room 202 Cost: Donation

EXCURSION: KAHALA MALL SHOPPING SPREE

Looking for kitchen gadgets, table accessories, Complete Kitchen is one of the favorite places to shop. You may find something for that special baker. They have paper loaf pans in various sizes. Looking for sweet treats, check out Carousel Candy Shop. For inexpensive trinkets go to Claire's. This is your chance to see what's in Kahala Mall.

Date: Tuesday, Dec. 8 Departure Time: 9:30 a.m.
Return Time: 12:45 p.m. Cost: \$4.00 (Trans.)

EXCURSION: WAIKELE & PEARLRIDGE

By popular demand, we will start off at Waikale and shop at the outlets, then we are off to Pearlridge and do more shopping and have lunch.

Date: Wednesday, Dec.9 Departure Time: 8:30 a.m.
Return Time: 1:30 p.m. Cost: \$5.00 (Trans.)

EXCURSION: WINDWARD MALL

Let's take a drive out to the windward side and do more shopping at the mall. This air-conditioned, enclosed mall has been recently renovated. This is your chance to go to Sears. This mall, houses many interesting shops and food places.

Date: Wednesday, Dec. 16 Departure Time: 9:30 a.m.
Return Time: 1:30 p.m. Cost: \$5.00 (Trans.)

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

SOLO UKULELE I & II: Classes begin Friday, January 15, 2016. Classes are in two sessions for a total of 18 weeks, room 202. SUI - 11:00 - 12:00; SUII (must complete SUI and instructor must approve advancement.) - 9:30 - 10:45 a.m.. Inst: Allen Tanabe. Learn to read music

and play the melody. Must have own ukulele & dedication to practice. SUI Cost: \$25 for text book. Fees to cover additional materials will be requested as the need arises. SUI - Minimum of 3 students. Registration will close after the 2nd week of class.

*****NEW CLASS - ZENIDAIKO**, Thursdays, 2:30 - 3:30 p.m., Weinberg Studio. Class begins February 4. Zenidaiko is Japanese folk dancing with sticks. Inst: Mieko Sato.

*****NEW CLASS - ZUMBA/PIYO**, Tuesdays, 11:30 a.m.- 1:00 p.m., Weinberg Studio. Zumba Class began September 15. Grace is adding on PIYO which is Pilates and Yoga combined. PIYO will be from 12:30 - 1:00 p.m. A great combination of fun and fitness as you dance your way to a healthier you. Instructor: Grace Hada. Accepting more students.

EXCURSION PHOTO ALBUM - Have you participated in any of our excursions within the last year? Are you planning to participate in future excursions? Have you taken photos and would be willing to share them? If so, please drop off your copies at the senior office. Thank you for sharing. Hope to see you on our upcoming excursions.

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. Began 10/2, 10 weeks, Fridays, 9:30 am - 12 noon, room 102. Call the office for next session start date. 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. Call the office for the next session start date. 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 begins Saturday, 2/6/2016, 9:30 am - noon and Wednesday, 2/10/2016, 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. **Madge Kanno.**

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

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

AKITA, FUSAKO	HIRATA, JANET M.
BALBUENA, STANLEY	HOSAKA, JACK
BALINSKI, VIRGINIA	HUI, YIN-FAN
BOYD, REIKO	IKEDA, PHYLLIS
CHANG, CHIN-PAEK	INATSUKA, TAKAYO
CHOCK, TERUMI	ISONO, ELEANOR
CHOO, DOROTHY	ITOKAZU, KIMIKO
CHU, TSAN HSIN	IWANAKA, EILEEN
DAVIS, GUY	KAMALU, MARION
FUJIOKA, GRACE	KATO, PATSY
HAKODA, WINIFRED	KOBAYASHI, HERBERT K.
HARADA, HELEN	KODAMA, ELAINE

LEE, EVELYN	SAITO, MASAKO
LINDENBERGER, ERIKA	SHIGETANI, KATE
LIU, PATRICE	SHISHIDO, BETTY
MATSUNAGA, LINDA	SNYDER, MIYO
MATSUOKA, KIMIKO	SORIANO, NATIVIDAD
MORGAN, ANNE	TAHARA, SUSAN
MORITA, KUNI	TAKEDA, FREDERICK
NAKAMA, MARY	TANAKA, ALMA
NISHIHAMA, TOMIKO	TERADA, TAKESHI
OJIMA, MARGARET	TOKURA, DOROTHY
OKAMOTO, AILEEN	UEMURA, GEORGE
OSATO, JANE	YAMADA, BARBARA
OTTE, MACHIKO	YOKOTA, HISAKO
ROSS, YUKIKO	

