



Kaleidoscope

June 2017
Vol. XXVIII No. 6

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! All day care for the children during the summer at Moiliili Community Center started on May 30 and will end on July 28. 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!!!** When being dropped off at the center, have your driver pull up to the parking lot attendant by the tree, not in the middle of the driveway, in the tunnel or in front of the ramp. Watch for vehicles backing up. 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.

Performance by
**MSC's Group Singing &
Line Dancing Classes**

Under the direction of Virg Pabro
Tuesday, June 6
10:40 a.m. MSC, room 105

HELP WANTED: MOILILI COMMUNITY CENTER IS LOOKING TO HIRE DRIVERS. If you know someone who may be interested, please have them apply in the main office. We are currently looking for van drivers (No CDL needed) as well as bus drivers (CDL).

Thank you to MSC's Painting Class students who exhibited their artworks at their showcase at the center. The showcase was well attended and attendees were impressed with the artwork.

NOTICE: MSC, room 305 will be closed for painting on Wednesday, June 7 through Thursday, June 8. Some classes have been moved but others have been cancelled. Please check with your instructor for more information.

EFFECTIVE IMMEDIATELY; No one from MCC will be allowed to park on the 2nd level until further notice. If MSC/MCC members park upstairs, their vehicles will be towed. Thank you for your attention pertaining to this matter.

MCC's BOARD OF DIRECTOR, LAURA RUBY, is asking for your assistance. She is looking for old pictures of the community center and the Moiliili neighborhood. If you have any, please bring them to the senior office and we will scan them and return them to you.

Moiliili Senior Program presents ...

Craft Artist Haruko Sugitani
Tsumami Zaiku Classes

Tsumami Zaiku is a traditional Japanese craft made from small, square-cut pieces of cloth that is pinched and folded with tweezers. Originating about 200 years ago during the Edo period. Haruko has made this traditional Japanese craft technique simpler.

Registration fee per class to be paid in cash:

\$23 - MSC member

\$25 - MCC member

\$27 - Non-Member

Receive a listing of supplies to bring at time of registration.

Tsumami Zaiku-Flower Pendant & Butterfly Clip Class

Date: Saturday, June 17

Time: 10:00 a.m. - 12:30 p.m.

Place: MCC, room 202

Supplies fee, payable in cash to instructor: \$26 - includes craft tweezer; \$23 - without

This class is recommended for Tsumami Zaiku beginners. Learn basic techniques while creating a pendant and a butterfly 2-way clip.

Tsumami Zaiku - Message Clip/Barrette Class

Date: Saturday, June 17

Time: 9:00 a.m. - 12:00 p.m.

Place: MCC, room 202

Supplies fee, payable in cash to instructor: \$26 - includes tweezers; \$23 - without

This class is designed for intermediate (those who have taken the basic course before) students. The student will have a choice between making the Message Clip or Barrette.

Thank you all for your continued participation in our Senior Center Program. We continue to partner with the Moiliili Community Center, as we are one program under the Community Center. We are asking all senior center participants to become members of the Community Center. The annual membership fee is \$30.00 for a calendar year. Your participation as MCC members help support our endeavors to continue to offer classes, activities and services. MCC member's benefits: 25% off all purchases of \$10 or more at our "Hidden Treasures" Thrift Store; One Plus One Drive Inn will offer a 10% discount on a purchase of \$5 or more; and Subway - Moiliili will offer a 10% discount on any sandwich/salad. Some exclusions apply to both places. Just show your current MCC Membership Card to receive your savings.

Offers are valid through the end of this year. Mahalo for your support of the Senior Center and the Community Center.

"PLEASE KOKUA!"

If you would like to borrow MCC's office phone to call for your ride pick up or an emergency, PLEASE limit your calls to 3 minutes maximum. The office phone is for the Center's business use and we need to have available open lines.

JUST A REMINDER ...

We have no problem making copies for MSC program class use. However, we would appreciate any "personal" copies (\$.10 ea.) Be limited to 1 to 5 copies at a time. We need to be careful on the usage of the copier so we don't go over our service contract totals. Mahalo!

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.

We would like to thank everyone for their generous donations of goods to the Thrift Store and the Senior Center. Sometimes the main office is inundated with an abundance of goods and it becomes unsafe to walk through the office. For this reason, the main office would like to accept donations in bulk on Tuesdays and Fridays between 8:00 a.m. - 4:00 p.m. to reduce the congestion in the main office. Thank you for your cooperation.

Piece for the newsletter! Per your suggestion, we have a "SUPER SENIOR" section in our newsletter. If you know of a senior who you think is "SUPER", fill out our nomination form and with the consent of the senior, we will feature the person in "Kaleidoscope". Forms are available in class attendance folders and in the senior office.

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: **MOILIILI COMMU-**

NITY 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 \$30.00 for 2017 .

MAHALO! MAHALO! MAHALO! to performers:
*Niko Niko Genki members at Korean Care Center
*Shiyukai members at Maunalani Nursing and Rehab. Center

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

MCC NEWS:

THE MOILIILI BOOK REPRINTING PROJECT. NEW PAGES ADDED AND OTHER PAGES UPDATED. Everything you ever wanted to know about Moiliili. Please help with a contribution. We need to raise at least \$2,500 in donations to have the book reprinted. Please write donation check to: Moiliili Community Center (memo line: Book Project) and send/bring it to: Attn: Laura Ruby, Moiliili Community Center, 2535 South King Street, Honolulu, HI 96826.

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 FOUNDER” (2016)

(1-hr. & 55-mins., DVD, Drama, Biography, History.
Rated-PG-13 for brief strong language.)

Starring Michael Keaton & Nick Offerman. The story of Ray Kroc, a salesman who turned two brothers’ innovative fast food eatery, McDonald’s, into one of the biggest restaurant businesses in the world with a combination of ambition, persistence and ruthlessness.

Date: Friday, June 30
Place: MSC, room 202
Time: 12:15 p.m.
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, June 3 & July 1
Place: MSC, room 202
Time: 9:00 a.m.
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, June 1(Adv) & June 8(Beg)
Time: 9:00 a.m.
Place: MSC, room 209
Cost: Supplies

WORKSHOP: CREATIONS BY AMY

This month’s project is “How To Put Together An Air Plant.” These house plants are low maintenance. Be creative and

formulate an air plant using keawe wood, rocks, shells, etc. Please sign up before class date so instructor knows how much supplies are needed. Instructor: Amy Toba.

Date: Thursday, June 15 & 22
Place: MSC, room 209
Time: 9:00 a.m.
Cost: \$8.00 for supplies

SEMINAR: HAWAII MEALS ON WHEELS

Hawaii Meals on Wheels was founded in 1979 to provide a hot home-delivered meal service for frail elderly and disabled persons who were unable to cook or shop for themselves and did not have access to help for these essential functions. Attend this seminar to find out more information on how this agency may benefit you, whether it be receiving meals or being a delivery volunteer.

Date: Tuesday, June 13
Place: MSC, room 202
Time: 10:30 a.m.
Cost: Donation

SEMINAR: CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

Chronic Obstructive Pulmonary Disease (COPD) is a debilitating illness that literally will “take your breath away.” It is frequently linked to smoking, but there are other culprits, as well. Join us as we will discuss COPD, the risks, some lifestyle options and much more. Seminar conducted by Anne Chipchase of Ohana Health Plan.

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

SEMINAR: LIVING WITH PARKINSON’S DISEASE

Parkinson’s disease affects nearly 1 million people in the US. As people grow older, the chances of getting the disease increases. Learn from special guest, Kevin Lockette of the Hawaii Parkinson’s Association, on strategies to apply movement and exercise into daily living, stave off motor symptoms, and reduce falls with those living with Parkinson’s. Marissa Ramos, RN from Attention Plus Care will share on how the disease is diagnosed and treated. She will talk about resources allowing seniors access to higher and safer levels of quality care and also review tips for activities of daily living for those caring for someone with PD. RSVP to 440-9377. Sponsored by Attention Plus Care.

Date: Tuesday, June 20
Place: MSC, room 105
Time: 9:00a.m.-10:30 a.m.

SCREENING: MEDICATION REVIEW

Bring your medication and supplements and find out when the best time to take them are to get the best results. Reviews will be conducted by Walgreen’s Pharmacists. They will also be offering blood pressure readings.

Date: Monday, June 23
Place: MSC, room 105
Time: 9:15 - 10:00 a.m.

EXCURSIONS: Sorry, none for this month due to the shortage of drivers.

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

***NEW CLASS: AEROBIC & TONING EXERCISE WITH MURIEL.** Tuesdays & Thursdays, 2:00 - 3:30 p.m., room 305. Currently, the class follows exercise CDs. BRING: water, mat & towel. Since this is an afternoon class, please do not park under the covered parking lot. The Child Care program uses that area for their program and if one car is parked there, they cannot use the area for the children. Instructor: Muriel Takahashi.

***SOLO UKULELE I & II;** Classes begin July 7, 2017. Classes are in a 19-week session, room 202. SUI - 11:00 - 12:00 p.m.; 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. Cost: \$20 for text book & \$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. See information sheet for required materials. Minimum: 3 students per class.

***ZUMBA GOLD:** with Dr. Susan Nishida. Tuesdays, 9:30 - 10:30 a.m., room 105. Class will meet when there is no seminar scheduled in room 105. Please check monthly calendar.

***Adult Hula Auana** with Kumu Hula April Chock. Began 4/29, 10 weeks, Saturdays, 9:30 a.m. - 11:00 a.m., room 105. Learn modern hula. Wear loose clothing. Cost: \$20 - MSC seniors; \$35 - MCC members.

***Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class began Saturday, 7/15, 9:30 a.m. - noon and Wednesday, 7/19, 10:00 a.m. - 12:30 p.m., 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. Need to pre-register.

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Began

5/26, 10 weeks, Fridays, 9:30 a.m. - 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.

***Specialized Aerobics** with Faye Fukuhara. Mondays, 5:30 p.m. - 6:30 p.m., room 305, 10-week session began Monday, 5/8. Excellent class for all ages, focuses on cardio exercise, muscle tone, range of motion, warm-ups and floor exercise and cool downs. Bring towel & water. Cost: \$30 - MSC & MCC members.

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. Participants are given an opportunity to make a donation to the program and all contributions are used to support Lanakila Meals on Wheels program. Participants must be registered and members of the Moiliili Community Center. To register for this program, see Gerath in room 105.

COMMUNITY ANNOUNCEMENTS:

FREE SMOKE ALARM INSTALLATION IN OAHU HOMES. From June 6 - June 10, Hawaii Red Cross volunteers along with the Honolulu Fire Department and International Brotherhood of Electric Workers, will be visiting homes on Oahu to install free smoke alarms and share home fire safety tips with residents in need. Free smoke alarm installation are for seniors, those who cannot afford to purchase smoke alarms, or for those who are physically unable to install a smoke alarm. The goal is to continue both the Honolulu Fire Department's Smoke Alarms for Everyone(SAFE) program and the Red Cross' home fire campaign to reduce the number of fire deaths and injuries in Hawaii. Installations are by appointment only. Call the Red Cross at 739-8111 for an appointment.

Our wishes to our *June* birthday participants.

BONNEY, HAZEL
CABRAL, ERNA
ENOMOTO, PATRICIA
FUKUDA, HISAKO
GRAFF, ELEANOR
GUM, LAURETTA
HASEGAWA, FAYE
HIGA, MABEL
HORSTMAN, PHYLLIS
ISHII, JUNE
KANESHIRO, HILDA
KANESHIRO, LINDA

KIKUTA, HENRIANN
KITAGAWA, GRACE
KODANI, IRENE
KON, BETTY
LEE, LYDIA
LEE, MAY
MAEDA, CLYDE
MALIVUK, KARL
MARTIN, HANK
MASUDA, PONCHO
MATSUMOTO, TERUKO
MIHARA, AMY

MURAKAMI, NANCY
MURRAY, MIMI
NAGAMI, MACHIKO
NAITO, CARL
ODA, FRANCES
SAKAMOTO, NANCY
SATO, JANE T.
SATO, SETSUKO
SHIMABUKURO, RICHARD
SHIOHIRA, JEANETTE
SHIRAISHI, ANNETTE
SUEHISA, MICHIKO
SUZUKI, MILDRED
TAKAMURA, ITSUKO
TAKARA, RICHARD

TAKESHITA, EDNA
TANABE, ALLEN
TANAKA, ETSUKO
TERAMOTO, CYNTHIA
TERUYA, KATHLEEN
TSE, SILVIA
TSUKAMOTO, SACHIE
UYETAKE, JUDITH
WADA, EDNA
WOLFF, MARION
WONG, FLORENCE
YAMADA, EVELYN
YOSHIOKA, EVELYN
YOUNG, SYLVANNE

Moiiliili Senior Center Class Schedule June 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| 7:30-1:00 Mah-Jongg (Room 207-8) | 8:00 - 9:30 Beginner's Line Dancing I (Weinberg) | 8:00-9:00 Fall Prevention (Room 105) | 7:30-1:00 Mah-Jongg (Room 207-8) | 8:30-10:30 Hanafuda (Room 209) |
| 8:00-9:00 Beg. Tai Chi Began 2014 (Room 305) | FULL 8:30-10:30 Crochet/Knit (Room 209) | 8:00-9:30 Minyo Singing (Room 207) | 7:30-8:30 Yoga (Studio) | 9:00-12:00 Painting (Room 207-8) |
| 9:00-12:00 Haw'n Quilt. Bee (Rm 209) | 9:00-10:30 Rhythm & Life (Adv. 1) (Room 305) | 9:00-11:00 Shodo (Room 202) | 8:00-9:00 Began 2012 9:00-10:30 Rhythm & Life (Adv. II) (Room 305) | 9:30-12:00 +Ribbon/Croch. Lei Making (Room 102) |
| 9:00-10:00 Tai Chi (108) (Room 305) | 9:30-10:30 Zumba Gold (Room 105) | 9:00-10:00 Tai Chi(108) (Room 305) | 9:00-10:30 Ukulele Prac. (Room 105) | 9:30-10:45 Solo Ukulele II (Room 202) |
| 10:00-10:30 R&L Chair Exer. (Room 105) | 10:00-11:15 Okinawan Dnc. (Weinberg) | 9:00-10:00 Group Singing (Weinberg) | 9:00-10:30 Ukulele Prac. (Room 105) | 10:00-10:30 R&L Chair Exer (Room 105) |
| 10:15-12:00 Rhythm & Life (Adv. II) (Room 305) | 10:30-12:00 Rhythm & Life (Beginner) (Room 305) | 9:30-11:30 *Sumie (Room 209) | 9:30-10:30 Brain Training (Room 202) | 10:00-11:00 Tai Chi for Arthritis (Weinberg) |
| 12:00-3:00 Buyo & Enka (Weinberg) | 10:45-11:45 Soroban (Room 209) | 10:15-11:45 Beginner's Line Dancing II (Weinberg) | 12:00- 2:30 Citizenship (Room 202) | 11:00-12:00 Solo Ukulele I (Room 202) |
| 5:30 - 6:30 +Spec. Aerobics Began 5/8 (Room 305) | 11:30-12:30 Zumba (Weinberg) | 10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8) | 1:00-2:30 Line Dancing (Room 105) | 12:00-1:30 Rhythm & Life (Adv. I) (Room 305) |
| | 12:00 - 2:30 Citizenship Begins 8/2017 (Room 202) | 11:00-12:30 Rhythm & Life (Beginner) (Room 305) | 2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305) | Closed |
| | 12:00-2:30 Karaoke (Room 209) | 12:00 - 2:00 Ohana Karaoke (Room 209) | 2:30-3:30 Zenidako (Weinberg) | Saturday 9:30 - 11:00 +Adult Hula Auana (Room 105) |
| | 12:00-1:30 Kenbu Senbu Shigin (Room 207) | 12:00 - 3:00 Kitsuke (Weinberg) | | 9:30-12:00 +Jpns/Okwn Doll Making & Oshie (Room 207-8) |
| | 12:00-1:30 Rhythm & Life (Adv. V) (Room 305) | | | |
| +Tuition based classes. Walk-in fee \$5. | 2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305) | | | |
| *DOE class - Sumie is provided by McKinley Community School for Adults - \$60 | | | | |

"Kaleidoscope" is published monthly, written/edited by the senior staff. Director, Sunday Kamat-Egures, Program Staff - Paula Regidor & Akira Gato.

BASIC COMPUTER CLASS FOR SENIOR CITIZENS, "SENIORS HELPING SENIORS." Senior citizens are invited to sign up for a free 2-hour computer class to learn basic computer concepts that include: e-mail, use of the internet, composing documents, and just having fun being comfortable with computers. Sponsored by: the Great Aloha Run, Tsuha Foundation, and Harry & Jeanette Weinberg Foundation Computer Center. Reservations are required. You must call RENE @ 291-6151 or email: renemansho@hawaii.rr.com. Class Dates: June 5, 6, 7, 12, 13, 14, 19, 20, 21, 26, 27, 28, July 3, 5, 10, 11, 12, 17, 18, 19, 24, 25, 26, 31, August 1, 2, 7, 8, 9, 14, 15, 16, 17-Aloha Luncheon. Class Times: 9:00 - 11:00

a.m. & 12:00 - 2:00 p.m. Place: Carole Kai Charities, Inc. Office, 418 Kuwili St., Suite 102. Classes are 2 hours and repeat classes are unlimited. Intermediate classes will be offered after mastery of basic skills is demonstrated.

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.