

Kaleidoscope

October 2017
Vol. XXVIII 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:

MCC restrooms will remain locked and will require a key to use it. Each classroom will have a set of keys for the women's and men's restroom. Please kokua and make sure that the keys are back in its place by the end of your class. Lost keys cost money to replace.

An Age-Friendly City for Kupuna to Keiki Project is asking for seniors to fill out their Kind2Kupuna: An Age-Friendly Business Initiative survey. Your open and honest response will help Age-Friendly Honolulu support businesses - from grocery stores and restaurants to hotels and healthcare facilities - and advocate for consumers of all ages. Surveys are available in the senior office. The results from these surveys will let businesses know how to accommodate seniors better.

EXCURSION SUGGESTIONS. We need more interesting excursions that can accommodate a large number of people so we can hire a bus. If you have any ideas, please let the senior office staff know so we can try to schedule an excursion.

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).

VOLUNTEER LEI MAKING PROJECT

The Lei Ilima Club is looking for volunteers to help make straw and finger yarn leis for the Kaneohe Veterans' Memorial. Members of the club will teach you how to make the leis. Leis need to be completed by the end of May. Leis will be used on Memorial Day, May 28, 2018.

Tuesday, October 10
9:30 a.m. - 11:30 a.m. MSC, room 202

THANK YOU. Many thanks to all the volunteers who helped at the Good Life Expo Senior Health Fair in September. Thanks to Gertrude, Florence, Grace and Frances for helping us man the info booth and thanks to all the performers who did a great job representing MSC.

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.

REMINDER!!!! No one from MCC is 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.

MAHALO! MAHALO! MAHALO! to performers:

- *April Chock's group at the Senior Health Fair.
- *Virg's Line Dancing members at the Senior Health Fair.
- *Niko Niko Genki Taisoo members at the Senior Health Fair.

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 and return them to you.

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.

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.

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:

HELP WANTED: MCC's Child Care Program is looking to hire a person to help another staff member with the children at Hokulani Elementary School, 7:00 a.m. - 8:00 a.m., Monday through Friday, except holidays. Even if you are interested but can work only certain days, please fill in an application so the Child Care Administrative staff can contact you.

THE MOILIILI BOOK REPRINTING PROJECT. NEW PAGES ADDED AND OTHER PAGES UPDATED. Everything you ever wanted to know about Moiliili. We need to raise at least \$2,500 in donations to have the book reprinted. Pre-publication : \$19.95 - expected distribution, Fall 2017. The after publication price will be \$25.00. Order forms are available in the main and senior office. Please write checks 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 ZOOKEEPER'S WIFE" (2017)

(2-hr. & 7-mins., DVD, Biography, Drama, History. Rated-PG-13 for thematic elements, disturbing images, violence, brief sexuality, nudity and smoking.)

Starring Jessica Chastain & Johan Heldenbergh. The Zookeeper's Wife tells the account of keepers of the Warsaw Zoo, Antonia and Jan Zabinski, who helped save hundreds of people and animals during the German invasion.

Date: Friday, October 27

Time: 12:00 p.m.

Place: MSC, room 202

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: Sat., Oct. 7 & Nov. 4

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, Oct. 5 (Adv) & Oct. 12 (Beg)

Time: 9:00 a.m.

Place: MSC, room 209

Cost: Supplies

WORKSHOP: CREATIONS BY AMY

By special request - Chex Party Mix is one of those infinitely flexible recipes. As a homemade party snack or gift, it doesn't get much easier. With the holiday season approaching soon, these would be wonderful additions to add to the holiday flair.

SIGN UP IS A MUST! Instructor: Amy Toba. LIMIT: 10

Date: Thursday, October 19 - Chex Party Mix

Date: Thursday, October 26 - To Be Announced. Watch for flyers.

Time: 9:00 a.m. Place: MSC, room 103 (Kitchen)
Bring: A bowl, large spoon, utensil to stir the ingredients and
pot holders.
Cost: \$9.00 supplies

**SEMINAR: HUMANA'S MEDICARE PLAN
FOR 2018**

Mel Fujimoto from Insurance Options Hawaii will be
informing you on what is being offered through the Humana
plan and the new benefits available.

Date: Tuesday, October 17
Time: 9:00 a.m. & 11:30 a.m. Place: MSC, room 104

SEMINAR: "BLOOD PRESSURE TOO HIGH!"

The doctor just said it, again. But what does that mean, really?
What is blood pressure? How can I change or reduce my
blood pressure? Why's it such a big deal, anyway? Anne
Chipchase from 'Ohana Health Plan, will answer these
questions and any others you might have. Come to the
seminar and learn.

Date: Friday, October 20 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: KIDNEY DISEASE

Please join Attention Plus Care as they host another Aging in
Hawaii Seminar on Kidney Disease. Call 440-9356 to RSVP.

Date: Tuesday, October 24 Time: 9:00 - 10:30 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: MEDICARE PLANS

All Medicare seminars will have a presentation done by a
Licensed Sales Agent of Financial Benefits Insurance, Inc.

Date: Friday, October 27, November 3, 17 & Dec. 1
Time: 9:00 a.m. - United Healthcare
Time: 11:30 a.m. - Humana Place: MSC, room 104

SEMINAR: BRAIN TRAINING

By the time people reach the age of 85 years old, about half
of them show some signs of dementia. Unfortunately there is
not any effective medication to cure Alzheimer's disease and
it is said that Brain Training is the only and very effective way
to prevent the effects of dementia. How does Brain Training
work for you to prevent dementia? By performing Brain
Training you have a better flow of blood in the brain and also
the cells of the brain become lively. As a result, you are able
to live a healthy life. Training consists of simple calculations
and physical exercises. The purpose to do these exercises is
not to show improvement in these physical activities but to
have a better blood flow in the brain, so you do not have to
worry at all if you do not perform well or do not show
improvement. The important thing is to continue to do the
Brain Training. You may not see results right away, but your
brain will become healthier and you can prevent the slowing-

down function of your brain and dementia. Seminar
conducted by Eisho Hayashi, MSC Brain Training Instructor
and Owner of Mother Hawaii Care Home and Junko Oh,
interpreter.

Date: Thursday, November 2 Time: 11:00 a.m.
Place: MSC, room 104 Cost: Donation

SCREENING: MEDICATION REVIEW

We are sorry to announce, that due to changes at Walgreen's,
they will no longer be available to do the medication reviews
at MSC until further notice.

**EXCURSION: BROOKLYN RAGA MASSIVE:
FROM TRADITION TO INNOVATION**

Based in Brooklyn, New York, Brooklyn Raga Massive visits
Hawaii for the first time to present both traditional and
contemporary music. They will highlight the sounds of
tradition Indian music (sitar lute, bansuri flute, tabla drums and
hammered dulcimer) and this program will include audience
participation. Sorry, no transportation service from MCC,
please meet the group in front of the theatre (Victoria Street).
Maximum: 15

Date: Monday November 6 Meeting Time: 10:00 a.m.
Showtime: 10:30 - 11:30 a.m.
Place: Doris Duke Theatre, Honolulu Museum of Art
Cost: FREE

EXCURSIONS: Sorry, no small group excursions for this
month due to the shortage of drivers. If you have any
suggestions for an excursion that you feel will have a good turn
out (about 50), let the senior staff know and we can hire a bus.

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

NEW CLASS: BEGINNER'S BUYO & ENKA under the
direction of Nobuko Yamaguchi. Fridays, 12:00 p.m. -
1:00p.m., Weinberg studio. This is a beginners traditional
Japanese dancing class. Please wear a happi coat, if you have
one. Class begins October 13. Instructors: Pat Enomoto &
Kazue Sato.

NEW CLASS: CARD GAMES by Glen Yasuoka. Games
to play include: Trumps; Spades; Solitaire; Crazy 8; Speed;
Match/Match; Paiute; and Poker. Class meets Mondays,
9:00 a.m. - 10:30 a.m., room 202, began September 11.

NEW CLASS: OKINAWAN DANCE. Tuesdays, 10:00
a.m. - 11:15 p.m., Weinberg studio. Class began September
19. Instructor: Kay Murata.

**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.

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.

Zenidaiko, Thursdays, 2:30 - 3:30 p.m., Weinberg Studio. Zenidaiko is Japanese folk dancing with sticks. More students welcome. Inst: Miekko Sato.

Zumba, Tuesdays, 11:30 a.m.- 1:00 p.m., Weinberg Studio. Zumba Class began September 15. A great combination of fun and fitness as you dance your way to a healthier you. Instructor: Grace Hada. Accepting more students.

***Adult Hula Auana** with Kumu Hula April Chock. Began 9/16, 10 weeks, Saturdays, 9:30 a.m. - 11:00 a.m., room 105. Learn modern hula. Wear loose clothing. Class Cost: \$20 - MSC seniors; \$35 - MCC members.

***Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class began Saturday, 9/23, 9:30 a.m. - noon and Wednesday, 9/27, 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 8/4, 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. Class Cost: \$20 - MSC seniors; \$30 - MCC members. No class on 10/6 & 10/13. Holiday 11/10. New session begins 11/17.

***Specialized Aerobics** with Faye Fukuhara. Mondays, 5:30 p.m. - 6:30 p.m., room 305, 10-week session begins Monday, 10/23. 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. Class 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 has informed MCC that there will be a temporary suspension of the lunch services provided at MCC effective October 2, 2017. This temporary suspension is due to a break in funding from the City and County of Honolulu starting October 1, 2017. If you are in dire need of meals, call LMOW at 356-8519, they may be able to help you.

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:

VOLUNTEER WANTED: Looking for someone to sew a blanket. MCC staff member is looking for someone to sew a blanket made out of her recently deceased companion's T-shirts. If interested, please see senior program staff.

FREE SMOKE ALARMS FOR SENIORS. No smoke alarms in your home? Are your smoke alarms over 10 years old? Have you tested your alarms this month? The American Red Cross of Hawaii and community partners are working together to install free smoke alarms in homes of seniors, families with children and those living on a fixed budget. The American Red Cross will be installing free smoke alarms on Saturday, October 7, 9:00 a.m. - noon. If you would like to be part of this free program, call the Red Cross at 739-8111. Leave your name, phone number and address. You will receive a call to schedule an appointment to install the smoke alarm.

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

BILMES, PONGSUWAN
CHOY, KAZUKO
CHUN, SHIRLEY
CUBA, LOUISE
DOI, MATSUKO
FUJIMORI, ANNAS.
FUJIMOTO, CATHERINE
FUTA, YOKO
HAMASAKI, JEANNE
INOUE, TOSHIKO
KAGAWA, ATSUKO
KAHILI, NAOMI
KAKU, FAYRENE
KAMA, EVA

KIM, RHONDA
KITAGAWA, ETHEL
KITAGAWA, HIROKO
KOBAYASHI, LOIS
KOBAYASHI, MYRTLE
LEE, SHON-NING
LEONG, EIKO
MEIER, CAROL
MINATO, SUSAN
MOGI, CAROL
MORITSUGU, JEAN
MURAMOTO, LILIA
MURATA, HELEN
NAGANO, CAROL

NAGANO, DORIS
NAKAGAWA, ANN
NAKASONE, KAREN
NAKATA, IKUKO
NIKI, KAREN
NISHIYAMA, DOROTHY
NODA, DORIS
OGAI, MASAKO
OGASAWARA, DIANE
OKAWA, JOANN
OTAGURO, KAREN
PABRO, VIRG
PEREIRA, EARNEST JR.
REMUS, GERD
RIKER, WILHELMINE

SAGARA, AKIKO
SAIGUSA, SACHIE
SHEROD, CASSANDRA
SHIKADA, BETTY
SHIROMA, JANET.
SUKITA, LISA
TAKAHASHI, YOSHIKO
TILTON, RUBY
TOMITA, TERESITA
TONG, CARL
WADZINSKI, TOMOKO
WONG, JOYCE
YOSHIKAWA, MIMI
YOUNG, GERALDINE

**Molilili Senior Center
Schedule of Special Events
October 2017**

*Days to remember in October:
10 - Discoverers' Day - Center OPEN
16 - Boss's Day
31 - Halloween*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
			Kupuna Independent Life Series 8:30 am Rm 104	Craft Workshop: Kumihimo - Adv 9 am Rm 209		Craft: Chigiri-e 9 am Rm 202
8	9	10	11	12	13	14
		Seminar: Humana's Medicare Plan for 2018 9 am & 11:30 am Rm 104	Kupuna Independent Life Series 8:30 am Rm 104	Workshop: Creations by Amy Chex Party Mix 9 am Rm 103	Seminar: Blood Pressure too High! 9:15 am Rm 105	
15	16	17	18	19	20	21
22	23	24	25	26	27	28
		Seminar: Kidney Disease 9 am Rm 105	Kupuna Independent Life Series 8:30 am Rm 104	Workshop: Creations by Amy To Be Announced 9 am	Seminar: Medicare Plans 9 am - United Healthcare 11:30 am - Humana Rm 104 Movie: "The Zookeeper's Wife" 12 pm Rm 202	
29	30	31	* Halloween Safety Month * National Breast Cancer Awareness Month * * Crime Prevention Month * Energy Awareness Month * Stress Awareness Month *			
		Happy Halloween!				

Moliiili Senior Center Class Schedule October 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 (Room 305)	FULL	8:00-9:30 Minyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	9:00-12:00 Painting (Room 207-8)
9:00-10:30 Card Games (Rm 202)	8:30-10:30 Crochet/Knit (Room 209)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Began 2012 (Room 105)	+Ribbon/Croch. (Room 102)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	9:00-10:30 Rhythm & Life (Adv. 1) (Room 305)	9:00-10:00 Tai Chi(108) (Room 305)	9:00-10:30 Rhythm & Life (Adv. II) (Room 305)	Began 8/4 (Room 102)
9:00-10:00 Tai Chi (108) (Room 305)	9:30-10:30 Zumba Gold (Room 105)	9:00-10:00 Group Singing (Weinberg)	Closed	9:30-10:45 Solo Ukulele II (Room 202)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:15-10:30 Minyo Danc(Beg) (Room 105)	9:00-10:30 Ukulele Prac. (Room 105)	10:00-10:30 R&L Chair Exer (Room 105)
10:00-10:30 R&L Chair Exer. (Room 105)	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)
10:15-12:00 Rhythm & Life (Adv. II) (Room 305)	10:45-11:45 Soroban (Room 209)	Began 9/13 Beginner's Line Dancing II (Weinberg)	12:00-2:30 Citizenship (Room 202)	11:00-12:00 Solo Ukulele I (Room 202)
12:00-3:00 Buyo & Enka (Weinberg)	11:30-12:30 Zumba (Weinberg)	10:00-12:30 +Jpns/Okwrm Doll Making & Oshie (Room 207-8)	Reminder: No class the last Thur. of the month.	12:00-1:00 Beginner's Buyo & Enka (Room 202)
5:30 - 6:30 +Spec. Aerobics Begins 10/23 (Room 305)	12:00 - 2:30 Citizenship (Room 202)	11:00-12:30 Rhythm & Life (Beginner) (Room 305)	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	Begins 10/13 (Weinberg)
	12:00-1:30 Karaoke (Room 209)	11:00-12:30 Rhythm & Life (Beginner) (Room 305)	2:30-3:30 Zenidaiiko (Weinberg)	12:00-1:30 Rhythm & Life (Adv. I) (Room 305)
	12:00-1:30 Kenbu Senbu Shigin (Room 207)	12:00 - 2:00 Ohana Karaoke (Room 209)		Closed
	12:00-1:30 Rhythm & Life (Adv. V) (Room 305)	12:00 - 3:00 Kitsuke (Weinberg)		Saturday
+ Tuition based classes. Walk-in fee \$5.	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)			9:30 - 11:00 +Adult Hula Auana (Room 105)
*DOE class - Sumie is provided by McKinley Community School for Adults - \$60				9:30 - 12:00 +Jpns/Okwrm Doll Making & Oshie (Room 207-8)

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

SOCIAL DANCE CLASS: The Kapiolani Ballroom Dancers of Honolulu Lions Club (KBDHLC) will conduct a six weeks Rumba dance class. The Class will begin on October 17, every Tuesday from 7:00 p.m. - 8:00 p.m., in MCC, room 105. This is a Latin dance which became popular in the thirties. The Rumba is danced on the beat of 1, which is the strongest, beat of the music. The three main characteristics of Rumba are: (1) the action in the feet and knees; (2) delay shift of weight; and (3) use of hip movement. Many of the steps are similar to the foxtrot. The instructors are Richard and Ruby Kazunaga. The cost for the session is \$24 per person and \$12 per person for Lions Club members. This is a great way to get some exercise, meet friends, and just have fun.

2017 MAYORS CRAFT AND COUNTRY FAIR,
November 18, 9:00 a.m. - 1:00p.m., NBC, Exhibition Hall.
Entertainment, crafts and white elephant sales. The Mayors Craft and Country Fair is hosting a new Holiday Wreath Contest this year open to any senior citizen or senior citizen groups residing on Oahu. Entrants may submit more than one entry. Dr. Cecile Sebastian is the sponsor for the event and will be awarding 3 awards. Entry forms with complete details are available in the senior office.



Honolulu Community Action Program

Kupuna Independent Life Series

Fall 2017

The Kupuna Independent Life Series is a comprehensive approach to assisting seniors, age 55+ with health education, support for living productive independent lives, and proactive engagement in the community


Fall Series Schedule:


Every Wednesday from 8:30am - 12:30pm


September 6 - December 13, 2017

Location:

Moiliili Community Center (room 104)
2535 South King Street
Honolulu, HI 96826

 [Facebook.com/HCAPhi](https://www.facebook.com/HCAPhi)

 [Twitter.com/HCAPhi](https://twitter.com/HCAPhi)

 [Instagram.com/HCAPhi](https://www.instagram.com/HCAPhi)

For questions or additional information, please contact:

HCAP's Leahi District
Service Center
(808) 732-7755

Kupuna Independent Life Series
 September 6 - December 13, 2017
 Moiliili Community Center, Room 104
 8:30 a.m. - 12:30 p.m.

Sign up in the senior program
 office, room 203.

Schedule for the day:

8:30 - 9 - Exercise/Breakfast/Opening
 9 - 10 - Health Workshop
 10 - 11 - Break/Social Workshop
 11 - 12:30 - Lunch/Support Group/Craft

Date

Health Workshops

Social Workshops

Support Group Topics

10/4/2017	Obesity & Nutrition - Chaminade University	SNAP ED	The hardest thing about living with family/living alone is ...
10/18/2017	Diabetes/Cooking Demo - National Kidney Foundation	SNAP ED	How is your relationship with your children or family?
10/25/2017	Wound Care for Diabetics - QMC	SNAP ED	The key to a successful marriage/relationship is?
11/1/2017	Brain Health - UH Center on Aging	SNAP ED	If there's something you could do differently, what would it be?
11/8/2017	Alzheimer's Disease - Alzheimer's Association of HI	Okada Natural Healing - MOA Hawaii	As a caregiver, what is the hardest thing you've had to do?
11/15/2017	Conditions Caused by Obesity - Chaminade University	Fall Prevention - Project Dana	How do you feel about where you are now?
11/22/2017	Arthritis - Arthritis Foundation	Disaster Preparedness - American Red Cross	How have you dealt with the death of a loved one?
11/29/2017	Arthritis Treatments	Grief and the Holidays - St. Francis	What is your biggest life accomplishment?

NOTE: This schedule is tentative and may change.