



Kaleidoscope

February 2018
Vol. XXIX No. 2

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 all the volunteers who helped with the PacTeleCom shell lei labeling project. Your 3-day work effort completed over 2,200 leis.

Rhythm & Life Chair Exercise Class will join a few of the Rhythm & Life students from Japan, Mr. Toyoda & Matsumoto sensei in the Honolulu Festival Parade on March 11 on Kalakaua Avenue (Saratoga Road to Kapiolani Park). If you are interested in walking in the parade, contact Faye Murata at 735-1323. Parade practice will be on Saturday, March 10 at 2:00 p.m. at MCC in room 105.

Lei 'Ilima Club would like to thank you for your generous donation of time and supplies to make the leis for Memorial Day. We appreciate you and will continue to offer periodic craft workshops. Details of our next workshop:

Date: Tuesday, February 13

Time: 9:30 - 11:30 a.m.

Place: MSC, room 202

What to Bring: Scissors and a long large eye needle to be used for a sakura plastic canvas yarn project. Please sign up to attend at the senior office.

Thank you MCC seniors for making over 3,200 yarn leis to be placed on the Kaneohe veterans' graves on Memorial Day. We will now be focusing on making ti leaf leis as Foster Gardens had asked for our help in donating ti leaves and making 20 inch ti leaf leis to place around the flag at each grave at Punchbowl Cemetery. The goal is to make 7,000 ti leaf leis which are made ahead of time and stored in the freezer. In addition to ti leaf leis, they make plumeria leis in May. Please begin dropping off ti leaves and completed leis at the senior office. Lei 'Ilima Club will also be conducting monthly ti leaf lei workshops until mid-May. Please sign up to attend in the senior office.

Dates: Tuesday, February 20 & March 6

Time: 9:30 - 11:30 a.m. (You can come and go anytime between these hours.)

Place: MSC, room 202

MCC Restrooms : We are still working on the locked doors. For the safety of all, please do not prop the doors open. Each classroom has a set of keys for the restrooms. 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.

**District 50 Hawaii Lions Senior Health Fair
for MSC Participants, Family & Friends at MCC
Tuesday, February 27**

8:00 a.m. - 11:30 a.m. Room 105

Take the morning off and stop by MCC's Health Fair. Walk around and get checked out and pick-up information. Sponsored by the District 50 Hawaii Lions

WANTED: Looking for the Japanese game "GO" volunteer instructor. Anyone know how to play "GO"? We have the boards and we want them to be used. If interested, see staff in the senior office.

EXCURSION SUGGESTIONS. We need 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: MOILIILI 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 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 \$35.00 for 2018. 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.

VOLUNTEER WANTED: We are looking for a volunteer to answer our telephone reassurance calls on THURSDAY mornings from 7:45 a.m. - 9:00 a.m. We currently check on 7 seniors Monday through Friday mornings by phone. These seniors live alone and we check in on them to see if they are okay. If you have some time before your class begins and interested in volunteering, please inquire in the senior office.

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.

ATTENTION Seniors! When paying by check for your Moiliili Community Center membership and including a donation to the senior program, please make a note on the membership/donation envelope that the donation is for the Moiliili Senior Center. If you are making a donation to the Community Center, then you do not need to make any notations. Reminder - **ALL** checks must be written to: **MOILIILI COMMUNITY 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.** All Senior Center participants are asked to pay the MCC membership fee of \$35.00.

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.

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. 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. Also, each participant must have an updated registration. If there are any special needs, please let the staff know about it before the excursion.

A REMINDER: Sign up for any of the special activities noted, such as seminars, workshops, and 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: "GEOSTORM" (2017)

(1-hr. & 49-mins., DVD, Action, Sci-Fi, Thriller. Rated PG-13 for destruction, action & violence.)

Starring Ed Harris & Andy Garcia. When the network of satellites designed to control the global climate starts to attack Earth, it's a race against the clock for its creator to uncover the real threat before a worldwide Geostorm wipes out everything and everyone.

Date: Friday, February 23
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.

Date: Saturday, February 3 & March 3

Time: 9:00 a.m. Place: MSC, room 202
Cost: Supplies LIMIT: 12 people

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, Feb.1(Adv) & Feb. 8(Beg)

Time: 9:00 a.m. Place: MSC, room 209
Cost: Supplies

WORKSHOP: CREATIONS BY AMY BARA ZUSHI

Bara means "scattered" with lot of vegetables mixed in. The colorful toppings look festive and spring like. This dish is made to celebrate school graduations, school entrances and girls' day festival (Hana Matsuri). The school year in Japan begins in April and ends in March. It's mom's cooking, not fancy, but it still looks and tastes delicious. LIMIT: 10 people

Date: Thursday, February 15 Time: 9:00 a.m.
Place: MSC, room 103 (Kitchen) Cost: \$9.00

BRING: Rice paddle (sakushi) & kitchen knife

MAGTABLES

Felt veggie magnets would look adorable on your refrigerator. These veggie are used to hang up messages, your favorite photos or even important events. LIMIT: 12 people

Date: Thursday, February 22 Time: 9:00 a.m.
Place: MSC, room 209 Cost: \$10.00

BRING: Hand sewing needles (about 6), Pin Needles (about 6), Sharp scissors, Pin cushion, Plastic container (with cover) to store your felt veggies.

SEMINAR: FINAL EXPENSE INSURANCE

Are you aware of the high costs of dying in Hawaii? Do you know the amount of your social security death benefit? Have you made any plans for your loved ones to cope with your final expenses? What can you do with final expense insurance

now? What are its benefits and how does it work? What if you are seriously ill (like cancer, stroke, heart attack and others), and have been turned down by insurers before? Can you still acquire final expense insurance at age 80 or older? If you'd like to know the answers, please come to the Final Expense Insurance Seminar. Seminar presented by independent insurance agents, Robert Z. Wu & Lucy Liu Shen, both experienced in helping seniors.

Date: Friday, February 16
Place: MSC, room 104

Time: 9:30 a.m.
Cost: Donation

SEMINAR: HEART HEALTHY LIVING

According to the American Heart Association, one of every three deaths in the U.S. in 2013 were from heart disease, stroke or other cardiovascular diseases. Attend this seminar and hear from the experts on simple ways to strengthen your heart and live healthy. Please join Attention Plus Care as they host another Aging in Hawaii Seminar on Stroke. Call 440-9356 to RSVP.

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

SEMINAR: LET'S TALK ABOUT THE FLU!

This year's flu season is the worst in a long time. If you haven't had your flu shot this year (and every year) you ought to get with it! But there is much that we can do beyond the important step of the vaccination. We will discuss all the ways we can help ourselves fight the flu. Presented by Anne Chipchase of 'Ohana Health Plan.

Date: Friday, March 2
Place: MSC, room 105

Time: 9:15 a.m.
Cost: Donation

EXCURSION: CHERRY BLOSSOMS IN WAHIAWA

This excursion is dependent on weather conditions and bloom time of the trees. We will travel through Wahiawa, stopping along the roadside for photo taking and picking up Sunnyside pie orders. Lunch on your own at Mililani Towne Center. Pie menu is available on the sign up board. Pie orders due by noon February 6.

Date: Thursday, February 8
Departure Time: 8:15 a.m. Return Time: 12:30 p.m.
Cost: \$5.00 - Trans. Donation

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

NEW CLASS: TAI CHI WITH FAN & SWORD, Mondays, 7:30 - 8:00 a.m., room 305. Learn basic Tai Chi while using a sword and fan. Class begins February 5. Instructor: Ken Koike.

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 began 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, started 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 usually meets when there is no seminar scheduled in room 105 but for this month, we will move the Zumba Gold class to room 207-208 when room 105 is unavailable.

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

***Adult Hula Auana** with Kumu Hula April Chock. Begins 2/10, 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, 1/20, 9:30 a.m. - noon and Wednesday, 1/24, 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. Begins 2/9, 10 weeks, Fridays, 9:30 a.m. - noon, room 102. Bring sharp pair of scissors, ruler, container, and ballpoint pen. Supplies payable to instructor. New students must register before the session starts. Class 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, 10/30. 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 resumes Feb. 5.

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.

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. Stop in and you'll find specially priced Christmas wrapping, ornaments, boxes, bows and tissue paper, lights, felt bags, and 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.

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

AKITA, SHARLENE
BAER, MITSUKO
CASSEL, RIE
CHANG, LUCY
CHONG, LOIS
CHUN, MA-JA
CHUN, MYRA
CUARESMA, JOSIE
EBESU, GERTRUDE
FUJIKAKE, DANA
HASEGAWA, LILY
HORIKAMI, SETSUKO

IMADA, FUSAE
INAMINE, YURIKO
IWASAKI, CAROL
KAGENO, HIEU
KAKIBATA, TOSHIKO
KAUKALI, JOHN
KNORR, SUZANNE
KOGA, HISAKO
LYAU, RAYMOND
MATSUMOTO, PATRICIA
MIURA, CARLTON
MIYAHARA, DOROTHY

MIYASATO, GEORGE
MIYOI, NANCY
MORITO, EDITH
NAKAMURA, KIE
NIIMI, KIMIYO
OKAYAMA, MILDRED
OLLER, LUCIA
OMAN, MIU-LAN
OTA, FRED M.
POHLABEL, TOMI
SAIDA, MICHIKO
SAKIHARA, GAIL
SAKUMOTO, GLENN
SHIBASAKI, SANDRA

SHON, DOREEN
SILVA, SADIE
SUENAGA, VIVIAN
SUZUKI, MITSUKO
TAKAHASHI, SHIGEKO
TAKAHASHI-VIVEIROS,
MIRIAM
TAKAMORI, LILY
TENGAN, BETTE
TERAMAE, CHIEKO
TERAMAE, KYOKO
TOYAMA, NOBUKO
YAMASHITA, EILEEN

**Moiliili Senior Center
Schedule of Special Events
February 2018**

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

*African American History Month * American Heart Month *						
* American History Month * National Snack Month *						
4	5	Sunnyside pie orders due by noon	Kupuna Independent Life Series 8:30 am Rm 104	Craft Workshop: Kumihimo - Adv 9 am Rm 209	2	Craft: Chigiri-e 9 am Rm 202
11	12	Seminar: Smart Phone Workshop for Waitlisted People 11 am Rm 202 FULL	Lei 'Ilima Club Appreciation Craft Workshop 9:30 - 11:30 am Rm 202	Excursion: Cherry Blossoms 8:15 am Craft Workshop: Kumihimo - Beg 9 am Rm 209	1	9
18	19	HOLIDAY! Presidents' Day Center Closed	Seminar: Heart Healthy Living 9 am Rm 105 Lei 'Ilima Club Ti Leaf lei Workshop 9:30 am Rm 202	Workshop: Creations by Amy - Bara Zushi 9 am Rm 103	15	Seminar: Final Expense Insurance 9:30 am Rm 104
25	26	District 50 Hawaii Lions Senior Health Fair 8 am - 11:30 am Rm 105	Kupuna Independent Life Series 8:30 am Rm 104	Workshop: Creations by Amy - Magtables 9 am Rm 209	22	16
27	28	20	21	22	23	24

Days to remember in February:
 2 - Groundhog Day 17 - Random Acts of Kindness Day
 14 - Valentine's Day 19 - Presidents' Day - CENTER CLOSED.

*Canned Food Month *
 *National Cherry Month *
 *Potato Lovers Month *
 "Kaleidoscope" is published monthly,
 written/edited by the senior staff. MSC
 Interim Director/KSP Director, Rachel
 Yamashita; Program Staff - Paula
 Regidor, Akira Goto & Judy Nakamoto.

Moliiili Senior Center Class Schedule February 2018

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)
7:30-8:00 Tai Chi w/ Fan & Sword (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)
Begins 2/5 (Room 305)	9:00-10:30 Rhythm & Life (Adv. II)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Ukulele (Beg) (Room 105)	9:30-12:00 +Ribbon/Croch. Lei Making (Room 102)
8:00-9:00 Beg. Tai Chi Began 2014 (Room 305)	Closed. 9:30-10:30 Zumba Gold (Room 105)	9:00-10:00 Tai Chi(108) (Room 305)	9:00-10:30 Rhythm & Life (Adv. IV) (Room 305)	Begins 2/9 (Room 102)
9:00-10:30 Card Games Began 9/11 (Rm 202)	2/6 & 2/13 2/20 & 2/27 (Room207-8)	9:00-10:00 Group Singing (Weinberg)	Closed 9:00-10:30 Ukulele Prac. (Room 105)	9:30-10:45 Solo Ukulele II (Room 202)
9:00-12:00 Haw'n Quilt Bee (Rm 209)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:15-10:30 Minyo Danc(Beg) (Room 105)	9:30-10:30 Brain Training (Room 202)	10:00-10:30 R&L Chair Exer (Room 105)
9:00-10:00 Tai Chi (108) (Room 305)	10:00-11:15 Rhythm & Life (Beginner) (Room 305)	9:30-11:30 *Sumie (Room 209)	10:30-12:00 Rhythm & Life (Adv. V) (Room 305)	11:00-12:00 Solo Ukulele I (Room 202)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	10:30-12:00 Soroban (Room 209)	10:15-11:45 Line Dancing II (Weinberg)	Closed. 12:00-2:30 Citizenship (Room 202)	12:00-1:00 Beginner's Buyo & Enka (Weinberg)
10:00-10:30 R&L Chair Exer. (Room 105)	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)	Began 10/13 (Weinberg)
10:15-12:00 Rhythm & Life (Adv. IV)	12:00 - 2:30 Citizenship (Room 202)	Began 1/24 Rhythm & Life (Beginner) (Room 305)	Reminder: No class the last Thur. of the month. Zenidaiko (Weinberg)	12:00-1:30 Rhythm & Life (Adv. III)
Closed. (Room 305)	Began 1/23 Karaoke (Room 209)	11:00-12:30 Ohana Karaoke (Room 209)	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	Closed. (Room 305)
12:00-3:00 Buyo & Enka (Weinberg)	12:00-2:00 Kenbu Senbu Shigin (Room 207)	12:00 - 3:00 Kitsuke (Weinberg)	2:30 - 3:30 Zenidaiko Beginners (Weinberg)	
5:30 - 6:30 +Spec.Aerobics Began 10/30 (Room 305)	12:00-1:00 Shigin (Room 207)			
Resumes 2/5.	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)			
+ Tuition based classes. Walk-in fee \$5.				
*DOE class - Sumie is provided by McKinley Community School for Adults - \$60				

49th ANNUAL SENIORS VALENTINE DANCE, Tuesday, February 6, 9:00 a.m. - 12:00 p.m., NBC Exhibition Hall. Make sure to bring your dancing shoes and be ready to boogie down to music by the Royal Hawaiian Band. Admission is FREE. Sponsored by the Dept. Of Parks & Recreation. For more information, call 768-3045.

29th SILVER STREAKS SUNRISE WALK FOR SENIORS, Saturday, February 17, 6:45 a.m. - Walk numbers distributed, 7:15 a.m. - Warm-up, 7:30 a.m.

- Walk begins. Meet at McCoy Pavilion, Ala Moana Beach Park. Participants must be 55 years or older. Entry fee is \$20. Please make checks payable to: Hawaii Recreation and Parks Society. The 2-plus mile course is around Ala Moana Park. Enjoy refreshments, entertainment, a goodie bag, door prizes and more. To enter, an entry form must be filled out, signed and mailed, along with the check, to Silver Streaks, P.O. Box 283208, Honolulu, Hawaii 96828 OR sign up in person on the day of the event. For more information, leave a message at 683-6590 or email hrps@hawaii recreation parks society.com



Honolulu Community Action Program

Kupuna Independent Life Series Spring 2018

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
January 31—April 25, 2018

Location:

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



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For questions or additional information, please contact:

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