



Kaleidoscope



December 2014
Vol. XXV 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 very Merry Christmas and a Healthy and Happy New Year!

Welcome Elaine! Join us in welcoming Elaine Lau, our driver/program assistant. The best way to describe her is to say that she is a crafter, baker, driver, mother and grandmother. She is also a member of the Kapolei City Lions Club where she actively works on various volunteer projects. Welcome aboard Elaine!!

Winter Break: all MSC classes will be on vacation from **December 22 - January 9**. Only Lanakila Meals on Wheels and Chair Exercise classes 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.

MSC Craft Sales - Thank you to all who donated items for our sales. In November, we sold our crafts at the Sheraton Hotel and at the Mayor Craft & Country Fair. We grossed over \$1200. The monies go to our operational costs. Thank you to all the volunteers who worked so hard to make our sales successful. From the pricers to the sellers, we couldn't have done it without all your help.



Our Sales are not done yet. We will be participating in the "Christmas in Honolulu" craft fair, Tuesday, December 2 at JCCH Ballroom, 5:00 - 8:30 p.m. We will also be selling our crafts at the end of the same week at the center. See below for more details.

MSC Christmas Craft Sale

Thursday, December 4 & Friday, December 5
9:00 am - noon, room 209

Get your Christmas shopping done while helping the senior program. Volunteers wanted to help with set up, sales, food prep, food sales and breakdown. Food sales will be from Wed., December 3 through Fri., December 5. Sign up in the senior office.

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. Articles have been missing.

Kupuna Support Program & Moiliili Senior Center

presents...

A Performance by Halau Hula O Manoa

Mon., December 8 12:15 - 1:00 pm Room 105
A real holiday treat! Traditional Hawaiian and Christmas music and dance presented by internationally famous *kumu hula* Kilohana Silve and her Halau Hula O Manoa, which was founded 20 years ago as the first hula school in France.

Moiliili Senior Center is always in search of teachers or group leaders to expand our program. Have a special talent and is willing to teach for the satisfaction of sharing but without monetary compensation. Contact the Senior office, room 203, and "talk story" with staff.

RHYTHM & LIFE CHAIR EXERCISE CLASS

presents

Christmas Program

Friday, December 19, 2014

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

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

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. 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 \$25.00 for 2015. For those who may find this difficult, please see Program Director.



MAHALO! MAHALO! MAHALO! to performers:

- *Minyo dancers at Hale Malamalama.
- *RLC Niko Niko Genki Club members at Lanakila Senior Center, Makua Alii, Makiki Christian Church, Magic Island, One Kalakaua, Central Union Church and Kuakini.

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:



MCC'S 69TH ANNUAL MEETING, Sunday, January 25, 2015, from 8:30 to 10:30 am, MCC, room 105. Included in the agenda is the election of next year's officers, directors and trustees, to be voted on by the Center's 2015 members. Also on the agenda is a ceremony to honor MCC's "Volunteer of the year" and staff members

celebrating work anniversaries. RSVP by Sunday, January 18, call 955-155 or email office@moiliilicc.org. This is your chance to be heard and participate in the future of MCC.

NOTICE: For the safety of MCC patrons, any vehicles coming on to MCC property via the **WRONG WAY** (through the one way street) will be given a warning. If there is 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: "JERSEY BOYS" (2014)

(2-hrs. & 14-mins., DVD, Biography, Drama, Music.
Rated R - for language throughout.)

Starring John Lloyd Young & Erich Bergen. The story of four young men from the wrong side of the tracks in New Jersey who came together to form the iconic 1960's rock group *The Four Seasons*. **Yukimi Fujikawa.**

Date: Friday, December 19

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, December 6
Place: MSC, room 202

Time: 9:00 a.m.
Cost: Supplies

Date: Tuesday, December 9
Place: MSC, room 202

Time: 9:00 a.m.
Cost: Donation

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 22(Beg) & January 15(Adv)
Time: 9:00 am
Place: MSC, room 209
Cost: Supplies

SEMINAR: HOLIDAY FEASTING



The holidays always seem to be so hard for those of us who want to stick to a healthy diet. The temptations abound from pumpkin pie to shrimp tempura to turkey with mashed potatoes and gravy! What is a person to do? It takes a little planning, but there are many great tasting, special foods that will not break the food bank. Join Anne Chipchase of 'Ohana health Plan as she demonstrates some of the *oishi* goodies. Samples will be distributed!

Date: Friday, December 12
Place: MSC, room 105
Time: 9:00 a.m.
Cost: Donation

CRAFT WORKSHOP: BEADING

January's beading project is a bracelet. LIMIT: 15
Date: Thursday, January 29
Place: MSC, room 209
Time: 9:00 a.m.
Cost: Supplies

SEMINAR: HMSA AKAMAI ADVANTAGE SENIOR HEALTH PLANS

Come and learn about the updates and changes for 2015. This seminar will benefit HMSA's existing Akamai Advantage members because you will learn about the changes for the upcoming year and how it may effect you. Presented by Aaron Fukuda, Premier Benefit Consultants.

Date: Wed., December 3
Place: MSC, room 209
Time: 10:00 - 11:30 a.m.

FREE MESSAGES

Rieko Tanaka is offering FREE 10 - 15 minute massages when she is at the center in or by the courtyard. Rieko's mother was a past participant in the program and Rieko would like to "give back" to the seniors by offering massages. Rieko frequently travels. Therefore, her schedule varies. Some days her schedule will be set but some days if you happen to see her in the courtyard, please feel free to get a massage. We will also post notices on our bulletin boards when she is at the center.

Place: MCC, Courtyard area or 2nd floor
Dates: December 1, 2, 3 & 4
Time: 9:00 - 10:30 a.m.

SEMINAR: HUMANA

Questions about Medicare? Get Answers! Open enrollment is the time of year when you can enroll in or change your Medicare plan. Attend this seminar to find out if the Humana Plan can help you. Seminar conducted by Representatives from Financial Benefits Insurance Company.

Date: Thursday, December 4
Place: MSC, room 104
Time: 9:00 a.m.



SEMINAR: KIDNEY INTERACTIVE WORKSHOP & INFORMATION



Do you want to learn why kidneys are so important for your health? Feel like eating healthy is difficult? Learn tips on how to stay on track for you, your friends and your family. Sponsored by the National Kidney Foundation of Hawaii.

Date: Fri., December 5
Place: MSC, room 104
Time: 11:00 a.m.-1:00 p.m.

SEMINAR: DENTAL & VISION INSURANCE

Thinking of a Dental & Vision plan? Mel Fujimoto from Financial Benefits Insurance, Inc., will explain to you what Spirit Dental & Vision Insurance Plan offers.

Free 3-MINUTE MASSAGE by Sadaji Oi, licensed massage therapist who studied Swedish massage, lomi lomi, and shiatsu. Suggested: \$1/min. after first 3 minutes. Call 599-4237 for an appointment, leave a message. If no appointments are scheduled, Sadaji will not come.

Date: Thursdays
Place: MSC, room 303
Time: 10:30 - noon

HAIRCUTS! For men and women by Terri Mershon, \$9.00 fee, by appointment only. Call that morning to confirm if Terri is available, she is on-call for filming. **Mary Crane.**

Date: Wednesday, December 10
Time: 9:00 a.m. - noon
Place: MSC, room 102

EXCURSION: CHRISTMAS SHOPPING SPREE #1 (LEEWARD)



Time for our annual Christmas shopping spree with stops at Kapolei Target, Walmart and Waikale Shopping Center. Lunch on your own at Waikale. **MAXIMUM: 14.**

Date: Thurs., December 11
Return Time: 2:00 p.m.
Departure Time: 8:30 a.m.
Cost: \$5.00 (Trans.)

**EXCURSION: CHRISTMAS SHOPPING
SPREE #2 (WINDWARD)**



As requested, we will take a trip to Windward Mall for more Christmas shopping. **MAXIMUM: 14.**
Date: Thurs., December 18 Departure Time: 9:30 a.m.
Return Time: 1:00 p.m. Cost: \$5.00 (Trans.)

Specialized Aerobics with Faye Fukuhara. Mondays, 5:30 pm - 6:30 pm, room 305, 10-week session begins 12/8. Excellent class for all ages, focuses on cardio exercise, muscle tone, range of motion, warm-ups, floor exercise, & cool downs. Bring towel/water. Cost: \$30 - MSC & MCC members; \$40 - Non-members.

**CLASS/ACTIVITY ANNOUNCEMENTS: Sign up
Senior Office, rm. 203**

SOLO UKULELE I & II; Classes begin January 16, 2015. Classes are in two 8-week sessions, room 202. SUI - 9:30 - 10:45 am; SUII (must complete SUI and instructor must approve advancement.) - 11:00 - 12:15 pm. 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. Maximum: 12 students per class.

Japanese/Okinawan Doll Making, Oshie & Kimekomi with Masako Ogawa. 6-week class will begin Wednesday, February 4, 2015, 10 am - 12:30 pm and Saturday, February 7, 2015, 9:30 am - noon, 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.

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.

CROCHET/KNIT CLASS, Tuesdays, 8:30 - 10:30 am, room 208. **WE HAVE TEACHERS!!!!** Madge Kanno and Matsue Nishimura will be teaching those who want to learn the basics of knitting and crocheting.

Ribbon/Crochet Lei Making with Coryn Tanaka. Began 10/25, 10 weeks, Fridays, 9:30 am - 12 noon, room 102. Next session begins in January. Bring sharp pair of scissors, container, and ballpoint pen. Supplies payable to instructor. Cost: \$20 - MSC seniors; \$30 - MCC members; \$35 - Non-members.

Looking for a volunteer to assist and serve lunches to participants on Mondays and Thursdays from 10:30 a.m. to 12:00 p.m.



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 \$5 or more.

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
ARAKAWA, HARUKO
BALBUENA, STANLEY
BALINSKI, VIRGINIA
BOYD, REIKO
CAULFIELD, MARILYN
CHANG, CHIN-PAEK
CHOCK, TERUMI
CHU, TSAN HSIN
FUJIOKA, GRACE
HAKODA, WINIFRED
HARADA, HELEN



HIRATA, JANET M.
HOSAKA, JACK
HUI, YIN-FAN
IKEDA, PHYLLIS
INATSUKA, TAKAYO
ITOKAZU, KIMIKO
KAMALU, MARION
KATO, PATSY
KOBAYASHI, HERBERT K.
KODAMA, ELAINE
LEE, EVELYN
LINDENBERGER, ERIKA



LIU, PATRICE
MATSUNAGA, LINDA
MATSUOKA, KIMIKO
MATSUURA, HARRIET
MORGAN, ANNE
MORITA, KUNI
NAKAMA, MARY
NISHIOKA, ELAINE
OJIMA, MARGARET
OKAMOTO, AILEEN
OSATO, JANE
PARK, MATSUE
ROSS, YUKIKO



SAITO, MASAKO
SNYDER, MIYO
TAHARA, SUSAN
TAKEDA, FREDERICK
TANAKA, ALMA
TERADA, TAKESHI
TOKURA, DOROTHY
TYLER, LOIS
UEMURA, GEORGE
YAMADA, BARBARA
YAMAMOTO, KENNETH
YOKOTA, HISAKO
YOSHIMURA, MIYOKO

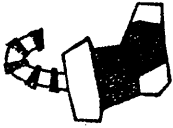
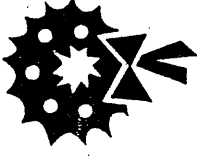
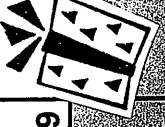


**Moiliili Senior Center
Schedule of Special Events
December 2014**



Days to remember in December:

- 12 - Poinsettia Day
- 21 - Winter begins
- 24 - Christmas Eve
- 25 - Christmas Day - CENTER CLOSED
- 31 - New Year's Eve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Free Massages by Rieko 9 - 10:30 am 1	Free Massages by Rieko 9 - 10:30 am Craft Fair 5 - 8:30 pm Japanese Cultural Center of Hawaii 2	Seminar: HMSA Akamai Advantage Senior Health Plans 10 - 11:30 am Rm 209 Free Massages by Rieko 9 - 10:30 am 3	Seminar: Humana 9 am Rm 104 Free Massages by Rieko 9 - 10:30 am MSC Craft Sales 9 - noon Rm 209 4	Seminar: Kidney Interactive Workshop & Information 11 am - 1 pm Rm 104 MSC Craft Sales 9 - noon Rm 209 5	Craft: Chigiri-e 9 am Rm 202 6
 7	Performance: Halau Hula O Manoa 12:15 - 1 pm Rm 105 8	Seminar: Dental & Vision Insurance 9 am Rm 202 9	Haircuts 9 am Rm 102 10	Excursion: Shopping Spree #1 (Leeward) 8:30 am Chair Massage 10:30 - noon Rm 303 11	Seminar: Holiday Feasting 9 am Rm 105 12	13
14	15	Blood Pressure Reading 8 am 16	 17	Excursion: Shopping Spree #2 (Windward) 9:30 am Chair Massage 10:30 - noon Rm 303 18	R&L Chair Exercise Christmas Program 9:30 - 10:45 am Rm 105 Movie: "Jersey Boys" 11:15 am Rm 207 19	 20
21	22	23	24	HOLIDAY! Christmas Day Center Closed 25		26
28	29	30	New Year's Eve 31	Classes will end the week of December 15 and resume the week of January 12, 2015. Individual classes may end and resume on different dates. Check with instructors/leaders for return dates.		27

