



# Kaleidoscope

March 2019  
Vol. XXX No.3

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:

**FACILITY UPGRADES CONTINUE...** Within the next few months, MCC will be working around the studio. Be prepared for less parking spaces during the construction.

Thank you to the Manoa Lions for sponsoring the February Health Fair. We had a great turn out. Seniors collected valuable information and everyone enjoyed the ice cream from Central Pacific Bank. Thank you to all the volunteers who contributed to making this event a success.

**PARKING ALERT!** March 18 -22 is Spring Break for the children, which means parking will be limited because the children will be at MCC for the all-day care program. Please carpool, be dropped off, take the bus, or walk. We appreciate your cooperation.

**MSC Rummage Sale**  
**Monday, March 11 through Wednesday, March 13**  
**9:00 a.m. - Noon Parking Garage**  
Find bargains galore! Kitchen ware, clothes, books, fabric and more. Volunteers needed to help with set up, selling, and break down. Sign up in the senior office.  
**REMINDER: BRING YOUR OWN BAGS.**

**WAIVERS** - MCC/MSC has a new insurance company and **ALL** participants must fill them out. We ask that students and instructors turn the forms in as soon as possible. If you received a waiver form and turned it in to the MSC office, you do not need to fill another one out for another class. Forms are in your attendance folders and in the senior office. Thank you for your cooperation.

**Rare Disease Day Awareness Fair**  
**Monday, March 25**  
Time to be determined. Look for flyers.  
MCC, Ground Floor  
Informational Booths. A place to receive rare disease support.

**Be Careful!!!!** Last year several participants fell and hurt themselves. Please be aware of yourself and know your

limitations. For some people, it may mean moving from a cane to a walker, not spinning around in exercise class, wearing proper footwear, feeling steady/balanced before moving, or knowing when to rest. **PLEASE!!!** Be careful. We want you to keep coming to the center for as long as you are able.

**REMINDER:** Please check your name off in the attendance folder for each and any class you attend. We need to do reports every month and we ask that you be counted. This will help us reach our contract goals. Thank you for your cooperation.

**Hopping Pocket Workshop**  
In partnership with Temari Hawaii  
Sunday, March 24 & 31  
9:00 - 11:00 a.m. MCC, Room 209  
Class Fee: \$20, payable to MCC; supply Fee: \$10, to be collected at 3/24 session  
Limit: 15 participants.  
Pick a bundle of fabrics assembled by MCC Senior Center volunteers to make a portable pocket that hops from one tote to another. Just slip this lined organizer over the handles of any carrier bag.  
  
Temari instructor, Laurie Wong, discovered this ingenious pocket when she attended the 18<sup>th</sup> Tokyo International Quilt show this past January. With clever adjustments, her latest samples are now even more functional and versatile.  
Bring hand-sewing equipment. Included in the Supply Fee are buttons and trims that you will also select.  
Call MCC at 955-1555 to register.  
See photos of the Hopping Pocket at [Temarihawaii.org](http://Temarihawaii.org)

Moiliili Community Center shirts are for sale in the main office for \$10. If you would like to purchase a shirt, please see the staff in the main office.

**MAHALO! MAHALO! MAHALO! to performers**  
**\*Heels N' Harmony & Na Kupuna O Moiliili members @ Kilohana Senior Enrichment Center.**

### Lei 'Ilima Club Service Project Workshops

Scheduled workshops in Room 202 for ti leaf lei making for Memorial day in partnership with Foster Gardens:

March 5 & 19 (9:30-11:30)

April 2 & 16 (9:30-11:30)

Ti leaf donations are welcomed. Please drop them off at the senior office **only** on the morning of the ti leaf workshops.

Please register for the workshops at the senior office to ensure that supplies will be available.

**MCC Restrooms** : For the safety of all, please do not prop the doors open. Each classroom has 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.

Do you need a ride to your doctor's appointment? Carrying all those shopping bags home too difficult? We can help! MSC's Assisted Transportation service provides transportation for registered MCC/MSM members to and from their appointments with a MSC staff member as an escort. Transportation services are available from 8:00 a.m. to 2:00 p.m. Appointments must be made at least 24 hours in advance. Schedule an appointment today!

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.

**REMINDER:** If your class uses the air conditioner, please turn it off at the end of your class. 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. Air conditioners should not be set lower than 73 degrees, anything lower uses more electricity and the Weinberg building is not connected to the main building's photovoltaic system. To turn on and off the air conditioner in the Weinberg Building, you must use the remote control and point the controller to each unit and press the on/off button. Thank you for your cooperation.

**PARKING ISSUES:** Drivers, when parking in lined stalls, please park within the stall. If you are over the line, you are taking up 2 stalls. If this happens, staff needs to check classrooms to see where you are and ask you to straighten your car. Also, please do not remove reserved parking space cones. These parking spaces are for volunteer instructors, speakers or special project volunteers. If you move these cones, your teacher/speaker may leave because there are no parking spaces available and then your class/seminar will be cancelled. As a reminder, if you have an afternoon class, please do not park in the covered parking lot if your class goes beyond 2:00 p.m. The Child Care program needs to block off half of the lot for the children before they arrive. We realize parking is tight at the center and we are trying to think of alternatives. If you have any suggestions, please let us know. Thank you for your cooperation.

*The Moiliili Community Center  
cordially invites you to our annual  
Fundraiser Dinner,  
"Where Great Things Happen!"  
Saturday, April 13, 2019  
Japanese Cultural Center of Hawaii  
Manoa Grand Ballroom  
No-Host Cocktail Reception 5:50 p.m.  
Dinner and Program 6:30 p.m.  
Honoring  
Lawrence S. & Carolyn H. Okinaga  
Please RSVP by March 29*

*Join our efforts to enrich the Moiliili community by providing its residents and surrounding communities with services and programs that enhance individual, family and community life.*

*\$125 per person  
For more information, call the MCC Main  
Office at: 955-1555 or e-mail us at:  
office@moililicc.org*

**REMINDER!!!!** No one from MCC is allowed to park on the 2<sup>nd</sup> level, above Down to Earth. If MSM/MCC members park upstairs, their vehicles will be towed. There is a camera installed to monitor vehicles. Thank you for your attention pertaining to this matter.

**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.

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**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 a bus driver (CDL) for all programs.

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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 2019. Your participation as MCC members helps 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 plate lunches; and Subway - Moiliili will offer a 10% discount on any sandwich/salad, excluding special offers. Other exclusions may 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 Center.

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**"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.

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**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!

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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 accepts 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.

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**MOILIILI SENIOR CENTER WISH LIST:**

- 1) Portable CD/Cassette Player
  - 2) Refrigerator Repairman
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Moiliili Senior Center is always in search of teachers or group leaders to expand our program. Do you have a special talent and are willing to teach for the satisfaction of sharing but without monetary compensation? Contact the Senior office, room 203, and "talk story" with staff.

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**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**, not the senior center. Returned checks will be assessed a \$25.00 fee. Mahalo.

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**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.

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

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**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.

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**Senior Helpline** phone number 768-7700, for the island of Oahu: They can assist you in finding the resources or information you may need.

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**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 \$35.00 for 2019.

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**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.

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**MCC NEWS:**

**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.

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**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 your 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.

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**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

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

CHEN, CAROLINE  
 CHUN, KAREN  
 DYE, KATHLEEN  
 FINNIN, JAMES  
 FUJII, JUDY  
 FUJITA, HENRY  
 GARROD, NORA  
 HAMANO, MASAOKI  
 HARRIS, MAE  
 HASHIZUNE, KAYOKO  
 HENDERSON, THERESA  
 HIROHATA-GO, AMY

HUDGINS, MARY  
 ITO, BETSY  
 IWAMOTO, GERALDINE  
 KAMEMOTO, CAROL  
 KOBAYASHI, NORIKO  
 KOYAMA, MINEKO  
 KURODA, JOSEPH  
 LANCASTER, CECILIA  
 MAWAE, MILDRED  
 MARUTA, YASUKO  
 McCORMICK, YASUE  
 MIMURA, FUMIKO

education and information and do not constitute an endorsement of a product or company by the center.

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**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.

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**MOVIE: “SILVER LININGS PLAYBOOK” (2012)** (2-hrs. & 2-mins., DVD, Comedy, Drama, Romance. Rated R language and some sexual content/nudity.)

Starring Bradley cooper, Jennifer Lawrence, & Robert De Niro. After a stint in a mental institution, former teacher Pat Solitano moves back in with his parents and tries to reconcile with his ex-wife. Things get more challenging when Pat meets Tiffany, a mysterious girl with problems of her own.  
 Date: Friday, March 22 Time: 12:15 p.m.  
 Place: MSC, room 202 Cost: Donation

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**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, March 2 & April 6  
 Time: 9:00 a.m. Place: MSC, room 202  
 Cost: Supplies

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**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, March 7 (Adv)  
 Thursday, March 14 (Beg)  
 Time: 9:00 a.m. Place: MSC, room 209  
 Cost: Supplies

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MIYAMOTO, KINUKO  
 MOORE, MITZI  
 MURAKAMI, GAIL  
 NAKAMURA, MATSUE  
 NAKANO, KAZUKO  
 NAKASU, TAZUKO  
 NISHIMURA, MAGDALENE  
 NISHIMURA, MITSUE  
 OGAWA, MASAOKO  
 OKAMURA, HARRY  
 RICHMOND, LUCY  
 RII, YOSHISADA  
 SILVERIA, FUMIE  
 STEVENS, MIRIAM

SUGAI, AIKO  
 SUZUKI, MICHIKO  
 TAKAYAMA, AMY  
 TAKEMOTO, MICHIE  
 TAKISHIMA, SUE  
 TALIAFERRO, GWYN  
 TANAKA, ASAKO  
 UEGAWACHI, YASUE  
 UEHARA, SHINEI  
 WU, VIRGINIA  
 YAMADA, LUCILLE  
 YAMAGUCHI, NOBUKO  
 YAMAMOTO, CAROL C.  
 YUZAWA, KUNIO

**SEMINAR: DEA (not Drug Enforcement Agency but DIET, EXERCISE and ATTITUDE!)**

Diet, Exercise, and Attitude... what Anne Chipchase, from 'Ohana Health Plan, calls the Big Three... are fundamental to good health at any age, but particularly as one gets older. Come to the discussion to learn how you can positively affect your health by paying a little more attention to these elements of your life.

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

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**SEMINAR: END-OF-LIFE / HOSPICE CARE**

Attend this seminar and hear from the experts on Hospice Care. Please join Attention Plus Care as they have another Aging in Hawaii seminar. Call 440-9356 to RSVP.

Dates: Tuesday, March 19                      Time: 9:00 a.m.  
Place: MSC, room 105                      Cost: Donation

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**SEMINAR: GUARANTEED TRAVEL ASSURANCE PLAN/HOSOI LIFE PLAN**

Ellen Nagatori, Family Sales Counselor from Hosoi Life Plan, Inc., will talk about 2 topics. The first is about a Travel Plan and why it is important to have one when going to the continental U.S. or to a foreign country. The second is the Hosoi Life Plan; a Pre-Need versus At-Need Funeral Plan. Find out what the differences are.

Dates: Tuesday, April 9                      Time: 9:30 a.m.  
Place: MSC, room 105                      Cost: Donation

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**EXCURSION: DAISO HAWAII**

By popular demand. Join us as we take a ride out to Pearl City to go shopping at Daiso Hawaii. This is your chance to see what this new store is all about. Lunch on your own at the Pearl City Shopping Center.

Date: Thursday, March 14  
Departure Time: 9:45 a.m.      Return Time: 1:15 p.m.  
Cost: Transportation Donation: \$5.00

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**CLASS/ACTIVITY ANNOUNCEMENTS:**

**Sign up Senior Office, rm. 203**

**LOST & FOUND:** Found - a beautiful shawl that was left at the Pagoda Ballroom when Rhythm & Life classes had their Christmas party in December. If it is yours, please pick it up in the senior office.

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**RENAMED CLASS AND NEW TIME: Karate Exercise has been changed to RHYTHM & LIFE NIKONIKO GENKITAISOO.** This class will no longer

be meeting on Wednesdays from 1:00 - 2:00 p.m., room 305. Class now meets on Wednesdays from 10:00 a.m. - 10:45 a.m., room 305. Instructor: Faye Murata & Niko Niko Genki Taisoo Instructors. Open to all.

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**CARD GAMES AND DARTS.** Instructor Glen Yasuoka. Card Games class favorites - Kings Corner, Paiute, Black Jack, and even Hanafuda. With one of a kind card games by yours truly - Mondays, 9:00 - 10:30 a.m., room 202. And tryout the Magnetic Dart Game Thursday, 8:00 - 9:00 a.m., Room 202 before the enjoyable Brain Training Class.

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**DARTS-MODIFIED. HAND-EYE COORDINATION!!!** Join Glen as he starts off his class with simple hand-eye coordination exercises and then play modified darts to sharpen your skill. The coordination of hand and eye movements involves processing visual input- size, shape, direction, movement and energy needed for the hands perform these tasks. Studies show that as we get older, the ability to perform these tasks, reaction time, and dexterity (skills performing task, especially with the hands), and your perceptual motor skills decline (The ability to interpret to become aware of something through the senses). Simply, your brain slows down. Fortunately, there are ways to prevent further decline. One of the ways is to come to the hand and eye coordination exercises and dart class. Filled with basic warmup exercises and simple drill exercises. Then playing darts to enhance these coordination skills. Thursdays, 8:00 - 9:00 a.m., room 202. We have started to play darts using magnetic darts. Our instructor, Glen Yasuoka has modified the game for seniors. Feel free to come and try it out.

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**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.

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**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. When there is a seminar scheduled in room 105, class will meet in room 207-8. Please check monthly calendar.

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

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

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**Adult Hula Auana** with Kumu Hula April Chock. New session begins 3/23, 10 weeks, Saturdays, 9:30 a.m. - 11:00 a.m., room 105. Learn modern hula. Wear loose clothing. Suggested Donation: \$20 - MSC seniors; \$35 - MCC members.

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**Japanese/Okinawan Doll Making & Kimekomi** with Masako Ogawa. 6-week class begins Wednesday, 3/27, 10:00 a.m. - 12:30 p.m., room 207-8 and begins Saturday, 3/30, 9:30 a.m. - noon. An impressive array of projects to choose from. Bring: pins & scissors. Supplies/kit payable to instructor the first day of class. Suggested Donation: \$35 - MSC seniors; \$40 - MCC member. Need to pre-register.

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**Ribbon/Crochet Lei Making** with Coryn Tanaka. New session begins 3/29, 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. Suggested Donation: \$20 - MSC seniors; \$30 - MCC members. Sorry, class is FULL at this time.

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**Specialized Aerobics** with Faye Fukuhara. Mondays, 5:45 p.m. - 6:45 p.m., room 305, 10-week session begins Monday, 4/15. 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 Suggested Donation: \$30 - MSC & MCC members.

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**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.

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### 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.

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### LUNCH PROGRAM AT MCC

Lanakila Meals on Wheels 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.

Lanakila March for Meals, Tuesday, March 19, 9:00a.m., Hawaii Sate Capitol Rotunda. Join the fight against kupuna hunger. We hope you'll join us as we sign wave and march on behalf of our kupuna. RSVP by March 8<sup>th</sup> at [www.lanakilapacific.org](http://www.lanakilapacific.org) or call 808-356-8519.

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### 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.

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**FAYE'S GENKI TAISOO.** MSC's own Faye Murata's Exercise Program is showing on OLELO, channel 54 every Thursday at 8:00 a.m. Her exercise program has been on the air for the last 3 years. If you have a chance, watch it and enjoy the morning exercises. Call Faye Murata at 735-1323, if you have any questions.

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**SENIOR FUN WALK AND FUN FEST**, Friday, April 5, 9:00 a.m. - noon, Patsy T. Mink Central Oahu Regional Park, 8:30 a.m.- Check in and Registration, 9:30 a.m.- Start. For adults 55 years and older. Choose between a half mile, a mile or two mile course. Sponsored by the Department of Parks and Recreation and supported by HMSA. For more information, call 973-7258.

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**EMPTY COFFEE CONTAINERS.** If anyone needs empty coffee containers, please see anyone in the senior office. We have an abundance of containers available to share.

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"Kaleidoscope" is published monthly, written/edited by the senior staff. Director, Rachel Yamashita; Program Staff - Paula Regidor, Judy Nakamoto, Arnold "Kawika" Maano & Gerath Fukuya.

**Molili Senior Center  
Schedule of Special Events  
March 2019**

Days to remember in March:  
3 - Girl's Day  
10 - Daylight Savings Time Begins

17 - St. Patrick's Day  
26 - Prince Kuhio Day - CENTER CLOSED.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* National Craft Month * American Red Cross Month *						
* American Diabetes Alert Month * Kidney Month * National Frozen Food Month *						
3	4	5	6	7	8	9
	Leililima Club Service Project: Ti Leaf Lei Making 9:30 am Rm 202			Craft: Kumihimo - Adv 9 am Rm 209		Craft: Chigiri-e 9 am Rm 202
10	11	12	13	14	15	16
	* MSC Rummage Sale * * Monday, March 11 through Wednesday, March 13 * * 9 am - Noon * MCC, Parking Garage *	Seminar: End of Life/ Hospice Care 9:00 am Rm 105 Lei Ilima Club Service Project: Ti Leaf Lei Making 9:30 am Rm 202		Craft: Kumihimo - Beg 9 am Rm 209 Excursion: Daiso Hawaii 9:45 am	Seminar: Diet, Exercise, and Attitude! 9:15 am Rm 105	
17	18	19	20	21	22	23
Hopping Pocket Workshop 9 - 11 am Rm 209	Rare Disease Day Awareness Fair Time to be determined MCC, Courtyard	HOLIDAY! Prince Kuhio Day Center Closed.			Movie: "Silver Linings Playbook" 12:15 pm Rm 202	
24	25	26	27	28	29	30
Hopping Pocket Workshop 9 - 11 am Rm 209						
31	* National Noodle Month * National Peanut Month * Women's History Month *					

# Moliiili Senior Center Class Schedule March 2019

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)	8:30-9:30 Beg. Line Dnc. for Health (Weinberg)
7:30-8:00 Tai Chi w/ Fan & Sword (Room 305)	FULL 8:30-10:30 Crochet/Knit (Room 209)	8:00-9:30 Mimyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	Began 7/2018 Hanafuda (Room 209)
8:00-9:00 Beg. Tai Chi (Room 305)	9:00-10:30 Rhythm & Life (Adv. II)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Darts-Modified (Room 202)	9:00-12:00 Drawing&Painting (Room 207-8)
9:00-10:30 Card Games (Rm 202)	Closed.	9:00-10:00 Tai Chi(108) (Room 305)	8:00-9:00 Rhythm & Life (Beginner)	9:30-12:00 +Ribbon/Croch. Begins 3/29 Lei Making (Room 102)
9:00-12:00 Haw'n Quilt Bee (Rm 209)	9:30-10:30 Zumba Gold (Room 105)	9:00-10:00 Group Singing (Weinberg)	Began 3/2018 Ukulele (Beg) (Room 305)	FULL
9:00-10:00 Tai Chi (108) (Room 305)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:15-10:30 Mimyo Danc(Beg) (Room 105)	Began 2012 Ukulele (Room 105)	9:30-10:45 Solo Ukulele II (Room 202)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	10:30-12:00 Rhythm & Life (Beginner I) (Room 305)	9:30-11:30 *Sumie (Room 209)	9:00-10:30 Rhythm & Life (Adv. IV)	Closed.
10:00-10:30 R&L Chair Exer. (Room 105)	Closed.	10:15-11:45 Line Dancing II (Weinberg)	9:00-10:30 Ukulele Prac. (Room 105)	10:00-11:00 Tai Chi for Arthritis (Weinberg)
10:15-12:00 Rhythm & Life (Adv. IV)	11:30-1:00 Zumba/Pylo (Weinberg)	10:00-12:30 +Jpns/Oknwn Doll Making & Kimekomi (Room 207-8)	9:30-11:00 Beg. Line Dnc. for Health (Weinberg)	11:00-12:00 Solo Ukulele I (Room 202)
Closed.	12:00 - 2:30 Citizenship (Room 202)	Begins 3/27 Rhythm & Life Niko Niko Genki (Room 207-8)	Began 5/2018 Brain Training (Room 202)	12:00-1:30 Rhythm & Life (Adv. III) (Room 305)
11:00 - 2:00 Karaoke with Katsutaro Japanese Songs (Rm 202)	12:00-1:45 Karaoke (Room 209)	10:00 - 10:45 Rhythm & Life Taisoo (Room 305)	10:30-12:00 Rhythm & Life (Adv. V)	Closed.
12:00-1:00 Beginner's Buyo & Enka (Weinberg)	12:00-1:00 Kenbu Senbu Shigin (Room 207)	11:00-12:30 Rhythm & Life (Inter. I)	Closed.	
1:00-3:00 Buyo & Enka (Weinberg)	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	12:00 - 2:00 Ohana Karaoke (Room 209)	12:00 - 2:30 Citizenship (Room 202)	
5:45 - 6:45 +Spec.Aerobics Begins 4/15 (Room 305)		12:00 - 3:00 Kitsuke (Weinberg)	1:00-2:30 Line Dancing (Room 105)	
+Suggested donation classes. Walk-in requested donation \$5.			Reminder: No class the last Thur. of the month.	
*DOE class - Sumie is provided by McKinley Community School for Adults - \$60			1:00 - 2:00 Zenidako (Weinberg)	Saturday 9:30 - 11:00 +Adult Hula Auana (Room 105)
			2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	Begins 3/23 (Room 105)
			2:30 - 3:30 Zenidako Beginners (Weinberg)	9:30 -12:00 +Jpns/Oknwn Doll Making & Kimekomi (Room 207-8)

**AARP TAX-AID SITES:** Be sure to take all necessary papers (last year's tax papers, bank statements, all income forms, etc.) to any of the following:

- \*Catholic Charities, 1822 Keaunoku St., Sat., 9:00 a.m. - 1:00 p.m. Walk-ins welcome.
- \*Hawaii Kai Public Library, 2491 Lunalilo Home Rd, Fri., 10:00 a.m. - 2:00 p.m. and Sat., 9:00 a.m. - 12:00 p.m.. Walk-ins welcome.
- For other sites out of the area, see staff in the senior office.