



# Kaleidoscope

November 2019  
Vol. XXX No.11

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:

We are near the completion of the parking lot paving project. Hooray!!! Thank you to everyone who had to endure the last 3 months of parking woes. We appreciated your patience and understanding. The lots will look terrific after the striping and landscaping. In saying this, there may be a few more days that the lots will be closed. Please follow the direction of the parking lot attendants. Thank you for your cooperation.

**VOLUNTEERS WANTED:** Moiliili Senior Center is turning 50 years old next year, we are in need of a committee of volunteers to help us plan this momentous event. If interested, see Rachel in the senior office.

**VOLUNTEERS WANTED:** We are looking for people to help with our annual PacTeleCom project. Every December, we are asked to tie labels onto shell leis. At this time, we would like to have a list of people interested in helping and we will contact volunteers when the dates are set.

Thank you to Gale Kobayashi who donated 3 fans to help cool and circulate air in room 105. Room 105 users will benefit from your kindness. We appreciate your generosity.

*Rhythm & Life Chair Exercise Class together with  
Wednesday's Niko Niko Genki Taisoo Class  
presents*

*Christmas Program*

Friday, November 29

9:30 a.m. - 10:30 a.m. MSC, room 105

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

**EXCURSION PEOPLE...** help us, help you. When paying for excursions, please be sure that the staff marks you "PAID". Sometimes, staff are handling many different things at once, especially when we are short handed. Please do not feel offended if we ask you if you'd like to make a payment and you have already done so. If you are marked "PAID", then we would not need to ask about payments. Thank you for your assistance.

**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.

### **ANYTHING & EVERYTHING CHRISTMAS SALE**

Thursday, December 5

9:00 a.m. - 12:00 p.m. MSC, room 209

Get your Christmas shopping done while supporting the senior program.

**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.

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 @ the Plaza in Waikiki.

\*R&L Niko Niko Genki Taisoo members @ Manoa Cottage

\*Shiyukai members @ Maunalani Nursing & Rehab

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. 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. Thank you for your cooperation.

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**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. Thank you for your cooperation.

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**OUCH!!!** Please be careful and aware. One of our members got a \$130 ticket while crossing, in the crosswalk, on South Beretania Street by the Triangle Park and Burger King. She said there were no cars on the street but the light said not to cross. She and another person walked across and they both got ticketed. Please obey all traffic signs and signals.

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**REMINDER!!!!** No one from MCC is allowed to park on the 2<sup>nd</sup> level, above Down to Earth. If MSC/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.

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**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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### Lei 'Ilima Club Craft Workshops

November, 12 - Holiday Fascinators. Make a fascinator to clip on your hair for holiday tea parties or other events. These can also be worn as corsages or clipped on your bag or other items. Bring: Scissors, needle and thread, and a glue gun and glue sticks if you have. Hair clips will be provided but if you want to attach it to a pin or headband, please bring one. Workshop will be in Room 202 from 9:30 - 11:30 a.m. Please sign up in the senior office if you would like to attend. Lei 'Ilima will not be holding classes in December. We will return in January.

**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.

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Looking for the Japanese game "GO" 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.

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**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 a van driver (No CDL) and 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 \$40.00 for calendar year 2020. Your participation as MCC members helps support our endeavors to continue to offer classes, activities and services. MCC member's benefits include: 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 2020. 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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All the 2<sup>nd</sup> floor air conditioners are operational! The temperature should be set at 73 degrees. To turn the units on and off, please use the on/off switch that the unit is plugged into. You do not need to manually turn on and off the unit itself. When using the air conditioners, the windows and doors need to be closed. Thank you for your cooperation.

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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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#### **MOIILILI SENIOR CENTER WISH LIST:**

- 1) Volunteer instructors for the following:  
Educational classes/workshops  
Japanese language  
English language
  - 2) Portable loud CD/Cassette Player
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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: **MOIILILI 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

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**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 \$40.00 for 2020.

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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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**THE MOIILILI BOOK REPRINTING PROJECT.** New pages added and other pages updated. Everything (almost everything) you ever wanted to know about Moiliili. \$35. Books are available for purchase in the main office or in the Thrift Store.

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**VACATIONS HAWAII.** Help “Moiliili Community Center” earn travel credit by booking your travel with Vacations-Hawaii Custom Packages Department. When you're ready to travel, contact Vacations-Hawaii at 591-4700. When making a booking, refer to our Loyalty Rewards #2464 or say “Moiliili Community Center”.

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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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**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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## 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. When paying, please be sure that you are marked "PAID".
- \*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 LION KING" (2019)

(1-hr. & 58-mins., DVD, Animation, Adventure, Drama. Rated PG for sequences of violence and peril, and some thematic elements.)

Starring Donald Glover & Beyonce. After the murder of his father, a young lion prince flees his kingdom only to learn the true meaning of responsibility and bravery.

Date: Friday, November 22                      Time: 12:15 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. Instructor Lily Nakao will be retiring at the end of this year.

Date: Saturday, November 2, & December 7.  
Time: 9:00 a.m.

Place: MCC, 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. Classes will resume in January.

Date: Thursday, January 9 (Adv)  
            Thursday, January 16 (Beg)

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

Our wishes to our *November* birthday participants.

AIMOTO, KIYOKO  
AKIONA, SHIRLEY  
BURTON, DIANE  
CHOW, CHARLOTTE  
FUJIMOTO, EVELYN  
FUJITA, CHARLOTTE  
GEUM, SEOJEONG  
HADA, GRACE  
HARADA, MARVIS  
HIJIRIDA, BEATRICE  
ICHIYAMA, LORRAINE

IGAWA, DENNIS  
INOUE, DIANE  
INOUE, TOYOKO  
KAHOAI, TRUDEAN  
KAMANA, VERNA  
KANESHIRO, FAITHYE  
KASAHARA, NORIKO  
KASHIWAI, ALICE  
KAZUSA, FRANCES  
KIKUYA, GRACE  
KOIKE, BETTY

## WORKSHOP: CYBERGENERATIONS PROGRAM

The CyberGenerations program covers basic cyber safety topics and provides additional resources which can help seniors identify potential cyberattacks directed at them or their loved ones. Topics covered include cybersecurity basics, password management, common internet threats, internet scams and fraud, and social media safety. This program is presented in five one-hour sessions as a five hour workshop. The State of Hawaii Department of Defense, in partnership with the local cybersecurity professional community and Moiliili Community Center, will be hosting the CyberGenerations cyber safety program for senior citizens.

Dates: Fridays, November 8, 15, 22, December 6 & 13  
Time: 9:30 a.m.

Place: MSC, room 104                              Cost: Donation

### SEMINAR: SCAMS

A representative from the Office of Consumer Affairs will talk about the latest SCAMS to be aware of, especially for seniors.

Date: Tuesday, November 19                      Time: 9:30 a.m.  
Place: MSC, room 105                              Cost: Donation

### SEMINAR: HUMANA MEDICARE PLAN 2020

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

Date: Wednesday, November 20  
Time: 9:00 a.m. & 11:00 a.m.    Place: MSC, room 104

### SEMINAR: WHAT ARE YOU THANKFUL FOR

November is a time of reflection and, more than turkey, of thanksgiving. Anne is going to lead a session on what we are grateful for, while participants each create a unique piece of art representing what the individual is most thankful for this year. Join us for a fun time! Workshop conducted by Anne Chipchase of 'Ohana Health Plan.

Date: Friday, November 22                      Time: 9:15 a.m.  
Place: MSC, room 105                              Cost: Donation

KONDO, KAREN  
KUKUA, ARLEEN  
MATAYOSHI, MARGIE  
MATSUMOTO, ELIZABETH  
MITSUHASHI, SHINOBU  
MORIKAWA, MILDRED  
MURAKAMI, STANLEY  
MURATA, ROBERT  
NAKAGAWA, DEANNA  
NISHIMURA, JUNE  
OKAZAKI, JEANETTE  
PA, SOLOMON

ROMANO, VICTORIA  
SHIMABUKU, TERI  
SHIRAIISHI, GARY  
SUZUKI, BETTY  
TAKAHASHI, MURIEL  
TAKEUCHI, LILLIAN  
UECHI, ELSIE  
VAUGHAN, MARIEA  
WONG, ROSELLE  
YANAGA, GRACE  
YONEMOTO, VIOLET

**SEMINAR: PERSONAL & HOLIDAY SAFETY FOR SENIORS**

Police officers from the District 7 Community Policing Team will talk to senior about personal and holiday safety tips for seniors. At the time of publication, seminar was not confirmed. If interested, sign up in the senior office and we will notify you if there are any changes.

Date: Tuesday, November 26      Time: 9:30 a.m.  
Place: MSC, room 105      Cost: Donation

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**EXCURSION: HOLIDAY SHOPPING SPREE**

Join us as we get our holiday shopping done at Pearlridge Shopping Center. Lunch on your own at Pearlridge.

Date: Thursday, November 21  
Departure Time: 9:30 a.m.      Return Time: 1:00 p.m.  
Cost: Suggested Transportation Donation: \$5.00

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

**AEROBIC/TONING with Muriel.** Class will resume in November.

**ZUMBA/PIYO.** Class is cancelled on November 5 & 19.

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**NEW CLASS: SCRABBLE.** Instructor: Henri Kikuta. Join the fun playing Scrabble to enhance and enrich your vocabulary skills. We will learn to build our mental skills through mind games to continue active and useful lives. Scrabble has the benefits of lowering blood pressure, improving memory function through word recall and instilling a sense of happiness. Wednesdays, 9:00 a.m. - 10:30 a.m., Room 104. Class begins January 8. If you are interested, sign up in the senior office, room 203.

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**LOST & FOUND:**

\*Found - a beautiful shawl that was left at the Pagoda Ballroom when Rhythm & Life classes had their Christmas party in December.

\*Found - Designer sunglasses

If any of the above mentioned items are yours, please claim them in the senior office, room 203.

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**CARD GAMES.** 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 - Monday, 9:00 - 10:30 a.m., room 202.

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**CLASS NAME CHANGE: DARTS-MODIFIED has changed to MODIFIED GAMES.** Instructor, Glen

Yasuoka focuses on HAND-EYE COORDINATION. He has modified bowling, ping-pong and darts to keep our hand-eye coordination strong. Join Glen as he starts off his class with simple hand-eye coordination exercises and then play modified games 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 to perform these tasks. Studies show that as we get older, the ability to perform these tasks, reaction time, dexterity (skills performing task, especially with the hands), and 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 modified games class. Thursdays, 8:00 - 9:00 a.m., room 202. 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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**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 11/30, 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.

**\*Japanese/Okinawan Doll Making & Kimekomi** with Masako Ogawa. Class will begin next year, date to be determined. 6-week class meets Wednesdays, 10:00 a.m. - 12:30 p.m., room 207-8 or Saturday, 9:30 a.m. - noon. An impressive array of projects to choose from.

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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.

**\*Ribbon/Crochet Lei Making with Coryn Tanaka.** New session begins 11/22, 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.

**\*Specialized Aerobics with Faye Fukuhara.** Mondays, 5:45 p.m. - 6:45 p.m., room 305, 10-week session. New session begins 11/4. 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.

**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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### 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.

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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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### 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.

**FAYE'S GENKI TAISO.** 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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**TEMARI'S TRASH & TREASURE FAIR,** Sunday, November 3, 9:00 a.m. - 1:00 p.m., JCCH, 5th Floor. Admission is FREE. MSC will have a booth there.

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**2019 MAYOR'S CRAFT & COUNTRY FAIR.** Saturday, November 23, 9:00 a.m. - 1:00 p.m., NBC, Exhibition Hall. Admission is FREE. MSC will have a booth there.

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**SALVATION ARMY'S 49<sup>TH</sup> ANNUAL THANKS-GIVING DINNER,** Thursday, November 28, 11:00 a.m. - 1:00 p.m., NBC, Exhibition Hall, FREE. If you are alone, without a home, in need of a hot meal, or simply wish to share in the fellowship of ohana, every one is welcome! Reminder cards are available in the senior office.

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### FRAUD ALERT: GENETIC TESTING AWARENESS

Beware of representatives from genetic testing companies, or possibly insurance agents working on behalf of these companies, they may ask you to participate in a beneficiary event which could be testing to see if your family members may be at a higher risk in getting certain kinds of cancer. For your protection, decline these requests because of the potential for fraud.

\*Do not give out your Medicare number or Social Security number. Be cautious of unsolicited requests for your Medicare or Social Security numbers. If your personal information is compromised, it may be used in other fraud schemes.

\*Do not consent to any lab tests at senior centers, health fairs, or in your home. Be suspicious of anyone claiming that genetic tests and cancer screenings are at no cost to you.

\*Genetic tests and cancer screenings must be medically necessary and ordered by your doctor to be covered by Medicare. Random genetic testing and cancer screenings aren't covered by Medicare. If you are interested in the test, speak with your doctor.

\*Monitor your Medicare Summary Notice to see if there are any services you didn't have or didn't want but were billed for.

\*Call 1-800-MEDICARE or 1-800-HHS-TIPS if you think you're a victim of fraud.



# Moliiili Senior Center Class Schedule November 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)	8:30-10:30 Hanatuda (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 Modified Games (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)	8:00-9:00 Rhythm & Life (Beginner)	9:30-12:00 +Ribbon/Croch. (Room 105)
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 (Room 305)	Begins 11/22 (Room 102)
9:00-10:00 Tai Chi (108) (Room 305)	11/5 & 11/12 (Room 207-8)	9:30-10:30 Bon Odori (Room 105)	8:00-9:00 Ukulele (Bag) (Room 105)	FULL 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)	9:30-11:30 *Sumie (Room 209)	9:00-10:30 Rhythm & Life (Adv. IV)	Begins in January. (Room 105)
10:00-10:30 R&L Chair Exer. (Room 105)	10:30-12:00 Rhythm & Life (Beginner I) (Room 305)	10:15-11:45 Beginner's 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) (Room 305)	Closed.	10:00-12:30 +Jpns/Okrwn 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)
11:00 - 2:00 Karaoke with Katsutaro Japanese Songs (Rm 202)	10:45-11:45 Soroban (Room 209)	10:00-10:45 Rhythm & Life Niko Niko Genki Taisoo (Room 305)	9:30-10:30 Brain Training (Room 202)	12:00-1:30 Rhythm & Life (Adv. III) (Room 305)
12:00-1:00 Beginner's Buyo & Enka (Weinberg)	11:30-1:00 Zumba/PiYo (Room 105)	10:30-12:00 Rhythm & Life (Adv. V) (Room 305)	10:30-12:00 Rhythm & Life (Room 202)	Closed.
1:00-3:00 Buyo & Enka (Weinberg)	No class 11/5 & 11/19.	11:00-12:30 Rhythm & Life (Inter. I) (Room 305)	12:00-2:30 Citizenship (Room 202)	Begins in January. (Room 105)
5:45 - 6:45 +Spec.Aerobics (Room 305)	12:00 - 2:30 Citizenship (Room 202)	12:00 - 2:00 Ohana Karaoke (Room 209)	1:00-2:30 Line Dancing (Room 105)	Reminder: No class the last Thur. of the month.
Begins 11/4.	1:00-2:00 Kenbu Senbu Shigin (Room 207)	12:00 - 3:00 Kitsuke (Weinberg)	1:00 - 2:00 Zenidaiko (Weinberg)	Saturday 9:30 - 11:00 +Adult Hula Auana (Room 105)
+Suggested donation classes. Walk-in requested donation \$5.	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	2:00 - 3:30 Zenidaiko Beginners (Weinberg)	Begins 11/30 (Room 105)
*DOE class - Sumie is provided by McKinley Community School for Adults - \$60	Resumes in Nov. (Room 305)	2:30 - 3:30 Zenidaiko Beginners (Weinberg)	2:30 - 3:30 Zenidaiko Beginners (Weinberg)	9:30 -12:00 Date to be determined

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

**Hawaii Farm Bureau Honolulu Farmers Market At Blaisdell Center,** every Wednesday 4-7 p.m., free parking during market hours. Located either on Concert Hall Lawn (Ward & King) or Arena Parking Lot (Ward & Kapiolani). Concert Hall Lawn through December 18. All produce sold is grown in Hawaii.

Enjoy healthy local fruits, vegetables and prepared foods, and have dinner as well. Check <https://hfbf.org/farmers-markets/honolulu/> for schedule updates and vendor information. **One of the few Oahu farmers markets where EBT/SNAP is welcome.**