



Kaleidoscope

September 2018
Vol. XXIX No.9

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:

Aloha Members of MSC,

Thank you to those of you who commented on MCC's parking situation. All of you are correct, we have a parking problem at MCC; we do not have enough stalls to accommodate everyone. Some of your suggestions have been implemented at one time or another and others have been taken into consideration, but due to the lack of cooperation of many users, our parking attendant could not keep up with the demand. Further, as for the 2nd floor parking deck, Down to Earth (DTE) leases the upper deck parking and therefore, they have full use of the parking lot. As Executive Director, I do not have the ability to change the parking agreement with DTE, our Board of Trustees have full control of the land MCC sits on and the Board of Directors have a fiduciary responsibility to MCC; I manage the overall operations of MCC which consists of six departments. That being said, I am able to negotiate matters dealing with the operations of MCC which is why last year, I negotiated with DTE management to allow for two hour parking for MCC users on the 2nd floor parking lot. However, rules were not followed and users parked for longer than two hours and DTE management revoked MCC's parking privileges on the 2nd floor parking. Currently, MCC Trustees, Directors, and I are working with DTE management to allow for more parking. However, please understand that we also have to work with the City to obtain permits for any improvements and/or construction which may take months to obtain; it took MCC three years to remove the City's easement through our dirt lot to allow us to begin planning to turn it into an actual parking lot. Your continued patience and understanding is greatly appreciated.

Nadine Nishioka
Executive Director
Moiliili Community Center

ARE YOU INTERESTED IN GETTING YOUR FLU SHOT AT MCC? Walgreens is asking us if we would like to have a flu shot clinic here at MCC. However, we would need a commitment of at least 25 people to get their shots.

(Sorry, they do not accept Kaiser Insurance.) Currently, they are looking at a Monday or Tuesday in October, 2:00 - 3:00 p.m. If you are interested, please sign up in the senior office by September 7.

MSC Craft Sale

Thursday, September 20

9:00 a.m. - Noon Room 209

Start your Christmas shopping early and find hand-made gifts at bargain prices.

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.

"SUPER SENIOR"

Judy Nakamoto submitted by F. Nakashima

Judy always greets everyone with a smile! She's a hard worker and will always try to accommodate seniors requests to the best that she can. She's enthusiastic and has the energy of a 20 year old! The Senior program is very fortunate to have Judy working hard to help other seniors!

WE HAVE A PROBLEM. The 3rd floor women's restroom key has been missing for several days. Participants who have classes on the 3rd floor, please check your bag to see if you have mistakenly taken home the key. If you find the key, please return it to the senior office.

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.

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.

HELP WANTED: Looking for volunteers to answer and/or call participants in our Telephone Reassurance Program on Wednesdays and Fridays. The hours are from 7:45 a.m. - 9:00 a.m. If you have some spare time before class and would like to volunteer, please see Rachel in the senior office.

Special Fabric Sale

Sunday, September 23

9:00 - 11:00 a.m. Room 209

MCC Senior Center will sell a recently donated private collection – woven Indonesian and Indian Ikats, printed cottons, and linen solids. Fabrics will be sold only as bolts. Bring a fellow textile addict and share a bolt of these natural fibers. Bolts hold 5 - 18 yards. Prices for each bolt range from \$5 - \$90. Cash only.

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.

Lei 'Ilima Club Craft Project

Snappy Bag Workshop

Learn to make a quick and useful bag with fabric scraps and Venetian blinds. Please bring a pin cushion with pins, a sewing needle, and scissors to cut thread. We will be hand stitching a small bag using a beautiful brown Meadow Lark design heavy weight cotton fabric from Japan so if you have brown cotton covered polyester thread, please bring some to use and to share.

Fabric, lining, thread, and venetian blind will be provided but you are welcome to bring your own fabric and lining (7" W X 14" L) and matching thread if you prefer a different print. Please call the Senior Office by September 11 to register for this free workshop.

Date: Tuesday, Sept. 18 Time: 9:30 - 11:30 a.m.
Place: MSC, room 202

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.

MAHALO! MAHALO! MAHALO! to performers:

*Heels 'n Harmony & Na Kupuna O' Moiliili members at Arcadia.

*Line Dancing & Choir groups (under the direction of Virg Pabro) at Moiliili Senior Center

*Rhythm & Life members at Maluhia

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.

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 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.

AIR CONDITIONERS: 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.

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.

MOILIILI SENIOR CENTER WISH LIST:

- 1) Volunteer instructors for the following:
Educational classes/workshops
English language

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.

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.

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 \$35.00 for 2018.

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:

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. 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.

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.

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.

MOVIE: "RAMPAGE" (2018)

(1-hr. & 47 mins., DVD, Action, Adventure, Sci-fi.
Rated PG-13 for sequences of violence, action & destruction, brief language and crude gestures.)

Starring Dwayne Johnson & Naomie Harris. When three different animals become infected with a dangerous pathogen, a primatologist and a geneticist team up to stop them from destroying Chicago.

Date: Friday, September 14 Time: 12:15 p.m.
Place: MSC, room 202 Cost: Donation

MOVIE: "A WRINKLE IN TIME" (2018)

(1-hr. & 49 mins., DVD, Adventure, Family, Fantasy.
Rated PG for thematic elements and some peril.)

Starring Oprah Winfrey & Reese Witherspoon. Based on a timeless classic and filled with warmth and heart, this film follows a girl's epic adventure and brave journey home, with the ultimate triumph of love.

Date: Friday, September 28 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. LIMIT: 12.

Date: Saturday, September 1 & October 6
Time: 9:00 a.m.
Place: MSC, room 202 Cost: Supplies

CRAFT WORKSHOP: KUMIHIMO

Traditional Japanese art of braiding cord; can be used with a pendant or other decorative ways. Beginners learn basic

braids; Advanced do own project. LIMIT: 10 per class.

Date: Thursday, September 6 (Adv)
Thursday, September 13 (Beg)

Time: 9:00 a.m.

Place: MSC, room 209

Cost: Supplies

SEMINAR: ISLANDS (HOSPICE) TRANSITIONAL CARE

Islands Transitional Care program is a 30 day program designed to prevent avoidable hospital re-admissions. Our program is focused on informed decision making and better patient outcomes. This a free community based resource program focused on goal setting, informed decision making and setting patients up for success. Our experienced nurses and medical clinical social workers work to meet the needs of the patients. Our team has a proven track record of preventing and decreasing hospitalizations and setting up resources for those in need.

The Transitional Team prevents re-admissions by:

- * Providing medication reconciliation
- * Suggesting resources
- * Free advanced health care directives, Power of Attorney documents
- * Assist with applications for Medicaid, Medicare, Advantage, VA Benefits
- * Coordination or doctor appointment
- * Transportation
- * Pharmacy delivery
- * Meal delivery programs
- * Education on chronic illness
- * Fall Prevention
- * Free hospice benefits

Attend this seminar and find out more about this program.

Seminar conducted by Deborah Miller from Islands Hospice.

Our wishes to our *September* birthday participants.

AKAMINE, NOBUKO
AQUINO, JUANITA
ARAKAKI, AILEEN
CAPELLO, COLLEEN
CHING, SUSAN
DAVIS, JEANNE
FUJIHARA, MARY
FUKUMOTO, MICHIKO
FUKUNAGA, LYNETTE
FUKUYA, GERATH
GOYA, BETTY
HATTORI, SACHIKO S.
HAYASHI, JEAN
HAYASHI, SHARON
HOKAMA, KIMIE

HONDA, ELAINE
ING, LINDA
IWAHASHI, JUNE
JONES, DORIS
KADEKARU, JONATHAN
KAJIOKA, NEIL
KANEMOTO, MISAOKO
KANESHIRO, MYRTLE
KAWAMURA, ARLENE
KELLEY, SHIRLEY
KIE, AKIKO
KOTAKE, HIROKO
KUROMOTO, EVELYN
MAEDA, PATRICIA
MALIVUK, CYNTHIA

MANABE, AYAKO
MARK, PEGGY
MATSUDA, JANET
MIIKE, FRANCES
MINEGISHI, MITSUKO
MISAWA, TOSHIKI
MIYASAKI, MARGARET
MORITA, YURIKO
NAGAREDA, STEVE
NAKATA, KYOKO
NISHIDA, SUSAN
NISHIMURA, GRACE
ODANI, EMIKO
OHTA, JEANNIE
OTAGURO, THOMAS
PORTER, ADELIN
SATO, KAZUE

SHIMATA, KENNETH
SUMIDA, PAULINE
SUMIDA, REIKO
TAKAO, TAZUKO
TAKIGUCHI, CLARA
TERADA, KEIKO
TOKUNAGA, YOKO
TRECK, LEAH
UCHIDA, ROBIN
UEHARA, JUDY
USHIJIMA, LYNN
WADA, MARGARET
WONG, EUNICE
WOOLLIAMS, AKIKO
YAMASAKI, ESTHER
YONESAKI, ELEANOR

Date: Tuesday, September 11

Place: MSC, room 105

Time: 9:00 a.m.

Cost: Donation

SEMINAR: WHAT DID YOU LEARN FROM THE SENIOR FAIR?

Did you go to the Senior Fair? A huge number of seniors and their families go every year to the Blaisdell for the festivities. We hope you have a chance to go and we want to know what you thought of the fair. So Anne of 'Ohana Health Plan is going to give you a chance to have your say! Please come and tell us what you liked and what you didn't like and how you'd make it better! Your opinion counts and since the whole event is for YOU, we really should do what you want us to do!

Date: Friday, September 28

Place: MSC, room 105

Time: 9:15 a.m.

Cost: Donation

EXCURSION: HAWAII PLANTATION VILLAGE

Local guides will take us back to the early 1900s where we can experience more than 25 authentic plantation homes and structures featuring personal artifacts, clothing, furniture and art placed in their original settings. Lunch to be determined.

Date: Thursday, September 13

Departure Time: 9:20 a.m.

Return Time: 1:30 a.m.

Cost: Admission Fee: \$8.00 & Transportation Donation: \$5.00

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

CARD GAMES AND DARTS. Instructor Glen Yasuoka is on leave. Card Games is still meeting.

SOLO UKULELE II. Instructor Allen Tanabe is on leave. Class will resume 9/21.

TAI CHI FOR ARTHRITIS. Instructor Ken Koike will be on vacation. He has arranged a substitute teacher to cover his Monday classes but Friday classes are cancelled. Friday class will resume October 12.

BEGINNERS LINE DANCING FOR HEALTH. Instructor Amy Toba will be on vacation. There will be no classes from September 20 to 28. Class will resume October 4.

CITIZENSHIP CLASS with Mitzi Moore. Tuesdays & Thursdays, 12:00 - 2:30 p.m., room 202, 5-week session.

Class begins Tuesday, September 25. This class is for people who need to take the exam for American Citizenship. Class cost: Donation.

NEW CLASS: KARA-EXERCISE FOR GOOD HEALTH. Wednesdays, 1:00 - 2:00 p.m., room 305. Class began June 6. KARA stands for Karaoke and this class is a combination of group singing while doing Rhythm & Life chair exercise together. Instructor: Faye Murata & Niko Niko Genki Taiso Instructors.

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.

AEROBIC & TONING EXERCISE WITH MURIEL. Tuesdays & Thursdays, 2:00 - 3:30 p.m., room 305. Currently, the class follows exercise CDs. BRING: water, mat & towel. Since this is an afternoon class, please do not park under the covered parking lot. The Child Care program uses that area for their program and if one car is parked there, they cannot use the area for the children. Instructor: Muriel Takahashi.

ZUMBA GOLD: with Dr. Susan Nishida. Tuesdays, 9:30 - 10:30 a.m., room 105. Class will meet when there is no seminar scheduled in room 105. When there is a seminar scheduled in room 105, class will meet in room 207-8. Please check monthly calendar.

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

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.

***Adult Hula Auana** with Kumu Hula April Chock. Begins 9/22, 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 Wednesday, 8/29, 10:00 a.m. - 12:30 p.m., room 207-8 and Saturday, 9/

1, 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. Class Cost: \$35 - MSC seniors; \$40 - MCC member. Need to pre-register.

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Began 10/19, 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 will begin Monday, 9/17. Excellent class for all ages, focuses on cardio exercise, muscle tone, range of motion, warm-ups and floor exercise and cool downs. Bring towel & water. Class Cost: \$30 - MSC & MCC members.

CLASS REMINDER: Do not enter the classroom until the previous class has vacated. Those in class, gather your belongings & exit quickly to allow for the next class to set up. Visit with friends outside, not in the classroom.

LANAKILA MEALS-ON-WHEELS AT MCC

LMOW 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.

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.

HAWAII SENIORS' FAIR - THE GOOD LIFE EXPO, September 21, 22 & 23, Blaisdell Exhibition Hall, 8:30 a.m. - 4:30 p.m. Admission is FREE. 300 Booths - Travel, Health, Finances, Beauty, Nutrition, Games, and

more. MSC will have an informational booth and several MSC groups will be performing.

REAL PROPERTY TAX CREDIT FOR HOMEOWNERS. The City & County of Honolulu offers a real property tax credit to property owners who meet certain eligibility requirements. Applicants who qualify are entitled to a tax credit equal to the amount of taxes owed for the current tax year that exceed 3% of the titleholders' combined gross income. Tax credit will be applied to next year's taxes. Annual filing is required for this credit. The Eligibility Requirements are as follows: Homeowner must have a home exemption in effect at the time of application and for the subsequent tax year; any of the titleholders do not own any other property anywhere; and the combined income of all titleholders cannot exceed \$60,000. Applications will be available from July 1 at the following locations: All Satellite City Halls on Oahu; Treasury Division at 530 South King St., Room 115; Tax Relief Section at 715 South King St., Room 505; and on line @<http://www.honolulu.gov/cms-bfs-menu/site-bfs-sitearticles/6416-treasury-division.html>. The application deadline is October 1. For more information or assistance, contact the Real Property Tax Relief Office at 768-3205. Information furnished is subject to change without notice.

2018 SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP). This program provides low-income seniors with eligible fresh produce with the goal of improving their health and nutritional status. Each participant will receive a book of coupons worth \$50 to exchange for fresh, nutritious, and unprocessed locally grown fruits, vegetables, herbs, and honey from an authorized farmer, farmers' market, or roadside stand (outlet). Applications must be received by September 21, 2018. Forms are available in the senior office. Eligibility requirements are but not limited to: 60 years and older; maximum household income \$25,826 One Person, \$35,020.50 Two Persons, \$9,194.50 per additional household member (including children); and must be a resident of the United States. A detailed requirement list is available in the senior office. For more information, call the State of Hawaii - Dept. of Labor and Industrial Relations, Office of Community Services at 586-8675.

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

**Moiiliili Senior Center
Schedule of Special Events
September 2018**

Days to remember in September:
 3 - Labor Day - Center closed
 9 - Grandparents' Day
 11 - Patriot Day
 17 - Citizenship Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* Cholesterol Education Month * Cold & Flu Campaign * National Chicken Month * * National Literacy Month * National Sewing Month *						
	HOLIDAY! Labor Day Center Closed.					Craft: Chigiri-e 9 am Rm 202
2	3	4	5	6	7	8
		Seminar: Islands (Hospice) Transitional Care 9 am Rm 105		Craft Workshop: Kumihimo - Adv 9 am Rm 209		Movie: "Rampage" 12:15 am Rm 202
Happy Grandparents' Day!	9	10	11	12	13	14
		Lei Ilima Craft Workshop: Snappy Bag 9:30 am Rm 202	18			
16	17	18	19	20	21	22
Special Fabric Sale 9 am - 11 am Rm 209				MSC Craft Sale 9 am - Noon Rm 209		Hawaii Seniors' Fair - The Good life Expo 8:30 am - 4:30 pm Blaisdell Exhibition Hall
Seniors' Fair 8:30 am - 4:30 pm Blaisdell	23	24	25	26	27	28
					Movie: "A Wrinkle in Time" 12:15 pm Rm 202	
30					29	



Kupuna Independent Life Series

Fall 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 Friday from 8:30am–12:30pm
September 7 - December 14, 2018

Location:

Moiliili Community Center
2535 South King Street
Honolulu, Hawaii 96826



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



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



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

For questions or additional information, please contact:

**HCAP Leahi District
Service Center
(808) 732-7755**

Kupuna Independent Life Series

Sept 5 - Dec 15, 2018

DISTRICT: Leahi

SITE: HCAP Leahi District - Fall 2018

HEART HEALTH, EXERCISE & MOBILITY

Date	Health Workshops	Social Workshops	Support Group Topics
9/7/2018	ER Nurses/Exercise & Mobility	Social Security Admin.	What do you think the best age to be is? Why?
9/14/2018	ER Nurse/ Blood Pressure	UH Manoa CTARH - Cooperative Ext. Svc.	Who is someone who inspires you? How so?
9/21/2018	Public Health Nurses	MOA Hawaii	What is the best advice your parents gave you? Did you listen to it?
9/28/2018	ER Nurse/ Urinary/Incontinence	Legal Aid Hawaii	What's something in your life that you are really good at?
10/4/2018	I Ola Lahui Behavioral Health	Premiere Benefit - Medicare/Medicaid	At what moment in your life do you remember laughing the hardest
10/5/2018	Alzheimer's Association	Blue Zone Hawaii	What is the hardest lesson you have ever learned?
10/19/2018	Public Health Nurses	Project DANA	What are you the most proud of in your life?
10/26/2018	HPD	KCC Kupuna Educ - Arthritis & Fall Prevent	What do you hope people remember about you?
11/2/2018	Mountain Pacific - Diabetes/ The Human Bod	Chaminade Students/ Nutritions	What moment in history do you most vividly remember?
11/9/2018	Mountain Pacific - Diabetes/Risk Factors Of L Hep Free Hawaii		What are the most difficult and most rewarding things about growin
11/16/2018	Mountain Pacific - Diabetes/ Monitoring you	Chaminade Students/ Nutritions	What are the three best things about you?
11/20/2018	Mountain Pacific - Diabetes/Physical Activity		Anger, resentment, jealousy, hate. How should we deal with negative
12/7/2018	Mountain Pacific - Diabetes/ Meal Planning		if you could travel to any country where would it be? Why?
12/14/2018	Mountain Pacific - Diabetes warning and signs		List 3 goals you have for the next 5 years.