



Kaleidoscope

March 2016
Vol. XXVII 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:

We are excited to be able to offer our ongoing and upcoming new classes to all of our seniors in 2016. Thank you all for your continued participation in our Senior Center Program. We continue to partnership with the Moiliili Community Center, as we are one program under the Community Center. Please become members of the Community Center. The annual membership fee is \$30.00 for a calendar year. Your participation as MCC members help support our endeavors to continue to offer classes, activities and services. For MCC members, there is a new benefit: One Plus One Drive Inn will offer a 10% discount on a purchase of \$5 or more and Subway - Moiliili will offer a 10% discount on any sandwich/salad. Some exclusions apply to both places. Just show your 2016 MCC Membership Card to receive your savings. Offers are valid through the end of this year. Mahalo for your support of the Senior Center and the Community Center.

MCC's Annual Fundraiser for 2016 will be featuring our very own Senior Center. We will be doing a live - interactive slide show showcasing all that our seniors do. To include various performances by our senior groups. We will be selling our senior crafts and also demonstrating crafts. The event will be Saturday, April 2 at the JCCH, 5th floor, from 5:30 p.m. Cost per person is \$125.00. For more information, please see the staff in the main office.

All the 2nd 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.

We would like to thank everyone for their generous donations of goods to the Thrift Store and the Senior Center. Sometimes the main office is inundated with an abundance of goods and it becomes unsafe to walk through the office. For this reason, the main office would like to accept donations in bulk on Tuesdays and Fridays between 8:00 a.m. - 4:00 p.m. to reduce the congestion in the main office. Thank you for your cooperation.

New piece for the newsletter! We are listening to you. Per your suggestion, we would like to start 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 will be available soon in class attendance folders and in the senior office.

McCully Library tour: Are you interested in Korean Dramas, books in Japanese and movies? If so, are you interested in visiting McCully Library to find out more about these services and others that they offer? If you would like to join us on the library tour, please let the senior program staff know by Friday, March 11 and if we have at least 5 people interested, we will set up the tour.

Next year, October 7, 8 & 9 will be the 5th Rhythm & Life Exercise Taikai at Shizuoka, Japan. Rhythm & Life Chair Exercise Teachers will be participating at the Taikai and will include 6 days of tour - Nara, Kyoto, Hiroshima and Tokyo. Anyone Interested in attending, call Faye Murata at 735-1323 or see any of the Rhythm & Life Chair instructors for more information.

MOILIILI SENIOR CENTER WISH LIST:

- 1) Volunteer instructors for the following:
Educational classes/workshops
Japanese language
Painting
- 2) Heavy Duty Shredder
- 3) New and/or Used (no more than 2 years old) computer with monitor.

To all our members who use the Weinberg studio for classes: PLEASE do not touch any of the articles that are stored in back, in the elevator and by the bathrooms downstairs. These are for the Thrift Store to sort, price and sell.

Moiliili Senior Center is always in search of teachers or group leaders to expand our program. Do you have a special talent and 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 membership, please **DO NOT** include your donation to the Senior Center on the same check. Please write **two** separate checks and note in the "memo" if you are making a donation to the Senior Center or paying for membership. If you are making a donation to the Community Center, then your membership and donation can be on one check. Reminder - **ALL** checks must be written to: **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 \$30.00 for 2016.

MAHALO! MAHALO! MAHALO! to performers:
*RLC Niko Niko Genki Club members at Kuakini.

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:

MCC's Fundraiser Dinner, "WHERE GREAT THINGS HAPPEN." Save the date -Saturday, April 2, Japanese Cultural Center of Hawaii, Manoa Grand Ballroom, featuring MCC's very own Senior Center. No-Host Cocktail Reception- 5:30 pm. Dinner and Program - 6:30 pm. Cost: \$125.00 per person.

Improvements in our parking arrangements are being planned for MCC and the adjacent Down to Earth property. Please keep your eyes peeled for posted signage in the coming months!

VACATIONS HAWAII - Help Moiliili Community Center earn travel credit by booking your travel with Vacations - Hawaii Custom Packages department at 591-4700. When making a booking, refer to their loyalty Rewards and mention Moiliili Community Center. If we have enough credit, they will donate a trip to Vegas for MCC's next fundraiser.

NOTICE: For the safety of MCC patrons, any vehicles coming on to MCC property via the **WRONG WAY** (through Kapaakea Lane or Kuilei Street) will be given a warning. If there are any future infractions, parking privileges will be immediately revoked. Thank you for your cooperation.

VOLUNTEERS WANTED: Looking for "responsible", regular volunteers for the Thrift Store, especially for Thursdays, Fridays or Saturdays. If interested, see Bonnie at the Thrift Store.

EXCURSION REMINDER: Excursion participants, please carpool or use the bus to allow parking for those who attend classes. **NO RESERVING SEATS**, except for your partner. Whenever you are going from one place to another, please return to your original seat. All participants must remain with the bus as the bus pick-up point will be determined by the driver. **DO NOT** ask to be dropped off somewhere else or along the way. If you plan to leave the group at some point, let Escort know. Also, each participant must have an updated registration. If there are any special needs, please let the staff know about it before the excursion.

A REMINDER: Sign up for any of the special activities noted, such as seminars, workshops, excursions. Activities may be canceled due to lack of interest or at speaker's request, and only those on the list would be notified. Also,

if you have any suggestions or ideas for activities, please submit information to the senior office.

ACTIVITIES, SPECIAL EVENTS & EXCURSIONS

- *Sign up for all excursions, seminars, workshops, special events, etc. in person. NO phone reservations.
- *Sign up for you and your spouse only.
- *Call for cancellations. NO REFUNDS for late cancellations.
- *Payments for excursions due one week prior.
- *Those needing assistance must bring a companion.
- *Seminars and workshops are scheduled to provide education and information and do not constitute an endorsement of a product or company by the center.

MOVIE: "JURASSIC WORLD" (2015)

(2-hrs. & 4-min., DVD, Action, Adventure, Sci-fi. Rated PG-13- for intense sequences of science-fiction violence and peril.)

Starring Chris Pratt & Bryce Dallas Howard. A new theme park is built on the original site of Jurassic Park. Everything is going well until the park's newest attraction - a genetically modified giant stealth killing machine - escapes containment and goes on a killing spree.

Date: Friday, March 11 Time: 12:15 p.m.
Place: MSC, room 207 Cost: Donation

CRAFT WORKSHOP: CHIGIRI-E

The Japanese style of doing a collage picture by tearing washi paper to form. Workshop for all ages and levels. LIMIT: 12.

Date: Saturday, March 5 & April 2 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, March 3(Adv) & March 10(Beg)

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

ACUPUNCTURE by Heijiro Ikeda

Originally from China, acupuncture is currently practiced all around the world. Heijiro Ikeda has graciously volunteered his time to help our seniors. This is your chance to see if acupuncture can help you. First-come, first-served.

Date: Tuesdays Time: 9:00 - 10:00 a.m.

Place: MSC, room 207 Cost: Donation

SEMINAR: MEDICARE 101

Do you need help understanding Medicare? Melvin Fujimoto from Financial Benefits Insurance will help you better understand the basic structure of Medicare and, if applicable, lead you towards finding extra benefits.

Date: Monday, March 14 Time: 9:30 a.m.
Place: MSC, room 202 Cost: Donation

SEMINAR: BLOOD PRESSURE

Steven Ito from House Call Medical Practice will talk about Blood Pressure. Find out what the numbers mean; How to manage your blood pressure; and more. After the seminar, you will be able to get your blood pressure read.

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

SEMINAR: HEALTHY, EASY TO PREPARE

FOOD DOESN'T HAVE TO TASTE JUNK!

On the contrary, Anne Chipchase from Ohana Health Planned her spring semester intern, Kelly, will show you just how easy, healthy and tasty easily prepared food can be! Come down for a demonstration and tasting of some great food ideas. Regardless of your dietary restrictions, salt, sugar, gluten, or whatever, there are ways to make meals that better suit your taste.

Date: Friday, March 18 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: KIDNEY DISEASE

Chronic Kidney Disease includes conditions that damage your kidneys and decrease their ability to keep you healthy. Attention Plus Care is partnering with the National Kidney foundation of Hawaii and discussing the affects of the disease to our local families and determining causes and risks that we should watch out for. Call 440-9372 to reserve your seat.

Date: Tuesday, March 22 Time: 9:00 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: GOT HEARTBURN?

Join us to learn about: Gerd (Gastro Esophageal Reflux Disease); Can heartburn lead to cancer? The GERD Story; Importance of Screening; Upper Endoscopy or EGD; Treatment Options for GERD and Barrett's Esophagus; and Side effects from Heartburn Medications. GERD is a chronic digestive disease that occurs when stomach acid flows back into the food pipe or esophagus. The backwash of acid irritates the lining of the esophagus and causes GERD

symptoms. Presented by Dr. Russell Yang, MD PhD Gastroenterologist from Pali Momi Medical Center.

Date: Tuesday, March 29

Time: 9:45 a.m.

Place: MSC, room 105

Cost: Donation

EXCURSION: KO ALOHA UKULELE FACTORY TOUR

See the different types of wood used to make quality ukuleles of varying tones. Please wear comfortable COVERED walking shoes, as this is a factory, and for safety and liability issues. Lunch on your own at City Square.

Date: Tuesday, March 8

Departure Time: 9:30 a.m.

Return Time: 12:30 p.m.

Cost: \$5.00 (Trans.)

EXCURSION: TROPIC MINI GOLF AT PEARLRIDGE

Join us for a leisurely fun day playing 18 holes of mini-golf. You don't have to be a Tiger Woods or Arnold Palmer to play this course. Mosquito repellent provided by establishment for participants use at no charge. Lunch on your own at Pearlridge Food Court phase II.

Date: Thursday, March 24

Departure Time: 9:30 a.m.

Return Time: 1:15 p.m.

Cost: \$12.00 (\$7.00-Golf & \$5.00-Trans.)

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

***NEW CLASS - BEGINNERS LINE DANCING, Thursdays, 12:30 p.m., room 105. Class covers basic terminology. Newcomers are welcome anytime. Inst: Mary Ann Itoga & May Lee.

***NEW CLASS - ZENIDAIKO, Thursdays, 2:30 - 3:30 p.m., Weinberg Studio. Class began February 4. Zenidaike is Japanese folk dancing with sticks. More students welcome. Inst: Mieko Sato.

***NEW CLASS - ZUMBA/PIYO, Tuesdays, 11:30 a.m.- 1:00 p.m., Weinberg Studio. Zumba Class began

September 15. Grace is adding on PIYO which is Pilates and Yoga combined. PIYO will be from 12:30 - 1:00 p.m. A great combination of fun and fitness as you dance your way to a healthier you. Instructor: Grace Hada. Accepting more students.

GROUP SINGING, Wednesdays, 9:15 a.m. - 10:00 a.m. & **BEGINNER'S LINE DANCING II**, Wednesdays, 10:15 a.m. - 11:45 a.m., Weinberg Studio. More students are welcomed. For Line Dancing, students must have some experience. Instructor: Virg Pabro.

***Adult Hula Auana** with Kumu Hula April Chock. Began 1/16, 10 weeks, Saturdays, 9:30 am - 11 am, room 105. Learn modern hula. Wear loose clothing. Cost: \$20 - MSC seniors; \$35 - MCC members; \$40 - Non-members.

***Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class began Saturday, 2/6, 9:30 am - noon and Wednesday, 2/10, 10 am - 12:30 pm, room 207-8. An impressive array of projects to choose from. Bring: pins & scissors. Supplies/kit payable to instructor the first day of class. Class Cost: \$35 - MSC seniors; \$40 - MCC member; \$45 - Non-member. Need to pre-register.

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Began 1/22, 10 weeks, Fridays, 9:30 am - 12 noon, room 102. Bring sharp pair of scissors, container, and ballpoint pen. Supplies payable to instructor. New students must register before the session starts. Cost: \$20 - MSC seniors; \$30 - MCC members; \$35 - Non-members.

***Specialized Aerobics** with Faye Fukuhara. Class resumed in February.

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.

Our wishes to our *March* birthday participants.

ASAKAWA, YURIKO

KIM, LINDA

CHEN, CAROLINE

KINOSHITA, LAVERNE

CHONG, ALFRED

KOBAYASHI, NORIKO

CHUN, ROSALIND

KOYAMA, MINEKO

FUJII, JUDY

LANCASTER, CECILIA

HAMANO, MASA AKI

LEE, EMILY

HARRIS, MAE

LEE, MABEL

HASHIZUNE, KAYOKO

LEES, ERIKA

IDE, SUE

MIMURA, FUMIKO

ITO, BETSY

MIYAMOTO, KINUKO

IVERSON, LINDA

MOORE, MITZI

KAMEMOTO, CAROL

NAKAMURA, MATSUE

KAWASAKI, MAE

NAKANO, KAZUKO

NAKASU, TAZUKO

TADA, YASUKO

NISHIMURA, MAGDALENE

TAKAYAMA, AMY

NISHIMURA, MITSUE

TAKEMOTO, MICHIE

OGAWA, MASAKO

TAKISHIMA, SUE

OKAMURA, HARRY

TERUYA, YOSHINO

REYES, ELAINE

TRENT, GLADYS

RICHMOND, LUCY

UEGAWACHI, YASUE

RII, YOSHISADA

UEHARA, SHINEI

SHIROMA, YONEKO

WOESSNER-BRILLIANDE,

SILVERIA, FUMIE

LEILANI

STEVENS, MIRIAM

YAMAGUCHI, NOBUKO

STREET, FUYU

YAMAMOTO, CAROL C.

SUGAI, AIKO

YASUDA, GAYLE

SUMIDA, HERMAN M.

YOSHIKAWA, JANE

SUZUKI, MICHIKO

YOSHIOKA, MARVY

Moiliili Senior Center Class Schedule March 2016

Monday	Tuesday	Wednesday	Thursday	Friday
7:30-1:00 Mah-Jongg (Room 207-8)	8:00-9:00 No Class	8:00-9:00 Fall Prevention (Room 105)	7:30-1:00 Mah-Jongg (Room 207-8)	8:00-9:00 Ki-Coord. (Room 305)
8:00-9:00 Beg. Tai Chi (Room 305)	8:00 - 9:30 Beginner's Line Dancing I (Weinberg)	8:00-9:30 Miryo Singing (Room 207)	7:30-8:30 Yoga (Studio)	8:30-10:30 Hanafuda (Room 209)
8:30-11:00 *Conv. Eng. (Beg/Int)/Rm 202	FULL 8:30-10:30 Crochet/Knit (Room 209)	8:30-11:00 *Conv. Eng. (Beg/Int)/Rm 202	8:00-9:00 Began 2012 (Room 105)	9:00-12:00 Painting (Room 207-8)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	9:30-11:00 Rhythm & Life (Int. II) (Room 305)	9:00-11:00 Shodo (Room 104)	9:00-10:30 Rhythm & Life (Adv. I) (Room 305)	9:00-10:00 Tai Chi for Arthritis (Weinberg)
9:00-10:00 Tai Chi (108) (Room 305)	Closed	9:00-10:00 Tai Chi (108) (Room 305)	Closed	9:30-12:00 +Ribbon/Croch. (Room 102)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	10:45-11:45 Soroban (Room 209)	9:15-10:00 Group Singing (Weinberg)	9:00-10:30 Ukulele Prac. (Room 105)	Began 1/22 (Room 102)
10:00-10:30 R&L Chair Exer. (Room 105)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:15-10:30 Minyo Danc(Beg) (Room 105)	9:30-11:00 Brain Training (Room 202)	Closed
10:15-12:00 Rhythm & Life (Adv. I) (Room 305)	11:30-1:00 Zumba/PiYo (Weinberg)	9:30-11:30 *Sumie (Room 209)	Began 2/4 (Room 202)	10:00-10:30 R&L Chair Exer (Room 105)
Closed	12:00-1:30 Kenbu Senbu Shigin (Room 207)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	12:00-2:30 *Citizenship (Room 202)	Closed
1:00-3:00 Buyo & Enka (Weinberg)	12:00 - 2:30 *Citizenship (Room 202)	10:00-12:30 +Jpns/Okw'n Doll Making & Oshie (Room 207-8)	12:30 - 1:00 Beginner's Line Dancing (Room 105)	11:00-12:00 Solo Ukulele I (Room 303)
5:30 - 6:30 +Spec. Aerobics Resumed 2/1 (Room 305)	12:00-2:30 Karaoke (Room 209)	Began 2/10 Rhythm & Life (Beg.) (Room 305)	1:00-2:30 Line Dancing (Room 105)	11:15-12:15 Dahn Yoga (Weinberg)
*DOE classes are provided by McKinley Community School for Adults. Citizenship & English classes - \$20 enrollment fee. Additional fees applied to new English class students. Sumie - \$60.	+ Tuition based classes. Walk-in fee \$5.	11:00-12:30 Ohana Karaoke (Room 209)	Reminder: No class the last Thur. of the month. Began 2/4 (Weinberg)	Closed

"Kaleidoscope" is published monthly, written/edited by the senior staff. Director, Sunday Paula Egures; Program Staff - Akira Goto. Regidor, Elaine Lau & Akira Goto.

LANAKILA MEALS-ON-WHEELS AT MCC
 LMOW serves hot and nutritious meals at the Center Mondays through Fridays, at 11:00 a.m. There is no charge for meals to registered participants in the nutrition program. Participants are given an opportunity to make a donation to the program and all contributions are used to support Lanakila's Group Dining nutrition program. To register to participate - come to MCC, room 105 on weekdays from 8:00 a.m. to 12:00 p.m. and see Gerath for more information or to register in the program.

AARP TAX-AIDE SITES: Be sure to take all necessary papers to any of the following: last year's tax papers, bank statements, all income forms, etc. for other sites out of the area, see staff in the senior office.
 * Harris United Methodist Church, 20 S. Vineyard Blvd, Rm 10, Tues. & Sat., 8:30 am - 11:30 am. Phone: 545-6016. Walk-ins Welcome.
 * Catholic Charities, 1822 Keeaumoku St., Sat., 8:30 am - 12:30 pm, Walk-ins Welcome. Closed 4/16.
 * Paki Hale, 3840 Paki Ave., Tues. & Thurs., 9:00 am - 11:30 am, Walk-ins Welcome.
 * Aina Haina Library, 5246 Kalamianaoale Hwy., Fri. & Sat., 10:30 am - 2:00 pm. Phone: 545-6016. Walk-ins Welcome. Closed 3/25 & 3/26.
 * Hawaii Kai Library, 249 Lunalilo Home Rd., Sat., 9:00 am - 12:00 pm, Phone: 545-2016. Walk-ins Welcome. Closed 3/26 & 4/16.