



Kaleidoscope

June 2015
Vol. XXVI No. 6

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:

PARKING ALERT: The last day of public schools will be Wednesday, June 3. Children will be here at the center for all day care from June 4 - July 24. Limited parking. Be dropped off, take the bus or carpool. Also, **YOU** need to be aware of what is happening around you. **THINK OF YOUR SAFETY!!!** Don't be in a rush when being dropped off at the center. Have your driver pull up to the parking lot attendant and the tree, not in the middle of the driveway, in the tunnel or in front of the ramp. Watch for vehicles backing up - you are NOT stronger or faster or larger than a vehicle: don't try to walk around the back of the vehicle especially when it is backing up. **BE AWARE! BE PATIENT! BE SAFE!** Thank you.

Mother's Day Boutique Sale - Thank you to all of our crafters for donating your items to our sale. We made \$1500.

Temari's Bolts & Fabric Sale - Thank you to our volunteers who sold our scrap material and recyclable crafts at Temari's Bolts & Fabric Sale which was held on May 16. We made \$1900!

MOILILI SENIOR CENTER WISH LIST:

- 1) Senior Program Director

LIHEAP INTAKE

Monday, June 22

2:00 - 4:00 p.m. MCC, room 303

Applications are available in the senior office.

The Low-Income Home Energy Assistance Program (LIHEAP) is designed to help families keep their utilities (gas or electric) on, especially those households that are most vulnerable, such as the elderly, the disabled and households with young children. Clients can apply for the Energy Credit or Emergency Crisis Intervention once per program year. See bulletin boards for documents required and more information.

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

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

ATTENTION Seniors! When paying by check for your membership, please **DO NOT** include your donation to the Senior Center on the same check. Please write **two** separate checks and note in the "memo" if you are making a donation to the Senior Center or paying for membership. If you are making a donation to the Community Center, then your membership and donation can be on one check. Reminder - **ALL** checks must be written to: **MOILILI COMMUNITY CENTER**, not the senior center. 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 \$25.00 for 2015. For those who may find this difficult, please see Program Director.

MAHALO! MAHALO! MAHALO! to performers:

*RLC Niko Niko Genki Club members at Kuakini, One Kalakaua, Lanakila Senior Center & Central Union Church.

Attention all class participants: It is **YOUR** responsibility TO CHECK YOURSELF IN THE CLASS ATTENDANCE FOLDER AND CHECK FOR ANY FLYERS OR ANNOUNCEMENTS, which include last minute notices or other information. All participants MUST be registered with the senior office.

MCC NEWS:

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

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. **Please allow the disabled to board the bus first, for safety.** 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.

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.

CLASSIC MOVIE: "RIDE THE HIGH COUNTRY"

(1962)(1 hr. & 34 min. VHS, Western)

Starring Joel McCrea & Randolph Scott. An ex-union soldier is hired to transport gold from a mining community through dangerous territory. But what he doesn't realize is that his partner and old friend is plotting to double-cross him.

Date: Friday, June 12

Time: 11:15 a.m.

Place: MSC, room 207

Cost: Donation

MOVIE: "BIG EYES" (2014)

(1-hr. & 46-mins., DVD, Biography, Drama. Rated PG-13 - for thematic elements and brief strong language.)

Starring Amy Adams & Christopher Waltz. A drama about the awakening of the painter Margaret Keane, her phenomenal success in the 1950's, and the subsequent legal difficulties she had with the husband, who claimed credit for her works in the 1960's. **Masako Saito.**

Date: Friday, June 26

Time: 11:15 a.m.

Place: MSC, room 207

Cost: Donation

CRAFT WORKSHOP: CHIGIRI-E

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

Date: Saturday, June 6 & July 4

Time: 9:00 a.m.

Place: MSC, room 202

Cost: Supplies

LIMIT: 12.

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, June 4(Adv)

Time: 9:00 am

Place: MSC, room 209

Cost: Supplies

CRAFT WORKSHOP: BEADING

This month's beading project is a bracelet. **LIMIT: 15**

Date: Thursday, June 18

Time: 9:00 a.m.

Place: MSC, room 209

Cost: Supplies

SEMINAR: LET'S GET REAL ABOUT DIABETES!

We all know that Diabetes is a serious and growing problem in our community. Come and get down-to-earth explanations of what Diabetes is, what it does to the body and, perhaps most important, what you can do to reduce the risk of Diabetes to you and your family. Anne Chipchase, of 'Ohana Health Plan and a Moilili Senior, herself, has a way of making the most complex issues understandable and is always ready with simple hints to make big differences.

Date: Friday, June 19
Place: MSC, room 105

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

SEMINAR: 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 to help them reduce their property taxes. If you qualify, you will be entitled to receive a credit in an amount equal to the difference between your assessed taxes and 3 or 4% of your income. Eligibility requirements: Homeowner must have a home exemption in effect at the time of application and for the following tax year; Any of the titleholders do not own any other property anywhere; and the combined income of all titleholders cannot exceed \$60,000. Application deadline is September 30. Attend this informational session and see if this program can benefit you.

Date: Tuesday, June 23
Place: MSC, room 202

Time: 10:15 a.m.
Cost: Donation

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

Date: Thursdays
Place: MSC, room 303

Time: 10:30 - noon

EXCURSION: HONOLULU STAR ADVERTISER PRODUCTION PLANT

Join us as we take a drive out to Kapolei and see how newspapers are produced from blank rolls of paper to printed copy. Lunch on your own at Kapolei Commons.

Date: Wednesday, June 10
Return Time: 1:00 p.m.

Departure Time: 8:30 a.m.
Cost: \$5.00 (Trans.)

EXCURSION: SUMMER TRAIN RIDE

Toot, Toot! Come join us on an open-air train ride through the leeward coast. Enjoy the ride on the Hawaiian Railway Society's reconditioned passenger rail cars pulled along by the engine car. Our guide will tell you about days gone by. We will be joining Waikiki Community Center on this ride. WAIT LIST. Money is due no later than Friday, May 29. No refunds after the 29th unless the space is filled.

Date: Friday, June 19

Departure Time: 8:15 a.m.
Cost: \$12.50 (\$8.00 - Train Ride & \$4.50 - Bus)

EXCURSION: BISHOP MUSEUM

Take a self-guided tour of Hawaii's history from royalty to immigrants, extinct birds and plant life of ancient Hawaii. Navigate the heavens so you can sail the oceans. Make an appointment with the library to view their collection of historical books of significance in the modernization of Hawaii. This is where you will find old phone books. Other documents housed there are land ownership, but they are written in Hawaiian only. This Library is a good source of information for tracking your genealogy. Lunch on your own at 99 Ranch Food Court. **Sadako Ogino.**

Date: Monday, July 20

Departure Time: 8:30 a.m. Return Time: 1:15 p.m.

Cost: \$12.00 (\$7.95 - Admission & \$4.05 - Trans.)

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up in the senior office, rm. 203

***ARE YOU INTERESTED???** Anyone wants to have a little end of summer fun at Wet 'n Wild Water Park in Kapolei? Water park / Mini-golf? The cost will be about \$40.00. If we have enough people signed up, we will go in September. See Elaine in the senior office if interested.

***SOLO UKULELE I & II:** Classes begin Friday, July 17. Classes run for a 19-week session, room 202. SUI - 9:30 - 10:45 a.m.; SUII (must complete SUI and instructor must approve advancement) - 11:00 - 12:15 p.m. Inst: Allen Tanabe. Learn to read music and play the melody. Must have own ukulele and dedication to practice. Cost: \$20 for textbook & \$10 is due at the beginning of the course to cover the cost of music notes, music sheets and additional study materials. Other optional fees will be announced if the need arises. If interested, additional flyer will be given stating materials needed. MAXIMUM: 12 students per class.

***QI GONG / SELF MASSAGE** class will resume Monday, July 6, 10:30 - 11:30 am, Weinberg Studio.

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

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

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Begins 7/10, 10 weeks, Fridays, 9:30 am - 12 noon, room 202. 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.

***Adult Hula Auana** with Kumu Hula April Chock. Began 5/9, 10 weeks, Saturdays, 9:30 am - 11 am, room 105. No class 7/4. Learn modern hula. Wear loose clothing. Cost: \$20 - MSC seniors; \$35 - MCC members; \$40 - Non-members.

***Specialized Aerobics** with Faye Fukuhara. Mondays, 5:30 pm - 6:30 pm, room 305, 10 week session began 4/13. Next session begins 6/29. Excellent class for all ages, focuses on cardio exercise, muscle tone, range of motion, warm-ups, floor exercise, & cool downs. Bring towel/water. Cost: \$30 - MSC & MCC members; \$40 - Non-members.

***Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class began Saturday, 7/4, 9:30 am - noon and Wednesday, 7/8, 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.

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 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.

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

CABRAL, ERNA	KITAGAWA, GRACE
CHANG, WAYNE	KODANI, IRENE
ENOMOTO, PATRICIA	KOH, KIL-DONG
GRAFF, ELEANOR	KON, BETTY
GUM, LAURETTA	LEE, MAY
HAMADA, SHIRLEY	MATSUKAWA, ELSIE
HANATANI, JANET	MATSUMOTO, TERUKO
HANAUMI, ANN	MEDEIROS, MILAGROS
HASEGAWA, FAYE	MIHARA, AMY
HIRAI, ELSIE	MURAKAMI, NANCY
HORSTMAN, PHYLLIS	MURRAY, MIMI
ISHII, JUNE	NAGAMI, MACHIKO
KIKUTA, HENRIANN	NAKASHI, GRACE

MCC THRIFT STORE

Thrift Store: Open Tuesday - Saturday, 10:00 a.m. - 3:00 p.m. Drop off donations when store is open. *Note: MCC members get 25% discount with purchase of \$5 or more.

COMMUNITY ANNOUNCEMENTS:

“SENIORS HELPING SENIORS” basic computer class for senior citizens. Sponsored by the Great Aloha Run and Harry & Jeanette Weinberg Foundation Computer Center. Free 2-hour class to learn basic computer concepts that include: e-mail, use of the internet, composing documents, and just have fun being comfortable with computers. Instructors are students volunteering their services to help our kupuna. Rene Mansho is the volunteer coordinator. RESERVATIONS REQUIRED; MUST CALL RENE @ 291-6151. Classes are from June through August. Dates for June: 1, 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26, 29. Dates for July: 1, 3, 6, 8, 10, 13, 15, 17, 20, 22, 24, 27, 29, 31. Dates for August: 3, 5, 7, 10, 12, 14, 17, 19, 21, 24. Class Time: 9 - 11 am & 12 - 2 pm. Place: Carole Kai Charities, Inc. Office, 418 Kuwili St., Suite 102, Honolulu, 96817. Classes are 2 hours and repeat classes are unlimited. Intermediate classes will be offered after mastery of basic skills is demonstrated.

DEPARTMENT OF VETERANS AFFAIRS BENEFIT WORKSHOP, Sat., June 6, 9 am - 12 pm, Oahu Veterans Center, 1298 Kukila St. Who: Veterans, Family Members, Widows and Community Providers. Workshops: VA benefits, Loan Guaranty, Vocational Rehabilitation & Employment, Death Benefits & more. Counselors will be available to assist with the claim process. Phone: 1-808-433-0384. E-mail: pctc.vbahon@va.gov

JOHN K. SAKAI MUSIC STUDIO SUMMER VOICE RECITAL, Sun., July 19, 10:15 am, Pomaikai Ballrooms, Dole Cannery, 735 Iwilei Rd. Cost: \$51.00 (lunch included), \$26.00 (children 6 - 10 years old). For more information, please contact Virg Pabro at 521-7214.

NAKASHIMA, KIMIE	TERAMOTO, CYNTHIA
NISHIYAMA, MELVIN	TERUYA, DEBBIE
ROVANSEK, MARY	TERUYA, KATHLEEN
SAKAMOTO, NANCY	TSE, SILVIA
SATO, JANE T.	TSUKAMOTO, SACHIE
SHIMABUKURO, RICHARD	TYLER, ALAN
SHIOHIRA, JEANETTE	UYETAKE, JUDITH
SUEHISA, MICHIKO	WADA, EDNA
SUSAKA, YACHIYO	WOLFF, MARION
TAIRA, JANE	WONG, FLORENCE
TAKESHITA, EDNA	YOSHIDA, ELSIE
TAMAKI, KENJI	YOSHIOKA, EVELYN
TANABE, ALLEN	YOUNG, SYLVIANNE
TANNA, MASAE	

Moiiliili Senior Center

Schedule of Special Events

June 2015

Days to remember in June:
 11 - Kamehameha Day - CENTER CLOSED
 14 - Flag Day

21 - Summer Begins
 21 - Father's Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
			Excursion: Honolulu Star Advertiser Production Plant 8:30 am	10:30 - 12 noon Chair Massage Rm 303	Classic Movie: "Ride the High Country" 11:15 am Rm 207	Craft: Chigiri-e 9 am Rm 202
7	8	9	10	HOLIDAY! Kamehameha Day Center Closed	11	13
				Craft: Beading 9 am Rm 209	Excursion: Summer Train Ride 8:15 am	
14	15	16	17	Chair Massage 10:30 - noon Rm 303	Seminar: Let's Get Real About Diabetes! 9 am Rm 105	19
Happy Father's Day! 21				Movie: "Big Eyes" 11:15 am Rm 207		20
	22	23	24	25	26	27
	LIHEAP Intake 2 - 4 pm Rm 303	Seminar: Real Property Tax Credit for Homeowners 10:15 am Rm 202		Chair Massage 10:30 - noon Rm 303		
28	29	30	* Candy Month * Cancer from the Sun Month * Camping Month * Dairy Month * * Drive Safe Month * Fresh Fruit & Vegetable Month * Frozen Yogurt Month * * Iced Tea Month * Papaya Month * Smile Month *			

Moliiili Senior Center Class Schedule June 2015

Monday	Tuesday	Wednesday	Thursday	Friday
7:30-1:00 Mah-Jongg (Room 207-8)	7:30-10:30 Seedcraft (Room 209)	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)	8:00-9:00 KI-Coord. (Room 305)	8:00-9:30 Mimyo 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)	8:00-9:00 Blood Pressure (Room 102)	8:30-11:00 *Conv. Eng. (Beg/Int)(Rm 202)	8:00-9:00 Ukulele (Beg) (Room 105)	9:00-11:00 Painting (Room 207-8)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	8:00 - 9:30 Beginner's Line Dancing I (Weinberg)	9:00-11:00 Shodo (Room 104)	Began 2012	9:00-10:00 Tai Chi for Arthritis (Weinberg)
9:00-10:00 Tai Chi (108) (Room 305)	FULL	9:00-10:00 Tai Chi(108) (Room 305)	9:00-10:30 Rhythm & Life (Adv. I)	9:30-12:00 +Ribbon/Croch. Lei Making (Room 102)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	8:30-10:30 Crochet (Room 207-8)	9:15-10:00 Group Singing (Weinberg)	9:00-10:30 Closed	Begins 7/10 (Room 102)
10:00-10:30 R&L Chair Exer. (Room 105)	9:30-11:00 Rhythm & Life (Int. II) (Room 305)	9:15-10:30 Mimyo Danc(Beg) (Room 105)	9:00-10:30 Ukulele Prac. (Room 105)	9:30-10:45 Solo Ukulele I (Room 202)
10:15-12:00 Rhythm & Life (Adv. I)	Closed	9:30-11:30 *Sunie (Room 209)	12:00- 2:30 *Citizenship (Room 202)	Begins 7/17 (Room 105)
10:30-11:30 Qi Gong/ Self Massage	10:00-11:15 Okinawan Dnc. (Weinberg)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	12:00-1:30 Rhythm & Life (Adv. V)	11:00-12:15 Solo Ukulele II (Room 202)
Resumes 7/6 (Weinberg)	12:00 - 2:30 *Citizenship (Room 202)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)	1:00-2:30 Line Dancing (Room 105)	11:15-12:15 Dahn Yoga (Weinberg)
1:00-3:00 Buyo & Enka (Weinberg)	12:00-1:30 Karaoke (Room 209)	Begins 7/8 Rhythm & Life (Beg.) (Room 305)	Reminder: No class the last Thur. of the month.	12:00-1:30 Rhythm & Life (Int. I) (Room 305)
5:30 - 6:30 +Spec. Aerobics Begins 6/29 (Room 305)	12:00-1:30 Kenbu Senbu Shigin (Room 207)	11:00-12:30 Rhythm & Life (Beg.) (Room 305)		Closed
*DOE classes are provided by McKinley Community School for Adults. Citizenship & English classes - \$20 enrollment fee. Additional fees applied to new English class students. Sunie - \$60.	Attention: If you find your name in bold print, in this newsletter, come to the senior office.	12:00 - 2:00 Roy Otake Karaoke Ohana (Room 209)		Saturday
	+ Tuition based classes. Walk-in fee \$5.	1:00 - 3:00 Kitsuke (Weinberg)		9:30 - 11:00 +Adult Huia Auana (Room 105)

"Kaleidoscope" is published monthly, written/edited by the senior staff. Director: Jill Kitamura, Elaine Gram Staff - Paula Regidor, Elaine Lau, Raena Akase & Henry Asari.

HAWAII FOOD BANK, COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP). This program works to improve the health of low-income elderly persons at least 60 years of age by supplementing their diets with nutritious USDA Foods. Requirements: Complete an application each year and re-certify every 6 months; Applications will be collected at any time but once maximum caseload is met, a continuous waitlist will be maintained at each site; Participants must be at least 60 years of age and show a photo ID that confirms age and residence; CSFP participants must reside on Oahu; Income at or below 130% of the Federal Poverty Income Guidelines. You will pick up your food box at the same place you turn in your application. Once you are qualified, you will be eligible to

receive a food box once a month for 6 months. Food packages are very heavy. The average weight of the food box is 32 pounds. It is recommended to bring your own cart with wheels or a proxy may be designated. Locations: Kokua Kalihii Valley Elderly Services, 1846 Gulick Ave.; Kokua Kalihii Valley Elderly Services, Kuhio Park Terrace Community Center; Sts. Peter & Paul Church, 800 Kahaka Street). Each month you will need to pick up your food box at the same place you signed up. The site where you submitted your application will tell you the dates and times of when to pick up your box. For more information about this program, contact the Hawaii Foodbank, 2611 Kiihau St., Honolulu 96819, 836-3600 ext.238 or visit www.hawaiifoodbank.org