



Kaleidoscope

January 2016
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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:

Happy Healthy New Year!

Welcome back! Happy New Year to one and all! The Senior Center staff wishes you a safe and healthy year.

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. Mahalo for your support of the Senior Center and the Community Center.

Winter Break Reminder: Most MSC classes will be on vacation through January 8. Lanakila Meals on Wheels will continue to meet during this period. Children will be here part of the week for all day care. Parking will be limited.

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 no 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.

Thank you to all the crafters who donated items for all the craft fairs we did in November and December. We made over \$3000. Also, thank you to all the volunteers who helped us set up, sell and break down at all the fairs. Without the generosity of both the crafters and volunteers, we could not have done it without them. MSC is very fortunate to have such dedicated volunteers.

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.

All interested afternoon Line Dancers,

Know what a "rocking chair" is? No, it's not that piece of furniture on which you'll probably be spending a lot of your retirement days. No-o-o, in Line Dancing talk "rocking chair" means something else.

If you've ever wanted to learn Line Dancing, now is the time! Join our new Beginners class where we'll cover basic line dance terms to speed your learning. Check it out: Thursday, February 4, 12:30.p.m., room 105. Our ongoing Advanced Beginners/Intermediate class will meet as usual, until further notice. Newcomers are welcome anytime.

Share fun, exercise and friendship with us,

Mary Ann & May, Instructors

CLASS - DEMO: BRAIN TRAINING

Stay healthy with coordination exercises and brain training paper (patterns, calculations, etc.) exercises. Instructor Eisho Hayashi has 30 years of experience in America and Japan teaching Brain Training. Mr. Hayashi speaks Japanese and will bring an interpreter. If we have enough people interested, classes will begin in February.

Date: Thursday, January 28

Time: 9:30 a.m.

Place: MSC, room 203

MOILIILI SENIOR CENTER WISH LIST:

- 1) Volunteer instructors to teach educational classes/workshops
- 2) Volunteer instructor to teach Japanese

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

a pendant or other decorative ways. Beginners learn basic braids; Advanced do own project. LIMIT: 10 per class.
Date: Thursday, January 14(Adv) & January 21(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 (son of Phyllis Ikeda, MSC's former Qi Gong Instructor) 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

HAIRCUTS by Hawaii Institute of Hair Design

Students from the school will be here to cut hair. Sign up in the office so we can let the school know how many people to expect.

Date: Wednesday, January 13 Time: 9:00 a.m.
Place: MSC, room 102 Cost: Donation

SEMINAR: BRAIN INJURY

Mari Nakamura, Coordinator, Hawaii Neurotrauma Registry (HNTR) Project, will facilitate this seminar. Find out the different types of brain injuries and what the consequences are. You will also learn the best practice for people with brain injury and the challenges they face.

Date: Tuesday, January 19 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: HOW TO PREVENT FALLS

I have a sign on my desk that reads "Falling down is part of life; getting back up is living!" That DOES NOT mean physically. In January's talk, Anne Chipchase of O'hana will talk about ways we can work to reduce falls and their often devastating results. Lightning, proper footwear, reducing clutter, regular eye exams and more all go into making our homes safer places. Attend this seminar and participate and learn how to keep yourself and your home a safer place for everyone.

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

SEMINAR: SENIOR FALL PREVENTION AWARENESS

Every 5 hours in Hawaii, an older adult has a fall injury so severe they must be treated at a hospital. Recent reports show Hawaii seniors are visiting hospital emergency

departments on a rate of every hour, 24 hours a day, seven days a week. The good news is many falls and fall-related injuries are preventable. Learn from Eileen Philips, Attention Plus Care, RN how to incorporate the following steps which are considered the four pillars of falls, medication management, vision checks, home modifications and physical activity so you can prevent falls and age safely in place. Seminar sponsored by Attention Plus Care. Call 440-9372 to register.

Date: Tuesday, January 26 Time: 9:00 - 10:30 a.m.
Place: MSC, room 105 Cost: Donation

EXCURSION: THE PLAZA AT PEARL CITY

The Plaza Assisted Living is located just behind of Pearl Highland Shopping Center. This is your chance to find out what this new facility has to offer. Lunch on your own at Pearl Highland Shopping Center.

Date: Tuesday, January 19 Departure Time: 9:00 a.m.
Return Time: 1:00 p.m. Cost: \$5.00 (Trans.)

EXCURSION: CHERRY BLOSSOM VIEWING IN WAHIAWA

This excursion is dependent on weather conditions and bloom time of the trees. We will travel through Wahiawa, stopping along the roadside for photo taking, and pick up Sunnyside pie orders. Lunch on your own at Mililani Town Center. Pie menu is available on the sign up board. Orders are due January 19 by noon.

Date: Thursday, January 21 Departure Time: 8:30 a.m.
Return Time: 1:00 p.m. Cost: \$5.00 (Trans.)

EXCURSION: CHINESE NEW YEAR'S CHINATOWN & HAWAIIAN CHINESE MULTICULTURAL MUSEUM

Walk through the Museum and see the displays of historic photographs and artifacts about Chinatown, then take a shopping tour with MSC's own, Elaine. She will show you the best stores to shop at. Lunch on your own in Chinatown.

Date: Thursday, February 4
Departure Time: 9:00 a.m. Return Time: 1:00 p.m.
Cost: \$5.00 (\$2.00-Admission Donation & \$3.00-Trans.)

EXCURSION: IOLANI PALACE

Join us as we have a docent guided tour through the first and second floors of the palace. After, enjoy a self-guided tour through the basement gallery. Lunch on your own at Ward Warehouse.

Date: Tuesday, February 9
Departure Time: 8:00 a.m. Return Time: 1:00 p.m.

Cost: \$12.00 (\$8.00-Admission & \$4.00-Trans.)

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

SOLO UKULELE I & II: Classes begin Friday, January 15, 2016. Classes are in two sessions for a total of 18 weeks, room 202. SUI - 11:00 - 12:00; SUII (must complete SUI and instructor must approve advancement.) - 9:30 - 10:45 a.m.. Inst: Allen Tanabe. Learn to read music and play the melody. Must have own ukulele & dedication to practice. SUI Cost: \$25 for text book. Fees to cover additional materials will be requested as the need arises. SUI - Minimum of 3 students. Registration will close after the 2nd week of class.

*****NEW CLASS - ZENIDAIKO**, Thursdays, 2:30 - 3:30 p.m., Weinberg Studio. Class begins February 4. Zenidaiko is Japanese folk dancing with sticks. 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. Begins 1/16, 10 weeks, Saturdays, 9:30 am - 11 am, room 105.

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

AOKI, GRACE	KAWAKAMI, JEANETTE
COLLINS, EMILIA	KITAGUCHI, NORA
CORRIE, ELLEN	KOBAYASHI, GALE
DAVIS, JADE	KOMO, KATHLEEN
EUN, YOUNG-SOOK	KUBO, AMY
FRANTZ, BETTY	LAI, IRENE
FUJIYOSHI, LYNETTE	LEE, ASAKO
FURUMORI, LILLIAN	LEE, NANCY
HARADA, PAUL	LIU, MAY
HAYAKAWA, FUSAE	LUM, SYLVIA
INOUE, KAY	MARUYAMA, SABURO
ITO, MICHIO	MATSUNAGA, WARREN
IZUO, KAREN	MITSUMAGA, LORETTA
KANDA, IRENE	MIURA, ROY
KANNO, LILLIAN	MIYAZAKI, KAREN

Call the office for the next session start date. 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 begins 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. Begins 1/22, 10 weeks, Fridays, 9:30 am - 12 noon, room 102. Call the office for next session start date. 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. At this time, class will resume 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.

LANAKILA MEALS-ON-WHEELS AT MCC

LMOW serves hot and nutritious meals at the Center Mondays-Fridays. There is no charge for meals to registered participants. 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.

MORIKAWA, JOY	SHIMAMURA, RITSUKO
MURAKAMI, GEORGE	TAKARA, TERUKO
NAKAGAWA, BETTY	TAMANAHA, TOYOKO
NAKAMURA, SHIGEKO	TANAKA, SHARON
NAKAO, LILY	TASHIMA, CHARLENE
NARAHARA, HELEN M.	TATEYAMA, JANET
NARAHARA, WALTER H.	TOBITA, GRACE
NASHIRO, NANCY	TOM, SHERMAN
NOZAKI, YUKIKO	USAMI, HIDEKO
OGINO, SADAKO	WASANO, NAOMI
OKAMURA, FUMIE	WHITMAN, NANCY
OSHIRO, THOMAS	WIXOM, ELSA
OTA, SUZANNE	WONG, ROLAND
PABRO, JERRY	YAMANAKA, TAEKO
SAITO, STELLA	YAMASAKI, HARUKO
SATO, MIEKO	YOSHIMURA, KIMIKO
SHIBATA, MICHIKO	YOSHIZAWA, GRACE

