



Kaleidoscope

March 2017
Vol. XXVIII 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:

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 \$30.00 for a calendar year. Your participation as MCC members help 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 \$5 or more; and Subway - Moiliili will offer a 10% discount on any sandwich/salad. Some exclusions 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 Senior Center and the Community Center.

CONGRATULATIONS to MSC Members! Hawaii Tokai International College has awarded Faye Murata with a Hawaii Gold Award and Herbert Kobayashi with a Hawaii Bronze Award. Both participants entered the 28th Annual Shizuoka Postcard Art Competition. Entries were on display in the Shizuoka City Community Gallery in Japan from November 9 - 12.

THANK YOU to the District 50 Lions for sponsoring the Health Fair that was held on February 16. We had over 50 seniors go through the fair collecting valuable information and everyone enjoyed the sample of fried rice from Palolo Chinese Home. Thank you to all the volunteers who contributed in making this event a success.

THANK YOU to Carolyn Tamura for donating a new shredder to the senior program. If you have noticed, our office is a little roomy now because we are trying to downsize. That means we are trying to get as close to paperless as we can. The shredder in our office will help us reach our goal.

HONOLULU FESTIVAL PARADE. MSC's Rhythm & Life Chair Exercise Class, along with 30+ teachers and students from various classes, will join with the Rhythm & Life Japan Team, 3 teachers and 30 students, will be in the Honolulu Festival Parade, Sunday, March 12. Parade starts at 5:00 p.m. at Ft. DeRussy and goes along Kalakaua Avenue until Kapiolani Park. If you are able, show your support and watch this amazing and entertaining parade.

Performance by MSC's Group Singing & Line Dancing Classes

Under the direction of Virg Pabro
Tuesday, March 14
10:40 a.m. MSC, room 105

PARKING ALERT! March 20 - 24 is Spring Break for the children, that means parking will be limited because the children will be at MCC for the all-day care program. Please carpool, be dropped off, take the bus, or walk. We appreciate your cooperation.

ATTENTION WEINBERG STUDIO (above the Thrift Shop) USERS! Work on the stairwell will begin March 28. MSC classes in the studio will be cancelled or moved depending on room availability. Please look for notices in class attendance folders.

MSC OFFICE RENOVATIONS. Warning! The senior office will be getting a make over in April. During this time, the senior office and 2 classrooms will be closed. More information will be in the next newsletter. For classes that will be effected, notices will be in the attendance folders.

MCC's BOARD OF DIRECTOR, LAURA RUBY, is asking for your assistance. She is looking for old pictures of the community center and the Moiliili neighborhood. If you have any, please bring them to the senior office and will scan them and return them to you.

The Lokahi Project "A Summer Picnic"

Saturday, June 3, 2017
10:00 a.m. - 1:00 p.m.

Central Union Church, Parish Hall

McKinley High School and the Center for Tomorrow's Leaders Lokahi Project would like to invite MSC seniors to their annual "Senior Prom". This project is led by a group of McKinley High School students. Enjoy lunch, games, entertainment and camaraderie. Cost: FREE for anyone 65 years or older; guests under 65 are \$10 each at the door. **RSVP** to the senior office by March 30.

ARE YOU INTERESTED IN TAKING A CONVERSATIONAL ENGLISH CLASS OR DO YOU KNOW OF SOMEONE WHO IS? We may possibly have a volunteer to teach English but she would like to know what form (reading, writing, speaking, etc.) of English people would like to learn. If interested, see program staff in the senior office.

“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.

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!

New piece for the newsletter! We are listening to you. Per your suggestion, we have started 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.

MOILIILI SENIOR CENTER WISH LIST:

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

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 2017.

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:

HANAFUDA CARDS FOR SALE. Cards are available in the main and senior office for \$10.

THE MOILIILI BOOK REPRINTING PROJECT. NEW PAGES ADDED AND OTHER PAGES UPDATED. Everything you ever wanted to know about Moiliili. Please help with a contribution. We need to raise at least \$2,500 in donations to have the book reprinted. Please write donation check to: Moiliili Community Center (memo line: Book Project) and send/bring it to: Attn: Laura Ruby,

Moilili Community Center, 2535 South King Street, Honolulu, HI 96826.

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.

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: "MANCHESTER BY THE SEA" (2016)
(2-hrs. & 17-mins., DVD, Drama. Rated-R for language throughout and some sexual content.)

Starring Casey Affleck & Kyle Chandler. Academy Award nominated movie about an uncle who feels obligated to return home to care for his nephew after his brother dies. Unknowing he is to be the guardian and struggles with the decision. Throughout the movie he recounts past memories that caused him to leave Manchester and distance himself from his past.

Date: Friday, March 17 Time: 11:00 a.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, March 4 & April 1
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, Mar. 2 (Adv) & Mar. 9 (Beg)
Time: 9:00 a.m. Place: MSC, room 209
Cost: Supplies

WORKSHOP: CREATIONS BY AMY

This month's projects are Tsukemono - Cucumber, Shoyu Okoko (March 16) & Pickled Takuan (March 23). Instructor: Amy Toba. Bring: Container.

Date: Thursday, March 16 & 23 Time: 9:00 a.m.

Place: MSC, room 209 Cost: Supplies

SEMINAR: DIABETES, CARDIO-VASCULAR & CHRONIC KIDNEY DISEASE

Think of Diabetes, Cardio-Vascular and Chronic Kidney Disease as three bad guys from the same gang! You may be right about your level of knowledge on each as an individual condition. However, when one is present, particularly Type 2 Diabetes, you may not know how exposed you are to the other two. Whether you already have one or more of these conditions, or you are "clean", you ought to come and participate in this health talk-story session with Anne Chipchase of Ohana Health Plan. Find out why it is important to learn all you can about prevention, detection and treatment.

Date: Friday, March 17 Time: 9:15 a.m.

Place: MSC, room 105 Cost: Donation

SEMINAR: UNDERSTANDING ALZHEIMER'S

The number of Americans living with Alzheimer's disease is growing. An estimated 5.4 million Americans of all ages were living with Alzheimer's disease in 2016. With proper information and solid resources, people can learn how to better care for a family member living with Alzheimer's disease or a related dementia. Guest speakers include: Ivy Castellonas, Program Director from the Alzheimer's Aloha Chapter and Ivani Phillips, RN from Attention Plus Care.

Date: Tuesday, March 21

Time: 9:00 a.m. - 10:30 a.m. Place: MSC, room 105

SCREENING: MEDICATION REVIEW

Bring your medication and supplements and find out when the best time to take them are to get the best results. Reviews will be conducted by Walgreen's Pharmacists. They will also be offering blood pressure readings.

Date: Monday, March 13

Time: 9:15 - 10:00 a.m. Place: MSC, room 105

EXCURSION: MANOA STREAM WALKING TOUR by LAURA RUBY

Board our van and start off our tour at Manoa Stream by Koali Road. Walk along the stream, through Kanewai Park, to the UH Hawaiian Study Center, back to the stream and walk back to MCC through the community. This tour is geared for the strong walker due to the walk pace and rocky and uneven grounds at the stream.

Date: Wednesday, March 15 Departure Time: 9:30 a.m.

Cost: \$5.00 - MSC Senior; \$10.00 - MCC member;
\$25.00 - Non-member

EXCURSION: MYANMAR MARIONETTE THEATRE

The Myanmar Marionette Theatre is at the forefront of restoring the 18th-century Burmese puppet tradition and developing a new generation of artists and audiences. The performance will showcase puppeteers accompanied by live traditional music.

Date: Friday, March 31 Departure Time: 10:00 a.m.

Location: UH-Manoa Orvis Auditorium

Return Time: 1:15 p.m.

Cost: \$3.00 -Trans. Donation

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

***NEW CLASS: ZUMBA GOLD** with Dr. Susan Nishida. Tuesdays, 9:30 - 10:30 a.m., room 105. Began 12/27. Zumba Gold is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Seniors may exercise while sitting. Bring water. Class will meet when there is no seminar scheduled in room 105. Please check monthly calendar.

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

***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.

***Adult Hula Auana** with Kumu Hula April Chock. Began 2/4, 10 weeks, Saturdays, 9:30 a.m. - 11:00 a.m., room 105. Learn modern hula. Wear loose clothing. Cost: \$20 - MSC seniors; \$35 - MCC members.

***Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class began Saturday, 2/4, 9:30 a.m. - noon and Wednesday, 2/8, 10:00 a.m. - 12:30 p.m., 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. Need to pre-register.

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Begins 3/3, 10 weeks, Fridays, 9:30 a.m. - 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.

***Specialized Aerobics** with Faye Fukuhara. Mondays, 5:30 p.m. - 6:30 p.m., room 305, 10-week session begins Monday, 2/13. 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. Cost: \$30 - MSC & MCC members.

***Citizenship Class** with Mitzi Moore. Tuesdays & Thursdays, noon - 2:30 p.m., room 209, 6-week session. Began on 2/7. Class is geared for those applying for U.S. Citizenship.

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. The main office will accept donations in bulk on Tuesdays and Fridays between 8:00 a.m. - 4:00 p.m. *Note: MCC members get 25% discount with purchase of \$10 or more.

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

CHEN, CAROLINE	KAWASAKI, MAE
CHUN, KAREN	KIM, LINDA
CHUN, ROSALIND	KOBAYASHI, NORIKO
DYE, KATHLEEN	KOYAMA, MINEKO
EMLEY, SHARON	LANCASTER, CECILIA
FINNIN, JAMES	LEE, EMILY
FUJITA, HENRY	LEES, ERIKA
HAMANO, MASA AKI	MAWAE, MILDRED
HARRIS, MAE	MIMURA, FUMIKO
HASHIZUNE, KAYOKO	MIYAMOTO, KINUKO
HUDGINS, MARY	MOORE, MITZI
ITO, BETSY	MURAKAMI, GAIL
IVERSON, LINDA	NAKAMURA, MATSUE
KAMEMOTO, CAROL	NAKANO, KAZUKO

NISHIMURA, MAGDALENE	TAKAYAMA, AMY
NISHIMURA, MITSUE	TAKEMOTO, MICHIE
ODO, AIKO	TAKISHIMA, SUE
OGAWA, MASA KO	TALIAFERRO, GWYN
OKAMURA, HARRY	TANAKA, ASAKO
OUCHI, CLAR	TERUYA, YOSHINO
RICHMOND, LUCY	TOM, LINDA
Rii, YOSHISADA	UEGAWACHI, YASUE
SHIROMA, YONEKO	UEHARA, JUNKO
SILVERIA, FUMIE	UEHARA, SHINEI
STEVENS, MIRIAM	UYEDA-POSCABLO,
SUGAI, AIKO	NORENE
SUMIDA, HERMAN M.	YAMADA, LUCILLE
SUZUKI, MICHIKO	YAMAGUCHI, NOBUKO
TADA, YASUKO	YAMAMOTO, CAROL C.

Moiiliili Senior Center Class Schedule March 2017

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)	8:30-10:30 Hanafuda (Room 209)
8:00-9:00 Beg. Tai Chi (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)	9:00-12:00 Painting (Room 207-8)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	9:00-10:30 Rhythm & Life (Adv. 1)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Ukulele (Beg) (Room 105)	9:30-12:00 +Ribbon/Croch. (Room 207-8)
9:00-10:00 Tai Chi (108) (Room 305)	9:30-10:30 Zumba Gold (Room 105)	9:00-10:00 Tai Chi(108) (Room 305)	9:00-10:30 Rhythm & Life (Adv. II)	Begins 3/3 (Room 102)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	9:30-10:30 Zumba Gold (Room 105)	9:00-10:00 Group Singing (Weinberg)	Closed	9:30-10:45 Solo Ukulele II (Room 202)
10:00-10:30 R&L Chair Exer. (Room 105)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:15-10:30 Mimyo Danc(Beg) (Room 105)	9:00-10:30 Ukulele Prac. (Room 105)	Closed
10:15-12:00 Rhythm & Life (Adv. II)	10:30-12:00 Rhythm & Life (Beginner) (Room 305)	9:30-11:30 Began 1/25 (Room 209)	9:30-10:30 Brain Training (Room 202)	10:00-11:00 Tai Chi for Arthritis (Weinberg)
12:00-3:00 Buvo & Enka (Weinberg)	10:45-11:45 Soroban (Room 209)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	12:00-2:30 Citizenship (Room 202)	11:00-12:00 Solo Ukulele I (Room 202)
5:30 - 6:30 +Spec. Aerobics Began 2/13 (Room 305)	11:30-1:00 Zumba/Piyo (Weinberg)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)	1:00-2:30 Line Dancing (Room 105)	Closed
	12:00 - 2:30 Citizenship (Room 202)	Began 2/8 Rhythm & Life (Beginner) (Room 305)	Reminder: No class the last Thur. of the month. 2:30-3:30 Zenidaiko (Weinberg)	12:00-1:30 Rhythm & Life (Adv. I) (Room 305)
	12:00-2:30 Karaoke (Room 209)	11:00-12:30 Rhythm & Life (Beginner) (Room 305)		Closed
	12:00-1:30 Kenbu Senbu Shigin (Room 207)	12:00 - 2:00 Ohana Karaoke (Room 209)		Saturday 9:30 - 11:00 +Adult Hula Auana (Room 105)
+ Tuition based classes. Walk-in fee \$5.	12:00-1:30 Rhythm & Life (Adv. V) (Room 305)	12:00 - 3:00 Kitsuke (Weinberg)		9:30 - 12:00 +Jpns/Okwn Doll Making & Oshie (Room 207-8)
*DOE class - Summie is provided by McKinley Community School for Adults - \$60				Began 2/4

"Kaleiopouloscope" is published
monthly by the senior
staff. Director, Sunday
Egures, Program Staff - Paule
Regidor & Akira Goto.

FREE TAX SITES - for other sites not listed below and what you should bring are available in the senior office.

AARP TAX-AIDE - helps low-to moderate-income taxpayers, especially those 50 and older. AARP Foundation Tax-Aide volunteers are trained to assist you in filing certain tax forms and schedules, including the FORM 1040. However, the Volunteer Protection Act requires volunteers stay in the scope of the program. If counselors feel they do not have adequate knowledge of your returns and is too complex, you may need to seek another qualified counselor or paid tax assistance. For tax year 2016, Tax-Aide will be using new tax preparation software provided by the IRS. Due to this change, there will be NO carry forward of returns at ANY site in the state. Returning clients should bring their 2015 return and all new 2016 tax documents, along with Social Security cards/documentation and picture ID.

*CATHOLIC CHARITIES, 1822 Keeaumoku St., Sat., 9:00 a.m. - 1:00 p.m., now - 4/15.

*AINA HAINA LIBRARY, 5246 Kalaniana'ole Hwy., Fri. & Sat., 10:30 a.m. - 2:00 p.m., now - 4/15. Closed 4/24.

*HAWAII KALI LIBRARY, 249 Lumaililo Home Road, Sat., 9:00 a.m. - noon, now - 4/8. Closed 4/15.

*HARRIS UNITED METHODIST CHURCH, 20 S. Vineyard Blvd., Rm. 10, Tue. & Thur., 8:30 a.m. - 11:30 a.m., now - 4/13.

VITA - thanks to certified volunteers working at tax assistance sites across the State of Hawaii, you can have your federal and state tax returns prepared for free. All sites accept clients by APPOINTMENTS only. Sites are closed on all Federal and State holidays.

*HCAP, 1915 Palolo Ave., Tue. & Thur., 9:00 a.m. - noon, 732-7755. Now - 4/06.

*UH, Manoa, 2600 Campus Road, Room 209, Tue., Wed. & Thur., 10:00 a.m. - 5:00 p.m., 687-0207. Now - 3/23.