



Kaleidoscope

August 2017
Vol. XXVIII No. 8

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 for your patience with the parking during the children's all-day summer program. The summer program is over and we got through it safely.

MSC's ANNUAL SURVEY. Thank you to those who have turned in the annual survey. If you did not do one and would like to, the survey is available in the senior office. Surveys must be turned in by August 4. This survey is important as it is required by our contracting agency, the C&C of Honolulu, Elderly Affairs Division, that we do one for our fiscal year.

ARE YOU INTERESTED IN GETTING YOUR FLU SHOT AT MCC. Walgreens is asking us if we would like to have a flu clinic here at the center. However, we would need at least 25 people to get their shots or MSC would need to pay for any remaining shots. If you are interested, please let the senior staff know by August 9. Thank you.

HELP WANTED: MOILILI 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 van drivers (No CDL needed) as well as bus drivers (CDL).

NEW CLASS? Is anyone interested in playing American card games? Glen Yasuoka is willing to hold classes for anyone interested. Games to play include: Trumps; Spades; Solitaire; Crazy 8; Speed; Match/Match; Paiute; and Poker. Sign up in the senior office and note down best days available.

HELP WANTED: Looking for volunteers to help watch the senior office in the mornings. If interested, see Paula in the senior office.

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.

End of Summer Mini-Mini Rummage Sale

Thursday, August 31

9:00 a.m. - 1:00 p.m. MSC, room 209

Find bargains galore! Kitchen ware, clothes, books, fabric and more. **REMINDER: BRING YOUR OWN BAGS.**

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.

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 we will scan and return them to you.

"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!

VOLUNTEERS WANTED: We are looking for a volunteer to handle our telephone reassurance calls on Wednesday mornings from 7:45 a.m.- 9:00 a.m. If interested, please inquire in the senior office.

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.

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.

MAHALO! MAHALO! MAHALO! to performers:

*Niko Niko Genki Taisoo members at Manoa Cottage.

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. Hawaiian-style 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. We need to raise at least \$2,500 in donations to have the book reprinted. Pre-publication : \$19.95 - expected distribution, Fall 2017. Order forms are available in the main and senior office. Please write checks to: Moiliili Community Center (memo line: Book Project) and send/bring it to: Attn: Laura Ruby, Moiliili 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.

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.

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: "LA LA LAND" (2016)

(2-hr. & 8-mins., DVD, Comedy, Drama, Music. Rated-PG-13 for some language.)

Starring Ryan Gosling & Emma Stone. An Oscar winning movie about a charming, soft-spoken jazz pianist and a brilliant playwright, while waiting for their big break, attempt to reconcile aspirations and relationship in a magical old-school romance.

Date: Friday, August 25 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.

Date: Saturday, August 5 & September 2
Time: 9:00 a.m. Limit: 12 people
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, August 3 (Adv) & August 10 (Beg)
Time: 9:00 a.m. Place: MSC, room 209
Cost: Supplies

WORKSHOP: CREATIONS BY AMY

This month's project is "Spanish Moss." Not a moss; it's a bromeliad (a succulent). It isn't from Spain. The name given is from French explorers. It grows on trees. It thrives on rain, fog and sunlight. The plant is covered with tiny gray scales. Spanish moss floats through the air. In Hawaii, they call this moss, Pele's hair. It has no roots and absorbs water and nutrients from the air through its stems and long, wiry leaves. It is native to Florida. Please sign up before class date so instructor knows how much supplies are needed. Instructor: Amy Toba.

Date: Thursday, August 17 & 24 Time: 9:00 a.m.
Place: MSC, room 209 Cost: \$8.00 for supplies

SEMINAR: HOW TO FIND A CAREGIVER

Do you need to hire a caregiver for yourself or for a loved one? Does it worry you that you don't exactly know where to find one and then what the caregiver is supposed to be doing? Finding the right support services and the right support person is not an easy proposition. But the August talk by Anne Chipchase from 'Ohana Health Plan, could help you focus your thoughts and provide guidance in making your selection. Anne and her guest will be talking about the 'who, what, where, when and how' of caregiving support.

Date: Friday, August 11 Time: 9:15 a.m.

Place: MSC, room 105

Cost: Donation

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, August 21 Time: 9:15 - 10:00 a.m.
Place: MSC, room 105

SEMINAR: HOSPICE & END OF LIFE CARE

Caring for a loved one at the end of life can be extremely overwhelming. Learn about the importance of focusing not on when life ends, but the quality of life that remains for our loved ones. Marissa Ramos, RN at Attention Plus Care will offer expert advise on how to best manage and safely care for a loved one through this very difficult and sensitive transition. Featured speaker Sean Reeks, Community Liaison at Island Hospice will share factual information on hospice care, separating myths versus facts on when and how to find support through your local hospice agency. RSVP as to 440-9377. Sponsored by Attention Plus Care.

Date: Tuesday, August 22 Time: 9:00 - 10:30 a.m.
Place: MSC, room 105

SEMINAR: CHARITABLE PLANNED GIVING

Do you have some asset (real estate, stock, etc.) that has appreciated many folds over the years that its transference may cause you or your heirs to owe a large capital gain tax? Can you use some tax deductions now? Do you have a favorite charitable institution that you would rather support instead of paying the capital gain tax? If you'd like to know the answers, come to this seminar. Steve Reese, Esq, estate planning attorney and Robert Wu, PhD, insurance agent, both experienced, will present how to plan, bequeath and give wisely.

Date: Tuesday, August 29 Time: 9:30 a.m.
Place: MSC, room 202 Cost: Donation

EXCURSION: AUGUST MOON FESTIVAL

Join us for an excursion out to Helemano Plantation for their annual August Moon Festival. Enjoy the Craft Sale, Country Market, Health Talks, Entertainment, Prizes, and FREE Bento. Deadline to sign up is August 10 by noon.

Date: Thursday, August 17 Departure Time: 9:00 a.m.
Return Time: 12:40 p.m. Cost for Trans.: \$6.00

EXCURSIONS: Sorry, no small excursions for this month due to the shortage of drivers. If you have any suggestions for an excursion, that you feel will have a good turn out (about 50), let the senior staff know and we can hire a bus.

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up in the Senior Office, rm. 203

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. Please check monthly calendar.

***NEW CLASS: 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.

***Adult Hula Auana** with Kumu Hula April Chock. Began 7/8, 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 Saturday, 7/15, 9:30 a.m. - noon and Wednesday, 7/19, 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 8/4, 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. 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 began Monday, 7/31. 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.

***Citizenship Class** with Mitzi Moore. Tuesdays &

Thursdays, 12:00 - 2:30 p.m., room 202, 5-week session begins August 29. This class is for people who need to take the exam for American Citizenship. Class cost: Donation.

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.

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.

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.

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

ARASATO, LILY	ISHIKAWA, JEAN
AWAYA, VIOLET	IWAMI, GERTRUDE
CHEE, SARA	KAJIOKA, EDWINA
CHENG, SUSIE	KALAIWAA, GEORGE
CLARK, PETER	KAMEOKA, PAUL
CRANE, MARY	KAWABATA, KIYOKO
DAYRIT, LYDIA	KAYA, YVONNE
DONNAN, MURIEL	KING, CELIA
FUJITA, BEVERLY	KONG, ANNA
FURUICHI, JEAN	KUBOTA, RITA
GOO, SANDRA	LEONG, JANET
HIRAKAWA, ROSE	MATSUMOTO, GENICHI
HIRAYAMA, KEIKO	MATSUNAGA, KAREN
HO, EVELYN	MATSUYAMA, ANN
IMAHIRO, LUCILLE	MAYEDA, TERRY

MORIYASU, HAZEL
MURATA, FAYE
MURATA, OSAMU
NAGATA, YOSHIKO
NAKAMOTO, JUDY
NAKASONE, ELLEN
NEKOTA, MERLE
NONAKA, DIANE
OKIMURA, ALMA
SAITO, LINDA
SAKIHARA, DIANA
SATO, MIYOKO
SEKIYA, ALICE
SEKIYA, BETSY
SILVA, ELAINE
SUZUKI, LILY

TAGUCHI, ARLEEN
TAKAHASHI, AMY
TAKAHASHI, BEATRICE
TAKAMOTO, ELLEN
TALIAFERRO, FRANK
TAMURA, LUCILLE
TERAKAWA, MARGARET
TOBA, AMY
TOYAMA, PATRICIA
UWAINE, AIMEE
UYEHARA, KAY
WADA, JOYCE
YASUOKA, GLEN
YOZA, LINDA
YUEN, LINDA

**Mojilli Senior Center
Schedule of Special Events
August 2017**

*Days to remember in August:
18 - Statehood Day - Center Closed*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
				<p>Craft Workshop: Kumihimo - Adv 9 am Rm 209</p> <p>Craft Workshop: Kumihimo - Beg 9 am Rm 209</p> <p>Excursion: August Moon Festival Helemano Plantation 9:00 am - 12:40 pm</p> <p>Workshop: Creations by Amy Spanish Moss 9 am Rm 209</p>	<p>Seminar: How to Find a Caregiver 9:15 am Rm 105</p>	<p>Craft: Chigiri-e 9 am Rm 202</p>
13	14	15	16	17	18	19
				<p>HOLIDAY! Statehood Day Center closed.</p>		
20	21	22	23	24	25	26
<p>Screening: Medication Review 9:15 am Rm 105</p>	<p>Seminar: Hospice & End of Life Care 9 am Rm 105</p>	<p>Seminar: Charitable Planned Giving 9 am Rm 202</p>	<p>Workshop: Creations by Amy Spanish Moss 9 am Rm 209</p>	<p>End of Summer Mini-Mini Rummage Sale 9 am - 1 pm Rm 209</p>	<p>Movie: "La La Land" 12:15 am Rm 202</p>	<p>* Cataract Awareness Month * * Foot Health Month * * National Golf Month * * National Parks Month * * Medic Alert Month *</p>
27	28	29	30	31		

Moiliili Senior Center Class Schedule August 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 Minyo 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) (Room 305)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Began 2012 (Room 105)	9:30-12:00 +Ribbon/Croch. (Room 102)
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) (Room 305)	Begins 8/4 Solo Ukulele II (Room 202)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	8/1, 8, 15 & 29 Zumba (Room 105)	9:00-10:00 Group Singing (Weinberg)	Closed	Began 7/7 (Room 202)
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)	9:00-10:30 Ukulele Prac. (Room 105)	10:00-10:30 R&L Chair Exer (Room 105)
10:15-12:00 Rhythm & Life (Adv. II) (Room 305)	10:30-12:00 Rhythm & Life (Beginner) (Room 305)	9:30-11:30 Begins 9/13 (Room 209)	9:30-10:30 Brain Training (Room 202)	10:00-11:00 Tai Chi for Arthritis (Weinberg)
12:00-3:00 Buyo & Enka (Weinberg)	10:45-11:45 Soroban (Room 209)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	12:00-2:30 Begins 8/29 (Room 202)	11:00-12:00 Solo Ukulele I (Room 202)
5:30 - 6:30 +Spec. Aerobics Began 7/31 (Room 305)	11:30-12:30 Zumba (Weinberg)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)	1:00-2:30 Line Dancing (Room 105)	12:00-1:30 Rhythm & Life (Adv. I) (Room 305)
	12:00 - 2:30 Citizenship (Room 202)		2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	Closed
	12:00-2:30 Karaoke (Room 209)	Began 7/19 (Room 207-8)		
	12:00-1:30 Kenbu Senbu Shigin (Room 207)	11:00-12:30 Rhythm & Life (Beginner) (Room 305)	2:30-3:30 Zenidako (Weinberg)	
	12:00-1:30 Rhythm & Life (Adv. V) (Room 305)	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.	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	12:00 - 3:00 Kitsuke (Weinberg)		9:30 - 12:00 +Jpns/Okwn Doll Making & Oshie (Room 207-8)
*DOE class - Sunnie is provided by McKinley Community School for Adults - \$60				

"Kaleidoscope" is published monthly. Distributed by the senior staff. Distributed by the senior staff. Program Staff - Paula Regidor, Akira Goto & Judy Nakamoto.

BASIC COMPUTER CLASS FOR SENIORS, "SENIORS HELPING SENIORS."

Seniors are invited to sign up for a free 2-hour computer class to learn basic computer concepts that include: e-mail, use of the internet, composing documents, and just being comfortable with computers. Sponsored by: the Great Aloha Run, Tsuba Foundation, and Harry & Jeanette Weinberg Foundation Computer Center. Reservations required, call RENE @ 291-6151 or email: renemansho@hawaii.rr.com. Class Dates: August 1, 2, 7, 8, 9, 14, 15, 16, 17-Aloha Luncheon. Class Times: 9:00 - 11:00 a.m. & 12:00 - 2:00 p.m. Place: Carole Kai Charities, Inc. Office, 418 Kuwili St., Suite 102. Classes are 2 hours and repeat classes are unlimited. Intermediate classes will be offered after mastery of basic skills.

2017 SENIOR FARMERS' MARKET NUTRITION PROGRAM.

The Hawaii Foodbank will be distributing a limited number of Senior Farmers' market nutrition program voucher booklets worth \$50 at partner locations around the island. Their goal is to provide fresh and locally-grown fruits and vegetables for seniors. Vouchers are redeemable with certified vendors at various farmers' markets from June 21 - September 30, 2017. Recipients must: Be over 60 years of age or older; and have a household annual income of less than \$25,290 for single person or \$34,096 for a couple. Applications and a list of sites accepting the applications are available in the senior program office.