



Kaleidoscope

November 2018
Vol. XXVIII No.11

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:

MCC Restrooms : It's a work in progress as we still work out the kinks with the doors. Currently, we are currently trying to keep the doors unlocked during MSC classes. However, occasionally the doors lock on their own. Each classroom will have a set of keys for the women's and men's restroom. Please kokua and make sure that the keys are back in its place by the end of your class. Lost keys cost money to replace.

Craft artist Haruko Sugitani will be back in Hawaii to present the following craft classes for your enjoyment.

* Registration Fee per class: \$23.00 MSC, \$25.00 MCC members or \$27.00 Non-members

* Cost of supplies separate; all payments in cash; receive a listing of supplies to bring at time of registration.

Tray and Toothpick Holder made from Japanese Paper (1.5 hours)

Date: Friday, December 1, 2017

Time: 9:00 - 10:30 a.m.

Place: MSC, room 202

Supplies fee, payable to instructor in cash: \$18.00

Newspaper Flower Corsage (2.5 hours)

Date: Friday, December 1, 2017

Time: 11:00 a.m. - 1:30 p.m.

Place: MSC, room 202

Supplies fee, payable to instructor in cash: \$13.00 - includes "squisher" & "patterns"

For more details and to see pictures of the crafts, please look on the bulletin boards for flyers or check with the senior office. Deadline to register is November 9, 2017.

An Age-Friendly City for Kupuna to Keiki Project is asking for seniors to fill out their Kind2Kupuna: An Age-Friendly Business Initiative survey. Your open and honest response will help Age-Friendly Honolulu support businesses - from grocery stores and restaurants to hotels and healthcare facilities - and advocate for consumers of all ages. Surveys are available in the senior office. The results from these surveys will let businesses know what how to accommodate seniors better. Thank you to those who have turned in filled surveys. We still have more surveys available in the senior office, for those who want to participate.

MSC Collectibles Sale

Thursday, November 30

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

Find that special something you've been looking for yourself or for someone else.

excursions that can accommodate a large number of people so we can hire a bus. If you have any ideas, please let the senior office staff know so we can try to schedule an excursion.

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).

VOLUNTEER LEI MAKING PROJECT

The Lei Ilima Club is looking for volunteers to help make 4-finger acrylic yarn leis for the Kaneohe Veterans' Memorial. Members of the club will teach you how to make the leis. Leis need to be completed by the end of May. Leis will be used on Memorial Day, May 28, 2018. They will also accept donated acrylic yarn leis. Leis need to be between 20 - 24 inches long. **SPECIAL EVENT FOR LEI MAKERS** - Volunteers lei makers are invited to attend a special "THANK YOU" craft workshop on Tues., Dec. 5, 9:30 - 11:30 a.m. in room 202, in appreciation for all the help. Please sign up in the senior office so the Lei Ilima Club has an accurate head count.

Date: Tuesday, November 14

Time: 9:30 a.m. - 11:30 a.m.

Place: MSC, room 202

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 \$35.00 for the next 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.

MSC Craft Sale

Thursday, December 7

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

Get your Christmas shopping done while supporting the senior program.

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.

EXCURSION SUGGESTIONS. We need more interesting

Rhythm & Life Chair Class

presents

Christmas Program

Monday, December 11

9:30 a.m. - 10:45 a.m. MSC, room 105

Program is open to all. Join us and get into the Christmas spirit.

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.

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.

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.

MCCNEWS:

HELP WANTED: MCC's Child Care Program is looking to hire a person to help another staff member with the children at Hokulani Elementary School, 7:00 a.m. - 8:00 a.m., Monday through Friday, except holidays. Even if you are interested but can work only certain days, please fill in an application so the Child Care Administrative staff can contact you.

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. The after publication price will be \$25.00. 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.

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: "ARRIVAL" (2017)

(1-hr. & 56-mins., DVD, Drama, Mystery, Sci-Fi. Rated-PG-13 for brief strong language.)

Starring Amy Adams & Forrest Whitaker. When twelve

mysterious spacecrafts appear around the world, linguistics professor Louise Banks is tasked with interpreting the language of the apparent alien visitors.

Date: Friday, November 24 Time: 12:00 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. LIMIT: 12.
Date: Saturday, November 4 & December 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, Nov. 2 & Jan. 11(Adv) & Jan.18 (Beg)
Time: 9:00 a.m. Place: MSC, room 209
Cost: Supplies

WORKSHOP: CREATIONS BY AMY

CRISPY, CRUNCHY, BUTTERY, with a hint of garlic ... you could not stop eating them. You'll get hooked after the first bite. These easily seasoned glazed pretzels are so delicious. SIGN UP IS A MUST! Instructor: Amy Toba. LIMIT: 10
Date: Thursday, November 16 Time: 9:00 a.m.
Place: MSC, room 103 (Kitchen)
Bring: (2) gallon size ziplock bags. Cost: \$9.00 supplies

SEMINAR: BRAIN TRAINING

By the time people reach the age of 85 years old, about half of them show some signs of dementia. Unfortunately there is not any effective medication to cure Alzheimer's disease and it is said that Brain Training is the only and very effective way to prevent the effects of dementia. How does Brain Training work for you to prevent dementia? By performing Brain Training you have a better flow of blood in the brain and also the cells of the brain become lively. As a result, you are able to live a healthy life. Training consists of simple calculations and physical exercises. The purpose to do these exercises is not to show improvement in these physical activities but to have a better blood flow in the brain, so you do not have to worry at all if you do not perform well or do not show improvement. The important thing is to continue to do the Brain Training. You may not see results right away, but your brain will become healthier and you can prevent the slowing-down function of your brain and dementia. Seminar conducted by Eisho Hayashi, MSC Brain Training Instructor and Owner of Mother Hawaii Care Home and Junko Oh, interpreter.

Date: Thursday, November 2 Time: 11:00 a.m.
Place: MSC, room 202 Cost: Donation

SEMINAR: MEDICARE PLANS

All Medicare seminars will have a presentation done by a Licensed Sales Agent of Financial Benefits Insurance, Inc.

Date: Friday, November 3, 17 & Dec. 1

Time: 9:00 a.m. - United Healthcare

Time: 11:30 a.m. - Humana Place: MSC, room 104

SEMINAR: HUMANA'S MEDICARE PLAN FOR 2018

Mel Fujimoto from Insurance Options Hawaii will be informing you on what is being offered through the Humana plan and the new benefits available.

Date: Tuesday, November 14 & December 5

Time: 9:00 a.m. & 11:30 a.m. Place: MSC, room 104

SEMINAR: WHAT YOU ARE THANKFUL FOR

November is a time of reflection and, more than turkey, of thanksgiving. Anne Chipchase, from 'Ohana Health Plan, is going to lead a session on what we are grateful for, while participants each create a unique piece of art representing what each individual is most thankful for this year.

Date: Friday, November 17

Time: 9:15 a.m.

Place: MSC, room 105

Cost: Donation

SEMINAR: ARTHRITIS

Please join Attention Plus Care as they host another Aging in Hawaii Seminar on Arthritis. Call 440-9356 to RSVP.

Date: Tuesday, Nov. 21

Time: 9:00 - 10:30 a.m.

Place: MSC, room 105

Cost: Donation

SCREENING: MEDICATION REVIEW

We are sorry to announce, that due to changes at Walgreen's, they will no longer be available to do the medication reviews at MSC until further notice.

EXCURSION: BROOKLYN RAGA MASSIVE: FROM TRADITION TO INNOVATION

This is your opportunity to take advantage of this free performance that you will probably not have another chance to see live. Based in Brooklyn, New York, Brooklyn Raga Massive visits Hawaii for the first time to present both traditional and contemporary music. They will highlight the sounds of tradition Indian music (sitar lute, bansuri flute, tabla drums and hammered duleimer) and this program will include audience participation. Sorry, no transportation service from MCC, please meet the group in front of the theatre (Victoria Street). Maximum: 5

Date: Monday November 6

Meeting Time: 10:00 a.m.

Showtime: 10:30 - 11:30 a.m.

Cost: FREE

Place: Doris Duke Theatre, Honolulu Museum of Art

EXCURSIONS: Sorry, no small group 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 Senior Office, rm. 203

SOLO UKULELE I & II; Classes begin Friday, January 19, 2018. Classes are in a 19-week session, room 202. SUI- 11:00

- 12:00 p.m.; 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. Cost: \$20 for text book & \$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. See information sheet for required materials. Minimum: 3 students per class.

NEW CLASS: BEGINNER'S BUYO & ENKA under the direction of Nobuko Yamaguchi. Fridays, 12:00 p.m. - 1:00p.m., Weinberg studio. This is a beginners traditional Japanese dancing class. Please wear a happi coat, if you have one. Class began October 13. Instructors: Pat Enomoto & Kazue Sato.

NEW CLASS: OKINAWAN DANCE. Tuesdays, 10:00 a.m. - 11:15 a.m., Weinberg studio. Class began September 19. Instructor: Kay Murata.

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.

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

Zumba, Tuesdays, 11:30 a.m.- 1:00 p.m., Weinberg Studio. 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. Begins 11/25, 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 begins Saturday, 11/4, 9:30 a.m. - noon and Wednesday, 11/8, 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. Began 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. Holiday 11/10. New session begins 11/17.

***Specialized Aerobics** with Faye Fukuhara. Mondays, 5:30 p.m. - 6:30 p.m., room 305, 10-week session began Monday, 10/30. 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.

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-WHEELSATMCC

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, 9:00 a.m. - 12:00 p.m.

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 **November** birthday participants.

AIMOTO, KIYOKO
AKIONA, SHIRLEY
BURTON, DIANE
DAVIS, JANET
FUJIMOTO, EVELYN
FUJITA, CHARLOTTE
GEUM, SEOJEONG
HADA, GRACE
HANATANI, DENNIS
HARADA, MARVIS
HARUNO, JEAN
HIJIRIDA, BEATRICE
HIRATA, JAN
HO, JOHN
ICHIYAMA, LORRAINE

IGAWA, DENNIS
INOUE, MIHOKO
INOUE, DIANE
ITO, MIYOKO
KAMANA, VERNA
KANESHIRO, FAITHYE
KANESHIRO, SACHI
KASAHARA, NORIKO
KASHIWAI, ALICE
KAZUSA, FRANCES
KIKUYA, GRACE
KOIKE, BETTY
KONDO, KAREN
MARTIN, GLADYS
MATAYOSHI, MARGIE

MATSUMOTO, ELIZABETH
MORIKAWA, MILDRED
MURAKAMI, STANLEY
MURATA, ROBERT
NAKAGAWA, DEANNA
NAKANO, JAMES
NISHIMURA, JUNE
OKAZAKI, JEANETTE
OKAWA, YUKIKO
ONO, TAKAKO
PA, SOLOMON
PANG-PRESCOTT, FLORENCE
PUNG, ANNA
RICHARDSON, TOSHIKO
ROMANO, VICTORIA
SATO, KICHI

SHIMABUKU, TERI
SHIRAISHI, GARY
SHISHIDO, KEIKO
SIU, GRACE
SUEN, LINDY
SUZUKI, BETTY
TAKAHASHI, MURIEL
TAKATA, JOYCE
TAKEUCHI, LILLIAN
TANAKA, SHARON
UECHI, ELSIE
WONG, DONALD
WONG, ROSELLE
YANAGA, GRACE
YANAZAKI, SHARON
YOKOMICHI, DOROTHY
YONEMOTO, VIOLET

Moliili Senior Center Class Schedule November 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)
9:00-10:30 Card Games (Rm 202)	9:00-10:30 Rhythm & Life (Adv. 1) (Room 305)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Ukulele (Beg) (Room 105)	9:30-12:00 +Ribbon/Croch. Lei Making (Room 102)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	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)	9:30-10:45 Solo Ukulele II (Room 202)
9:00-10:00 Tai Chi (108) (Room 305)	11/7, 14 & 28 Okinawan Dnc. (Weinberg)	9:00-10:00 Group Singing (Weinberg)	Closed 9:00-10:30 Ukulele Prac. (Room 105)	10:00-10:30 R&L Chair Exer. (Room 105)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	10:00-11:15 Rhythm & Life (Beginner) (Room 305)	9:15-10:30 Minyo Danc.(Beg) (Room 105)	9:30-10:30 Brain Training (Room 202)	10:00-11:00 Tai Chi for Arthritis (Weinberg)
10:00-10:30 R&L Chair Exer. (Room 105)	10:30-12:00 Soroban (Room 209)	9:30-11:30 *Sumie (Room 209)	12:00-2:30 Citizenship (Room 202)	11:00-12:00 Solo Ukulele I (Room 202)
10:15-12:00 Rhythm & Life (Adv. II) (Room 305)	10:45-11:45 Zumba (Weinberg)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	1:00-2:30 Line Dancing (Room 105)	12:00-1:00 Beginner's Buyo & Enka (Weinberg)
12:00-3:00 Buyo & Enka (Weinberg)	11:30-12:30 Citizenship (Room 202)	10:00-12:30 +Jpns/Okw'n Doll Making & Oshie (Room 207-8)	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	Began 10/13 (Weinberg)
5:30 - 6:30 +Spec. Aerobics (Room 305)	12:00-2:30 Karaoke (Room 209)	11:00-12:30 Rhythm & Life (Beginner) (Room 305)	2:30-3:30 Zenidaiko (Weinberg)	Closed (Room 305)
Began 10/30	12:00-1:30 Kenbu Sanbu Shigin (Room 207)	12:00 - 2:00 Ohana Karaoke (Room 209)		
+Tuition based classes. Walk-in fee \$5.	12:00-1:30 Rhythm & Life (Adv. V) (Room 305)	12:00 - 3:00 Kitsuke (Weinberg)		
*DOE class - Sumie is provided by McKinley Community School for Adults - \$60	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)			

"Kaleidoscope" is published monthly, written/edited by the senior staff. Director, Sunday Kamai-Egures; Program Staff - Paula Regidor, Akiira Goto & Judy Nakamoto.

SOCIAL DANCE CLASS: The Kapiolani Ballroom Dancers of Honolulu Lions Club (KBDHL) will conduct a six weeks Rumba dance class. The Class began on October 17, every Tuesday from 7:00 p.m. - 8:00 p.m., in MCC, room 105. This is a Latin dance which became popular in the thirties. Many of the steps are similar to the fox trot. The instructors are Richard and Ruby Kazunaga. The cost for the session is \$24 per person and \$12 per person for Lions Club members. This is a great way to get some exercise, meet friends, and just have fun.

2017 MAYORS CRAFT AND COUNTRY FAIR, November 18, 9:00 a.m. - 1:00 p.m., NIBC, Exhibition Hall. Entertainment, crafts and white elephant sales. A new Holiday Wreath Contest, sponsored by Dr. Cecile Sebastian, is open to any senior residing on Oahu. Entrants may submit more than one entry. Entry forms with complete details are available in the senior office. MSC will be selling crafts.

47th ANNUAL THANKSGIVING DINNER, November 23, 11:00 a.m. - 1:00 p.m., NIBC, Exhibition Hall. Sponsored by the Salvation Army. FREE tickets are available in the senior office, room 203.

36th ANNUAL TRASH & TREASURE SHOW, November 5, 9:00 a.m. - 1:00 p.m., JCCH, Ballroom. MSC will be selling crafts.

CHRISTMAS IN HONOLULU CRAFT FAIR, December 2, 9:00 a.m. - 1:00 p.m., Palolo Hongwanji. MSC will be selling crafts.



Honolulu Community Action Program

Kupuna Independent Life Series

Fall 2017

The Kupuna Independent Life Series is a comprehensive approach to assisting seniors, age 55+ with health education, support for living productive independent lives, and proactive engagement in the community

Fall Series Schedule:

Every Wednesday from 8:30am - 12:30pm

September 6 - December 13, 2017

Location:

Moiliili Community Center (room 104)

2535 South King Street

Honolulu, HI 96826



Facebook.com/HCAPhi



Twitter.com/HCAPhi



Instagram.com/HCAPhi

For questions or additional information, please contact:

HCAP's Leahi District

Service Center

(808) 732-7755

Kupuna Independent Life Series

September 6 - December 13, 2017
 Moiliili Community Center, Room 104
 8:30 a.m. - 12:30 p.m.

Sign up in the senior program
 office, room 203.

Schedule for the day:

8:30 - 9 - Exercise/Breakfast/Opening
 9 - 10 - Health Workshop
 10 - 11 - Break/Social Workshop
 11 - 12:30 - Lunch/Support Group/Craft

<u>Date</u>	<u>Health Workshops</u>	<u>Social Workshops</u>	<u>Support Group Topics</u>
11/1/2017	Brain Health - UH Center on Aging	SNAP ED	If there's something you could do differently, what would it be?
11/8/2017	Alzheimer's Disease - Alzheimer's Association of HI	Okada Natural Healing - MOA Hawaii	As a caregiver, what is the hardest thing you've had to do?
11/15/2017	Conditions Caused by Obesity - Chaminade University	Fall Prevention - Project Dana	How do you feel about where you are now?
11/22/2017	Arthritis - Arthritis Foundation	Disaster Preparedness - American Red Cross	How have you dealt with the death of a loved one?
11/29/2017	Arthritis Treatments	Grief and the Holidays - St. Francis	What is your biggest life accomplishment?
12/6/2017	Children & Nutrition	SNAP ED	What is your legacy? When I pass, I want my loved ones to ...
12/13/2017	Children & Nutrition	SNAP ED	How have you grown in the last 15 weeks?

NOTE: This schedule is tentative and may change.