



Kaleidoscope

April 2019
Vol. XXX No.4

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:

Congratulations to our City & County, Elderly Affairs Division, Retired Senior Volunteer Program volunteers who received awards at their Annual Recognition Awards Luncheon which was held in February. Congratulations to Betty Goya for receiving the 15 Years of Service Award, to Iris Chang & Miu Lan Oman for receiving the Presidential Volunteer Service Award - Bronze, to Stella Saito for receiving the Presidential Volunteer Service Award - Silver, to Faye Hasegawa & Betty Goya for receiving the Presidential Volunteer Service Award - Gold. Thank you to all of our volunteers for all their hard work! If you are a volunteer and would like to become an EAD-RSVP volunteer, please see the staff in the senior office.

We want you to keep coming to the center for as long as you are able.

Event Reminder:

*The Moiliili Community Center
Annual Fundraiser Dinner,
"Where Great Things Happen!"
Saturday, April 13, 2019
Japanese Cultural Center of Hawaii
Manoa Grand Ballroom
No-Host Cocktail Reception 5:30 p.m.
Dinner and Program 6:30 p.m.
Honoring
Lawrence S. & Carolyn H. Okinaga*

MSC Rummage Sale - THANK YOU to everyone who purchased items from the sale. Special thanks to all of the volunteers who helped out at the sale. We had volunteers help set up and break down, sales assistants, and cashier. We also had volunteers who helped in the kitchen to feed our workers. We made over \$1500.

REMINDER: Please check your name off in the attendance folder for each and any class you attend. We need to do reports every month and we ask that you be counted. This will help us reach our contract goals. Thank you for your cooperation.

Performance by MSC's Line Dancing & Choir Groups

Under the direction of Virg Pabro
Tuesday, April 9
10:45 a.m. - 11:30 a.m. MSC, room 105

The students of MSC's Painting and Drawing Class will exhibit their work on:

Friday, May 3
10:00 a.m. - Noon MSC, Room 207-8

Art works are in mixed media. Come and be amazed at the range of skills and techniques.

WAIVERS - MCC/MSC has a new insurance company and **ALL** participants must fill them out. We ask that students and instructors turn the forms in as soon as possible. If you received a waiver form and turned it in to the MSC office, you do not need to fill another one out for another class. Forms are in your attendance folders and in the senior office. Thank you for your cooperation.

Moiliili Community Center shirts are for sale in the main office for \$10. If you would like to purchase a shirt, please see the staff in the main office.

Be Careful!!!! Last year several participants fell and hurt themselves. Please be aware of yourself and know your limitations. For some people, it may mean moving from a cane to a walker, not spinning around in exercise class, wearing proper footwear, feeling steady/balanced before moving, or knowing when to rest. PLEASE!!! Be careful.

MAHALO! MAHALO! MAHALO! to performers

- *Heels N' Harmony & Na Kupuna O Moiliili members @ Hawaii Kai Retirement Center.
- *Shiyukai @ Maunalani Nursing & Rehab.

Do you need a ride to your doctor's appointment? Carrying all those shopping bags home too difficult? We can help! MSC's Assisted Transportation service provides transportation for registered MCC/MSC members to and from their

appointments with a MSC staff member as an escort. Transportation services are available from 8:00 a.m. to 2:00 p.m. Appointments must be made at least 24 hours in advance. Schedule an appointment today!

We have 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.

REMINDER: If your class uses the air conditioner, please turn it off at the end of your class. Air conditioners should not be set lower than 73 degrees, anything lower uses more electricity and the Weinberg building is not connected to the main building's photovoltaic system. Thank you for your cooperation.

PARKING ISSUES: Drivers, when parking in lined stalls, please park within the stall. If you are over the line, you are taking up 2 stalls. If this happens, staff needs to check classrooms to see where you are and ask you to straighten your car. Also, please do not remove reserved parking space cones. These parking spaces are for volunteer instructors, speakers or special project volunteers. If you move these cones, your teacher/speaker may leave because there are no parking spaces available and then your class/ seminar will be cancelled. As a reminder, if you have an afternoon class, please do not park in the covered parking lot if your class goes beyond 2:00 p.m. The Child Care program needs to block off half of the lot for the children before they arrive. We realize parking is tight at the center and we are trying to think of alternatives. If you have any suggestions, please let us know. Thank you for your cooperation.

REMINDER!!!! No one from MCC is allowed to park on the 2nd level, above Down to Earth. If MSC/MCC members park upstairs, their vehicles will be towed. There is a camera installed to monitor vehicles. Thank you for your attention pertaining to this matter.

EXCURSION SUGGESTIONS. We need more interesting 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.

Lei 'Ilima Club Workshops

- *April 2 & 16 - Ti Leaf Lei Making for Punch Bowl & Kaneohe Veterans' Cemeteries for Memorial Day in partnership with Foster Gardens
- *May 7 - Craft Workshop - Make a paper bag and paper phalaenopsis orchid. Please bring scissors, pencil, and Elmer's Glue if you have. Supplies will be provided.

All workshops will be held in room 202 from 9:30 - 11:30.

Thank you for donating ti leaves and for making leis in class and at home. We realize that some of you may not be able to help because you have other planned activities. If you are unable to attend our last two ti leaf lei workshops, you are welcome to pick up and take home frozen ti leaves on April 2 and drop off your completed leis at the April 16 workshop. Other arrangements for drop off can be made but please do not drop off completed leis at the senior office as they do not have freezer space. We appreciate any help you can offer and hope to make a greater contribution on behalf of MCC to this worthy cause.

Please register for the workshops at the senior office to ensure that supplies will be available.

MCC Restrooms : For the safety of all, please do not prop the doors open. Each classroom has 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.

Looking for the Japanese game "GO" instructor. Anyone know how to play "GO"? We have the boards and we want them to be used. If interested, see staff in the senior office.

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 a bus driver (CDL) for all programs.

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 2019. Your participation as MCC members helps 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 plate lunches; and Subway - Moiliili will offer a 10% discount on any sandwich/salad, excluding special offers. Other exclusions may 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 Center.

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 accepts 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 WISH LIST:

Portable CD/Cassette Player

Moiliili Senior Center is always in search of teachers or group leaders to expand our program. Do you have a special talent and are 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 Moiliili Community Center membership and including a donation to the senior program, please make a note on the membership/donation envelope that the donation is for the Moiliili Senior Center. If you are making a donation to the Community Center, then you do not need to make any notations. Reminder - **ALL** checks must be written to: **MOILIILI COMMUNITY 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 \$35.00 for 2019.

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.

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 your 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.

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: "AQUAMAN" (2018)

(2-hrs. & 23-mins., DVD, Action, Adventure, Fantasy. Rated PG-13 for sequences of sci-fi violence and action, and for some language.)

Starring Jason Momoa, Amber Heard & Willem Dafoe. Arthur Curry, the human-born heir to the underwater kingdom of Atlantis, goes on a quest to prevent a war between the worlds of ocean and land.

Date: Friday, April 26 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, April 6 & May 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, April 4 (Adv)
Thursday, April 11 (Beg)
Time: 9:00 a.m. Place: MSC, room 209
Cost: Supplies

SEMINAR: GUARANTEED TRAVEL ASSURANCE PLAN/HOSOI LIFE PLAN
Ellen Nagatori, Family Sales Counselor from Hosoi Life Plan, Inc., will talk about 2 topics. The first is about a Travel Plan and why it is important to have one when going to the continental U.S. or to a foreign country. The second is the Hosoi Life Plan; a Pre-Need versus At-Need Funeral Plan. Find out what the differences are.
Dates: Tuesday, April 9 Time: 9:30 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: THE THREE EVIL SISTERS - Diabetes, Heart Disease, and Chronic Kidney Disease

Join Anne Chipchase, from 'Ohana Health Plan, for her monthly talk story session.
Date: Friday, April 12 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: MEMORY CARE
Attend this seminar and hear from the experts on Memory Care. Please join Attention Plus Care as they have another Aging in Hawaii seminar. Call 440-9356 to RSVP.
Dates: Tuesday, April 16 Time: 9:00 a.m.
Place: MSC, room 105 Cost: Donation

EXCURSION: DAISO HAWAII #2
By popular demand. Even though the second Daiso Hawaii store opened up on Piikoi Street, the majority of the people on the wait list, still wants to take a ride out to Pearl City to go shopping at the first Daiso Hawaii store. Lunch on your own at the Pearl City Shopping Center.
Date: Thursday, April 18
Departure Time: 9:45 a.m. Return Time: 1:15 p.m.
Cost: Transportation Donation: \$5.00

EXCURSION: OHANA HALE MARKETPLACE
As requested, we will take a trip to see Hawaii's largest indoor marketplace. Find the best assortment of local vendors, offering clothing jewelry, gifts, and more. Enjoy a

Our wishes to our *April* birthday participants.

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| BECK, DIANNE | HUDMAN, BARBARA |
| BUCKNER, HAROLD | ISHIHARA, SHIZUE |
| CHOCK, APRIL | ITOGA, MARY ANN |
| CHONG, MARLEEN | JENKINS, TAKAKO |
| CHUN, GRETCHEN | KAJIHIRO, CAROLE |
| DYE, KARL | KANNO, MADGE |
| FUJIKAWA, YUKIMI | KOGASAKA, CLAIRE |
| FURUTA, COLLEEN | KOKUBUN, YASU |

- | | |
|---------------------|--------------------|
| KUNIMOTO, FAITH | SOARES, LILLIAN |
| KUNIMURA, SHIGEKO | SUEKAWA, RUTH |
| KURAHARA, NOBUKO | TANIGUCHI, NANCY |
| LAU, JEAN | TOKUMINE, SETSUKO |
| McDERMOTT, BEVERLY | TONDA, BETSY |
| NAKAMURA, JENNIE | YAMADA, CATHERINE |
| PETERSON, CHRISTIAN | YAMAGUCHI, LILLIAN |
| REMUS, YVET | YOUNG, DARLENE |
| SANDS, SONYA | |

wide variety of local food, beverages, and sweets. Lunch on your own at the marketplace.

Date: Tuesday, April 23 Departure Time: 9:45 a.m.

Return Time: 12:15 p.m.

Cost: Transportation Donation: \$2.00

EXCURSION: HONBUSHIN INTERNATIONAL CENTER 2019 DAIKON FESTIVAL

Join us as we take a drive out to Mililani to the Daikon Festival. Enjoy the food booths, small craft booth, vegetable bazaar, live entertainment, and more. If you choose to, you can experience the HARVEST by picking your own vegetables (for a fee). Wear sun protection, hat, and appropriate footwear. Bring your own gloves if you intend to pick vegetables. Lunch on your own at the festival.

MAXIMUM: 51 people

Date: Saturday, May 11

Departure Time: 9:30 a.m. Return Time: 12:45 p.m.

Transportation Cost: \$6.50

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

NEW CLASS: BON ODORI, Wednesdays, 9:30 a.m. - 10:30 a.m., room 105. Class will begin on April 3. Instructor: Amy Toba. Bon Odori, meaning simply Bon Dance, is a dance performed during Obon, the Japanese Buddhist festival that commemorates the dead. Obon is held outdoors during the summer months - in the street or in temple parking lots and courtyards.

AEROBIC & TONING EXERCISE WITH MURIEL.
Class is on break and will resume on April 16.

KEN'S TAI CHI CLASSES:

* Sword & Fan: No class on 4/15 & 4/22

* Beginning Tai Chi: No class on 4/22

* Tai Chi for Arthritis: No class on 4/12, 4/15 & 4/19 (holiday)

LOST & FOUND: Found - a beautiful shawl that was left at the Pagoda Ballroom when Rhythm & Life classes had their Christmas party in December. If it is yours, please pick it up in the senior office.

CARD GAMES AND DARTS. Instructor Glen Yasuoka. Card Games class favorites - Kings Corner, Paiute, Black Jack, and even Hanafuda. With one of a kind card games by yours truly - Monday, 9:00 - 10:30 a.m., room 202. And tryout the Magnetic Dart Game Thursday,

8:00 - 9:00 a.m., room 202 before the enjoyable Brain Training Class.

DARTS-MODIFIED. HAND-EYE COORDINATION!!! Join Glen as he starts off his class with simple hand-eye coordination exercises and then play modified darts to sharpen your skill. The coordination of hand and eye movements involves processing visual input- size, shape, direction, movement and energy needed for the hands perform these tasks. Studies show that as we get older, the ability to perform these tasks, reaction time, dexterity (skills performing task, especially with the hands), and perceptual motor skills decline (The ability to interpret to become aware of something through the senses). Simply, your brain slows down. Fortunately, there are ways to prevent further decline. One of the ways is to come to the hand and eye coordination exercises and dart class. Filled with basic warmup exercises and simple drill exercises. Then playing darts to enhance these coordination skills. Thursdays, 8:00 - 9:00 a.m., room 202. We have started to play darts using magnetic darts. Our instructor, Glen Yasuoka has modified the game for seniors. Feel free to come and try it out.

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. When there is a seminar scheduled in room 105, class will meet in room 207-8. Please check monthly calendar.

***Adult Hula Auana** with Kumu Hula April Chock. New session began 3/23, 10 weeks, Saturdays, 9:30 a.m. - 11:00 a.m., room 105. Learn modern hula. Wear loose clothing. Suggested Donation: \$20 - MSC seniors; \$35 - MCC members.

***Japanese/Okinawan Doll Making & Kimekomi** with Masako Ogawa. 6-week class began Wednesday, 3/27, 10:00 a.m. - 12:30 p.m., room 207-8 and began Saturday, 3/30, 9:30 a.m. - noon. An impressive array of projects to choose from. Bring: pins & scissors. Supplies/kit payable to instructor the first day of class. Suggested Donation: \$35 - MSC seniors; \$40 - MCC member. Need to pre-register.
***Ribbon/Crochet Lei Making** with Coryn Tanaka. New session began 3/29, 10 weeks, Fridays, 9:30 a.m. - noon, room 102. Bring sharp pair of scissors, ruler, container, and ballpoint pen. Supplies payable to instructor. New students must register before the session starts. Suggested Donation: \$20 - MSC seniors; \$30 - MCC members. Sorry, class is FULL at this time.

***Specialized Aerobics** with Faye Fukuhara. Mondays, 5:45 p.m. - 6:45 p.m., room 305, 10-week session begins Monday, 4/15. 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 Suggested Donation: \$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.

LUNCH PROGRAM AT MCC

Lanakila Meals on Wheels 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.

FAYE'S GENKI TAISO. MSC's own Faye Murata's Exercise Program is showing on OLELO, channel 54 every Thursday at 8:00 a.m. Her exercise program has been on the air for the last 3 years. If you have a chance, watch it and enjoy the morning exercises. Call Faye Murata at 735-1323, if you have any questions.

SENIOR FUN WALK AND FUN FEST, Friday, April 5, 9:00 a.m. - noon, Patsy T. Mink Central Oahu Regional Park, 8:30 a.m. - Check in and Registration, 9:30 a.m. - Start. For adults 55 years and older. Choose between a half mile, a mile or two mile course. Sponsored by the Department of Parks and Recreation and supported by HMSA. For more information, call 973-7258.

HIT INDIE FILM "AUGUST AT AKIKO'S" RECEIVES THEATRICAL RELEASE IN HAWAII BEGINNING APRIL 5. Christopher Makoto Yogi of Hamakua Films had announced the Hawaii theatrical screening dates of AUGUST AT AKIKO'S, at Consolidated Theatres Kahala beginning April 5 for a one-week run. This film debuted in Honolulu at the Hawaii International Film Festival in November and has captured the hearts of audiences worldwide. This is a story of ZHANG, a popular musician and highly regarded saxophone player who returns home to the Big Island after being away for many years. While searching for his grandparent's home, he meets Masuda, A Buddhist innkeeper, and they begin an unlikely friendship. For further information on AUGUST AT AKIKO'S, visit the website <https://www.augustatakikos.com>

TEMARI'S 14TH ANNUAL BOLTS OF FABRIC & FUN SALE, Sunday, April 7, JCCH, Grand Ballroom, 8:00 a.m. - 1:00 p.m. (8:00 a.m. - 9:00 a.m. open to Temari members only). Features all things textiles.

17th ANNUAL SUMIE EXHIBITION presented by the Sumie Society of Hawaii, Inc., April 22 to May 3, Honolulu Hale Courtyard, 530 S. King Street, 8:30 a.m. - 4:30 p.m. The exhibit will feature over 80 beautiful sumie, shikishi, and nihonga ink paintings created by the senior citizen students of the esteemed 92 year old sensei, Sachie Saigusa. Sensei Saigusa is employed by the Dept. Of Education's Community School for Adults and teaches students from Makua Alii Senior Center, the Honpa Hawaii Betsuin Mission, the Moiliili Community Center, and the Wahiawa community. The Sumie Society of Hawaii is a community organization whose purpose is to foster the preservation and advancement of the traditional and classic Japanese art of brush painting called Sumi-e.

The Kapiolani Ballroom Dancers of Honolulu Lions Club will began another six-week SWING class on April 23, 2019, Tuesday nights from 7:00 p.m. - 8:00 p.m., MCC, Room 105. Swing started in 1920's and later became popular between the 1930's and 1950's when the "BOP" was created. Swing has recently had a huge revival due to several movies, dancing with the stars programs, and commercials displaying swing dancers. The instructor is Peggy Frey. The cost for the six-week 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.

**Moiiliili Senior Center
Schedule of Special Events
April 2019**

Days to remember in April:

- 1 - April Fool's Day
- 15 - Patriots' Day
- 19 - Good Friday - CENTER CLOSED.
- 21 - Easter
- 22 - Earth Day
- 24 - Administrative Professionals Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 Lei Ilima Club Service Project: Ti Leaf Lei Making 9:30 am Rm 202	2	3	4 Craft: Kumihimo - Adv 9 am Rm 209	5	6 Craft: Chigiri-e 9 am Rm 202
7 Temari's 14th Annual Bolts of Fabric & Fun Sale JCCH, Manoa Grand Ballroom 8 am - 9 am Temari Members Only 9 am - 1 pm Open to public	8	Seminar: Guaranteed Travel Assurance Plan / Hosoi Life Plan 9:30 am Rm 105 Performance: Line Dancing & Choir Groups 10:45 am Rm 105	9	10	11 Craft: Kumihimo - Beg 9 am Rm 209	12 Seminar: The Three Evil Sisters - Diabetes, Heart Disease, & Chronic Kidney Disease 9:15 am Rm 105	13 Moiiliili Community Center Fundraiser Dinner JCCH, Manoa Grand Ballroom 5:30 pm
14	15	Leilima Club Service Project: Ti Leaf Lei Making 9:30 am Rm 202 Seminar: Memory Care 9:00 am Rm 105	16	17	18 Excursion: Daiso Hawaii #2 9:45 am	19 HOLIDAY! Good Friday Center Closed.	20
21 <i>Happy Easter!</i>	22	Excursion: Ohana Hale Marketplace 9:45 am	23	24	25 Movie: "Aquaman" 12:15 pm Rm 202	26	27
28	29	30	*Cancer Control Month * Listening Awareness Month * National Anxiety Month * *National Garden Month * National Poetry Month * Stress Awareness Month *				

Moliiiii Senior Center Class Schedule April 2019

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)	8:30-9:30 Beg. Line Dnc. for Health (Weinberg)
7:30-8:00 No class 4/15 & 4/22 (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)	Began 7/2018 Hanafuda (Room 209)
8:00-9:00 No class 4/22 (Room 305)	9:00-10:30 Rhythm & Life (Adv. II) (Room 305)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Darts-Modified (Room 202)	9:00-12:00 Drawing&Painting (Room 207-8)
9:00-10:30 Card Games (Rm 202)	Closed.	9:00-10:00 Tai Chi(108) (Room 305)	8:00-9:00 Rhythm & Life (Beginner) (Room 305)	9:30-12:00 +Ribbon/Croch. Lel 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 Group Singing (Weinberg)	8:00-9:00 UKulele (Beg) (Room 105)	FULL
9:00-10:00 Tai Chi (108) (Room 305)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:30-10:30 Bon Odori (Room 105)	Began 2012 Rhythm & Life (Adv. IV) (Room 305)	9:30-10:45 Solo Ukulele II (Room 202)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	No class 4/2 10:30-12:00 Rhythm & Life (Beginner I) (Room 305)	9:30-11:30 *Sumie (Room 209)	Closed	10:00-10:30 R&L Chair Exer (Room 105)
No class 4/15 (Weinberg)	Closed.	10:15-11:45 Line Dancing II (Weinberg)	9:00-10:30 UKulele Prac. (Room 105)	10:00-11:00 Tai Chi for Arthritis (Room 202)
10:00-10:30 R&L Chair Exer. (Room 105)	10:45-11:45 Soroban (Room 209)	10:00-12:30 +Jpns/Okw'n Doll Making & Kimekomi (Room 207-8)	9:30-11:00 Beg. Line Dnc. for Health (Weinberg)	No class 4/12 Solo Ukulele I (Room 202)
10:15-12:00 Rhythm & Life (Adv. IV) (Room 305)	11:30-1:00 Zumba/PYo (Weinberg)	Began 3/27 Niko Niko Genki Taisoo (Room 305)	Began 5/2018 Brain Training (Room 202)	11:00-12:00 Closed.
Closed.	12:00 - 2:30 Citizenship (Room 202)	10:00 - 10:45 Rhythm & Life (Room 207-8)	9:30-10:30 Rhythm & Life (Room 202)	12:00-1:30 Rhythm & Life (Adv. III) (Room 305)
11:00 - 2:00 Karaoke with Katsularo Japanese Songs (Rm 202)	12:00-1:00 Kenbu Senbu Shigin (Room 207)	10:30-12:00 Rhythm & Life (Adv. V) (Room 305)	10:30-12:00 Rhythm & Life (Room 105)	Closed.
Began 1/7 Beginner's Buvo & Enka (Weinberg)	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	Closed.	12:00-2:30 Citizenship (Room 202)	
12:00-1:00 Buvo & Enka (Weinberg)	Resumes 4/16 (Room 305)	1:00-2:30 Line Dancing (Room 105)	1:00-2:30 Line Dancing (Room 105)	
1:00-3:00 Buvo & Enka (Weinberg)		Reminder: No class the last Thur. of the month.		
5:45 - 6:45 +Spec. Aerobics Begins 4/15 (Room 305)		1:00 - 2:00 Ohana Karaoke (Room 209)	1:00 - 2:00 Zenidaiiko (Weinberg)	Saturday 9:30 - 11:00 +Adult Hula Auana (Room 105)
+Suggested donation classes. Walk-in requested donation \$5. *DOE class - Sumie is provided by McKinley Community School for Adults - \$60		2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	2:00 - 3:30 Zenidaiiko Beginners (Weinberg)	Began 3/23 +Jpns/Okw'n Doll Making & Kimekomi (Room 207-8)

"Kaleidoscope" is published monthly, written/edited by the senior staff. Director, Rachel Yamashita; Program Staff - Paula Regidor, Judy Nakamoto, Arnold "Kawika" Maano & Gerath Fukuya.

2019 SENIOR FARMERS' MARKET NUTRITION PROGRAM (SEFMNP). This program provides low-income eligible seniors with fresh produce with the goal of improving their health and nutritional status. Each participant will receive a book of coupons worth \$50 to exchange for fresh, nutritious, and unprocessed locally grown fruits, vegetables, herbs, and honey from an authorized farmer, farmers' market, or roadside stand (outlet). Applications must be certified each year. Forms must be received by September 20, 2019.

Forms are available in the senior office. Eligibility requirements are but not limited to: 60 years and older; maximum household income \$26,603 One Person, \$36,001 Two Persons, \$9,398 per additional household member (including children); and must be a resident of the United States. A detailed requirement list is available in the senior office. For more information, call the State of Hawaii - Dept. of Labor and Industrial Relations, Office of Community Services at 586-8675 or the Hawaii Foodbank at 954-7889.