



Kaleidoscope

August 2019
Vol. XXX 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:

HAPPY BE-LATED ANNIVERSARY TO MOILIILI SENIOR CENTER! July 1st marked the 48th anniversary of the establishment of the Moiliili Senior Center Program under the Moiliili Community Center. Thank you to all the participants for your many years of support. The Senior Center Program would not exist if all of you did not want to join us. We thank the volunteer instructors and assistants who provide the variety of classes, the special projects, volunteers who help us with community and fundraising projects, MCC for its support and the State and City for the partial funding for the program all these years.

MCC's dirt lot paving project started July 29. This will be a 3-month long project planned to end October 31. However, the dates are subject to change. During this time, the dirt lot and Thrift Store parking lot will not be available. Please be dropped off, take the bus or carpool. **YOU** need to be aware of what is happening around you. **THINK OF YOUR SAFETY!!!** Don't be in a rush when being dropped off at the center. Have your driver pull up to the parking lot attendant, not in the middle of the driveway, in the tunnel or in front of the ramp. Watch for vehicles backing up - you are **NOT** stronger, faster or larger than a vehicle: don't try to walk around the back of the vehicle; especially when it is backing up. **BE AWARE! BE PATIENT! BE SAFE!** Thank you.

Thank you for your patience with 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 haven't turned one in and would like to, we are accepting them until August 3 in the senior office. The 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.

Thank you to the volunteers and to the people who donated items to our "Anything & Everything" Sale. Our 3-hour sale was a success! We had a line of people from room 209 to the restrooms waiting to go in at 9:00 a.m. We made \$975. Special thanks to our fantastic volunteers who set up, sold and put away all the sales items. Without them, it would not be possible

to hold our sales.

NOTICE: ELEVATORS WILL NOT BE AVAILABLE DUE TO THE STATE'S MANDATORY LOAD TESTS ON WEDNESDAY, AUGUST 21. The schedule is as follows:

MCC Building elevator will not be available 8:00 a.m. - 12:00 p.m.

MCC Thrift Store elevator 12:00 p.m. - 4:00 p.m.

EXCURSION PEOPLE ... help us, help you. When paying for excursions, please be sure that the staff marks you "PAID". Sometimes, staff are handling many different things at once, especially when we are short handed. Please do not feel offended if we ask you if you'd like to make a payment and you have already done so. If you are marked "PAID", then we would not need to ask about payments. Thank you for your assistance.

WAIVERS - MCC/MS 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.

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

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.

MAHALO! MAHALO! MAHALO! to performers
*Heels N' Harmony & Na Kupuna O Moiliili members @ Central Union church Adult Day Care
*Shiyukai members @ 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/MSA members to and from their appointments with a MSC staff member as an escort. Transportation services are available from 9:00 a.m. to 12:30 p.m., Monday - Wednesday at no cost to you. Donations are welcomed. Appointments must be made at least 24 hours in advance. Schedule an appointment today!

**Upcoming Classes from Temari Hawaii with MCC
Senior Center
"Show & Tell"**

Sunday, August 11 9:00 a.m. - 11:00 a.m.
MCC, room 105 Maximum enrollment: 25

No fees, but shopping at the Treasure Cave of Fabric and Stuff is encouraged. Bring: Your pieces, finished and/or in progress work, inspired by your Temari/MCC classes (and, if you wish, a contribution to the refreshment table.) Session is intended for past Temari students.

"Noren Vest"

Sundays, September, 22 & 29 9:00 a.m. - 11:00 a.m.
MCC, room 209 Maximum enrollment: 12

Class Fee: \$20 supply Fee: \$10

Instructor: June Hirano

Noren is the traditional Japanese split curtain usually hung at business entrances. June had repurposed this favorite textile into a very wearable vest. You just need a narrow width fabric, 12"-15", from cotton summer yukata or silk or linen kimono. You can purchase a roll of such fabric from MSC at the first meeting. Basic sewing skills are recommended. Detailed supply list will be sent after registration.

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 ticketed. There is a camera installed to monitor vehicles. Thank you for your attention pertaining to this matter.

Lei 'Ilima Club Craft Workshops

August 13 - Hand stitch a tenugui bag. Bring a bon dance towel to sew your bag or fabric which measures approximately 14" by 35". Also bring sewing pins, a needle, thread, and scissors.

September 17 - Paper Roll Pineapple. Make a pineapple with toilet paper roll and craft paper. Bring Elmer's Glue. Pineapples symbolize hospitality and good luck. These containers make good treat holders. "Be a Pineapple, stand tall, wear a crown & be sweet."

October 15 - Garden Fairy. Make a fairy or angel using a pep bag. All materials will be provided. These make wonderful gifts year round but especially during Christmas. Bring scissors and Elmer's Glue. Scheduled workshops are in Room 202 from 9:30 - 11:30 a.m. Please sign up in the senior office if you would like to attend.

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.

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 van (No CDL) and 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 include: 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.

All the 2nd floor air conditioners are operational! The temperature should be set at 73 degrees. To turn the units on and off, please use the on/off switch on the wall. Do not touch the controls on the unit. You do not need to manually turn on and off the unit itself. When using the air conditioners, the windows and doors need to be closed. Thank you for your cooperation.

MOILIILI SENIOR CENTER WISH LIST:

Portable LOUD CD/Cassette Player
Standing fans for room 305

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**, 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, air conditioner, & 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.

JUST A REMINDER ...

We have no problem making copies for MSC program class use. However, we would appreciate any "personal" copies (\$.10 each) 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!

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.

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.

MCC NEWS:

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.

THE MOILIILI BOOK REPRINTING PROJECT. New pages added and other pages updated. Everything (almost everything) you ever wanted to know about Moiliili. \$35. Books are available for purchase in the main office or in the Thrift Store.

VACATIONS HAWAII. Help "Moiliili Community Center" earn travel credit by booking your travel with Vacations-Hawaii Custom Packages Department. When you're ready to travel, contact Vacations-Hawaii at 591-4700. When making a booking, refer to our Loyalty Rewards #2464 or say "Moiliili Community Center".

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. When paying, please be sure that you are marked "PAID".
- *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: "ALITA: BATTLE ANGEL" (2019)
(2-hr. & 2-mins., DVD, Action, Adventure, Thriller, Sci-Fi. Rated PG-13 for sequences of sci-fi violence and action, and for some language.)

Starring Rosa Salazar, Christoph Waltz. A deactivated cyborg is revived, but cannot remember anything of her past life and goes on a quest to find out who she is.

Date: Friday, August 23 Time: 12:15 p.m.
Place: MCC, 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.

Our wishes to our *August* birthday participants.

ARAI, SUMAKO	KAJIOKA, EDWINA
CHEE, SARA	KALAIWAA, GEORGE
CHENG, SUSIE	KAWABATA, KIYOKO
CLARK, PETER	KAYA, YVONNE
CRANE, MARY	KING, CELIA
FELIPE, JOYCE	KONG, ANNA
FUJITA, BEVERLY	LEONG, JANET
FURUICHI, JEAN	MATSUMOTO, GENICHI
GOO, SANDRA	MATSUNAGA, KAREN
HIRAYAMA, KEIKO	MATSUYAMA, ANN
HO, EVELYN	MAYEDA, TERRY
ISHIKAWA, JEAN	MORIYASU, HAZEL
IWAMI, GERTRUDE	MURATA, FAYE

LIMIT: 12.

Date: Saturday, Sep. 7
Place: MCC, room 202

Time: 9:00 a.m.
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 1 (Adv)
Thursday, August 8 (Beg)

Time: 9:00 a.m. Place: MCC, room 209
Cost: Supplies

SEMINAR: PARKINSON'S DISEASE

Ivani Phillips, RN from Attention Plus Care, Inc. will speak on Parkinson's Disease.

Date: Tuesday, August 20 Time: 9:00 - 10:30 a.m.
Place: MCC, room 105 Cost: Donation

SEMINAR: CATARACT SURGERY

Usually Anne's once-monthly Friday morning talks are on subjects that she has carefully researched. August is going to be different! On August 5th, Anne will be having cataract surgery on her right eye. With a little luck by the time she sees us on the 23rd, her vision will be nearly perfect again! And, she'll be able to tell you from the beginning just what happens with this kind of procedure. So, please join us and learn more about cataracts and the surgery. Seminar conducted by Anne Chipchase from Ohana Health Plan.

Date: Friday, August 23 Time: 9:15 a.m.
Place: MCC, room 105 Cost: Donation

SEMINAR: FINAL EXPENSE & GUARANTEE ISSUE LIFE INSURANCE

Are you aware of the high costs of dying in Hawaii? Do you know the amount of your social security death benefit? Have you made any plans for your loved ones to cope with

NAGATA, YOSHIKO	TAGUCHI, ARLEEN
NAKAMOTO, JUDY	TAKAHASHI, AMY
NAKASONE, ELLEN	TAM, ED
NEKOTA, MERLE	TAMURA, LUCILLE
NONAKA, DIANE	TAURA, GERALD
OKAMOTO, ETHEL	TERAKAWA, MARGARET
OKIMURA, ALMA	TOBA, AMY
OYADOMARI, KATHLEEN	TOYAMA, PATRICIA
SAITO, LINDA	UWAINA, AIMEE
SAKIHARA, DIANA	UYEHARA, KAY
SAKUDA, KATHERINE	YAMADA, MILLIE
SATO, MIYOKO	YASUOKA, GLEN
SEKIYA, BETSY	YOKOTE, SHARON
SUMIDA, MILDRED	YOKOYAMA, MARY ANN
SUZUKI, LILY	

your final expenses? What can you do with final expense life insurance now? What are the benefits and how does it work? What if you are seriously ill (like cancer, stroke, heart attack and others), and/or turned down by insurers before? Can you still acquire final life expense insurance at age 80 or older?

↳ If you'd like to know the answers, please come to the Final Expense and Guarantee Issue Life Insurance Seminar. Independent Insurance Agent, Robert Wu, experienced in helping seniors, will conduct the free seminar.

Date: Tuesday, August 27 Time: 10:00 a.m.
Place: MSC, room 202 Cost: Donation

EXCURSION REMINDER: AUGUST MOON FESTIVAL

Join us as we take our annual trip to Wahiawa for the August Moon Festival at ORI Anuenue Hale Inc. (Formerly Helemano Plantation). Enjoy the morning playing BINGO, listening to health talks, and shopping at the Country Market. FREE Bentos will be provided. Deadline to sign up was Wednesday, July 17. Waitlist only.

Date: Thursday, August 15
Departure Time: 8:45 a.m. Return Time: 1:15 p.m.
Cost: \$8.50 (Chartered Bus)

CLASS/ACTIVITY ANNOUNCEMENTS: Sign up Senior Office, rm. 203

SOROBAN. Class resumes September 3.

LOST & FOUND:

*Found - a beautiful shawl that was left at the Pagoda Ballroom when Rhythm & Life classes had their Christmas party in December.

*Found - 2 Asian designed beaded bracelet found in room 305. If any of the above mentioned items are yours, please claim them in the senior office, room 203.

CITIZENSHIP CLASS, Tuesdays & Thursdays, 12:00 p.m. - 2:30 p.m., room 202. Class begins Tuesday, September 24 and meets for 10 sessions. Class is geared for those wanting to take the citizenship exam to become an American citizen. Instructor: Mitzi Moore.

CARD GAMES. 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.

CLASS NAME CHANGE: DARTS-MODIFIED has changed to **MODIFIED GAMES.** Instructor, Glen

Yasuoka focuses on HAND-EYE COORDINATION. He has modified bowling, ping-pong and darts to keep our hand-eye coordination strong. Join Glen as he starts off his class with simple hand-eye coordination exercises and then play modified games 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 to 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 modified games class. Thursdays, 8:00 - 9:00 a.m., room 202. 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 begins 9/7, 10 weeks, Saturdays, 9:30 a.m. - 11:00 a.m., room 105. Next session begins . Learn modern hula. Wear loose clothing. Suggested Donation: \$30 - MCC members; \$20 - Registered Senior Center members.

***Japanese/Okinawan Doll Making & Kimekomi** with Masako Ogawa. Class dates are yet to be determined. 6-week class meets Wednesdays, 10:00 a.m. - 12:30 p.m., room 207-8 or Saturday, 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: Suggested Donation: \$40 - MCC members; \$35 - Registered Senior Center members. Need to pre-register.

***Ribbon/Crochet Lei Making** with Coryn Tanaka. New session begins 9/13, 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: \$30 - MCC members; \$20 - Registered Senior Center members. Need to pre-register. 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 tentatively begins Monday, 8/12. 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 - MCC members & Registered Senior Center 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.
*Note: MCC members get 25% discount with purchase of \$10 or more.

We would like to thank everyone for their generous donations of goods to the Thrift Store. 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.

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.

BASIC COMPUTER CLASSES FOR SENIOR CITIZENS, "Seniors Helping Seniors". Senior Citizens are invited to sign up for a free 2-hour computer class to learn basic computer concepts that include: e-mail, use of internet, composing documents, just having fun being comfortable with computers and smart phones! Volunteer Instructors: Mr. Allen Liang, Mr. Shane Tajima, and Volunteer Coordinator: Rene Mansho. Classes run on August 5, 6, 7, 12, 13, 14, 15 - Aloha Luncheon. Time: 9:00 - 11:00 a.m., 12:00 - 2:00 p.m., and 2:30 - 4:30 p.m. Place: Great Aloha Run Carole Kai Charities, Inc, Office, 418 Kuwili Street, Suite 102. Reservations are required. You must call Rene @528-7388

or e-mail: rene@greataloharun.com. Classes are 2 hours for Beginners, and Intermediate classes will be offered after mastery of basic skills are demonstrated. Sponsored by: the HPH Great Aloha Run, Tsuha Foundation, and Harry & Jeanette Weinberg Foundation Computer Center.

2019 SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP). This program provides low-income seniors with eligible 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.

SPLENDORS OF IKEBANA SUMMER MATSURI, August 1-3 and August 8 - 10, Exhibition open during library hours, Hawaii State Library, 478 S. King Street. Make and Take Ikebana on August 3 at 12:00 p.m. in the courtyard. Sponsored by Ikebana International Honolulu Chapter 56. For more information, call 586-3520.

AGING GRACEFULLY...AND SAFELY!, Thursday, August 22, 6:00 p.m. - 7:00 p.m., Farm Hall Community Center, 2459 10th Avenue. Come at 5:00 p.m. for tours at Palolo Chinese Home. Falls are serious to all seniors, but they can be prevented. Simple changes can create a safer home environment and prevent injuries. Speakers include: Stan Michaels, MFA, Fall Prevention Coordinator with the Hawaii Department of Health Emergency Medical Services and Injury Prevention Systems Branch and Janet Fujii, Chair Taichi Instructor with the Koko Head Martial Arts Academy. Complimentary dinner and transportation. RSVP at 748-4909. Sponsored by the Palolo Chinese Home.

2nd ANNUAL PALOLO SENIOR HEALTH AND WELLNESS DAY, Saturday, September 7, 9:00 a.m. - 11:00 a.m., Tours to follow, Palolo Chinese Home, Farm Hall Community Center, 2459 10th Avenue. Free, information-packed session with top-notch speakers, who have firsthand experience as family caregivers and are experts on various topics. Complimentary breakfast and transportation. RSVP at 748-4909.

Moiiliili Senior Center Class Schedule August 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 Tai Chi w/ Fan & Sword (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)	8:30-10:30 Hanafuda (Room 209)
8:00-9:00 Beg. Tai Chi (Room 305)	9:00-10:30 Rhythm & Life (Adv. II) (Room 305)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Modified Games (Room 202)	9:00-12:00 Drawing&Painting (Room 207-8)
9:00-10:30 Card Games (Rm 202)	Closed.	9:00-10:00 No class 5th W. (Room 202)	8:00-9:00 Rhythm & Life (Beginner) (Room 305)	9:30-12:00 +Ribbon/Croch. Begins 9/13 (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)	Began 3/2018 (Room 305)	FULL (Room 102)
9:00-10:00 Tai Chi (108) (Room 305)	8/6, 8/13, 8/27 (Room 207-8)	9:30-10:30 Group Singing (Weinberg)	Began 2012 (Room 105)	9:30-10:45 Solo Ukulele II (Room 202)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	10:00-11:15 Okinawan Dnc. (Weinberg)	Began 4/3 (Room 105)	9:00-10:30 Rhythm & Life (Adv. IV) (Room 305)	Closed.
10:00-10:30 R&L Chair Exer. (Room 105)	10:30-12:00 Rhythm & Life (Beginner I) (Room 305)	9:30-11:30 *Sumie (Room 209)	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. IV) (Room 305)	Closed.	10:15-11:45 Beginner's Line Dancing II (Weinberg)	9:30-11:00 Beg Line Dnc. for Health (Weinberg)	10:00-11:00 Tai Chi for Arthritis (Weinberg)
11:00 - 2:00 Karaoke with Katsutaro Japanese Songs (Rm 202)	10:45-11:45 Soroban (Room 209)	10:00-12:30 +Jpns/Okwn Doll Making & Kimekomi (Room 207-8)	9:30-10:30 Brain Training (Room 202)	11:00-12:00 Solo Ukulele I (Room 202)
Began 1/7 Beginner's Buyo & Enka (Weinberg)	11:30-1:00 Zumba/PIYO (Weinberg)	Date to be determined.	10:30-10:30 Rhythm & Life (Adv. V) (Room 305)	12:00-1:30 Rhythm & Life (Adv. III) (Room 305)
12:00-1:00 Beginner's Buyo & Enka (Weinberg)	12:00 - 2:30 Citizenship (Room 202)	10:00 - 10:45 Rhythm & Life Niko Niko Genki Taisoo (Room 305)	10:30-12:00 Rhythm & Life (Room 202)	Closed.
1:00-3:00 Buyo & Enka (Weinberg)	1:00-2:00 Kenbu Senbu Shigin (Room 207)	11:00-12:30 Rhythm & Life (Inter. I) (Room 305)	12:00-2:30 Citizenship Begins 9/24 (Room 202)	
5:45 - 6:45 +Spec.Aerobics Tentatively begins 8/12	2:00 - 3:30 Aerobic/toning w/ Muriel (Room 305)	12:00 - 2:00 Ohana Karaoke (Room 209)	1:00-2:30 Line Dancing (Room 105)	
+Suggested donation classes. Walk-in requested donation \$5. *DOE class - Sumie is provided by McKinley Community School for Adults - \$60	12:00 - 3:00 Kitsuke (Weinberg)	1:00 - 2:00 Zenidako (Weinberg)	Reminder: No class the last Thur. of the month.	
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>"Kaleidoscope" is published monthly, writ- ten/edited by the senior staff. Director, Rachel Yamashita; Program Staff - Paula Regidor, Judy Nakamoto, Carrie Murata, & Geneth Fukuya.</p> </div>				
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>Saturday</p> </div>				
		2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	2:30 - 3:30 Zenidako Beginners (Weinberg)	9:30 - 11:00 +Adult Hula Auana (Room 105)
				9:30 -12:00 +Jpns/Okwn Doll Making & Kimekomi (Room 207-8)

The next Tuesday night Kapiolani Ballroom Dancers of Honolulu Lions club six weeks dance class will begin on August 6, 2019, at 7:00 p.m. in MCC, Room 105. Cha Cha came from the Cuban dances mambo and rumba with the added triple rhythm of one, two, three, cha cha cha. If you are not sure what cha cha

rhythm sounds like, listen to "Love Potion #9". The instructor is Peggy Frey. The cost for the six-week session is \$24 per person and \$12 per person for Lions Club members. Please join this fun filled class, meet old friends, make new friends and get some exercise at the same time.