



Kaleidoscope

February 2019
Vol. XXX No.2

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:

FACILITY UPGRADES CONTINUE... In February, MCC will be working around the studio. Be prepared for less parking spaces during the construction.

Manoa Lion's Club
Senior Health Fair for MSC Participants, Family & Friends at MCC
Tuesday, February 26
8:30 a.m. - 11:30 a.m. Room 105, Room 102 & Courtyard

Take the morning off, stop by before or after class, or just stop by MCC's Health Fair. Walk around and get checked out and pick-up information and goodies.

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.

Be Careful!!!! Last year we have had several participants fall 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.

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.

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.

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 until further notice. If MSC/MCC members park upstairs, their vehicles will be towed. 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.

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.

Fire & Lockdown Drills: MCC will hold periodic fire and lockdown drills. Please listen to staff for instructions. Thank you.

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.

Lei 'Ilima Club Craft Project Workshops

The quilling kits that some of you ordered will be available at February's workshop. We did not order the books as the updated version of Twirled Paper (Klutz certified) was \$35. Please search the internet or go to the local bookstore to see what is available and more affordable or we recommend borrowing books from the library.

Scheduled workshops in Room 202:

*February 5 (9:30-11:30) - Quill heart shaped roses and sakura to adorn gift tags and a pillow box. Bring scissors, Elmer's Glue, and quilling tools.

*March 5 & 19 (9:30-11:30) - ti leaf lei making for Memorial Day in partnership with Foster Gardens

April 2 & 16 (9:30-11:30) - ti leaf lei making for Memorial Day in partnership with Foster Gardens

Ti leaf donations are welcomed. Please drop them off at the senior office **only** on the morning of the ti leaf workshops.

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

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.

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: **MOILILI 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.

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.

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: "THE HOUSE WITH A CLOCK IN ITS WALLS" (2018)

(1-hr. & 45 min., DVD, Comedy, Family, Fantasy. Rated PG for thematic elements including sorcery, some action, scary images, rude humor and language.)
Starring Jack Black & Cate Blanchett. A young orphan aids his magical uncle in locating a clock with the power to bring about the end of the world.

Date: Friday, February 22 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. LIMIT: 12.
Date: Saturday, February 2 & March 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, February 7 (Adv)
Thursday, February 14 (Beg)
Time: 9:00 a.m. Place: MSC, room 209
Cost: Supplies

SEMINAR: KUPUNA AIKIDO

Bill Doi, from Kupuna Aikido Hawaii, will inform you on how to fall safely. What does that mean? It means falling in such a way as to protect the front and back of your head. It also means, falling in such a way to prevent broken bones in your hips, pelvis, arms or shoulder.

Dates: Tuesday, February 12 Time: 9:30 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: RELATIONSHIPS

Anne Chipchase, from 'Ohana Health Plan, will talk with Moiliili kupuna about relationships. Specifically those relationships with friends, family, animals, and possibly others that bring us particular joy and comfort. Come, be part of the dialogue, there is always something new and exciting to learn from each other.

Date: Friday, February 15 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: CANCER AWARENESS

Attend this seminar and hear from the experts on Cancer Awareness. Please join Attention Plus Care as they have another Aging in Hawaii seminar. Call 440-9356 to RSVP.

Dates: Tuesday, February 19 Time: 9:00 a.m.
Place: MSC, room 105 Cost: Donation

EXCURSION REMINDER:

CHERRY BLOSSOMS IN WAHIAWA - FULL

This excursion is dependent on weather conditions and bloom time of the trees. We will take our annual trek to Wahiawa to search for cherry blossoms. This year, we will stop at Kilani Bakery for those looking for something sweet. They are known for their brownies. Lunch on your own at Mililani Towne Center.

Date: Thursday, February 7
Departure Time: 8:15 a.m. Return Time: 12:30 p.m.
Cost: Transportation Donation: \$5.00

POSSIBLE EXCURSION:

CHERRY BLOSSOMS IN WAHIAWA #2

This excursion is dependent on how the 1st excursion turns out. If the trees are blooming, then we will have this one. This year, we will stop at Kilani Bakery for those looking for something sweet. They are known for their brownies. Lunch on your own at Mililani Towne Center. We will be taking the wait listed people first. Space is limited. Sign up ASAP.

Date: Tuesday, February 12
Departure Time: 8:15 a.m. Return Time: 12:30 p.m.
Cost: Transportation Donation: \$5.00

EXCURSION: KOREAN MASK DANCE & MUSIC

Chunhajeil Tai Gongjakso ("The Greatest Masque") will present a variety of traditional Korean mask dances and music. This dance company was founded in 2006 by young, emerging traditional masked dancers in Korea. The company's work is rooted in traditional Korean mask dance, talchum, and they present the famous mask dances from different regions in Korea. Program presented by the East West Center. Lunch on your own at Manoa Marketplace.

Date: Friday, February 15 Place: Orvis Auditorium, UH
Departure Time: 10:10 a.m. Return Time: 1:00 p.m.
Cost: Transportation Donation: \$2.00

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

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.

CITIZENSHIP CLASS, Tuesdays & Thursdays, 12:00 p.m. - 2:30 p.m., room 202. Class began Tuesday, January 29 and meets for 10 sessions. Class is geared for those wanting to take the citizenship exam to become an American citizen. Instructor: Mitzi Moore.

RENAMED CLASS AND NEW TIME: Kara-Exercise has been changed to RHYTHM & LIFE NIKO NIKO GENKI TAISOO. This class will no longer be meeting on Wednesdays from 1:00 - 2:00 p.m., room 305. Class now meets on Wednesdays from 10:00 a.m. - 10:45 a.m., room 305. Instructor: Faye Murata & Niko Niko Genki Taiso Instructors. Open to all.

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. Studies show that reaction time and dexterity decline as we get older, especially with the hands. Also your 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. Play 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 12/29, 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, Oshie & Kimekomi** with Masako Ogawa. 6-week class began Wednesday, 1/30, 10:00 a.m. - 12:30 p.m., room 207-8 and began Saturday, 1/26, 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 1/11, 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. FULL

***Specialized Aerobics** with Faye Fukuhara. Mondays, 5:45 p.m. - 6:45 p.m., room 305, 10-week session began Monday, 1/28. 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:

You are invited to join the City & County of Honolulu's Dept. of Transportation Services for the second University/McCully/Metcalf Complete Streets Community Meeting on Tuesday, February 12th from 6:30 p.m. to 8:30 p.m. at the Ala Wai Elem. School Cafeteria, 503 Kamoku Street. Please join us to review the results of the 2018 community kick-off meeting. You will also be able to view and provide feedback on street design concepts that have been developed based on public input. Those who are unable to attend the meeting can watch it live on the City & County's Complete Streets Facebook page at: <https://www.facebook.com/hnlcompletestreets>, or visit <http://www.honolulu.gov/completestreets/university> for more information.

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 *February* birthday participants.

AKITA, SHARLENE
CHANG, LUCY
CHONG, LOIS
CHUN, MA-JA
EBESU, GERTRUDE
FUJIKAKE, DANA
HIRAYASU, JANICE
HORIKAMI, SETSUKE

INAMINE, YURIKO
IWASAKI, CAROL
KAGENO, HIEU
KAKIBATA, TOSHIKO
KAUKALI, JOHN
KOGA, HISAKO
LYAU, RAYMOND
McCONNEL, MUTSUKE

MIURA, CARLTON
MIYAHARA, DOROTHY
MIYASATO, GEORGE
MIYOI, NANCY
NAKAMURA, KIE
NIIMI, KIMIYO
OMAN, MIU-LAN
OTA, FRED M.
POHLABEL, TOMI
SAIDA, MICHIKO
SAITO-FUKUHARA, FAYE

SAKIHARA, GAIL
SHIBASAKI, SANDRA
SHON, DOREEN
SILVA, SADIE
SUZUKI, MITSUKO
TAKAHASHI, SHIGEKO
TAKAHASHI-VIVEIROS,
MIRIAM
TAKAMORI, LILY
TENGAN, BETTE
TERAMAE, KYOKO

**Moiliili Senior Center
Schedule of Special Events
February 2019**

Days to remember in February:
 2 - Ground Hog Day 17 - Random Acts of Kindness Day
 14 - Valentine's Day 18 - Presidents' Day - CENTER CLOSED.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*African American History Month * American Heart Month *						
* American History Month * Canned Food Month * National Snack FoodMonth *						
						Craft: Chigiri-e 9 am Rm 202
3	4	5	6	7	8	9
		Lei Ilima Club Craft Project: Heart Shape Roses & Sakura Decorated Gift Tags & A Pillow Box 9:30 am Rm 202		Excursion: Cherry Blossoms in Wahaiawa 8:15 am Craft: Kumihimo - Adv 9 am Rm 209		
		Possible Excursion: Cherry Blossoms in Wahaiawa #2 8:15 am			Seminar: Relationships 9:15 am Rm 105	
		Seminar: Kupuna Aikido 9:30 am Rm 105		Craft: Kumihimo - Beg 9 am Rm 209	Excursion: Korean Mask Dance & Music 10:10 am	
10	11	12	13	14	15	16
		Seminar: Cancer Awareness 9:00 am Rm 105			Movie: The House with a Clock in it's Walls 12:15 pm Rm 202	
17	18	19	20	21	22	23
HOLIDAY! Presidents Day Center Closed.						
24	25	26	27	28		
		Manoa Lion's Club Senior Health Fair 8:30 am - 11:30 am Rm 105, 102, Courtyard				

Moiilili Senior Center Class Schedule February 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 (Room 207-8)
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)	Began 7/2018 (Weinberg)
8:00-9:00 Beg. Tai Chi (Room 305)	9:00-10:30 Rhythm & Life (Adv. II)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Darts-Modified (Room 202)	8:30-10:30 Hanafuda (Room 209)
Began 2014 (Room 305)	Closed.	9:00-10:00 Tai Chi(108) (Room 305)	8:00-9:00 Rhythm & Life (Beginner)	9:00-12:00 Drawing&Painting (Room 207-8)
9:00-10:30 Card Games (Rm 202)	9:30-10:30 Zumba Gold (Room 105)	9:00-10:00 Group Singing (Weinberg)	Began 3/2018 (Room 305)	9:30-12:00 +Ribbon/Croch. Lei Making (Room 102)
9:00-12:00 Haw'n Quilt: Bee (Rm 209)	2/5 2/12, 2/19, 2/26 (Room207-8)	9:15-10:30 Minyo Danc(Beg) (Room 105)	8:00-9:00 Ukulele (Beg) (Room 105)	Began 1/11 (Room 102)
9:00-10:00 Tai Chi (108) (Room 305)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:30-11:30 *Sumie (Room 209)	9:00-10:30 Rhythm & Life (Adv. IV)	9:30-10:45 Solo Ukulele II (Room 202)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	10:30-12:00 Rhythm & Life (Beginner I) (Room 305)	Began 1/23 (Room 209)	9:00-10:30 Ukulele Prac. (Room 305)	Closed.
10:00-10:30 R&L Chair Exer. (Room 105)	10:45-11:45 Soroban (Room 209)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	9:30-11:00 Beg. Line Dnc. (Room 105)	10:00-11:00 Tai Chi for Arthritis (Weinberg)
10:15-12:00 Rhythm & Life (Adv. IV)	11:30-1:00 Zumba/PYo (Weinberg)	+Jpns/Okwn Doll Making & Oshie (Room 207-8)	Began 5/2018 (Weinberg)	11:00-12:00 Solo Ukulele I (Room 202)
Closed.	12:00 - 2:30 Citizenship (Room 202)	10:00 - 10:45 Rhythm & Life (Room 207-8)	9:30-10:30 Brain Training (Room 202)	12:00-1:30 Rhythm & Life (Adv. III)
11:00 - 2:00 Karaoke with Katsutaro Japanese Songs (Rm 202)	12:00-1:45 Karaoke (Room 209)	Began 1/30 Niko Niko Genki Taisoo (Room 305)	10:30-12:00 Rhythm & Life (Adv. V)	Closed.
Began 1/7 (Rm 202)	12:00-1:00 Kenbu Senbu Shigin (Room 207)	11:00-12:30 Rhythm & Life (Inter. I) (Room 305)	Closed.	
12:00-1:00 Buyo & Enka (Weinberg)	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	Began 1/29 (Room 202)	12:00-2:30 Citizenship (Room 202)	12:00-1:30 Rhythm & Life (Room 305)
1:00-3:00 Buyo & Enka (Weinberg)		1:00-2:30 Line Dancing (Room 105)	Reminder: No class the last Thur. of the month.	
5:45 - 6:45 +Spec.Aerobics (Room 305)		1:00 - 2:00 Ohana Karaoke (Room 209)	1:00 - 2:00 Zenidako (Weinberg)	
Began 1/28 (Room 305)		12:00 - 3:00 Kitsuke (Weinberg)	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	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	<p>"Kaleidoscope" is published monthly, written/edited by the senior staff. Director, Rachel Yamashita; Program Staff - Paula Regidor, Judy Nakamoto, Arnold "Kawika" Maano & Gerath Fukuya.</p>			9:30 - 12:00 +Jpns/Okwn Doll Making & Oshie (Room 207-8)

The Kapiolani Ballroom Dancers of Honolulu Lions Club will begin a six-week SWING class on February 26, 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.

FAYE'S GENKI TAIISO. 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.