



Kaleidoscope

January 2019
Vol. XXX No.1

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 Healthy New Year 2019! Welcome back. The senior staff wishes you a safe and healthy year.

2019 is the year of the BOAR and those born under the sign are diligent, compassionate, and generous. They have great concentration: once they set a goal, they will devote all their energy to achieving it. Though pigs rarely seek help from others, they will not refuse to give others a hand. Generally, pigs are calm when facing trouble. No matter how difficult the problems are, they can handle things properly and carefully. They have a great sense of responsibility to finish what they are engaged in. (<https://www.chinahighlights.com/travelguide/chinese-zodiac/pig.htm>)

It's time to renew your MCC membership. If you haven't done so, please do so as soon as you can. 2019 membership fee is \$35 for individuals and family members living in the same household.

Winter Break: MSC classes are scheduled to resume the week of January 7. Children will be here for all day care through January 7. Parking will be limited.

Thank you to all the volunteers who supported our fundraising efforts in December. These super volunteers worked at 2 craft fairs. We appreciate all your help with setting up, selling, and breaking down. Thank you to all our craft makers, we could not have these sales without all your generous donations. Thank you to our participants who came out to our sale at the center and purchased from us. In December, we made about \$2900.

Be Careful!!!! This past 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 to 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/MSA 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!

Thank you to all the PacTeleCom project volunteers. Every December, we are asked to tie labels onto shell leis. We appreciate all of you for sharing your time during the break. We labeled over 2100 leis!

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.

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.

Lei 'Ilima Club Craft Project

Lei 'Ilima will resume free craft classes in January and February and ti leaf lei workshops in March, April, and May for the veterans' cemeteries. Please bring paper cutting scissors and Elmers Glue (if you have) to all Craft classes.

January 15 (9:30 - 11:30) - Make a paper roll planter to celebrate the Year of the Pig. We will use toothpicks to quill features of the pig which will be glued onto the paper roll, but if you have a quilling tool, please bring it to the workshop. Tillandsias will be provided to place in your planter. If you have tillandsias to share, please also bring them. These pig planters can also be used to put candy inside for Valentine's Day.

February 5 (9:30 - 11:30) - Quill an Ikebana floral arrangement onto a clothespin to be used as a chip clip, adorn gifts, hold papers together, etc. It is recommended that you attend the January workshop to learn basic quilling techniques but it is not necessary as we will help you. (NOTE: December newsletter had the wrong date, please be aware of the new date.)

Dates for ti leaf workshops for Memorial Day in partnership with Foster Botanical Gardens will be forthcoming.

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

MAHALO! MAHALO! MAHALO! to performers

*Niko Niko Genki Taisoo at Manoa Cottage and MSC.

*Shiyukai dancers at Maunalani Nursing and Rehab.

HELP WANTED: MOILIILI 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: **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 \$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.

MCCNEWS:

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: “CRAZY RICH ASIANS” (2018)

(2-hr., DVD, Comedy, Romance. Rated PG-13 for some suggestive content and language.)

Starring Constance Wu & Henry Golding. This contemporary romantic comedy, based on a global bestseller, follows native New Yorker Rachel Chu to Singapore to meet her boyfriend’s family.

Date: Friday, January 25 Time: 12:15 p.m.
Place: MSC, room 202 Cost: Donation

CRAFT WORKSHOP: CHIGIRI-E

The Japanese style of doing a collage picture by tearing washi paper to form. Workshop for all ages and levels. **LIMIT: 12.**

Date: Saturday, Jan.5 & Feb. 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, January 10 (Adv)
 Thursday, January 17 (Beg)
Time: 9:00 a.m. Place: MSC, room 209
Cost: Supplies

SEMINAR: STROKE PREVENTION

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

Dates: Tuesday, January 15 Time: 9:00 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: TO BE DETERMINED

Anne Chipchase, from ‘Ohana Health Plan, will have her monthly talk-story session.

Date: Friday, January 18 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

EXCURSION: CHERRY BLOSSOMS IN WAHIAWA

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

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

NEW CLASS: KARAOKE WITH KATSUTARO, Mondays, 11:00 a.m. - 2:00 p.m., Room 202. This class is for Japanese songs only with voice training and learning to read music notes. Class begins January 7. Maximum 5 students. Instructor: Katsutaro Kumano.

SOLO UKULELE I & II; Classes begin Friday, January 18. 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: \$25 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

CITIZENSHIP CLASS, Tuesdays & Thursdays, 12:00 p.m. - 2:30 p.m., room 202. Class begins 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.

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 - Mondays, 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.

MODIFIED DARTS FOR HAND & EYE COORDINATION. 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. Glen will also do some basic hand & eye coordination exercises too.

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.

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

***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 begins Wednesday, 1/30, 10:00 a.m. - 12:30 p.m., room 207-8 and begins 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 begins 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.

***Specialized Aerobics with Faye Fukuhara.** Mondays, 5:45

Our wishes to our *January* birthday participants.

AFFONSO, LENA	ITO, JEAN
AIHARA, KIMIE	ITO, MICHIO
ARAKAKI, EMMA	IZUO, KAREN
AWAYA, GAIL	KANO, PATSY
AZAMA, ITSUKO	KAWAKAMI, JEANETTE
BOMBACH, DIETRICH	KAWASAKI, KAZUKO
CHINGON, RICHARD	KIM, BARBARA
COLLINS, EMILIA	KITAGUCHI, NORA
EUN, YOUNG-SOOK	KOBAYASHI, GALE
FRANTZ, BETTY	KOIKE, PHYLLIS
FUJIHARA, ELLEN	KUBO, AMY
HAMAJI, JANE	LAI, IRENE
HANAOKA, LYNETTE	LEE, ASAKO
HASHIMOTO, KATHERINE	LEE, JEANNE
HAYAKAWA, FUSAE	LEE, NANCY

p.m. - 6:45 p.m., room 305, 10-week session will begin 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. Suggested donation: \$30 - MSC, \$40 - 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:

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.

NEW YEAR'S OHANA FESTIVAL, Sunday, January 13, 10 a.m. - 4:00 p.m., Japanese Cultural Center of Hawaii / Moiliili Field. This event is the state's largest festival celebrating Japanese New Year tradition. Enjoy entertainment, food booths, keiki games, kimono dressing, craft fair, cultural demonstrations and much more. Free parking will be available at the UH parking structure with complimentary shuttle service to and from the festival.

LUM, EDITH	SAITO, STELLA
MATSUNAGA, WARREN	SATO, MIEKO
MIURA, ROY	SHIBATA, MICHIKO
MURAYAMA, DIANE	SHIMAMURA, RITSUKO
MYERS, AYAKO	SOTO, LEONA
NAKAGAWA, BETTY	TAKARA, TERUKO
NAKAMURA, SHIGEKO	TAMANAHA, TOYOKO
NAKANISHI, JEAN	TENGAN, YURIKO
NAKAO, LILY	TERADA, KINUE
NASHIRO, NANCY	TERAYAMA, JANICE
OGINO, SADAOKO	TOBITA, GRACE
OKADA, RENEE	TRENT, YURI
OKAMURA, FUMIE	USAMI, HIDEKO
OTA, FRED	WHITMAN, NANCY
OTA, SUZANNE	YOSHIMURA, KIMIKO
OYAMA, JANE	YOSHIZAWA, GRACE
PABRO, JERRY	

**Moililli Senior Center
Schedule of Special Events
January 2019**

Days to remember in January:

1 - New Year's Day - CENTER CLOSED.

21 - Martin Luther King, Jr. Day - CENTER CLOSED.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>* National Glaucoma Month * * Eye Care Month * Hot Tea Month * * Oatmeal Month * Soup Month *</p>		HOLIDAY! New Year's Day Center Closed.				Craft: Chigiri-e 9 am Rm 202.
6	7	1	2	3	4	5
<p>New Year's `Ohana Festival 10 am -4 pm JCCH/Moililli Field</p>		<p>Lei Ilima Club Craft Project: Paper Roll Planter Year of the Pig 9:30 am Rm 202</p>		<p>Craft: Kumihimo - Adv 9 am Rm 209</p>		
13	14	8	9	10	11	12
		<p>Seminar: Stroke Prevention 9:00 am Rm 105</p>		<p>Craft: Kumihimo - Beg 9 am Rm 209</p>	<p>Seminar: To Be Determined 9:15 am Rm 105</p>	
20	21	15	16	17	18	19
<p>HOLIDAY! Martin Luther King, Jr. Day Center Closed.</p>					<p>Movie: Crazy Rich Asians 12:15 am Rm 202</p>	
27	28	22	23	24	25	26
		29	30	31		

Moiliili Senior Center Class Schedule January 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	8:00-9:30 Miryo Singing (Room 207)	7:30-8:30 Yoga (Studio)	Began 7/2018 (Weinberg)
8:00-9:00 Beg. Tai Chi (Room 305)	8:30-10:30 Crochet/Knit (Room 209)	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)	9:00-10:30 Rhythm & Life (Adv. II) (Room 305)	9:00-10:00 Tai Chi (108) (Room 305)	8:00-9:00 Rhythm & Life (Beginner) (Room 305)	9:00-12:00 Drawing&Painting (Room 207-8)
9:00-10:30 Card Games (Rm 202)	Closed.	9:00-10:00 Group Singing (Weinberg)	Began 3/2018 (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)	9:15-10:30 Miryo Danc(Beg) (Room 105)	8:00-9:00 Ukulele (Beg) (Room 105)	Begins 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) (Room 305)	Begins 1/18 (Room 202)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	10:30-12:00 Rhythm & Life (Beginner I) (Room 305)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	Closed	Begins 1/18 (Room 105)
10:00-10:30 R&L Chair Exer. (Room 105)	Closed.	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Weinberg)	9:30-11:00 Beg. Line Dnc. for Health (Weinberg)	10:00-11:00 Tai Chi for Arthritis (Weinberg)
10:15-12:00 Rhythm & Life (Adv. IV) (Room 305)	10:45-11:45 Soroban (Room 209)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Weinberg)	9:30-11:00 Beg. Line Dnc. for Health (Weinberg)	11:00-12:00 Solo Ukulele I (Room 202)
Closed.	11:30-1:00 Zumba/PLYo (Weinberg)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Weinberg)	Began 5/2018 (Room 202)	Begins 1/18 (Room 202)
11:00 - 2:00 Karaoke with Katsutaro Japanese Songs (Rm 202)	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) (Room 305)
Begins 1/7 (Rm 202)	12:00-1:45 Karaoke (Room 209)	Begins 1/30 (Room 207-8)	Closed.	Closed.
12:00-1:00 Beginner's Buyo & Enka (Weinberg)	12:00-1:00 Kenbu Senbu Shigin (Room 207)	10:30-12:00 Rhythm & Life (Adv. V) (Room 305)	12:00-2:30 Citizenship (Room 202)	
1:00-3:00 Buyo & Enka (Weinberg)	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	11:00-12:30 Rhythm & Life (Intr. I) (Room 305)	1:00-2:30 Line Dancing (Room 105)	
5:45 - 6:45 +Spec. Aerobics (Room 305)	12:00 - 3:00 Kitsuke (Weinberg)	12:00-2:00 Ohana Karaoke (Room 209)	Reminder: No class the last Thur. of the month.	
+Suggested donation classes. Walk-in requested donation \$5. *DOE class - Sumie is provided by McKinley Community School for Adults - \$60	<p style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> "Kaleidoscope" is published monthly, written/edited by the senior staff. Rachel Yamashita, Program Staff - Paula Regidor, Judy Nakamoto, Arnold "Kawika" Maano & Gerath Fukuya. </p>		1:00 - 2:00 Zenidaiko (Weinberg)	
			2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	Saturday 9:30 - 11:00 +Adult Hula Auana (Room 105)
			2:30 - 3:30 Zenidaiko Beginners (Weinberg)	Begins 12/29 (Room 105) +Jpns/Okwn Doll Making & Oshie (Room 207-8)

The Kapiolani Ballroom Dancers of Honolulu Lions Club will begin the New Year with a six week Beginning Salsa dance class on January 8, 2019, Tuesday nights from 7:00 p.m. - 8:00 p.m., MCC, Room 105. The Salsa dance originated in Cuba and moved to the United States in the 1970s. It became popular in New York City among the Latino communities. The movements are combinations of the cha-cha, mambo, and other dances. You will be able to dance the Salsa at socials, other parties, and on cruises. 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.

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.