



Kaleidoscope

May 2019
Vol. XXX No.5

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:

THANK YOU to the volunteers who helped at the two craft sales we held at JCCH in April. Thank you to all the crafters who made items for us to sell. Combined, we made over \$6,000.

PARKING ALERT! All day care for the children during the summer at Moiliili Community Center will start on June 3 and end on July 26. There will be limited parking. Please be dropped off, take the bus or carpool. Also, **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 and the tree, 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.

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.

MAHALO! MAHALO! MAHALO! to performers

*Heels N' Harmony & Na Kupuna O Moiliili members @ Kalakaua Gardens

*MSC Line Dancing & Choir Groups @ MSC

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.

Moiliili Senior Center
Anything & Everything Sale
Thursday, May 23
9:00 a.m. - Noon MSC, Room 209
Collectibles, Sewing Notions, Craft Supplies, and More.
All proceeds benefit the senior program.

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!

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.

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.

Hopping Pocket Workshop #2

In partnership with Temari Hawaii

Sunday, May 26 & June 2

9:00 - 11:00 a.m.

MCC, Room 209

Class Fee: \$20, payable to MCC; supply Fee: \$10, to be collected at 5/26 session

Limit: 15 participants.

Pick a bundle of fabrics assembled by MCC Senior Center volunteers to make a portable pocket that hops from one tote to another. Just slip this lined organizer over the handles of any carrier bag.

Temari instructor, Laurie Wong, discovered this ingenious pocket when she attended the 18th Tokyo International Quilt show this past January. With clever adjustments, her latest samples are now even more functional and versatile.

Bring hand-sewing equipment. Included in the Supply Fee are buttons and trims that you will also select.

Call MCC at 955-1555 to register.

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.

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.

Lokahi Project

Senior Citizen Prom 2019

University of Hawaii at Manoa

CAMPUS CENTER BALLROOM

Friday, June 7

10:00 a.m. - 1:00 p.m.

RSVP by May 15 to the MSC office.

This event is completely free for all attendees 65 or older and their guests. There will be lunch, games, entertainment, and lots of opportunities to form new relationships and build connections with other seniors and student volunteers.

*Note - the ballroom is on the 3rd floor of the Campus Center Complex. There is only one elevator. Parking is available at the Campus Center Structure (Zone 20) for a \$5 fee.

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

Lei 'Ilima Club Workshops

Thank you to all the MSC seniors who donated ti leaves, stripped leaves, and made ti leaf leis (a total of 639) in March and April at MCC's ti leaf lei workshops for the graves at the National Memorial Cemetery of the Pacific in observance of Memorial Day. There will be another opportunity to make more ti leaf leis on May 21 from 10:00 a.m. - 12:30 p.m. at Foster Botanical Garden. Garden Admission will be free but you must call 768-7135 to make a reservation for the workshop. You can also sew a plumeria lei for Memorial Day at Honolulu Hale on May 24 from 10:00 a.m. - 1:00 p.m. Supplies will be provided and reservations are not required.

Lei 'Ilima Club Craft Workshops:

*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.

*June 4 - Celebrate National Rose Month by making a variety of roses with ribbon, ti leaves, or paper. You will need to bring your quilling tool and glue if you want to quill a rose. Also, bring a thin square washcloth if you would like to learn how to make a washcloth rose. Materials to make the other types of roses will be provided.

*July 9 - Learn to quill a flower pot to put your quilled roses in. Supplies to bring will be forthcoming. Scheduled workshops 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: 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.

MOILIILI SENIOR CENTER WISH LIST:
Portable CD/Cassette Player

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.

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.

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.

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 MULE" (2018)

(2-hrs. & 25-mins., DVD, Crime, Drama, Thriller. Rated R for language throughout and brief nudity.)

Starring Clint Eastwood & Patrick L. Reyes. A 90-year-old horticulturist and Korean War veteran turns drug mule for a Mexican cartel.

Date: Friday, May 24 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, May 4 & June 1

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, May 2 (Adv)
Thursday, May 9 (Beg) - CLASS CANCELLED
Time: 9:00 a.m.
Place: MSC, room 209 Cost: Supplies

SEMINAR: ANEURYSM

This cardio vascular condition is complex, potentially life-threatening, and might have anyone of several causes, including birth defect. Aneurysm is the cause of over 200,000 deaths in the US each year. It is a condition that no one wants, but which many people must contend with. Come and learn what you need to do to minimize your risks. Anne Chipchase, from 'Ohana Health Plan, will conduct this monthly talk story session.

Date: Friday, May 10 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: LONG TERM CARE SPECTRUM

Representatives from Maunalani Nursing & Rehabilitation Center will talk to you about the Long Term Care Spectrum (independent living, assisted living, care home, foster home, and skilled nursing care). They will also share information about Maunalani Nursing & Rehabilitation Center.

Date: Tuesday, May 28 Time: 9:30 a.m.
Place: MSC, room 105 Cost: Donation

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,

Our wishes to our *May* birthday participants.

CASTRO, MAY
CHAN, CORINA
CHAPPEL, LAVAINA
CHING, SYLVIA
CHOY, CARLA
HABERMAN, MARTHA
HAMAI, YOSHINO
HASEGAWA, LARAINA

HAYASHI, CHISEKO
HAYASHI, EISHO
HEE, LANI
HIGUCHI, KATHERINE
HIROSE, SHARON
KAGESA, BETTY
KIMOTO, MORRIS
KUSHI, KAREN

KWOK, YUK-LIN
LAU, MILTON
MATSUDA, PATRICIA
NISHIMURA, NANCY A.
OISHI, DORE
ONISHI, JUNE
SAITO, FLORENCE
SATO, NORMA
SEITA, EIKO
SHEPHERD, JAMES
SHIMABUKURO, GERI

SHIRAIISHI, DORIS
SUYEOKA, MARY JANE
TAKEDA, LILLIAN
TAM, LENETTE
TANAKA, CORYN
TOYAMA, KAREN
VEAL, DONNA
WANAMI, KUNIKO
YOKOE, KAZUKO
YOSHIZAWA, RODNEY

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

EXCURSION: ISLAND-X HAWAII

Join us as we take a ride out to Waialua. We will visit Island-X Hawaii. This business was established in 1991 on the grounds of the old Sugar Mill. Take a short tour of Island-X Hawaii's Waialua Coffee & Chocolate Mill. You will have some time to shop in their store before heading out to Haleiwa for lunch.

Date: Tuesday, May 21
Departure Time: 8:30 a.m. Return Time: 1:15 p.m.
Cost: Transportation Donation: \$6.00

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

ZENIDAIKO. No classes on May 2, May 30, June and July.

NEW CLASS: BON ODORI, Wednesdays, 9:30 a.m. - 10:30 a.m., room 105. Class will began 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.

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.

RENAMED CLASS AND NEW TIME: Kara-Exercise has been changed to RHYTHM & LIFE NIKONIKO 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 Genki Taisoo Instructors. Open to all.

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 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.

AEROBIC & TONING EXERCISE WITH MURIEL.

Tuesdays & Thursdays, 2:00 - 3:30 p.m., room 305. Currently, the class follows exercise CDs. **BRING:** water, mat & towel. Since this is an afternoon class, please do not park under the covered parking lot. The Child Care program uses that area for their program and if one car is parked there, they cannot use the area for the children. Instructor: Muriel Takahashi.

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. Next session begins 6/8. 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 begins Wednesday, 6/26, 10:00 a.m. - 12:30 p.m., room 207-8 and begins Saturday, 6/22, 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 began 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:

LIHEAP (Low-Income Home Energy Assistance Program). Apply at Moiliili Community Center, room 303, Wednesday, May 8, 1:00 p.m. - 4:00 p.m. If you need help paying your energy bill, this program may help. BRING: all of the following documents to apply for Gas/Electric Bill Payment Assistance or Energy Crisis Intervention.

1. Current original HECO Electric bill or HAWAII GAS bill (If utility subscriber is different from applicant and does not live in household, they must sign a form and show ID)
2. Proof of residence (Provide a document other than utility bill that shows current address. Example: Phone bill, cable

bill, etc.) Welfare recipients who are part of the household must show documented proof of current address.

3. Photo ID (For all household members 18 yrs & older)
4. Social Security Numbers (Verification for all household members)

5. Proof of age or disability (Birth certificate for ONE child 0 - 5 years or Disability documentation) Only if no one in house is over 60 years old and household receives no rent subsidies

6. Proof of income (For all household members. Bring all that apply: last pay stubs for all jobs since January 2018; Self Employed Log/Receipts showing income/expenses for 2018; 2018 Award letters for Social Security, Welfare, Unemployment, & SSI; Pension/Retirement statements, etc.

*Regardless of income, if there is at least one person in the household that receives SNAP (Food Stamps) or SSI benefits and all program requirements are met, then household may qualify.

7. Proof of non-citizen status (If you were born outside the US, please bring your Passport and/or Permanent Resident Alien Card, etc.)

LIHEAP is a program of Honolulu Community Action Program, Inc. in partnership with the US Department of Health & Human Services and Hawaii Department of Human Services.

Applications must be submitted in person. Applications are available in the senior office, room 203.

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.

Molihili Senior Center Class Schedule May 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)
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) (Room 305)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Modified Games (Room 202)	8:30-10:30 Hanafuda (Room 209)
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)	9:00-12:00 Drawing&Painting (Room 207-8)
9:00-12:00 Haw'n Quilt Bee (Rm 209)	9:30-10:30 Zumba Gold (Room 105) 5/7, 5/14 & 5/21 (Room207-8)	9:00-10:00 Group Singing (Weinberg)	Began 3/2018 (Room 305)	9:30-12:00 +Ribbon/Croch. Began 3/29 Lei Making (Room 102)
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 (Room 105)	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)	9:30-11:30 *Sumie (Room 209)	9:00-10:30 Rhythm & Life (Adv. IV) (Room 305)	Closed.
10:00-10:30 R&L Chair Exer. (Room 105)	Closed.	10:15-11:45 Beginner's Line Dancing II (Weinberg)	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)	11:30-1:00 Zumba/Pyo (Weinberg)	10:00-12:30 +Jpns/Oknwn Doll Making & Kimekomi (Room 207-8)	9:30-11:00 Beg. Line Dnc. for Health (Weinberg)	10:00-11:00 Tai Chi for Arthritis (Weinberg)
Closed.	12:00 - 2:30 Citizenship (Room 202)	Begins 6/26 (Room 207-8)	Began 5/2018 (Weinberg)	11:00-12:00 Solo Ukulele I (Room 202)
11:00 - 2:00 Karaoke with Katsutaro Japanese Songs (Rm 202)	9/2019	10:00 - 10:45 Rhythm & Life Niko Niko Genki Taisoo (Room 305)	9:30-10:30 Brain Training (Room 202)	Closed.
Began 1/7 Beginner's Buyo & Enka (Weinberg)	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 202)	12:00-1:30 Rhythm & Life (Adv. III) (Room 305)
12:00-1:00 Buyo & Enka (Weinberg)	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	11:00-12:30 Rhythm & Life (Inter. I) (Room 305)	12:00- 2:30 Citizenship (Room 202)	Closed.
1:00-3:00 Buyo & Enka (Weinberg)		1:00-2:30 Line Dancing (Room 105)	1:00-2:30 Line Dancing (Room 105)	
5:45 - 6:45 +Spec. Aerobics Began 4/15 (Room 305)		Reminder: No class the last Thur. of the month.	1:00-2:00 Zenidaiiko (Weinberg)	
+Suggested donation classes. Walk-in requested donation \$5. *DOE class - Sumie is provided by McKinley Community School for Adults - \$60	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>"Kaleidoscope" is published monthly, written/edited by the senior staff. Director, Rachel Yamashita; Program Staff - Paula Maano & Gerath Fukuya.</p> </div>			
		12:00 - 3:00 Ohana Karaoke (Room 209)	No class 5/2 & 5/30 (Weinberg)	Saturday 9:30 - 11:00 +Adult Hula Auana (Room 105)
		12:00 - 3:00 Kitsuke (Weinberg)	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	Began 3/23 (Room 105)
			2:30 - 3:30 Zenidaiiko Beginners (Weinberg)	9:30 - 12:00 +Jpns/Oknwn Doll Making & Kimekomi (Room 207-8)

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.

the morning exercises. Call Faye Murata at 735-1323, if you have any questions.

FAYE'S GENKI TAISO. MSC's own Faye Murata's Exercise Program is showing on OHI.O, 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

2019 CHARITY WALK & HAWAII'S IK SLIPPAH WALK, Saturday, May 18. Slippah Walk starts at 7:00 a.m. and Charity Walk starts at 8:00 a.m., McCoy Pavilion, Ala Moana Beach Park. Registration forms are available in the senior office.