



Kaleidoscope

November 2018
Vol. XXIX No.11

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:

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.

PARKING ALERT! Children will be at the center for all day care from November 7 - 9. The far end of the covered parking area will be blocked off to accommodate them. Limited parking will be available. Please carpool, be dropped off, take the bus or walk. We appreciate your cooperation.

Moiliili Community Center is making Community Center shirts and we would like to know how many we should order. If you would like to consider purchasing a shirt, please let the senior staff know what size you may want to buy.

Thank you to all who purchased and donated items for our 2-day rummage sale. Thank you to all the volunteers who help make this project successful. We made just under \$1000.

DARTS DEMONSTRATION

Tryout the Magnetic Dart Game. Instructor, Glen Yasuoka, has modified the game so anyone can play. Stop by and try it out for yourself at the demonstration.
MSC, Room 202
Thursday, November 15
8:00 a.m. - 9:00 a.m.

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!

VOLUNTEERS WANTED: We are looking for people to help with our annual PacTeleCom project. Every December, we are asked to tie labels onto shell leis. At this time, we would like to have a list of people interested in helping and we will contact volunteers when the dates are set.

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.

CHRISTMAS CRAFT SALE

Thursday, December 6
9:00 a.m. - 12:00 p.m. MSC, Room 209
Get your Christmas Shopping done while supporting the senior program.

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.

"SUPER SENIOR"

Jonathan Kadekaru submitted by anonymous
This special "care-giver" of his parent has experienced the special needs of an elder and exemplifies his kindness, patience, and helpfulness to EVERYONE in need - those who are able to walk by themselves, and those who need walkers!
He is ALWAYS smiling - greeting each one by his/her name - REMINDING each one "to take your time and to be very careful."
He is also very observant and alert around his environment. I once saw him run in front of the Moiliili mini-bus to catch the "soft" baseball that one of the after-school kids had hit over the protection guard-rail for the little kids to play in. Well - Jon quickly caught the ball and tossed it back into the protection guard rail BEFORE the little child could escape under the rail and run after the ball - because there were couple of cars backing in and out of the parking area. He prevented what might have been a serious car accident!
He also comes in very early each morning to carry the portable cover for the parking monitor.
Jon STANDS OUT among all the workers and assistants. We are grateful for and appreciate who help all of us elders.

WE HAVE A PROBLEM. The 3rd floor women's restroom key has been missing for several weeks. Participants who have classes on the 3rd floor, please check your bag to see if you have mistakenly taken home the key. We are in the process of making more keys.

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.

HELP WANTED: Looking for volunteers to answer and/or call participants in our Telephone Reassurance Program on Wednesdays. The hours are from 7:45 a.m. - 9:00 a.m. If you have some spare time before class and would like to volunteer, please see Rachel in the senior office.

EXCURSION SUGGESTIONS. We need more interesting excursions that can accommodate a large number of people so we can hire a bus. If you have any ideas, please let the senior office staff know so we can try to schedule an excursion.

Lei 'Ilima Club Craft Project

Party Favors & Table Top Ornaments Workshop
In December, we will have a Holiday Workshop on Tuesday, December 4 from 9:30 - 11:30 a.m. We will be making a variety of party favors and table top ornaments including an origami tree, a paper roll reindeer, and more. Please sign up in the senior office.

MAHALO! MAHALO! MAHALO! to performers:

- *Heels 'n Harmony members at Leahi Hospital.
- *Heels 'n Harmony & Na Kupuna O Moiliili members at the Waikiki Plaza.
- * Niko Niko Genki Taisoo members at Central Union Church.

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 2018. 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.

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 that the unit is plugged into. 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.

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 2018.

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: "SKYSCRAPER" (2018)

(1-hr. & 42 mins., DVD, Action, Thriller. Rated PG-13 for sequences of gun violence and action, and for brief strong language.)

Starring Dwayne Johnson & Neve Campbell. A security expert must infiltrate a burning skyscraper, 225 stories above ground,

when his family is trapped inside by criminals.

Date: Friday, November 16 Time: 12:00 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, November 3 & December 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, January 10 (Adv)

Thursday, January 17 (Beg)

Time: 9:00 a.m.

Place: MSC, room 209

Cost: Supplies

SEMINAR: HUMANA MEDICARE PLAN FOR 2019

Mel Fujimoto, from Insurance Options Hawaii, will be informing you on what is being offered through the Humana Plan and the benefits available.

Dates: Tuesday, November 13 & December 4

Time: 9:00 a.m. & 12:00 p.m.

Place: MSC, room 104

SEMINAR: DIABETES

Doug Park, Times Diabetes Care Coordinator, will be speaking about Diabetes and the effects and concerns you may have and address any questions about Diabetes - LifeStyle and Wellness.

Date: Tuesday, November 13

Time: 9:30 a.m.

Place: MSC, room 105

Cost: Donation

SEMINAR: FALL PREVENTION

Mike Hirano from Project Dana will offer tips and suggestions on Fall Prevention.

Date: Monday, November 19

Time: 9:00 a.m.

Place: MSC, room 105

Cost: Donation

EXCURSION: CHRISTMAS SHOPPING

Take a drive out to Windward Mall and spend the morning shopping for Christmas. Lunch on your own at the mall.

Date: Tuesday, November 20

Departure Time: 9:30 a.m.

Return Time: 1:00 p.m.

Cost: Transportation Donation: \$5.00

**EXCURSION: HONOLULU HALE CHRISTMAS
DISPLAYS**

If you have never gone to Honolulu Hale during Christmas to see the beautiful displays, you have been missing out. Every year, different City departments decorate Christmas Trees which are on display in Honolulu Hale and every year there is a wreath contest and all the wreaths are displayed along a corridor. There are also all the decorations along the grounds to look at. Join us

as we take a trip to City Hall and see all the decorations. Lunch on your own at McCully Shopping Center.

Date: Monday, December 10

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

Cost: Transportation Donation: \$2.00

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

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. Starting Wednesday, November 7, class will be on Wednesdays from 10:00 a.m. - 10:45 a.m., room 305. Instructor: Faye Murata & Niko Niko Genki Taiso Instructors. Open to all.

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.

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: Mieko Sato.

***Adult Hula Auana** with Kumu Hula April Chock. New session begins 12/15, 10 weeks, Saturdays, 9:30 a.m. - 11:00 a.m., room 105. Learn modern hula. Wear loose clothing. Class Cost: \$20 - MSC seniors; \$35 - MCC members.

***Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class began Wednesday, 10/31, 10:00 a.m. - 12:30 p.m., room 207-8 and begins Saturday, 11/3, 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. Class Cost: \$35 - MSC seniors; \$40 - MCC member. Need to pre-register.

Our wishes to our **November** birthday participants.

AIMOTO, KIYOKO	ICHIYAMA, LORRAINE
AKIONA, SHIRLEY	IGAWA, DENNIS
BURTON, DIANE	INOUE, DIANE
CHOW, CHARLOTTE	INOUE, TOYOKO
FUJIMOTO, EVELYN	KAMANA, VERNA
FUJITA, CHARLOTTE	KANESHIRO, FAITHYE
GEUM, SEOJEONG	KASAHARA, NORIKO
HADA, GRACE	KASHIWAI, ALICE
HARADA, MARVIS	KIKUYA, GRACE
HIJIRIDA, BEATRICE	KOIKE, BETTY
HIRATA, JAN	KONDO, KAREN
HO, JOHN	MARTIN, GLADYS

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Began 10/26, 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. Class Cost: \$20 - MSC seniors; \$30 - MCC members.

***Specialized Aerobics** with Faye Fukuhara. Mondays, 5:30 p.m. - 6:30 p.m., room 305, 10-week session will begin Monday, 12/3. 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 Cost: \$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:

2018 MAYOR'S CRAFT & COUNTRY FAIR. Saturday, November 17, 9:00 a.m. - 1:00 p.m., NBC, Exhibition Hall, Admission is FREE. MSC will have a booth there.

SALVATION ARMY'S 48TH ANNUAL THANKSGIVING DINNER, Thursday, November 22, 11:00 a.m. - 1:00 p.m., NBC, Exhibition Hall, FREE. If you are alone, without a home, in need of a hot meal, or simply wish to share in the fellowship of ohana, everyone is welcome! Reminder cards are available in the senior office.

MATAYOSHI, MARGIE
MATSUMOTO, ELIZABETH
MITSUHASHI, SHINOBU
MORIKAWA, MILDRED
MURAKAMI, STANLEY
MURATA, ROBERT
NAKAGAWA, DEANNA
NISHIMURA, JUNE
OKAZAKI, JEANETTE
PA, SOLOMON
RICHARDSON, TOSHIKO
ROMANO, VICTORIA
SATO, KICHI

SHIMABUKU, TERI
SHIRAISHI, GARY
SHISHIDO, KEIKO
SUZUKI, BETTY
TAKAHASHI, MURIEL
TAKATA, JOYCE
TAKEUCHI, LILLIAN
TANAKA, SHARON
UECHI, ELSIE
WONG, ROSELLE
YANAGA, GRACE

**Mollili Senior Center
Schedule of Special Events
November 2018**

Days to remember in November:
 4 - Daylight Saving Time Ends
 6 - Election Day - CENTER CLOSED.
 12 - Veterans Day - CENTER CLOSED.
 22 - Thanksgiving Day - CENTER CLOSED.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>* Diabetic Eye Disease Month * Alzheimer's Awareness Month *</i> <i>* Epilepsy Awareness Month * Home Care Month * Hospice Month *</i> <i>* International COPD Awareness Month *</i></p>						
<p>Temari's Trash & Treasure Fair 8 am - 1pm JCCH, Ballroom 4</p>	<p>HOLIDAY! Veterans Day Center Closed.</p>		<p>HOLIDAY! Election Day Center Closed.</p>		<p>1</p> <p>HCAP's Kupuna Independent Life Series 8:30 am Rm 104</p>	<p>3</p> <p>Craft: Chiglife 9 am Rm 202</p>
<p>11</p>	<p>HOLIDAY! Veterans Day Center Closed.</p>		<p>6</p> <p>Seminar: Humana Medicare Plan for 2019 9 am & 12 pm Rm 104</p>	<p>7</p>	<p>2</p> <p>HCAP's Kupuna Independent Life Series 8:30 am Rm 104</p>	<p>10</p> <p>Mayor's Craft & Country Fair 9 am - 1 pm NBC, Exhibition Hall</p>
<p>12</p>	<p>13</p> <p>Seminar: Diabetes 9:30 am Rm 105</p>	<p>14</p> <p>Darts Demonstration 8 - 9 am Rm 202</p>		<p>8</p>	<p>16</p> <p>Movie: "Skyscraper" 12 pm Rm 202</p>	<p>17</p>
<p>18</p> <p>Seminar: Fall Prevention 9:15 am Rm 105</p>	<p>19</p>	<p>20</p> <p>Excursion: Christmas Shopping 9:30 am</p>	<p>21</p>	<p>HOLIDAY! Thanksgiving Day Center Closed.</p>		<p>24</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	

Moiliili Senior Center Class Schedule November 2018

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	FULL	8:00-9:30 Mimyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	Began 7/6 (Weinberg)
Began 2/2018 (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)
8:00-9:00 Beg. Tai Chi (Room 305)	9:00-10:30 Rhythm & Life (Adv. II)	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 3/1 (Room 305)	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)	9:00-10:00 Mimyo Danc(Beg) (Room 105)	8:00-9:00 Ukulele (Beg) (Room 105)	Began 10/26 Solo Ukulele II (Room 202)
9:00-10:00 Tai Chi (108) (Room 305)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:15-10:30 Mimyo Danc(Beg) (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 Ukulele Prac. (Room 305)	Closed.
10:00-10:30 R&L Chair Exer. (Room 105)	Closed.	10:15-11:45 Beginner's Line Dancing II (Weinberg)	Closed	10:00-11:00 Tai Chi for Arthritis (Weinberg)
10:00-10:30 R&L Chair Exer. (Room 105)	10:45-11:45 Soroban (Room 209)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)	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/PLYo (Weinberg)	10:00-12:30 +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 Niko Niko Genki Taisoo (Room 305)	9:30-10:30 Brain Training (Room 202)	12:00-1:30 Rhythm & Life (Adv. III) (Room 305)
12:00-1:00 Beginner's Buyo & Enka (Weinberg)	12:00-1:45 Karaoke (Room 209)	10:00 - 10:45 Rhythm & Life Niko Niko Genki Taisoo (Room 305)	10:30-12:00 Rhythm & Life (Adv. V) (Room 305)	Closed.
1:00-3:00 Buyo & Enka (Weinberg)	12:00-1:00 Kenbu Senbu Shigin (Room 207)	11:00-12:30 Rhythm & Life (Inter. I) (Room 305)	Closed.	
5:30 - 6:30 +Spec.Aerobics (Room 305)	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	12:00 - 2:00 Ohana Karaoke (Room 209)	12:00-2:30 Citizenship January 2019 (Room 202)	
Begins 12/3	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	12:00 - 3:00 Kitsuke (Weinberg)	1:00-2:30 Line Dancing (Room 105)	
			Reminder: No class the last Thur. of the month.	
			1:00 - 2:00 Zenidaiiko (Weinberg)	
			2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	
			2:30 - 3:30 Zenidaiiko Beginners (Weinberg)	
				Saturday
				9:30 - 11:00 +Adult Hula Auana (Room 105)
				Begins 12/15 (Room 105)
				9:30-12:00 +Jpns/Okwn Doll Making & Oshie (Room 207-8)
				Begins 11/3 (Room 207-8)

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

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.



Honolulu Community Action Program

Kupuna Independent Life Series Fall 2018

The Kupuna Independent Life Series is a comprehensive approach to assisting seniors, age 55+ with health education, support for living productive independent lives, and proactive engagement in the community

Fall Series Schedule:

Every Friday from 8:30am—12:30pm
September 7—December 14, 2018

Location:

Moiliili Community Center (room 104)
2535 South King Street
Honolulu, HI 96826



[Facebook.com/HCAPhi](https://www.facebook.com/HCAPhi)



[Twitter.com/HCAPhi](https://twitter.com/HCAPhi)



[Instagram.com/HCAPhi](https://www.instagram.com/HCAPhi)

For questions or additional
information, please contact:

HCAP's Leahi District
Service Center
(808) 732 -7755

Kupuna Independent Life Series

Sept 5 - Dec 15, 2018

DISTRICT: Leahi

SITE: HCAP Leahi District - Fall 2018

HEART HEALTH, EXERCISE & MOBILITY

Date	Health Workshops	Social Workshops	Support Group Topics
9/7/2018	ER Nurses/Exercise & Mobility	Social Security Admin.	What do you think the best age to be is? Why?
9/14/2018	ER Nurse/ Blood Pressure	UH Manoa CTARH - Cooperative Ext. Svc.	Who is someone who inspires you? How so?
9/21/2018	Public Health Nurses	MOA Hawaii	What is the best advice your parents gave you? Did you listen to it?
9/28/2018	ER Nurse/ Urinary Incontinence	Legal Aid Hawaii	What's something in your life that you are really good at?
10/4/2018	I Ola Lahui Behavioral Health	Premiere Benefit - Medicare/Medicaid	At what moment in your life do you remember laughing the hardest
10/5/2018	Alzheimer's Association	Blue Zone Hawaii	What is the hardest lesson you have ever learned?
10/19/2018	Public Health Nurses	Project DANA	What are you the most proud of in your life?
10/26/2018	HPD	KCC Kupuna Educ - Arthritis & Fall Prevent	What do you hope people remember about you?
11/2/2018	Mountain Pacific - Diabetes/ The Human Bod Chaminate Students/ Nutrition	Mountain Pacific - Diabetes/Risk Factors Of E Hep Free Hawaii	What moment in history do you most vividly remember?
11/9/2018	Mountain Pacific - Diabetes/ Monitoring you Chaminate Students/ Nutrition	Mountain Pacific - Diabetes/Physical Activity	What are the most difficult and most rewarding things about growin
11/16/2018	Mountain Pacific - Diabetes/ Meal Planning	Mountain Pacific - Diabetes/ Meal Planning	What are the three best things about you?
11/20/2018	Mountain Pacific - Diabetes warning and signs		Anger, resentment, jealousy, hate. How should we deal with negative
12/7/2018			if you could travel to any country where would it be? Why?
12/14/2018			List 3 goals you have for the next 5 years.