



Kaleidoscope

October 2019
Vol. XXX No.10

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:

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

Children will be at the center for all day care October 7 - 11. Please be careful as they will be all over the 1st floor of the building most of the time.

WAIVERS - MCC/MSA 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 MSA office, you do not need to fill another one out for another class. Forms are in your attendance folders and in the senior office. Thank you for your cooperation.

Be Careful!!!! Last year several participants fell and hurt themselves. Please be aware of yourself and know your limitations. For some people, it may mean moving from a cane to a walker, not spinning around in exercise class, wearing proper footwear, feeling steady/balanced before moving, or knowing when to rest. **PLEASE!!!** Be careful. We want you to keep coming to the center for as long as you are able.

REMINDER: Please check your name off in the attendance folder for each and any class you attend. We need to do reports every month and we ask that you be counted. This will help us reach our contract goals. Thank you for your cooperation.

MAHALO! MAHALO! MAHALO! to performers
*Heels N' Harmony & Na Kupuna O Moiliili members @ Maluhia Adult Day Health Care
*R&L Niko Niko Genki Taisoo members @ the "Young at Heart" Senior Fair
*Shiyukai members @ Maunalani Nursing & Rehab

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.

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

Do you need a ride to your doctor's appointment? Carrying

MCC Senior Program presents...
5-Minute Pharmacy Flu Shot Clinic
Friday, October 4 9:00 - 11:00 a.m. Rm 104
Sign up is a must so as they know how many vaccines are needed. For more information and sign up, please see the staff in the senior office.

VOLUNTEERS WANTED: Moiliili Senior Center is turning 50 years old next year, we are in need of a committee of volunteers to help us plan this momentous event. If interested, see Rachel in the senior office.

MISSING NEWSPAPER. Moiliili Community Center receives 3 newspapers daily and the lunch program receives 12 newspapers Monday through Friday. We have been noticing that 1 newspaper has been missing on certain days. We do not have a problem with anyone who wants to read the paper but we are asking if they could bring it back to the main office. The 3 papers the center gets are for the main office and 2 of the programs. Thank you for your cooperation.

Thank you to Jean & Milton Lau who donated a fan to help cool and circulate air in room 305. Everyone who uses room 305 will benefit from your generosity. We appreciate your kindness.

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 9:00 a.m. to 12:30 p.m., Monday - Wednesday. 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.

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.

OUCH!!! Please be careful and aware. One of our members got a \$130 ticket while crossing in the crosswalk on South Beretania Street by the Triangle Park and Burger King. She said there were no cars on the street but the light said not to cross. She and another person walked across and they both got ticketed. Please obey all traffic signs and signals.

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.

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 Workshops

October 15 - Garden Fairy. Make a fairy or angel using a paper bag. All materials will be provided. These make wonderful gifts year round but especially during Christmas. Bring scissors and Elmer's Glue.

November 19 - Holiday Fascinators. Make a fascinator to clip on your hair for holiday tea parties or other events. These can also be worn as corsages or clipped on your bag or other items. Bring: Scissors, needle and thread, and a glue gun and glue sticks if you have. Hair clips will be provided but if you want to attach it to a pin or headband, please bring one.

Scheduled workshops are in Room 202 from 9:30 - 11:30 a.m. Please sign up in the senior office if you would like to attend. Lei 'Ilima will not be holding classes in December. We will return in January.

MCC Restrooms : For the safety of all, please do not prop the doors open. Each classroom has a set of keys for the women's and men's restroom. Please kokua and make sure that the keys are back in its place by the end of your class. Lost keys cost money to replace.

HELP WANTED: MOILILI COMMUNITY CENTER IS LOOKING TO HIRE DRIVERS. If you know someone who may be interested, please have them apply in the main office. We are currently looking for a van (No CDL) and a bus driver (CDL) for all programs.

Thank you all for your continued participation in our Senior Center Program. We continue to partner with the Moiliili Community Center, as we are one program under the Community Center. We are asking all senior center participants to become members of the Community Center. The annual membership fee is \$35.00 for calendar year 2019. Your participation as MCC members helps support our endeavors to continue to offer classes, activities and services. MCC member's benefits include: 25% off all purchases of \$10 or more at our "Hidden Treasures" Thrift Store; One Plus One Drive Inn will offer a 10% discount on a purchase of plate lunches; and Subway - Moiliili will offer a 10% discount on any sandwich/salad, excluding special offers. Other exclusions may apply to both places. Just show your current MCC Membership Card to receive your savings. Offers are valid through the end of this year. Mahalo for your support of the Center.

"PLEASE KOKUA!"

If you would like to borrow MCC's office phone to call for your ride pick up or an emergency, **PLEASE** limit your calls to 3 minutes maximum. The office phone is for the Center's

business use and we need to have available open lines.

JUST A REMINDER...

We have no problem making copies for MSC program class use. However, we would appreciate any "personal" copies (\$.10 ea.) be limited to 1 to 5 copies at a time. We need to be careful on the usage of the copier so we don't go over our service contract totals. Mahalo!

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.

MOILIILI SENIOR CENTER WISH LIST:

- 1) Volunteer instructors for the following:
 - Educational classes/workshops
 - Japanese language
 - English language
 - Game "Go"
- 2) Portable loud CD/Cassette Player
- 3) Fans for room 105

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.

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.

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.

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.

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

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

EXCURSION REMINDER: Excursion participants, please carpool or use the bus to allow parking for those who attend classes. **NO RESERVING SEATS**, except for your partner. Whenever you are going from one place to another, please return to your original seat. All participants must remain with the bus as the bus pick-up point will be determined by the driver. **DO NOT** ask to be dropped off somewhere else or along the way. If you plan to leave the group at some point, let your Escort know. Also, each participant must have an updated registration. If there are any special needs, please let the staff know about it before the excursion.

A REMINDER: Sign up for any of the special activities noted, such as seminars, workshops, excursions. Activities may be canceled due to lack of interest or at speaker's request, and only those on the list would be notified. Also, if you have any suggestions or ideas for activities, please submit information to the senior office.

ACTIVITIES, SPECIAL EVENTS & EXCURSIONS

- *Sign up for all excursions, seminars, workshops, special events, etc. in person. **NO** phone reservations.
- *Sign up for you and your spouse only.
- *Call for cancellations. **NO REFUNDS** for late cancellations.
- *Payments for excursions due one week prior. **When paying, please be sure that you are marked "PAID"**.
- *Those needing assistance must bring a companion.
- *Seminars and workshops are scheduled to provide education and information and do not constitute an endorsement of a product or company by the center.

MOVIE: "YESTERDAY" (2014)

(1-hr. & 56-mins., DVD, Comedy, Fantasy, Music. Rated PG-13 for suggestive content and language.)

Starring Himesh Patel & Lily. A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate time line where they

never existed.

Date: Friday, October 18

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.

Instructor Lily Nakao will be retiring at the end of this year.

Date: Saturday, October 5, November 2, & December 7.

Time: 9:00 a.m.

Place: MCC, 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. This will be the last class for this year. Classes will resume in January.

Date: Thursday, October 3 (Adv)

Thursday, October 10 (Beg)

Time: 9:00 a.m.

Place: MSC, room 209

Cost: Supplies

SEMINAR: WATER

Quench your thirst at this Water Workshop! We'll talk about different kinds of water, which ones are good to drink, the best practices for greater hydration, and the healing power of water. Seminar conducted by Joseph Blas.

Date: Tuesday, October 8

Time: 9:30 a.m.

Place: MSC, room 105

Cost: Donation

SEMINAR: FALL PREVENTION

Eileen Phillips, RN from Attention Plus Care, Inc. will speak on fall prevention.

Date: Tuesday, October 15

Time: 9:00 a.m.

Place: MSC, room 105

Cost: Donation

SEMINAR: SHINGLES

Did you have what was thought of as the standard childhood diseases when you were a kid? Measles, mumps, chicken pox? Our mothers didn't think anything of putting all the

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

- | | |
|---------------------|-------------------|
| BETSCH, JANE | IGE, CAROLYN |
| BILMES, PONGSUWAN | INOUE, TOSHIKO |
| CHANG, JOAN | KAGAWA, ATSUKO |
| CHONG, AILEEN | KAHILI, NAOMI |
| CHOY, KAZUKO | KAKU, FAYRENE |
| CHUNG, ROBYN | KAMA, EVA |
| CUBA, LOUISE | KIM, RHONDA |
| ESTRELLA, JUDY | KITAGAWA, ETHEL |
| FUJII, JENNIE | KITAGAWA, HIROKO |
| FUJIMORI, ANNA S. | KOBAYASHI, LOIS |
| FUJIMOTO, CATHERINE | KOBAYASHI, MYRTLE |
| FUJISHIGE, AMY | MEIER, CAROL |
| FUTA, YOKO | MINATO, SUSAN |
| IGAWA, MASAYO | MOGI, CAROL |

- | | |
|--------------------|-------------------|
| MORITSUGU, JEAN | SAIGUSA, SACHIE |
| MURATA, HELEN | SEIBERT, JOHN |
| NAGANO, CAROL | SHEROD, CASSANDRA |
| NAGANO, DORIS | SHIKADA, BETTY |
| NAKAGAWA, ANN | SHIROMA, JANET. |
| NAKASONE, KAREN | SUEISHI, SUMIE |
| NAKATA, IKUKO | SUKITA, LISA |
| NIKI, KAREN | TILTON, RUBY |
| NISHIYAMA, DOROTHY | TOLEDO, TERIE |
| NODA, DORIS | TONG, CARL |
| OGAI, MASAKO | WONG, JOYCE |
| OGASAWARA, DIANE | WONG, AMY |
| PABRO, VIRG | WUERKER, MARIE |
| RHEE, KATIE | YOSHIKAWA, MIMI |
| SAGARA, AKIKO | YOUNG, GERALDINE |

neighborhood kids in a room with the sick child! At that time, these illnesses were almost impossible to avoid. But the consequences of chicken pox, might be SHINGLES. Not a kid ailment and absolutely NO fun! Come to learn why you need to consider getting the new and improved Shingles shots in a conversation with Anne of 'Ohana Health Plan.

Date: Friday, October 18

Time: 9:15 a.m.

Place: MSC, room 105

Cost: Donation

SEMINAR: LONG TERM CARE OMBUDSMAN PROGRAM VOLUNTEER RECRUITMENT PRESENTATION

The Long Term Care Ombudsmen are advocates for residents living in nursing homes, assisted living facilities, adult residential care homes, expanded adult residential care homes, and community care foster family homes. The focus has always been on quality of life and quality of care issues. This program is part of the Executive Office on Aging. In Hawaii, there are currently 1,700 facilities with 12,661 beds spread over six islands. With only a handful of dedicated staff and volunteers, visiting every resident on a regular basis is an impossible task. Attend this presentation and see if you may be interested in volunteering for this program.

Date: Tuesday, October 22

Time: 9:30 a.m.

Place: MSC, room 105

Cost: Donation

SEMINAR: HUMANA MEDICARE PLAN 2020

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

Date: Tuesday, October 29

Time: 9:00 & 11:00 a.m.

Place: MSC, room 104

Cost: Donation

EXCURSION: HONOLULU POLICE DEPARTMENT MUSEUM

Join us as we take a tour of the Police Museum. This is your chance to see interesting artifacts – like 50-year-old polygraph machines, breathalyzers, forensic kits, police motorcycles, and photos.

You may discover things that may remind you of past national news events, popular television programs, and famous movies/literature – such as the real-life Honolulu Police officer who inspired the legendary Charlie Chan mysteries. Lunch on your own at Ohana Hale Marketplace.

Date: Thursday, October 24

Departure Time: 9:30 a.m.

Return Time: 12:45 p.m.

Cost: Suggested Transportation Donation: \$3.00

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

AEROBIC/TONING with Muriel. Class is on break. Will resume in November.

TAI CHI FOR ARTHRITIS. Class is cancelled on October 4.

UKULELE PRACTICE. Class is cancelled on October 3.
ZUMBA/PIYO. Class is cancelled on 10/8 and there will be class on 10/29.

LOST & FOUND:

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

*Found - Designer sunglasses

If any of the above mentioned items are yours, please claim them in the senior office, room 203.

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

CARD GAMES. Instructor Glen Yasuoka. Card Games class favorites - Kings Corner, Paiute, Black Jack, and even Hanafuda. With one of a kind card games by yours truly - Monday, 9:00 a.m. - 10:30 a.m., room 202.

CLASS NAME CHANGE: DARTS-MODIFIED has changed to **MODIFIED GAMES.** Instructor, Glen Yasuoka focuses on **HAND-EYE COORDINATION.** He has modified bowling, ping-pong and darts to keep our hand-eye coordination strong. Join Glen as he starts off his class with simple hand-eye coordination exercises and then play modified games to sharpen your skill. The coordination of hand and eye movements involves processing visual input-size, shape, direction, movement and energy needed for the hands to perform these tasks. Studies show that as we get older, the ability to perform these tasks, reaction time, dexterity (skills performing task, especially with the hands), and perceptual motor skills decline (The ability to interpret to become aware of something through the senses). Simply, your brain slows down. Fortunately, there are ways to prevent further decline. One of the ways is to come to the hand and eye coordination exercises and modified games class. Thursdays, 8:00 a.m. - 9:00 a.m., room 202. Glen Yasuoka has modified the game for seniors. Feel free to come and try it out.

ZUMBA GOLD: with Dr. Susan Nishida. Tuesdays, 9:30 a.m. - 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.

Zumba/PiYo, Tuesdays, 11:30 a.m. - 1:00 p.m., Weinberg Studio. A great combination of fun and fitness as you dance your way to a healthier you. Instructor: Grace Hada. Accepting more students.

***Adult Hula Auana** with Kumu Hula April Chock. New session began 9/14, 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 & Kimekomi** with Masako Ogawa. Class will begin next year, date to be determined. 6-week class meets Wednesdays, 10:00 a.m. - 12:30 p.m., room 207-8 or Saturday, 9:30 a.m. - noon. An impressive array of projects to choose from. Bring: pins & scissors. Supplies/kit payable to instructor the first day of class. Suggested Donation: \$35 - MSC seniors; \$40 - MCC member. Need to pre-register.

***Ribbon/Crochet Lei Making** with Coryn Tanaka. New session began 9/13, 10 weeks, Fridays, 9:30 a.m. - noon, room 102. Bring sharp pair of scissors, ruler, container, and ballpoint pen. Supplies payable to instructor. New students must register before the session starts. Suggested Donation: \$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. No class until further notice. 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:

VOLUNTEER WANTED: Looking for someone to sew a blanket. MCC staff member is looking for someone to sew a blanket made out of her recently deceased companion's T-shirts. If interested, please see senior program staff.

FAYE'S GENKI TAISO. MSC's own Faye Murata's Exercise Program is showing on OLELO, channel 54 every Thursday at 8:00 a.m. Her exercise program has been on the air for the last 3 years. If you have a chance, watch it and enjoy the morning exercises. Call Faye Murata at 735-1323, if you have any questions.

The Tuesday night Kapiolani Ballroom Dancers of Honolulu Lions club six weeks dance class began on September 24, at 7:00 p.m. in MCC, Room 105. The WALTZ will be the featured dance in this session. The instructor is Peggy Frey. The cost for the six-week session is \$24 per person and \$12 per person for Lions Club members. Come for great fun, learning, making new friends, and get some exercise at the same time.

ARTS EXHIBITION: FIRST NATIONS ART OF BRITISH COLUMBIA, now through January 12, 2020, Open Weekdays 8:00 a.m. - 5:00 p.m. and Sundays Noon - 4:00 p.m., East-West Center Gallery, UH Manoa. Closed Saturdays, October 13, 14, November 11, 28, December 1, 24, 25, 29, 31 and January 1. Parking on the UH-Manoa campus is normally free and ample on Sundays. Guided exhibition tours will be offered Sundays at 3:00 p.m. This exhibition brings the artwork of some of the finest and most accomplished Indigenous artists of the Northwest Coast of British Columbia, Canada to the East-West Center. Included are traditional and contemporary works in a variety of mediums including painting, printmaking, woodcarving, textiles, basket-weaving, drawing, and etching. For further information: 944-7177.

FALL CRAFT & COLLECTIBLES FAIR, Saturday, October 12, 9:00 a.m. - 1:00 p.m. Japanese Cultural Center of Hawaii. Start your holiday shopping early! The Gift Shop presents an exceptional selection of Japanese themed vendors. Our vendors feature rare antiques, artwork, jewelry, kimono, handmade clothing, gourmet snacks, and more. The Gift Shop welcomes everyone on October 12 with free complimentary admission to the Okage Sama De Historical Exhibit. A two-hour parking validation will be provided with a \$10 purchase in the Gift Shop. Check out our family friendly shopping event on the second Saturday of this month.

MOILILI HONGWANJI'S BAZAAR & OPEN HOUSE, Sunday, October 13, 9:00 a.m. - 1:00 p.m., 902 University Avenue. Magic show with Glen Baily - \$5 pre-sale & \$7 at the door. Ono Foods & Bake Sale. Bazaar Items. Crafters, Plant & Produce. Entertainment. Open House. For more information, call the temple office at 949-1659. Parking available at Kuhio School, 759 S. King Street.

Moiiliili Senior Center Class Schedule October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
7:30-1:00 Mah-Jongg (Room 207-8)	8:00 - 9:30 Beginner's Line Dancing I (Weinberg)	8:00-9:00 Fall Prevention (Room 105)	7:30-1:00 Mah-Jongg (Room 207-8)	8:30-9:30 Beg Line Dnc. for Health (Weinberg)
7:30-8:00 Tai Chi w/ Fan & Sword (Room 305)	FULL 8:30-10:30 Crochet/Knit (Room 209)	8:00-9:30 Miryo Singing (Room 207)	7:30-8:30 Yoga (Studio)	8:30-10:30 Hanafuda (Room 209)
8:00-9:00 Beg. Tai Chi (Room 305)	9:00-10:30 Rhythm & Life (Adv. II) (Room 305)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Modified Games (Room 202)	9:00-12:00 Drawing & Painting (Room 207-8)
9:00-10:30 Card Games (Rm 202)	Closed.	9:00-10:00 Tai Chi (108) (Room 305)	8:00-9:00 Rhythm & Life (Beginner) (Room 305)	9:30-12:00 +Ribbon/Croch. Began 9/13 (Room 102)
9:00-12:00 Haw'n Quilt Bee (Rm 209)	9:30-10:30 Zumba Gold (Room 105)	9:00-10:00 Group Singing (Weinberg)	Began 3/2018 (Room 305)	FULL Began 9/13 (Room 102)
9:00-10:00 Tai Chi (108) (Room 305)	10/1 & 10/29 10/8, 10/15, 10/22 (Room 207-8)	9:30-10:30 Bon Odori (Room 105)	Began 2012 (Room 105)	9:30-10:45 Solo Ukulele II Closed.
9:00-10:00 Tai Chi for Arthritis (Weinberg)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:30-11:30 *Sumie Began 9/18 (Room 209)	9:00-10:30 Rhythm & Life (Adv. IV)	Closed.
No Class 9/30 (Weinberg)	10:30-12:00 Rhythm & Life (Beginner I) (Room 305)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	Closed	10:00-11:00 Tai Chi for Arthritis (Room 105)
10:00-10:30 R&L Chair Exer. (Room 105)	Closed.	10:00-12:30 +Jpns/Okwn Doll Making & Kimekomi (Room 207-8)	9:30-11:00 Beg Line Dnc. for Health (Weinberg)	No Class 10/4 (Weinberg)
10:15-12:00 Rhythm & Life (Adv. IV) (Room 305)	10:45-11:45 Soroban (Room 209)	10:00-11:00 Ukulele Prac. (Room 105)	9:00-10:30 Brain Training (Room 202)	11:00-12:00 Solo Ukulele I None (Room 202)
Closed.	11:30-1:00 No class 10/8. Class 10/29.	10:15-11:45 Line Dancing II (Weinberg)	9:30-10:30 Rhythm & Life (Room 202)	12:00-1:30 Rhythm & Life (Adv. III) (Room 305)
11:00 - 2:00 Karaoke with Katsutaro Japanese Songs (Rm 202)	12:00 - 2:30 Citizenship (Room 202)	10:00 - 10:45 Rhythm & Life Niko Niko Genki! (Room 305)	10:30-12:00 Rhythm & Life (Adv. V) (Room 305)	Closed.
Began 1/7 Beginner's Buyo & Enka (Weinberg)	1:00-2:00 Kenbu Senbu Shigin (Room 207)	11:00-12:30 Rhythm & Life (Inter. I) (Room 305)	Closed.	12:00-2:30 Citizenship (Room 202)
12:00-1:00 Buyo & Enka (Weinberg)	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	12:00 - 2:00 Ohana Karaoke (Room 209)	12:00-2:30 Zenidaiko (Weinberg)	1:00-2:30 Line Dancing (Room 105)
1:00-3:00 Buyo & Enka (Weinberg)	Resumes in Nov. (Room 305)	12:00 - 3:00 Kitsuke (Weinberg)	Reminder: No class the last Thur. of the month.	Remainder: No class the last Thur. of the month.
5:45 - 6:45 +Spec. Aerobics (Room 305)	No class until further notice.		2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	2:00 - 3:30 Zenidaiko Beginners (Weinberg)
+Suggested donation classes. Walk-in requested donation \$5. *DOE class - Sumie is provided by McKinley Community School for Adults - \$60			2:30 - 3:30 Zenidaiko Beginners (Weinberg)	9:30 - 11:00 +Adult Hula Auana (Room 105)
				9:30 - 12:00 +Jpns/Okwn Doll Making & Kimekomi (Room 207-8)

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

KUPUNA RESOURCE FAIR, Tuesday, October 15, 9:00 a.m. - 12:00 p.m., Kalihui Union Church Gym, 2214 North King Street. Featuring Medicare information and assistance, SNAP information, kupuna resources, fun activities, door prizes and refreshments. Sponsored by Lanakila Kupuna Wellness. Not

registered with the Kupuna Wellness Centers? Ask them how to sign up. It's a free healthy living and wellness program for seniors 60 years and older. Call 356-8521 for more information.