



# Kaleidoscope

September 2019  
Vol. XXX No.9

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:

On Saturday, August 31, we celebrated our new courtyard turf with a blessing from MCC Board of Trustee Walter Ozawa. Cole Nagata from Scouts of America Troop 1 completed his project to achieve the elite rank of Eagle Scout. Attendees to this celebration included individuals who donated in-kind services, money, and time. Cole and Executive Director Nadine Nishioka untied the ceremonial ribbon which was tied between our two tetherball poles. Everyone enjoyed the celebration and the children and seniors of MCC enjoy the benefits of our new courtyard turf. Congratulations to Cole Nagata as he achieved the rank of Eagle Scout at the end of August for his outstanding efforts in completing his Eagle Scout project. A big Mahalo to Cole Nagata and family.

**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.

**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.

Thank you to Eleanor Isono, Bea Hijirida and an anonymous donor who donated fans to help cool and circulate air in room 305. Everyone who uses room 305 will benefit from your generosity. We appreciate your kindness.

**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.

**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.

**GIVE ALOHA** - Foodland's Annual Community Matching Gifts Program. Make a donation to MCC code 77106 at any Foodland or Sack n Save check out between September 1 - 30 with your Maika'i card and the Foodland Foundation will match it to their maximum. \$249 per person, per organization. Thank you.

**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.

**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 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.

**MAHALO! MAHALO! MAHALO! to performers**  
\*Heels N' Harmony & Na Kupuna O Moiliili members @ Leahi Adult Day Health Center  
\*Rhythm & Life members @ Maluhia Day Care Center  
\*Shiyukai members @ Maunalani Nursing & Rehab

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 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!

**Upcoming Class from Temari Hawaii with  
MCC Senior Center REMINDER**  
"Noren Vest"  
Sundays, September 22 & 29 9:00 a.m. - 11:00 a.m.  
MCC, room 209 Maximum enrollment: 12  
Class Fee: \$20 Supply Fee: \$10  
Instructor: June Hirano  
Class is FULL. Waitlist Only.

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.

**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.

**REMINDER!!!!** No one from MCC is allowed to park on the 2<sup>nd</sup> 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.

### Lei 'Ilima Club Craft Workshops

September 17 - Paper Roll Pineapple. Make a pineapple with toilet paper roll and craft paper. Bring Elmer's Glue. **REMINDER:** bring quilling tools or a toothpick to quill the pineapple. Pineapples symbolize hospitality and good luck. These containers make good treat holders. "Be a Pineapple, stand tall, wear a crown & be sweet."

October 15 - Garden Fairy. Make a fairy or angel using a pep 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 resume in January.

**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.

Looking for the Japanese game "GO" instructor. Anyone know how to play "GO"? We have the boards and we want them to be used. If interested, see staff in the senior office.

**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 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.

All the 2<sup>nd</sup> 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
- 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 Kokia**, 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.

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### 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.

**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".

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**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.

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**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: "UNDER THE BLOOD RED SUN" (2014)**  
(1-hr. & 39-mins., DVD, Drama, Family, History.  
Not Rated.)

Starring **Kyler Ki Sakamoto & Kalama Epstein**. December 7, 1941 - On Sunday morning, Tomikazu Nakaji and his best friend Billy Davis are playing baseball in a field near their homes in Hawaii when the Japanese launch a surprise attack on Pearl Harbor. As Tomi looks up and recognizes the Blood-Red sun emblem on the fighter planes, he knows that his life has changed forever. This movie is an unforgettable tale of courage, honor, survival and friendship.

Date: Friday, September 20

Time: 12:15 p.m.

Place: MSC, room 202

Cost: Donation

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### **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.

Date: Thursday, September 5 (Adv)

Thursday, September 12 (Beg)

Time: 9:00 a.m.

Place: MSC, room 209

Cost: Supplies

**SEMINAR: MOUTH**

Do you love your dentist? Some people do! But for the rest of us who dread the thought of the dentist and the sound of a drill, there is hope. Come to Anne's seminar/talk story and learn how to get the most out of your dental appointments. This is not a dental hygiene class! Rather, it is a conversation on negotiating dental services from cleaning to root canal, extraction, to replacement. Anne Chipchase from Ohana Health Plan will help you better understand the process so you can get the most out of your trip to the dentist.

Date: Friday, September 20

Time: 9:15 a.m.

Place: MSC, room 105

Cost: Donation

**SEMINAR: KINESIO TAPE STUDY**

Kinesio tape is an elastic cotton strip with an acrylic adhesive used with the intent of treating pain and disability from athletic injuries and a variety of other physical disorders. Two graduate students at the University of Hawaii - Manoa are researching the potential benefits of the use of Kinesio tape. This talk will go over the background on Kinesio tape and will explain the study the students will be conducting.

Date: Tuesday, September 24

Time: 9:30 a.m.

Place: MSC, room 105

Cost: Donation

**SEMINAR: LIFE INSURANCE LIVING BENEFITS & LTC INSURANCE AS SOLUTIONS TO LONG TERM CARE CHALLENGE\***

Long Term care services are very expensive nationwide, especially in Hawaii. What are the financial options available to deal with them? Long Term Care insurance? Life insurance benefits? How do they work? Are they affordable to you? What are the qualifications?

If you'd like to know the answers, please come to the FREE seminar on Life Insurance Benefits and Long Term Care Insurance. Independent Insurance Agent, Robert Z. Wu, experienced in helping seniors will conduct the FREE seminar. \*Insurance products shall be discussed.

Date: Tuesday, September 24

Time: 10:00 a.m.

Our wishes to our *September* birthday participants.

- AKAMINE, NOBUKO
- ARAKAKI, AILEEN
- ARNOLD, FUSAE
- CAPELLO, COLLEEN
- CHINEN, SACHIKO
- DAVIS, JEANNE
- FUJII, JANE
- FUJIMOTO, DARLENE
- FUKUMOTO, MICHIKO
- FUKUNAGA, LYNETTE
- FUKUYA, GERATH
- GOYA, BETTY
- HATTORI, SACHIKO S.

- HAYASHI, JEAN
- HAYASHI, SHARON
- HICKMAN, CHERI
- HONDO, BETTY
- ISHII, JOANN
- IWAHASHI, JUNE
- JONES, DORIS
- KADEKARU, JONATHAN
- KAJIOKA, NEIL
- KANEMOTO, MISAOKO
- KANESHIRO, LYNNE
- KANESHIRO, MYRTLE
- KELLEY, SHIRLEY

Place: MSC, room 202

Cost: Donation

**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

**EXCURSION: ODORI FESTIVAL at HONBUSHIN INTERNATIONAL CENTER**

"Odori" means dance in Japanese. Dance the night away while giving thanks to all the wonderful blessings received daily. FREE admission. Dance with popular dance groups. Ono food booths. Door prizes. Vegetable Bazaar. Join us as we spend the evening dancing in Mililani. Minimum: 30 participants. Deadline to sign up is Wednesday, September 11.

Date: Friday, September 13

Departure Time: 4:00 p.m.

Return Time: 9:15 p.m.

Cost: \$8.75 (Chartered Bus)

**CLASS/ACTIVITY ANNOUNCEMENTS: Sign up Senior Office, rm. 203**

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

**SOROBAN.** Class resumes September 3.

**TAI CHI FOR ARTHRITIS.** Class is cancelled on Friday, September 20, Monday, September 30, & Friday, October 4.

**ZUMBA/PIYO.** No class on 9/10.

**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.

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

- KOTAKE, HIROKO
- KUROMOTO, EVELYN
- MATSUNAGA, HIROKICHI
- MIIKE, FRANCES
- MISAWA, TOSHIKI
- MIYASAKI, MARGARET
- MORITA, YURIKO
- NAGAREDA, STEVE
- NAKATA, KYOKO
- NISHIDA, SUSAN
- OHTA, JEANNIE
- ONODERA, AKIKO
- OTAGURO, THOMAS
- PORTER, ADELIN
- PORTUONDO, KIYOKO

- SATO, KAZUE
- SHIMATA, KENNETH
- SUMIDA, PAULINE
- SUMIDA, REIKO
- TAKAO, TAZUKO
- TAKIGUCHI, CLARA
- UCHIDA, ROBIN
- USHIJIMA, LYNN
- WADA, MARGARET
- WONG, EUNICE
- WOOLLIAMS, AKIKO
- YONESAKI, ELEANOR



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 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 - 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 - 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 begins 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 dates are yet 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 begins 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.

**2<sup>nd</sup> ANNUAL PALOLO SENIOR HEALTH AND WELLNESS DAY,** Saturday, September 7, 9:00 a.m. - 11:00 a.m., Tours to follow, Palolo Chinese Home, Farm Hall Community Center, 2459 10<sup>th</sup> Avenue. Free, information-packed session with top-notch speakers, who have firsthand experience as family caregivers and are experts on various topics. Complimentary breakfast and transportation. RSVP at 748-4909.

**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. Coupons must be redeemed by September 30, 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.

The next Tuesday night Kapiolani Ballroom Dancers of Honolulu Lions club six weeks dance class will begin 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.

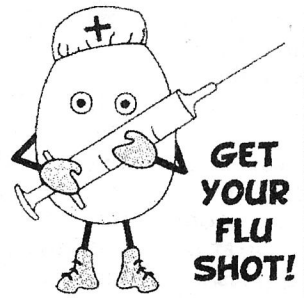
*Moiliili Community Center Senior Program presents ...*

# **5-Minute Pharmacy Flu Shot Clinic**

**Friday, September 20, 2019**

**9:00 a.m. - 11:00 a.m.**

**MCC, room 104**



**5-Minute Pharmacy contracts with most major insurance companies: HMA, HMAA UHA, HMSA and many others. Kaiser patients will have a small cash price of \$25. Bring your insurance cards. Please sign up in the senior program office so they can bring enough vaccines.**

**Molilili Senior Center  
Schedule of Special Events  
September 2019**

*Days to remember in September:*

- 2 - Labor Day - CENTER CLOSED.
- 8 - Grandparents' Day

- 11 - Patriot Day
- 17 - Citizenship Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	HOLIDAY! Labor Day Center Closed.	2	3	4	5	6	7
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	<p><i>* National Chicken Month * National Honey Month * National Piano Month *</i>  <i>* Cholesterol Education Month * Cold &amp; Flu Campaign *</i>  <i>* National Rice Month * National Sewing Month *</i></p>					

*Happy  
Grandparents'  
Day!*

**HOLIDAY!**  
Labor Day  
Center Closed.

Lei Illima Club  
Craft Project:  
Paper Roll Pinapple  
9:30 am  
Rm 202

Seminar:  
Kinesio Tape Study  
9:30 am Rm 105  
  
Seminar:  
Life Insurance Living  
Benefits & LTC Insurance  
10:00 am Rm 202

Deadline to sign up  
for Odori Festival  
Excursion.

Craft:  
Kumihimo - Adv  
9 am Rm 209

Craft:  
Kumihimo - Beg  
9 am Rm 209

Excursion:  
Odori Festival  
4 pm - 9:15 pm

5-Minute Pharmacy  
Flu Shot Clinic  
9 am - 11 am Rm 104

Seminar:  
Mouth  
9:15 am Rm 105

Movie:  
"Under the Blood  
Red Sun"  
12:15 pm Rm 202



