



Kaleidoscope

August 2018
Vol. XXIX No.8

Moiliili Senior Center * 2535 South King Street * Honolulu, Hawaii 96826 * PH: 955-1555

A Program for those 60 years old and above, living from Ward Avenue through to Hawaii Kai. This program is partially funded by State funds through the Elderly Affairs Division, Department of Community Services, City and County of Honolulu and the State of Hawaii Executive Office on Aging and administered by Moiliili Community Center. MCC - An Aloha United Way Agency

SENIOR CENTER NEWS:

HAPPY BE-LATED ANNIVERSARY TO MOILIILI SENIOR CENTER! July 1st marked the 47th anniversary of the establishment of the Moiliili Senior Center Program under the Moiliili Community Center. Thank you all for your many years of support. The senior Center Program would not exist if all of you did not want to join us. We thank the volunteer instructors and assistants who provide the variety of classes, the special project volunteers who help us with community and fundraising projects, MCC for their support and the State and City for the partial funding for the program all these years.

Thank you for your patience with the parking during the children's all-day summer program. The summer program is over and we got through it safely.

*Performance by
MSC's Line Dancing & Choir Groups*
Under the direction of Virg Pabro
Tuesday, August 14
10:45 a.m. - 11:30 a.m. MSC, room 105

MSC's ANNUAL SURVEY. Thank you to those who have turned in the annual survey. If you did not do one and would like to, the survey is available in the senior office. Surveys must be turned in by August 3. This survey is important as it is required by our contracting agency, the C&C of Honolulu, Elderly Affairs division, that we do one for our fiscal year.

ARE YOU INTERESTED IN GETTING YOUR FLU SHOT AT MCC? Walgreens is asking us if we would like to have a flu shot clinic here at MCC. However, we would need a commitment of at least 25 people to get their shots. Sorry, they do not accept Kaiser Insurance. Currently, they are looking at a Monday or Tuesday in October, 2:00 - 3:00 p.m. If you are interested, please sign up in the senior office by September 7.

All air conditioner temperatures should be set at 73 degrees. To turn the units on and off, please use the remote or on/off

switch that the unit is plugged into. **DO NOT** 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.

"SUPER SENIOR"
MASA HAMANO submitted by anonymous

Masa takes care of all the bookkeeping involving attendance data, class records, membership data, etc. and does all computer functions. He has taught the senior office staff on computer usage. All of this in his retirement years - over 20 years of voluntary service to the Moiliili Senior Center. For his generous time and effort given to the Senior Center, I nominate Masa as a very "Super Senior."

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.

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 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.

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.

HELP WANTED: Looking for volunteers to answer and/or call participants in our Telephone Reassurance Program on Wednesdays and Fridays. 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.

Lei 'Ilima Club Volunteer Projects

Thank you for your participation in the lei making activities for Memorial Day. Lei 'Ilima will resume craft activities for anyone interested on August 7, 9:30 a.m. in room 202. August's craft project will be a "Magic Wallet." To reserve your space, sign up in the senior office.

Please join us in learning to make Yarn Hat Ornaments to give to the staff at Alan Wong's Restaurant as thanks for preparing delicious meals for MSC participants who are invited to their community outreach luncheons throughout the year. These are easy to make and does not involve knitting or crocheting. We will also be selling some of these ornaments at our craft fair in the fall to support our Senior Program.

Lei 'Ilima club members have volunteered to conduct this workshop. The first yarn hat workshop will be on: Tue., August 21, 10 - 11:30 a.m. in room 202.

Lei 'Ilima will also continue to accept your completed yarn leis for the veterans cemetery at Kaneohe. for now, you can stop making the yarn leis until further instructions. There were 5,100 yarn leis placed on the graves on Memorial Day of which MCC seniors contributed 3,300. With the addition of fresh leis, all of the 12,000 veteran graves at Kaneohe had a lei.

EXCURSION SUGGESTION: WAIPAHU PLANTATION VILLAGE. We would like to know if anyone is interested in going on a tour of the Waipahu Plantation Village. Local guides will take us back to the early 1900s where we can experience more than 25 authentic plantation homes and structures featuring personal artifacts, clothing, furniture and art placed in their original settings. We will

need to charter a 51 passenger bus. If you are interested, please sign up in the senior office. If we can come close to filling the bus, we can schedule the excursion.

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.

MAHALO! MAHALO! MAHALO! to performers:
*Heels 'n Harmony & Na Kupuna O' Moiliili members at Central Union Daycare.
*Shiyukai members at Maunalani Nursing and Rehab.

HELP WANTED: MOILIILI COMMUNITY CENTER IS LOOKING TO HIRE DRIVERS. If you know someone who may be interested, please have them apply in the main office. We are currently looking for a bus driver (CDL) for all programs.

Thank you all for your continued participation in our Senior Center Program. We continue to partner with the Moiliili Community Center, as we are one program under the Community Center. We are asking all senior center participants to become members of the Community Center. The annual membership fee is \$35.00 for 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.

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.

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.

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: "RAMPAGE" (2018)

(1-hr. & 47 mins., DVD, Action, Adventure, Sci-fi. Rated PG-13 for sequences of violence, action & destruction , brief language and crude gestures.)

Starring Dwayne Johnson & Naomie Harris. When three different animals become infected with a dangerous pathogen, a primatologist and a geneticist team up to stop them from destroying Chicago.

Date: Friday, August 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, Aug. 11 & Sept. 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, August 2 (Adv) Time: 9:00 a.m.
Thursday, August 9 (Beg) Place: MSC, room 209
Cost: Supplies

SEMINAR: PREVENTATIVE EYE DISEASE

Join us as Dr. Kenneth Chang discusses the importance of preventative eye care and conditions such as Cataract, Glaucoma, and Diabetic Eye Disease. He'll discuss what type of signs to be alerted about, what type of treatments are available, and any other questions you may have.

Date: Tuesday, August 14 Time: 10:00 a.m.
Place: MSC, room 105 Cost: Donation

Our wishes to our *August* birthday participants.

- | | |
|-----------------|--------------------|
| CHEE, SARA | KAJIOKA, EDWINA |
| CHENG, SUSIE | KALAIWAA, GEORGE |
| CLARK, PETER | KAWABATA, KIYOKO |
| CRANE, MARY | KAYA, YVONNE |
| DAYRIT, LYDIA | KING, CELIA |
| DONNAN, MURIEL | KONG, ANNA |
| FUJITA, BEVERLY | LEONG, JANET |
| FURUICHI, JEAN | MATSUMOTO, GENICHI |
| GOO, SANDRA | MATSUNAGA, KAREN |
| HIRAKAWA, ROSE | MATSUYAMA, ANN |
| HIRAYAMA, KEIKO | MAYEDA, TERRY |
| HO, EVELYN | MORIYASU, HAZEL |
| ISHIKAWA, JEAN | MURATA, FAYE |

SEMINAR: PARKINSON'S DISEASE

Attend this seminar and hear from the experts on Parkinson's Disease. Please join Attention Plus Care as they host another Aging in Hawaii Seminar. Call 440-9356 to RSVP.

Date: Tuesday, August 21 Time: 9:00 - 10:30 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: LET'S TALK ABOUT YOUR LEGS

Are your legs as strong as you would like them to be? Well, neither are mine! That's why we are going to learn exercises to strengthen those under-utilized leg muscles. Whether you're 60 or 90, if you'd like better security against falling and better mobility, this is a class you don't want to miss. Join Anne Chipchase of 'Ohana Health Plan, for her monthly talk story session.

Date: Friday, August 24 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

EXCURSION REMINDER:

AUGUST MOON FESTIVAL

(Helemano Plantation)

Date: Thursday, August 2
Departure Time: 9:00 a.m. Return time: 1:15 p.m.
Transportation Cost: \$7.50

EXCURSION: NATIVE HAWAIIAN PLANTS

Are you interested in learning about native Hawaiian plants? If you are, join us as we take a trip to St. Mary's Episcopal Church and learn about the native Hawaiian plants grown there.

Date: Wednesday, August 22 Departure Time: 9:40 a.m.
Return Time: To Be Determined
Transportation Donation: \$2.00

- NAGATA, YOSHIKO
- NAKAMOTO, JUDY
- NAKASONE, ELLEN
- NEKOTA, MERLE
- NONAKA, DIANE
- OKAMOTO, ETHEL
- OKIMURA, ALMA
- SAITO, LINDA
- SAKIHARA, DIANA
- SATO, MIYOKO
- SEKIYA, BETSY
- SILVA, ELAINE
- SUEDA, KATHRYN
- SUMIDA, MILDRED

- SUZUKI, LILY
- TAGUCHI, ARLEEN
- TAKAHASHI, AMY
- TAKAHASHI, BEATRICE
- TAM, ED
- TAMURA, LUCILLE
- TERAKAWA, MARGARET
- TOBA, AMY
- TOYAMA, PATRICIA
- UWAINE, AIMEE
- UYEHARA, KAY
- WADA, JOYCE
- YASUOKA, GLEN
- YOZA, LINDA

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

CITIZENSHIP CLASS with Mitzi Moore. Tuesdays & Thursdays, 12:00 - 2:30 p.m., room 202, 5-week session. Class begins Tuesday, September 25. This class is for people who need to take the exam for American Citizenship. Class cost: Donation.

NEW CLASS: BEGINNER'S LINE DANCING for HEALTH, Fridays, 8:30 - 9:30 a.m., Weinberg Studio. **Class began July 6.** Line Dancing is: fun; healthy; a rewarding activity; something new and different; and live. Benefits: does not require a partner; never get bored; boost your self confidence; friendship; and fun. Note: bring bottled water; wear comfortable shoes; head to the front of the class; memorize dance steps, rely on yourself; relax and enjoy the music and dancing; and no need worry. Your brain and foot work will eventually come together. Instructor: Amy Toba.

NEW CLASS: DARTS-MODIFIED. Thursdays, 8:00 - 9:00 a.m., room 202. We have started to play darts using magnetic darts. Our instructor, Glen Yasuoka has modified the game for seniors. Feel free to come and try it out.

NEW CLASS: KARA-EXERCISE FOR GOOD HEALTH. Wednesdays, 1:00 - 2:00 p.m., room 305. Class began June 6. KARA stands for Karaoke and this class is a combination of group singing while doing Rhythm & Life chair exercise together. Instructor: Faye Murata & Niko Niko Genki Taiso Instructors.

NEW CLASS: CARD GAMES by Glen Yasuoka. Games to play include: Trumps; Spades; Solitaire; Crazy 8; Speed; Match/Match; Paiute; and Poker. Class meets Mondays, 9:00 a.m. - 10:30 a.m., room 202, started September 11.

NEW CLASS: 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.

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. Began 7/7, 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 begins Saturday, 8/25, 9:30 a.m. - noon and Wednesday, 8/29, 10:00 a.m. - 12:30 p.m., room 207-8. 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.

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Began 7/27, 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 began Monday, 7/2. 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.

LANAKILA MEALS-ON-WHEELS AT MCC

LMOW 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.

HELP WANTED: Looking for someone to help George set up the tables in the mornings. See Gerath for details.

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.

SOCIAL DANCE CLASS. The Kapiolani Ballroom Dancers of Honolulu Lions Club will begin a six weeks SWING class on August 7. Class meets every Tuesday from 7:00 until 8:00 p.m. in room 105. Swing started in 1920's and later became popular between the 1930's and 1950's when the "BOP" was created. Swing has recently had a huge revival due to several movies, dancing with the stars program, and commercials displaying swing dancers. The instructors are Richard and Ruby Kazunaga. The cost for the 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.

REAL PROPERTY TAX CREDIT FOR HOMEOWNERS. The City & County of Honolulu offers a real property tax credit to property owners who meet certain eligibility requirements. Applicants who qualify are entitled to a tax credit equal to the amount of taxes owed for the current tax year that exceed 3% of the titleholders' combined gross income. Tax credit will be applied to next year's taxes. Annual filing is required for this credit. The Eligibility Requirements are as follows: Homeowner must have a home exemption in effect at the time of application and for the subsequent tax year; any of the titleholders do not own any other property anywhere; and the combined income of all titleholders cannot exceed \$60,000. Applications will be available from July 1 at the following locations: All Satellite City Halls on Oahu; Treasury Division at 530 South King St., Room 115; Tax Relief Section at 715 South King St., Room 505; and on line @<http://www.honolulu.gov/cms-bfs-menu/site-bfs-sitearticles/6416-treasury-division.html>. The application deadline is October 1. For more information or assistance, contact the Real Property Tax Relief Office at 768-3205. Information furnished is subject to change without notice.

2018 SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP). This program provides low-income seniors will 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 received by September 21, 2018. Forms are available in the senior office. Eligibility requirements are but not limited to: 60 years and older; maximum household income \$25,826 One Person, \$35,020.50 Two Persons, \$9,194.50 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.

BASIC COMPUTER CLASS FOR SENIOR CITIZENS, "Seniors Helping Seniors" Senior citizens are invited to sign up for a free 2-hour computer class to learn basic computer concepts that include: e-mail, use of the internet, composing documents, and just having fun being comfortable with computers. Volunteer Instructor is Mr. Allen Liang and Volunteer Coordinator is Ms. Rene Mansho. Reservations are required. You must call Rene @ 528-7388. Dates: August 1, 2, 3, 6, 7, 14, 15, 16 - Aloha Luncheon. Time: 9:00 - 11:00 a.m. & 12:00 - 2:00 p.m. Place: Great Aloha Run Carole Kai Charities, Inc. Office, 418 Kuwili Street, Suite 102, Honolulu, Hawaii 96817. Reservations: Call Rene Mansho at 528-7388 or e-mail: rene@greataloharun.com. Classes are 2 hours, for beginners, and Intermediate classes will be offered after mastery of basic skills is demonstrated. Sponsored by: the HPH Great Aloha Run, Tsuha Foundation, and Harry & Jeanette Weinberg Foundation Computer Center.

How to Clean with Baking Soda

- 1) Deodorize smelly upholstery - Banish smells from the soft, cushy places around your house by sprinkling surfaces with baking soda, letting it sit for 15 minutes, then vacuuming it up.
- 2) Brighten dull jewelry - Has your sterling silver jewelry stop shining, get rid of tarnish by making a paste (3 parts baking soda to 1 part water). Apply it with a lint-free cloth (paper towels can scratch) and rinse.
(<https://www.goodhousekeeping.com/home/cleaning/tips/a25577/baking-soda-cleaning-uses/>)

**Moiliili Senior Center
Schedule of Special Events
August 2018**

*Days to remember in August:
17 - Statehood Day - Center Closed*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* <i>Cataract Awareness Month</i> * <i>Foot Health Month</i> * <i>National Golf Month</i> * <i>National Parks Month</i> * <i>Medic Alert Month</i>				Excursion: August Moon Festival 9 am Craft Workshop: Kumihimo - Adv 9 am Rm 209		
5	6	Lei Ilima Craft Workshop: Magic Wallet 9:30 am Rm 202	8	Craft Workshop: Kumihimo - Beg 9 am Rm 209	10	Craft: Chigiri-e 9 am Rm 202
12	13	Seminar: Preventative Eye Disease 10 am Rm 105 Performance: MSC Line Dancing & Choir Groups 10:45 am Rm 105	15	16	HOLIDAY! Statehood Day Center Closed.	18
19	20	Seminar: Parkinson's Disease 9 am Rm 105 Lei Ilima Craft Workshop: Yarn Hat Ornament 10 am Rm 202	Excursion: Native Hawaiian Plants at St. Mary's Church 9:40 am	23	Seminar: Let's Talk About Your Legs 9:15 am Rm 105 Movie: "Rampage" 12:15 pm Rm 202	25
26	27	28	29	30	31	

Moiliili Senior Center Class Schedule August 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 (Room 305)	FULL	8:00-9:30 Minyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	Began 7/6 Hanafuda (Room 209)
Began 2/2018	8:30-10:30 Crochet/Knit (Room 209)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Darts-Modified (Room 202)	9:00-12:00 Painting (Room 207-8)
8:00-9:00 Beg. Tai Chi (Room 305)	9:00-10:30 Rhythm & Life (Adv.II) (Room 305)	9:00-10:00 Tai Chi(108) (Room 305)	Began 5/2018	9:30-12:00 +Ribbon/Croch. Lei Making (Room 102)
9:00-10:30 Card Games (Rm 202)	Closed.	9:00-10:00 Group Singing (Weinberg)	Began 3/1	Began 7/27
9:00-12:00 Haw'n Quilt Bee (Rm 209)	9:30-10:30 Zumba Gold (Room 105)	9:15-1:00 Minyo Danc(Beg) (Room 105)	8:00-9:00 Ukulele (Beg) (Room 105)	9:30-10:45 Solo Ukulele II (Room 202)
9:00-10:00 Tai Chi (108) (Room 305)	8/7 & 8/28 8/14 & 8/21	9:30-11:30 *Sumie (Room 209)	9:00-10:30 Rhythm & Life (Adv.IV) (Room 305)	Began 7/6 R&L Chair Exer (Room 105)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	10:00-11:15 Okinawan Dnc. (Weinberg)	Begins 9/12	Closed	10:00-11:00 Tai Chi for Arthritis (Weinberg)
10:00-10:30 R&L Chair Exer. (Room 105)	10:30-12:00 Rhythm & Life (Beginner I) (Room 305)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	9:00-10:30 Ukulele Prac. (Room 105)	10:00-11:00 Tai Chi for Arthritis (Weinberg)
10:15-12:00 Rhythm & Life (Adv.IV) (Room 305)	10:45-11:45 Soroban (Room 209)	10:00-12:30 +Jpns/Oknwn Doll Making & Oshie (Room 207-8)	9:30-11:00 Beg. Line Dnc. for Health (Weinberg)	11:00-12:00 Solo Ukulele I (Room 202)
Closed.	Resumes 9/4	Begins 8/29	Began 5/2018	None
12:00-3:00 Buyo & Enka (Weinberg)	11:30-1:00 Zumba/PIYo (Weinberg)	11:00-12:30 Rhythm & Life (Inter. I) (Room 305)	9:30-10:30 Brain Training (Room 202)	12:00-1:00 Beginner's Buyo & Enka (Weinberg)
5:30 - 6:30 +Spec.Aerobics (Room 305)	12:00 - 2:30 Citizenship (Room 202)	12:00 - 2:00 Ohana Karaoke (Room 209)	10:30-12:00 Rhythm & Life (Adv.V) (Room 305)	12:00-1:30 Rhythm & Life (Adv.III) (Room 305)
Began 7/2	12:00-1:45 Karaoke (Room 209)	12:00 - 3:00 Kitsuke (Weinberg)	Closed.	Closed.
	12:00-1:00 Kenbu Senbu Shigin (Room 207)	1:00 - 2:00 Kara-Exercise for Good Health (Room 305)	12:00- 2:30 Citizenship (Room 202)	
	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	Began 6/6	Begins 9/25	
			1:00-2:30 Line Dancing (Room 105)	
			Reminder: No class the last Thur. of the month.	
			1:00 - 2:00 Zenidaiko (Weinberg)	Saturday
			2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	9:30 - 11:00 +Adult Hula Auana (Room 105)
			2:30 - 3:30 Zenidaiko Beginners (Weinberg)	Began 7/7
				9:30-12:00 +Jpns/Oknwn Doll Making & Oshie (Room 207-8)
				Begins 8/25

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

+Tuition based classes.
Walk-in fee \$5.
*DOE class - Sumie is provided by McKinley Community School for Adults - \$60