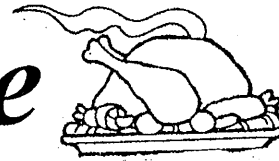




# Kaleidoscope



November 2013  
Vol. XXIV No. 11

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

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

## SENIOR CENTER NEWS:

The holidays are fast approaching, and everyone is busy, busy, busy. More so, **YOU** need to be aware of what is happening around you: **YOUR SAFETY!!!** Don't be in a rush when being dropped off at the Center. Have your driver pull up to the parking lot attendant and the tree, not in the middle of the driveway in the tunnel or in front of the ramp. Watch for vehicles backing up - you are **NOT** stronger or 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!**

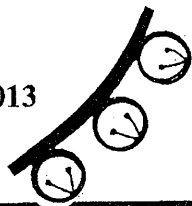
**Mahalo!** Our rummage sale held the week of October 21 was a resounding success, thanks to all who volunteered, to all who shopped, to all who donated goods! We grossed over \$3,000. After our taxes are paid, the monies go to our operational costs. Again, thank you everyone!

To all members who use the Weinberg studio for classes: **PLEASE** do not touch any of the articles that are stored in back, in the elevator, and by the bathrooms downstairs. These are for the Thrift Store to sort, price, and sell. Articles have been missing. All monies go into the general fund.

### RHYTHM & LIFE CHAIR EXERCISE CLASS



presents  
Christmas program  
Friday, December 20, 2013  
9:30 - 10:45 am  
MSC, Room 105



**OFFICE VOLUNTEER WANTED:** Help!!! We need volunteers in our senior office: to help with computer inputting, statistics, answering calls, giving out information, registration, shredding, various office duties, etc. Occasionally, we just need someone to watch the office. See Jill.

**ATTENTION Seniors!** When paying by check for your membership, please **DO NOT** include your donation to the Senior Center on the same check. Please write **two** separate checks and note in the "memo" if you are making a donation to the Senior Center or paying for membership. If you are making a donation to the Community Center, than your

membership and donation can be on one check. Reminder - all checks must be written to: **MOILILI COMMUNITY CENTER**, not the senior center. Mahalo.



### MSC Christmas Craft Sale

Wednesday, December 4, 9 - 11 am, room 209

Thursday, December 5, 9 - noon, room 209

Friday, December 6, 9 - noon, room 209



Get your Christmas shopping done while helping the senior program.

Volunteers wanted to help with set up, sales, and breakdown. Sign up in the senior office.

**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 Drill procedures:** MCC holds fire drills on a quarterly basis. A staff member will walk through the classes to ask you to leave the building. Please be sure to listen. Thank you.

**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 \$25.00 for 2013. For those who find this difficult, please see Program Director.

**MAHALO! MAHALO! MAHALO! to performers:**

\*Minyo Dancer members at Nuuanu Hale.

\*RLC Niko Niko Genki Club members at Lanakila Senior Center, Makua Alii, Makiki Christian Church, Magic Island, Honpa Hongwanji Adult Daycare & Kapiolani Community College.

Attention: If you find your name in bold print, in this newsletter, come to the senior office.

**Attention all class participants:** It is **YOUR** responsibility **TO CHECK YOURSELF IN THE CLASS ATTENDANCE FOLDER AND CHECK FOR ANY FLYERS 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. Help needed especially Thursdays, Fridays & Saturdays, If interested, see Bonnie at the Thrift Store.

**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 to assist them.
- \*Seminars and workshops are scheduled to provide education and information and do not constitute an endorsement of a product or company by the center.

**CLASSIC MOVIE: "THE MALTESE FALCON"**

(1-hr & 40minutes, VHS, Crime, Drama, Mystery. Not Rated.)

Starring Humphrey Bogart & Mary Astor. A gallery of high-living lowlifes will stop at nothing to get their sweaty hands on a jewel-encrusted falcon. Detective Sam spade wants to find out why- and who's gonna take the fall.

Date: Friday, November 8 Time: 11:15 a.m.  
Place: MSC, room 207 Cost: Donation

**VIDEO: "THE UNTOLD STORY: INTERNMENT OF JAPANESE AMERICANS IN HAWAII"**

(57-mins., DVD)

Within hours of Japan's attack on Pearl Harbor, Hawaii authorities arrested several hundred local Japanese on

Oahu, Hawaii and Kauai. They were Buddhist priests, Japanese language school officials, newspaper editors, business and community leaders. In total, over 2,000 men and women of Japanese ancestry were arrested, detained and incarcerated in 13 confinement sites throughout Hawaii. with no evidence of espionage or sabotage and no charges ever filed against them. This is the first full-length documentary to chronicle this untold story in Hawaii history.

Date: Thursday, November 21 Time: 11:30 a.m.  
Place: MSC, room 202 Cost: Donation

**MOVIE: "THE INTERNSHIP"**



(2-hrs., DVD, Comedy. Rated PG-13 for sexuality, some crude humor, partying and language)

Starring Vince Vaughn & Owen Wilson. Two salesmen whose careers have been torpedoed by the digital age find their way into a coveted internship at Google, where they must compete with a group of young, tech-savvy geniuses for a shot at employment. **Nagako Hida.**

Date: Friday, November 22 Time: 11:15 a.m.  
Place: MSC, room 207 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, Nov. 2 & Dec. 7 Time: 9:00 a.m.  
Place: MSC, room 202 Cost: Supplies

**CRAFT WORKSHOPS with Haruko Sugitani**

Haruko is back from Japan to present several classes. Pick up a list of what to bring when signing up. Fee for each class is \$20 (MSC); \$25 (MCC members); \$30 (non-members). See posted flyer for sample crafts and information.

**Tsumami Zaiku III & IV (double maru & ken)**

Date: Friday, Nov. 29 Time: 8:30 am - 11:30  
Place: MSC, room 202

Supplies Cost: \$20 (no tweezers) \$23 (w/tweezers)

**Tsumami Zaiku I & II (maru and ken)**

Date: Friday, Nov. 29 Time: 9:00 am - 12:00  
Place: MSC, room 202

Supplies Cost: \$20 (no tweezers) \$23 (w/tweezers)

**Rose no Tsumami Zaiku**

Date: Friday, Nov. 29 Time: 12:30 pm - 3:30 pm  
Place: MSC, room 202

Supplies Cost: \$17 (no tweezers) \$20 (w/tweezers)

**Newspaper Corsage**

Date: Saturday, Nov. 30 Time: 2:00 pm - 5:00 pm  
Place: MSC, room 202 Supplies Cost: \$12

### CRAFT WORKSHOP: BEADING

January's project is a bracelet beading project. LIMIT: 15  
Date: Thursday, January 16 Time: 9:00 a.m.  
Place: MSC, room 209 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, Jan 30 (Beg) & Jan. 23 (Adv)  
Time: 9:00 am Place: MSC, room 209  
Cost: Supplies

### SCREENING: HAWAII SHIP/SAGE PLUS PROGRAM



Be aware the Medicare Open/Annual Enrollment period is from October 15 - December 7, 2013. Will my current Medicare Health Plan and drug plan continue to cover my health needs? Will my health or drug plan be available in 2014? Do I need or want to look at other options available? My income is limited - is there help? Need answers to these questions or others? Help is provided by State of Hawaii, Executive Office on Aging through a grant from Centers for Medicare and Medicaid Services through the Hawaii SHIP/SagePLUS Program.

Attend this one-to-one outreach screening for Medicare beneficiaries. Medicare screeners will review your current Medicare coverage and help you determine if you need to make changes for 2014.

Date: Friday, November 1 Time: 9:00 a.m. - noon  
Place: MSC, room 104 Cost: FREE

### SEMINAR: GENWORTH LONG TERM CARE

What choices are available for you when you need care? What government benefits will cover your long term care? How will you pay for your care? How can you avoid depleting your hard earned assets? Options and strategies will be discussed by Bob Choi, LTC specialist.

Date: Tuesday, November 12 Time: 9:00 a.m.  
Place: MSC, room 202 Cost: Donation

### SEMINAR: OHANA HEALTH PLAN

Kali Puuohau, Benefit Consultant from Ohana Health Plan will be conducting this formal Medicare sales presentation. If you need to find out more about Medicare Basics, Medicare Advantage plans, Enrollment periods, Medicare Drug Coverage, Extra Help Benefits, Ohana Medicare Advantage Plan Benefits and more, attend this informational session. (Anne Chipchase will be back with Holiday dieting

tips in December.)

Date: Friday, November 15

Place: MSC, room 105



Time: 9:00 a.m.

### SEMINAR: DIABETES

A representative from the American Diabetes Association will speak on diabetes as it relates to seniors. (At the time of publication, seminar date was not confirmed. Call the senior office closer to seminar date for confirmation.)

Date: Tuesday, November 19

Time: 9:15 a.m.

Place: MSC, room 105

Cost: Donation

### SEMINAR: PEDESTRIAN SAFETY

Dana Teramoto, Traffic Education Specialist, with the Dept. of Transportation Services, C&C of Honolulu, will speak on walking safely in your neighborhood. Those who attend will receive a goody bag. **Chiseko Hayashi.**

Date: Friday, November 22

Time: 9:15 a.m.

Place: MSC, room 105

Cost: Donation

### SEMINAR: HUMANA

Melvin Fujimoto from Financial Benefits Insurance, Inc., will explain what you need to know to choose the plan that's right for you. Choosing a Medicare plan is a lot like buying a car. There are lots of options to consider. And what's right for you may not be right for your friend or neighbor or even your spouse. So keep in mind that the goal is not just to choose the best Medicare plan but to choose the best plan for you.

Date: Monday, November 25 Time: 9:00 - 10:30 a.m.

Place: MSC, room 104

### SEMINAR: HMSA AKAMAI ADVANTAGE PLAN

Choice of doctors. Worldwide coverage. Local customer service. Dennis Vanairsdale from Premier Benefit Consultants will explain what is the HMSA Akamai Advantage Plan and answer your questions.

Date: Tuesday, November 26

Time: 9:00 a.m.

Place: MSC, room 202

**FREE 3-MINUTE MASSAGE**- by Sadaji Oi, licensed massage therapist who studied Swedish massage, lomi lomi and shiatsu. Suggested: \$1/min. after first free 3-minutes. Call 599-4237 for an appointment; leave a message. If no appointments are scheduled, Sadaji will not come.

Dates: Thursdays

Time: 10:30-noon

Place: MSC, room 303



**HAIRCUTS!** For men and women by Terri Mershon, \$9.00 fee, by appointment only. Call that morning to confirm

if Terri is available, she is on-call for filming.  
 Date: Wednesday, November 13  
 Time: 9 a.m. - noon Place: MSC, room 209

**HIKE: WAIMANO**

A 5-6 mile walk along an old irrigation ditch into lush Waimano Valley behind Pearl City. After walking into the valley we come to our lunch spot, a grassy knoll looking further up the valley. **Bring: Backpack (required), 1 1/2 quarts of water, lunch, sun screen, hat, rain gear and mosquito repellent. Wear shoes with tread.**  
\*IMPORTANT: All hikers must have current Doctor's slip noting physically able to endure a 6-mile hike.

Date: Thursday, November 21 MAXIMUM: 5  
 Departure Time: 8:30 a.m. Return Time: 3:00 p.m.  
 Cost: \$5.00



**EXCURSION: HOOPONO**

Hoopono is a state agency, housed under the Department of Human Services. They provide free services statewide to blind and visually impaired individuals. Some of the services provided are Vocational Rehabilitation, Older Individuals Who Are Blind Program, New Visions Program and Low Vision Clinic. On the tour, you will be able to see some of the students participating in their adjustment to blindness training. Lunch on own at Kam Shopping Center.

Date: Thursday, November 14 MAXIMUM: 14.  
 Departure Time: 9:10 a.m. Return Time: 12:15 p.m.  
 Cost: \$4.00 (Trans.)



**EXCURSION: SEA LIFE PARK**

Sea Life Park is a great place to visit and see all the amazing animals. We will be attending different shows such as the Hawaii Ocean Theater and Kolohe Kai Sea Lion to see dolphins, sea lions, and penguins demonstrating their talent. We'll also take a self-guided tour to see the different animal exhibits. Please wear covered shoes, sunscreen and a hat. Lunch on own at Koko Marina.

Date: Monday, November 18 MAXIMUM: 10  
 Departure Time: 8:15 a.m. Return Time: 1:45 p.m.  
 Cost: \$14.50 (\$9.50 - Admission & 5.00 - Trans.)

**CLASS/ACTIVITY ANNOUNCEMENTS:**

**Sign up Senior Office, rm. 203**

- \***Dahn YOGA**, De-stress and calm your mind through unique stretching, breathing and meditation. Class meets every Friday, 11:00 am - noon, Weinberg Studio.
- \***Ribbon/Crochet Lei Making** with Coryn Tanaka. Begins 11/29, 10 weeks, Fridays, 9:30 am - 12 noon, room 102. Cost: \$20(MSC); \$30(MCC); \$35 - Non-members.
- \***Adult Hula Auana** with Kumu Hula April Chock. Begins 11/30, 10 weeks, Saturdays, 9:30 am - 11 am, rm 105. Cost: \$20-MS; \$35-MCC members; \$40-Non-members.
- \***Specialized Aerobics** with Faye Fukuhara. Mondays, 5:30 pm - 6:30 pm, room 305, 10-week session begins 11/25. Cost: \$30-MS, MCC members; \$40-Non-members.
- \***Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class begins Saturday, Nov. 2, 9:30 am - noon or Wednesday, Nov. 6, 10 am - 12:30 pm, room 207-8. Class Cost: \$35 - MS seniors; \$40 - MCC member; \$45 - Non-member. Need to pre-register.

**LANAKILA MEALS-ON-WHEELS AT MCC**

Lunch service weekdays at Moiliili. Suggested donation: \$2.00 per meal. Individuals interested need to register with the manager, Gerath, in room 105 on lunch days, 8 am - noon. Open enrollment, no waiting list.  
 HELP NEEDED: Volunteer wanted to help with BINGO on Tuesdays. See Gerath in Room 105.

**MCC THRIFT SHOP**

Thrift Shop: Open Tuesday - Saturday. Drop off donations when store is open. \*Note: MCC members get 25% discount with purchase of \$10 or more.



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

AIMOTO, KIYOKO  
 CLARKE, NORBORNE  
 DAVIS, JANET  
 FAGAN, CARYLL  
 FUJITA, CHARLOTTE  
 HAMANO, ETHEL  
 HAYASHI, ELEANOR  
 HIDA, NAGAKO  
 HIGASHI, KIYOKO  
 HIJIRIDA, BEATRICE  
 HIRATA, JAN  
 ICHIYAMA, LORRAINE



INOUE, DIANE  
 KAN, FRANKLIN  
 KANESHIRO, FAITHYE  
 KANG, LILLIAN  
 KASAHARA, NORIKO  
 KIHARA, KIKUE  
 KIKUYA, GRACE  
 KOIKE, BETTY  
 KONDO, KAREN  
 KUNIMOTO, SHARON  
 MASUMURA, MISAKO  
 MATAYOSHI, MARGIE

MIZOKAWA, JANE  
 MURAKAMI, STANLEY  
 MURATA, ROBERT  
 NAKAGAWA, DEANNA  
 NISHIMURA, JUNE  
 OKAZAKI, JEANETTE  
 OTSUKA, TOMOYO JANE  
 PA, SOLOMON  
 PANG-PRESCOTT,  
 FLORENCE  
 RICHARDSON, TOSHIKO  
 ROMANO, VICTORIA  
 SAITO, CAY  
 SAKAMOTO, EMILY



SATO, KICHI  
 SERIKAWA, FRANCES  
 SHIGAKI, ALICE  
 SHISHIDO, KEIKO  
 SNYDER, TSUKIKO  
 SUEN, LINDY  
 TAKAHASHI, MURIEL  
 TOYOTA, GLADYS  
 UCHIDA, FRANCES  
 UYECHI, LINDA  
 UYENO, GERTRUDE  
 WONG, SHIZU  
 YOKOMICHI, DOROTHY  
 YONEDA, CHARLENE





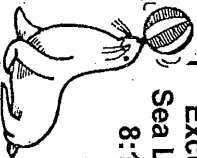
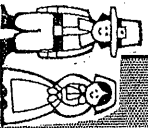

**Moliliili Senior Center  
Schedule of Special Events  
November 2013**



Days to remember in November:

- 1 - Arbor Day
- 3 - Daylight Saving Time Ends

- 11 - Veterans Day - CENTER CLOSED
- 28 - Thanksgiving Day - CENTER CLOSED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>* Diabetic Eye Disease Month * Diabetes Awareness Month * * Alzheimer's Awareness Month * Home Care Month * * Hospice Month *</p>							
							
3		4		5		6	
	Holiday! Veterans Day Center Closed	Seminar: Genworth Long Term Care 9 am Rm 202	Haircuts 9 am Rm 209	Chair Massage 10:30 - noon Rm 303	Screening: Hawaii SHIP / SagePLUS Program 9 am Rm 104	Classic Movie: "The Maltese Falcon" 11:15 am Rm 209	
10		11		12		13	
	 <p>Excursion: Sea Life Park 8:15 am</p>	Seminar: Diabetes 9:15 am Rm 105	Chair Massage 9 am Rm 209	Excursion: Hoopono 9:10 am Chair Massage	Seminar: Ohana Health Plan 9 am Rm 105	Seminar: Pedestrian Safety 9:15 am Rm 105	
17		18		19		20	
				Hike: Waimano 8:30 am	Video: "The Untold Story: Internment of Japanese Americans in Hawaii 11:30 am Rm 202	Chair Massage	Seminar: "The Internship" 11:15 am Rm 207
24	Seminar: Humana 9 am Rm 104	Seminar: HMSA Akamai Advantage Plan 9 am Rm 202		Holiday! Thanksgiving Day Center Closed	Craft: Tsumami Zaiku III & IV 8:30 am Rm 202 Craft: Tsumami Zaiku I & II 9 am Rm 202 Craft: Rose Tsumami 12:30 pm Rm 202	Craft: Chigiri-e 9 am Rm 202	
							
25		26		27		28	
29						30	
						Mayor's Cultural Festival & Craft Fair NBC, Exhibition Hall 8:30 am - 2 pm	
						Craft: Newspaper Corsage 2 - 5 pm Rm 202	



# Moliiili Senior Center Class Schedule November 2013



Monday	Tuesday	Wednesday	Thursday	Friday
7:30-1:00 Mah-Jongg (Room 207-8)	7:30-10:30 Seedcraft (Room 209)	8:00-9:00 FULL	7:30-1:00 Mah-Jongg (Room 207-8)	8:00-9:00 Ki-Coord. (Room 305)
8:30-11:00 *Conv. Eng. (Beg/Int)(Rm 202)	8:00-9:00 Ki-Coord. (Room 305)	8:00-9:30 Minyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	8:30-10:30 Hanafuda (Room 209)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	8:00-9:00 (11/19) Blood Pressure (Room 102)	8:30-11:00 Ends 12/2 *Conv. Eng. (Beg/Int)(Rm 202)	8:00-9:00 Ukulele (Beg) (Room 105)	9:00-11:00 Painting (Room 207-8)
9:00-10:00 Tai Chi (Adv) (Room 305)	8:00 - 8:30 Beginner's Line Dancing	9:00-11:00 Shodo (Room 104)	9:00-11:00 Beg. Japanese (Room 202)	9:00-10:00 Tai Chi for Arthritis (Weinberg)
Closed 9:00-10:00 Tai Chi for Arthritis (Weinberg)	Began 1/2013 (Weinberg)	9:00-10:00 Closed	9:00-10:30 Rhythm & Life (Int. III)	Began 5/6 (Weinberg)
Began 5/6 R&L Chair Exer. (Room 105)	FULL	9:15-10:30 Minyo Danc(Beg) (Room 105)	Closed (Room 305)	+Ribbon/Croch. Lei Making (Room 102)
1:00-3:00 Buyo & Enka (Weinberg)	8:30-10:30 Crochet (Room 207-8)	9:30-11:30 Ends 11/20 *Sumie (Room 209)	9:00-10:30 Ukulele Prac. (Room 105)	Start 11/29 R&L Chair Exer (Room 105)
5:30 - 6:30 +Spec. Aerobics Start 11/25 (Room 305)	9:30-11:00 Closed 10:45-11:45 Soroban (Room 209)	10:00-11:30 Beginner's Line Dancing II (Weinberg)	12:00 - 2:30 *Citizenship January 2014 (Room 202)	11:00-12:00 Dahn Yoga (Weinberg)
+Tuition based classes. Walk-in fee \$5.	10:00-11:15 Okinawan Dnc. (Weinberg)	FULL	1:00-2:30 Line Dancing (Room 105)	12:00-1:30 Rhythm & Life (Beg. I) (Room 305)
*DOE classes are provided by McKinley Community School for Adults. Citizenship & English classes - \$20 enrollment fee. Additional fees applied to new English class students. Sumie - \$60.	12:00 - 2:30 *Citizenship January 2014 (Room 202)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)	Reminder: No class the last Thur. of the month.	Closed
	12:00-2:30 Karaoke (Room 209)	Begins 11/6 (Room 207-8)		
	12:00-1:30 Kenbu Senbu Shigin (Room 207)	11:00-12:30 Rhythm & Life (Int. II)		
	12:00-1:30 Sewing Crafts (Room 208)	Closed (Room 305)		
		Roy Otake Karaoke Ohana (Room 209)		
		Kitsuke (Weinberg)		

"Kaleidoscope" is published monthly, written/edited by the senior staff. Director - Paula Regidor, Program Staff - Henry Asari, Raena Akase & Henry Asari.



## COMMUNITY ANNOUNCEMENTS:



**"Take Charge of Your Money3!"** financial education on TV series airs on Oceanic channel 354 and 355 and QEM digital 46.55. The television series airs on Fridays at 9 p.m. and rebroadcasts Sundays at 7 pm. (through Dec. 15) It highlights information on important consumer finance topics that everyone should know about. SEE MSC bulletin boards for list of topics and air dates.

**MAYOR'S Annual Cultural Festival & Craft Fair**, Saturday, Nov. 23, 8:30 am - 2:00 pm, NBC Exhibition Hall. DPR Senior clubs and other organizations will be selling their crafts, plants, etc. to benefit their groups. Admission: Free.

**43<sup>RD</sup> ANNUAL THANKSGIVING DINNER**, November 28, NBC, Exhibition Hall, 11 am - 1 pm by the Salvation Army. Everyone is welcome. FREE. Tickets are available in the senior program office, room 203.

**AGING IN HAWAII CLASSES** by Attention Plus Care. Diabetes Care - Tues., Nov. 12. Location: Attention Plus Care, 1580 Makaloa St., Suite 1060. Call 440-9372 for reservations and class time.

**"Christmas in Honolulu" Craft Fair**, Tuesday, Dec. 3, JCCH Ballroom, 5-8:30 pm. Free admission. MSC will be selling, come and support us.