



Kaleidoscope

September 2017
Vol. XXVIII 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:

Aloha Members of MSC,

Thank you for participating in our MSC survey. Many of you "complained" about our parking situation and the lack of spaces available. A few months ago, I asked the upper management at Down to Earth (DTE) if they would be able to accommodate allowing our members to park on the 2nd floor deck due to a lack of parking for our participants. They were very cooperative and agreed to allow our members to park on the 2nd floor parking deck for up to two hours. Unfortunately, some of our users abused this privilege by parking longer than two hours and DTE revoked the parking privilege.

Please understand that MCC has a long term lease with DTE. Although MCC owns the 2nd floor parking deck on the Makai side facing MCC, our contract with DTE includes allowing them the right to ownership of that particular parking area under our lease agreement. In short, the upper parking deck is reserved for DTE from 8:00 a.m. - 4:30 p.m. Monday through Friday and from 8:00 a.m. - 1:00 p.m. on Saturdays; on Sundays, there are no restrictions to parking.

I am currently working out an agreement with DTE to allow MCC participants parking on the 2nd floor deck against the wall facing MCC in exchange for a limited amount of space in the Thrift Store parking lot. If we are able to come to an agreement, I will inform all of you.

Should you have any questions, please feel free to contact me.

Thank you for your continued patience and understanding.

Nadine Nishioka
Executive Director
Moiliili Community Center

WALGREENS FLU SHOT CLINIC at MCC

Friday, September 15

9:45 a.m. - 11:15 a.m. MCC, room 104

Please bring your insurance cards. Sorry, Walgreens do not accept Kaiser insurance. If you are a senior and taking the high dose flu shot, also bring your medicare card. A limited quantity of shots will be on hand. Sign up in the senior office.

Thank you to Jane Shiroma and Ellen Endo for conducting the Okinawan Dance Class for all these years. Your dedication to teaching students through the years have enriched their lives and we are grateful. Jane has decided to retire and end her class. After all the years of hard work, we wish her the best

in her well-deserved retirement.

In saying this, with the help of Faye Murata, we have found a new Okinawan Dance Instructor. Kay Murata will be starting her own Okinawan Dance class beginning Tuesday, September 19, 10:00 a.m. - 11:15 a.m. in the Weinberg studio. If you are interested, please visit the class.

HURRAY... we did it!!! Thank you all who joined us on the August Moon Festival excursion. We were able to fill the bus. That means we can have other excursions in the future where we can charter a bus. Now, we need suggestions on where to go that can hold a large number of participants. If you have an idea, please let the senior office staff know so we can try to schedule an excursion.

VOLUNTEER LEI MAKING PROJECT

The Lei Ilima Club is looking for volunteers to help make straw and finger yarn leis for the Kaneohe Veterans Memorial. Members of the club will teach you how to make the leis. Leis need to be completed by the end of May. Leis will be used on Memorial Day, May 28, 2018.

Date: Tuesday, October 10

Time: 9:30 a.m. - 11:30 a.m.

Place: MSC, room 202

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 van drivers (No CDL needed) as well as bus drivers (CDL).

Martial Arts Exercise Class REVISED

Let's try it again. Instructor Keoni May has adjusted this class for you. Participants may choose the exercise suited for themselves. Most exercises come from stretching and repetition using sticks/swords. Wear loose fitting clothes. Sign up in the senior office.

Friday, September 15

9:00 a.m. MSC, room 305

VOLUNTEERS WANTED: MSC is looking for volunteers to help man the MCC information booth at the Good Life Expo Senior Fair, Friday, September 22 through Sunday, September 24 at the NBC, Exhibition Hall, from 8:30 a.m. - 4:30 p.m.. We will have at least one staff from MSC and Kupuna Support programs per shift but another person will be helpful. If interested, see Paula in the senior program office, room 203. Also, Bonnie is looking for volunteers to model on Sunday, 11:30 - 12:15. See Bonnie at the Thrift Store, if interested.

HELP WANTED: Looking for volunteers to help watch the senior office in the mornings. If interested, see Paula in the senior office.

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 \$30.00 for a calendar year. Your participation as MCC members help 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 \$5 or more; and Subway - Moiliili will offer a 10% discount on any sandwich/salad. Some exclusions 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 Senior Center and the Community 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.

MCC's BOARD OF DIRECTOR, LAURA RUBY, is asking for your assistance. She is looking for old pictures of the community center and the Moiliili neighborhood. If you have any, please bring them to the senior office and we will scan and return them to you.

VOLUNTEERS WANTED: We are looking for a volunteer to handle our telephone reassurance calls on Wednesday mornings from 7:45 a.m.-9:00 a.m. If interested, please inquire in the senior office.

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 would like to accept 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.

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.

Moiliili Senior Center is always in search of teachers or group leaders to expand our program. Do you have a special talent and 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 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, then your membership and donation can be on one check. Reminder - **ALL** checks must be written to: **MOILILI 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 \$30.00 for 2017.

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.

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: “GOING IN STYLE” (2016)

(1-hr. & 36-mins., DVD, Comedy, Crime. Rated-PG-13 for drug content, language and some suggestive material.)
Starring Michael Caine & Morgan Freeman. Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that made off with their money.
Date: Friday, September 29 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.
Date: Saturday, September 2 & October 7
Time: 9:00 a.m. Place: MSC, room 202
Cost: Supplies LIMIT: 12 people

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, Sept. 7 (Adv) & Sept. 14 (Beg)
Time: 9:00 a.m.
Place: MSC, room 209 Cost: Supplies

WORKSHOP: CREATIONS BY AMY

This month’s projects are “Corned Beef Hash” & “Pucker Up for Prune-Mui.” Corned Beef Hash - many people judge the quality of a Japanese okazuya (take-out deli) by its corned beef hash. This bento box favorite can take on a surprising number of subtleties. It goes great with eggs, topped with a dollop of ketchup, good for breakfast or lunch. To participate, bring a utensil and a bowl to mash the potatoes. Pucker up for Prune-Mui - “The crack seed I remember had prunes and lemons in it. As I remember my mom used to leave it out in the sun for some time and it was SOOO ono.” This was a popular snack during World War II, when there were no shipments of Chinese preserved seeds to Hawaii. There are many variations of this snack today. Bring a knife to slice the prunes. Instructor: Amy Toba.

Date: Thursday, September 21 - Corned Beef Hash
Date: Thursday, September 28 - Prune - Mui
Time: 9:00 a.m. Place: MSC, room 209
Cost: \$7.00 supplies for Corned Beef Hash & \$8.00 supplies for Prune-Mui

SEMINAR: DIABETES

600,000 people in Hawaii have diabetes or pre-diabetes. Imagine that’s almost one in two Hawaii people. If not you, then likely the person beside you! That’s one reason to want to know more about this debilitating, expensive, potentially deadly (if you don’t follow the rules strictly) disease. The other reason is that it is likely that you are the one ... or someone in your family already have diabetes or are at risk. The rules don’t have to be draconian, if you start taking care of yourself early! Presented by Anne Chipchase from ‘Ohana Health Plan.
Date: Friday, September 15 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: PEDESTRIAN & DRIVER SAFETY

Join us as Officer Anthony Kahapea, from the HPD Traffic Division, will talk to us on pedestrian and driver safety.
Date: Tuesday, September 19 Time: 9:30 - 10:30 a.m.
Place: MSC, room 105 Cost: Donation

SCREENING: MEDICATION REVIEW

Bring your medication and supplements and find out when the best time to take them are to get the best results. Reviews will be conducted by Walgreen’s Pharmacists. They will also be offering blood pressure readings.
Date: Monday, October 2 Time: 9:15 - 10:00 a.m.
Place: MSC, room 105

EXCURSIONS: Sorry, no small group excursions for this month due to the shortage of drivers. If you have any

suggestions for an excursion that you feel will have a good turn out (about 50), let the senior staff know and we can hire a bus.

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

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

NEW CLASS: OKINAWA DANCE. Tuesdays, 10:00 a.m. - 11:15 p.m., Weinberg studio. Class begins September 19. Instructor: Kay Murata.

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. Please check monthly calendar.

***Adult Hula Auana** with Kumu Hula April Chock. Begins 9/16, 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, 9/23, 9:30 a.m. - noon and Wednesday, 9/27, 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.

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

AKAMINE, NOBUKO
ARAKAKI, AILEEN
AQUINO, JUANITA
CHING, SUSAN
DAVIS, JEANNE
FUJIHARA, MARY
FUKUMOTO, MICHIKO
FUKUNAGA, LYNETTE
FUKUYA, GERATH
GOYA, BETTY
HATTORI, SACHIKO S.
HAYASHI, JEAN
HAYASHI, SHARON

HONDA, ELAINE
ISHII, JO ANN S.
IWASHASHI, JUNE
JONES, DORIS
KADEKARU, JONATHAN
KAJIOKA, NEIL
KANEMOTO, MISAOKO
KANESHIRO, MYRTLE
KIE, AKIKO
KOTAKE, HIROKO
MAEDA, PATRICIA
MALIVUK, CYNTHIA
MANABE, AYAKO

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Began 8/4, 10 weeks, Fridays, 9:30 a.m. - noon, room 102. Bring sharp pair of scissors, 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, 7/31. Excellent class for all ages, focuses on cardio exercise, muscle tone, range of motion, warm-ups, floor exercise and cool downs. Bring towel & water. Class Cost: \$30 - MSC & MCC members.

***Citizenship Class** with Mitzi Moore. Tuesdays & Thursdays, 12:00 - 2:30 p.m., room 202, 5-week session began August 29. This class is for people who need to take the exam for American Citizenship. Class cost: Donation.

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.

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: 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.

MARK, PEGGY
MATSUDA, JANET
MATSUKAGE, JANE
MIIKE, FRANCES
MINEGISHI, MITSUKO
MISAWA, TOSHIKI
MIYASAKI, MARGARET
MORIKUNI, AYAKO
MORITA, YURIKO
NAKATA, KYOKO
NISHIMURA, GRACE
ODANI, EMIKO
OHTA, JEANNIE
OSORA, DAISY
SATO, KAZUE

SHIMATA, KENNETH
SUMIDA, PAULINE
SUMIDA, REIKO
TAKAO, TAZUKO
TAKIGUCHI, CLARA
TERADA, KEIKO
TRECK, LEAH
UCHIDA, ROBIN
UEHARA, JUDY
USHIJIMA, LYNN
WADA, MARGARET
WONG, EUNICE
YAMASAKI, ESTHER
YONESAKI, ELEANOR

**Moiliili Senior Center
Schedule of Special Events
September 2017**

Days to remember in September:
4 - Labor Day - Center Closed
11 - Grandparents Day

11 - Patriot Day
17 - Citizenship Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
* Cholesterol Education Month * Classical Music Month * * Cold & Flu Campaign * National Chicken Month * National Honey Month * * National Literacy Month * National Rice Month *							
						1 Craft: Chigiri-e 9 am Rm 202	
3	HOLIDAY! Labor Day Center closed.	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

The Good
Life Expo
NBC
8:30am -
4:30 pm

Seminar:
Pedestrian & Driver
Safety
9:30 am
Rm 105

Kupuna
Independent
Life Series
8:30 am
Rm 104

Workshop:
Creations by Amy
Corned Beef Hash
9 am
Rm 209

Movie:
"Going in Style"
12:15 am
Rm 202

Kupuna
Independent
Life Series
8:30 am
Rm 104

Craft Workshop:
Kumihimo - Beg
9 am
Rm 209

Seminar:
Diabetes
9:15 am
Rm 105

Flu Shot Clinic
9:45 am - 11:15 am
Rm 104

Kupuna
Independent
Life Series
8:30 am
Rm 104

Workshop:
Creations by Amy
Prune-Mui
9 am
Rm 209

The Good Life Expo - Senior Fair
NBC, Exhibition Hall
8:30 am - 4:30 pm

Moiiliili Senior Center Class Schedule September 2017

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)	8:30-10:30 Hanafuda (Room 209)
8:00-9:00 Beg. Tai Chi (Room 305)	FULL 8:30-10:30 Crochet/Knit (Room 209)	8:00-9:30 Minyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	9:00-12:00 Painting (Room 207-8)
9:00-10:30 Card Games (Rm 202)	9:00-10:30 Rhythm & Life (Adv. I) (Room 305)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Began 2012 (Room 105)	9:30-12:00 +Ribbon/Croch. Lei Making (Room 102)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	9:00-10:30 Zumba Gold (Room 105)	9:00-10:00 Tai Chi(108) (Room 305)	9:00-10:30 Rhythm & Life (Adv. II) (Room 305)	Began 8/4 Solo Ukulele II (Room 202)
9:00-10:00 Tai Chi (108) (Room 305)	9:30-10:30 9/5, 12 & 26 Zumba Gold (Room 105)	9:00-10:00 Group Singing (Weinberg)	Closed	Closed
9:00-10:00 Tai Chi for Arthritis (Weinberg)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:15-10:30 Minyo Danc(Beg) (Room 105)	9:00-10:30 Ukulele Prac. (Room 105)	10:00-10:30 R&L Chair Exer. (Room 105)
10:00-10:30 R&L Chair Exer. (Room 105)	10:30-12:00 Rhythm & Life (Beginner) (Room 305)	9:30-11:30 Begins 9/13 (Room 209)	9:30-10:30 Brain Training (Room 202)	10:00-11:00 Tai Chi for Arthritis (Weinberg)
10:15-12:00 Rhythm & Life (Adv. II) (Room 305)	10:45-11:45 Soroban (Room 209)	10:15-11:45 Line Dancing II (Weinberg)	12:00-2:30 Citizenship (Room 202)	11:00-12:00 Solo Ukulele I (Room 202)
12:00-3:00 Buvo & Enka (Weinberg)	11:30-12:30 Zumba (Weinberg)	10:00-12:30 +Jrns/Oknwn Doll Making & Oshie (Room 207-8)	1:00-2:30 Line Dancing (Room 105)	12:00-1:30 Rhythm & Life (Adv. I) (Room 305)
5:30 - 6:30 +Spec. Aerobics Began 7/31 (Room 305)	12:00 - 2:30 Citizenship (Room 202)	Begins 9/27 Rhythm & Life (Beginner) (Room 305)	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	Closed
+ Tuition based classes. Walk-in fee \$5	12:00-1:30 Kenbu Senbu Shigin (Room 207)	12:00 - 2:00 Ohana Karaoke (Room 209)	2:30-3:30 Zenidaiiko (Weinberg)	Saturday 9:30 - 11:00 +Adult Hula Auana (Room 105)
*DOE class - Sumie is provided by McKinley Community School for Adults - \$60	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	12:00 - 3:00 Kitsuke (Weinberg)		9:30 - 12:00 +Jrns/Oknwn Doll Making & Oshie (Room 207-8)

Kaleidoscope "is published monthly" written by the senior staff. Pro-rector. Sunday Kamai-Egures, Akira Goto & Judy Nakamoto.

COMMUNITY ANNOUNCEMENTS (Cont'd)

HAWAII SENIOR'S FAIR - THE GOOD LIFE EXPO, September 22 - 25, 8:30 a.m. - 4:30 p.m., NBC Exhibition Hall. Continuous entertainment; free seminars; info on health, nutrition, travel finances, government agencies, senior clubs, retirement facilities, physical fitness; crafts and more.

SOCIAL DANCE CLASS: The Kapiolani Ballroom Dancers of Honolulu Lions Club (KBDHLC) will conduct a six weeks Rumba dance class. The Class will

begin on October 17, every Tuesday from 7:00 p.m. - 8:00 p.m., in MCC, room 105. This is a Latin dance which became popular in the thirties. The Rumba is danced on the beat of 1, which is the strongest, beat of the music. The three main characteristics of Rumba are: (1) the action in the feet and knees; (2) delay shift of weight; and (3) use of hip movement. Many of the steps are similar to the fox-trot. 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.



Honolulu Community Action Program

Kupuna Independent Life Series

Fall 2017

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

Fall Series Schedule:

Every Wednesday from 8:30am - 12:30pm

September 6 - December 13, 2017

Location:

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



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



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



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

For questions or additional information, please contact:

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

Kupuna Independent Life Series

September 6 - December 13, 2017

Moiliili Community Center, Room 104

8:30 a.m. - 12:30 p.m.

Sign up in the senior program office,
room 203.

Schedule for the day:

Exercise/Breakfast/Opening

Health Workshop

Break/Social Workshop

Lunch

Craft/Support Group

<u>Date</u>	<u>Health Workshops</u>	<u>Social Workshops</u>	<u>Support Group Topics</u>
9/6/2017	Cancer	Social Security Benefits	How has your home changed over the years?
9/13/2017	Blood Pressure	Native Hawaiian Healing	If you're retired, how do you stay active?
9/20/2017	Epilepsy - Epilepsy Foundation of Hawaii		Other than Hawaii, what other places have you traveled to or lived in?
9/27/2017		Therapy Animals - Hawaiian Humane Society	Something I've always wanted to do but never got a chance to do is ...
10/4/2017	Obesity & Nutrition - Chaminade University	SNAP ED	The hardest thing about living with family/living alone is ...
10/11/2017	Conditions Caused by Obesity - Chaminade University	SNAP ED	The key to a successful marriage/relationship is ...