



# Kaleidoscope



April 2014  
Vol. XXV No. 4

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:

APRIL is volunteer month. We thank ALL 200+ of our volunteers for your support, your time, your caring! This program would not be able to survive without you!!! You are appreciated!

MSC Rummage Sale was a success thanks to all of you who: helped with set-up, sales, packing, donated goods, and bought things. We grossed \$1,600! MAHALO!

### BENEFIT SHOW FOR MOILILI SENIOR CENTER

Moiliili Senior Center  
Niko Niko Genki Taisoo  
Rhythm & Life Chair Exercise Class  
presents

Hawaii's 4<sup>th</sup> Golden Age Variety Show

Sunday, July 27, 2014

10:00 A.M. to 2:00 P.M.

Ala Moana Hotel, Hibiscus Ballroom

\$45.00/person

As in the past, other classes have participated to make this show a fun and successful one. Therefore, we again welcome your participation and talents in a fund raising benefit show for MSC. If you have questions, please contact Faye Murata - 735-1323 or Linda Kim - 551-6998. Reservation forms are available in the senior office!

**WALKERS!** The 36<sup>th</sup> ANNUAL VISITOR INDUSTRY CHARITY WALK is on Saturday, May 17, from 7:00 a.m. Start and end at Ala Moana Beach Park for a 6-mile walk through Waikiki. Pick up entry forms in MCC main office and start getting your sponsors. MCC has benefitted from this.

**YOU** all 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!**

To all our members who especially 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.



### Moiliili Senior Center WISH LIST:

If you have any of these items and no longer are using them, we will gladly accept them for the program.

- 1) Small stand to hold a karaoke machine
- 2) Flat Screen TV that fits on the TV cart

**Moiliili Senior Center** is always in search of teachers or group leaders to expand our program. Have a special talent and willing to teach for the satisfaction of sharing but no 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. 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 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.

**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. Mahalo.

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



**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 2014. If you find this difficult, please see Program Director.

**MAHALO! MAHALO! MAHALO! to performers:**  
\*RLC Niko Niko Genki Club members at Lanakila Senior Center, Makua Alii, Makiki Christian Church, Magic Island, One Kalakaua, St. Francis Senior Health Day Center, Queen Kapiolani Band Stand & Kuakini.  
\*Minyo Dance at Kuakini Day Care.

**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:**

MCC's major fund raiser will be held on May 3, Saturday evening at the JCCH Manoa Ballroom. We would appreciate any donations that can be used for the Silent Auction and boutique sales. These items are needed by April 11. You can also purchase seats to attend. Call the center at 955-1555 for further information.

**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.

**CLASSIC MOVIE: "THE PINK PANTHER" (1964)**  
(1 hr. & 55-mins., VHS, Comedy.)

Starring Peter Sellers & David Niven. This funny film is about a priceless diamond, the lengths people will go to steal it & the bumbling Inspector Clouseau. **Nobuko Nakano.**  
Date: Friday, April 11 Time: 11:15 a.m.  
Place: MSC, room 207 Cost: Donation

**MOVIE: "ENOUGH SAID"**

(1-hr & 33-minutes, DVD, Comedy, Drama, Romance.  
Rated PG-13 for crude and sexual content, comic violence, language and partial nudity.)  
Starring Julia Louis-Dreyfus & James Gandolfini. A divorced woman who decides to pursue the man she's interested in learns he's her new friend's ex-husband.  
Date: Friday, April 25 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, Apr. 5 & May ? 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, Apr. 10(Beg) & Apr. 3(Adv)  
Time: 9:00 am  
Place: MSC, room 209 Cost: Supplies

**CRAFT WORKSHOP: BEADING**

This month's project is a beaded bracelet. **LIMIT: 15**



Date: Thursday, April 17  
Place: MSC, room 209

Time: 9:00 a.m.  
Cost: Supplies

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### SEMINAR: VOTER EDUCATION



Anthony Akamine, Election Information Specialist, will give an overview of the mechanics of voting in Hawaii and talk about election accessibility for people with disabilities. He will also share the auxiliary aids kit that has tools to assist voters at the polling places such as magnifiers, signature guides and communication card for voters who are deaf or hard of hearing. In addition to distributing and collecting voter registration forms, he'll provide you with additional voter education materials such as packets and fact sheets.

Date: Tuesday, April 15 Time: 9:15 - 10:00 a.m.  
Place: MSC, room 105 Cost: Donation

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### SEMINAR: LONG-TERM CARE INSURANCE: AN ESSENTIAL PART OF A SECURE FINANCIAL PLAN

Learn about the different types of long-term care services, who needs them and what they cost. You'll also find out different ways people pay for long-term care services and how long-term care insurance works. It'll be time well spent. Attend this informational insurance presentation by Robert Vela, Mutual of Omaha Insurance Company.

Date: Tuesday, April 22 Time: 9:30 a.m.  
Place: MSC, room 202 Cost: Donation



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### SEMINAR: DEPRESSION

Depression is not an acceptable response to serious illnesses and the social and financial hardships that often accompany aging; it is not a normal part of aging. Depression can and should be treated when it occurs alone or at the same time as other medical problems. Untreated, it can delay recovery or even worsen the outcome of other illnesses.

So what is Depression? What does it feel like? How can I tell if I'm depressed? Can it be treated? These are a few of the questions that will be discussed at the next Talk Story time with Anne Chipchase, from Ohana Health Plan. No one should suffer the pain of untreated depression.

Date: Tuesday, April 29 Time: 9:00 a.m.  
Place: MSC, room 105 Cost: Donation

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

Date: Thursdays

Time: 10:30 - noon

Place: MSC, room 303

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**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. **Kiyo Hewitt.**

Date: Wednesday, April 9

Time: 9:00 a.m. - noon

Place: MSC, room 102

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### HIKE: KULIOUOU

A strenuous hike up the side of Kuliouou Valley to a ridge shelter. Conditions permitting, the more hearty may continue to the Koolau summit. Beautiful views of Kuliouou, Hawaii Kai and the Windward side for those who reach the summit. (5-miles) **Bring: Backpack (required), 1 ½ 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.** MAXIMUM: 5

Date: Friday, April 4

Departure Time: 8:30 a.m.

Return Time: 3:00 p.m.

Cost: \$5.00

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### EXCURSION: MANOA SENIOR CARE #2

This is your chance to see and ask questions about care homes. Join us as we will see one of Manoa Senior Care's newer homes. Every one of their homes is designed to welcome you, from the Manoa-style lanai to the great room and open kitchen to your private suite. Each home is architecturally designed with your care in mind. Lunch on your own at a nearby shopping center. MAXIMUM: 14.

Date: Monday, April 14

Departure Time: 9:40 a.m.

Return Time: 12:15 p.m.

Cost: \$3.00 (Trans.)

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### EXCURSION: STATE CAPITOL TOUR

This is your chance to take a guided tour of our State Capitol. We will see both the State House and State Senate, visit the Office of the Governor, see the courtyard and learn about the design and the history of the building. After our guided tour ends, we will make a stop at the Public Access Room and find out what it is for and how unique it is in the nation. Lunch on your own at Ward Warehouse. MAXIMUM: 14.

Date: Wednesday, April 30

Departure Time: 8:30 a.m.

Return Time: 12:30 p.m.

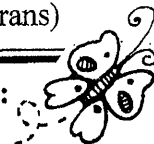
Cost: \$3.00 (Trans)

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### CLASS/ACTIVITY ANNOUNCEMENTS:

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

**Rhythm & Life**, Beginners, start April 2, Wednesdays, 11 am - 12:30 pm., room 305. Wear comfortable clothing, rubber-soled shoes, bring water.



**SUDOKU anyone?** Interested in learning how to do Sudoku? Toshisada Tamura is willing to teach how to play. **Dahn YOGA**, De-stress and calm your mind through unique stretching, breathing and meditation. Friday, 11:00 am - noon, Weinberg Studio. Instructor: Christine Booth. **Ribbon/Crochet Lei Making** with Coryn Tanaka. Begins 5/2, 10 weeks, Fridays, 9:30 am - 12 noon, room 102. Supplies payable to instructor. Cost: \$20 - MSC; \$30 - MCC; \$35 - Non-members.

**Adult Hula Auana** with Kumu Hula April Chock. Begins 4/26, 10 weeks, Saturdays, 9:30 am - 11 am, room 105. Cost: \$20 - MSC; \$35 - MCC; \$40 - Non-members.

**Specialized Aerobics** with Faye Fukuhara. Mondays, 5:30 pm - 6:30 pm, room 305, 10-week session began 3/31. Bring towel/water. Cost: \$30 - MSC & MCC members; \$40 - Non-members.

**Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class begins Wednesday, April 9, 10 am - 12:30 pm or Saturday, April 5, 9:30 am - noon, room 207-8. Bring: pins & scissors. Supplies/kit payable to instructor the first day of class. Class Cost: \$35 - MSC; \$40-MCC; \$45-Non-member. Must pre-register.

**SEEDCRAFT CLASS** looking for more people. Like working with your hands? See what this class can offer you. Class meets every Tuesday, room 209, 7:30 a.m.

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

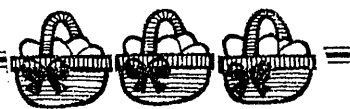


LMOW serves hot and nutritious meals at the Center, weekdays, at 11:00 a.m. to all registered participants. Lunch program closure days posted in advance (On Holidays, etc.)

WANTED, volunteer(s) help for Monday, Tuesday, Thursday and Fridays, to assist with activities, crafts and serving lunches.

Starting a new basic ukulele class for those on Wednesday's lunch roster, for LMOW registered participants & must be MSC member; after lunch from 11:30 a.m. - 12:00 p.m. Participants must have own ukulele.

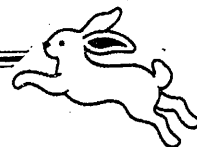
For more info or to register in the lunch program, go to room 105, and ask for Gerath.



**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.

**COMMUNITY ANNOUNCEMENTS:**



**KUPUNA EDUCATION CENTER.** Kapiolani Community College Kupuna Education Center in collaboration with the Waikiki Mindful Learning Center is offering free classes for family caregivers.

\*Community, Legal, & Financial Resources for Family Caregivers, Fri., April 4, 9 - 11 am. Topics include social and health-related resources for elders and caregivers that are available in the community, common legal issues, and mental competency issues. Financial issues will include cost of long-term care and the differences between Medicaid and Medicare coverage.

\*Understanding Alzheimer's disease and Related Dementia, Fri, Apr. 25, 9 - 11 am. Topics include the disease process, behavioral management techniques, resources in the community and caregiver stress relief.

Sessions will be held at McKinley Community School for Adults, 634 Pensacola St., Room 104. Instructor: Toni Hathaway, LSW - Education Coordinator. Call 734-9108 to register. LIMIT: 25 people per session.

**NATIONAL TAKE-BACK INITIATIVE (NTBI),** Saturday, April 26, 2014, 10 am - 2 pm.

Turn in unused or expired medication for safe, anonymous disposal. Needles will not be accepted. Locations: Hawaii State Capitol, Kahala Mall, Windward Mall, Town Center of Mililani, and Pearl Harbor Navy Exchange (NEX). For a complete listing, check MSC bulletin boards.

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

BECK, DIANNE  
CHOCK, APRIL  
FUJIKAWA, YUKIMI  
FUJIMOTO, AMY  
FURUTA, COLLEEN  
HIGA, ROBERT  
HUDMAN, BARBARA  
IKEMI, TERRIE  
ISHIHARA, SHIZUE  
ISHII, CLARA  
ISHIMOTO, CHARLENE  
ITOGA, MARY ANN



JENKINS, TAKAKO  
KAAINA, ELEANOR  
KAJIHIRO, CAROLE  
KAMIYA, MARY  
KANEKO, SHARON N.  
KARIOKA, ARLENE M.  
KATO, LILLIAN  
KOGASAKA, CLAIRE  
KOKUBUN, YASU  
KUNIMOTO, FAITH  
KURAHARA, NOBUKO  
LAU, JEAN



MARTIN DEL CAMPO,  
CHARLOTTE  
MAU, LEILANI  
NAKANO, NOBUKO  
NAKASHIMA, HARUE  
NISHIDA, FLORENCE  
PETERSON, CHRISTIAN  
REMUS, YVET  
SAKAMOTO, ANNE  
SANDS, SONYA  
SATO, AMY  
SUZUKI, BETTY  
TAKENISHI, ELMER E.



TAKIZAWA, DOROTHY  
TANAKA, AMY  
TATSUGUCHI, PATSY  
TOKUNAGA, SHIZUE  
TONDA, BETSY  
TSUCHIDA, MISAKO  
WATANABE, ETHEL  
WATARAI, THELMA T.  
YAMADA, CATHERINE  
YAMAGUCHI, LILLIAN  
YAMANE, ETHEL  
YONEZAWA, SADAOKO

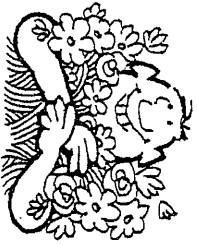
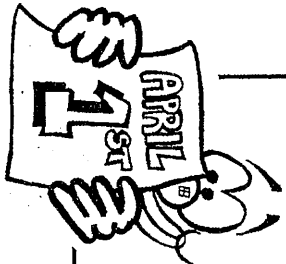
**Mojilli Senior Center  
Schedule of Special Events  
April 2014**



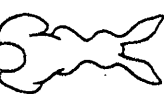
*Days to remember in April:*  
 1 - April Fool's Day  
 15 - Income Tax Day  
 18 - Good Friday - CENTER CLOSED

20 - Easter  
 22 - Earth Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30		25	26
20	21	22	23	24	25	26
13	14	15	16	17	18	19
6	7	8	9	10	11	12
1	2	3	4	5		



♣️ *Cancer Control Month* ♣️ *National Anxiety Month* ♣️  
 ♣️ *National Garden Month* ♣️ *Stress Awareness Month* ♣️  
 ♣️ *Listening Awareness Month* ♣️



# Moliiiii Senior Center Class Schedule April 2014



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 Fall Prevention (Room 105)	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 Hawn Quilt. Bee (Rm 209)	8:00-9:00 Blood Pressure (Room 102)	8:30-11:00 *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)	8:00-9:30 Beginner's Line Dancing I (Weinberg)	9:00-11:00 Shodo (Room 104)	9:00-11:00 Conversational Japanese (Room 202)	9:00-10:00 Tai Chi for Arthritis (Weinberg)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	FULL	9:00-10:00 Tai Chi(Adv) (Room 305)	9:00-10:30 Rhythm & Life (Int. III)	9:30-12:00 +Ribbon/Croch. (Weinberg)
10:00-10:30 R&L Chair Exer. (Room 105)	9:30-11:00 Rhy/Life(Int.I) (Room 305)	9:15-10:00 Group Singing (Weinberg)	Closed	Began 5/2 Lei Making (Room 102)
1:00-3:00 Buyo & Enka (Weinberg)	10:45-11:45 Soroban (Room 209)	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)
5:30 - 6:30 +Spec. Aerobics Began 3/31 (Room 305)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:30-11:30 *Sumie (Room 209)	12:00 - 2:30 *Citizenship (Room 202)	10:00-11:00 Solo Ukulele I (Room 202)
 +Tuition based classes. Walk-in fee \$5. *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 (Room 202)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	1:00-2:30 Line Dancing (Room 105)	11:00-12:00 Dahn Yoga (Weinberg)
	12:00-2:30 Karaoke (Room 209)	10:00-12:30 +Jpns/Okwvn Doll Making & Oshie (Room 207-8)	1:00-2:30 Line Dancing (Room 105)	Began 9/6 (Weinberg)
	12:00-1:30 Kenbu Senbu Shigin (Room 207)	11:00-12:30 Rhythm & Life (Int. II)	Reminder: No class the last Thur. of the month.	11:15-12:15 Solo Ukulele II (Room 202)
 	 	Closed	 "Kaleidoscope" is published monthly, written/edited by the se- nior staff. Director, Jill Kiamura, Program Staff - Paula Regidor, Raena Akase & Henry Asari.	Closed
		1:00 - 3:00 Kitsuke (Weinberg)		12:00 - 2:00 Roy Otake Karaoke Ohana (Room 209)
<b>Saturday</b> 9:30 - 11:00 +Adult Hula Auana Began 4/26 (Room 105) 9:30 - 12:00 +Jpns/Okwvn Doll Making & Oshie (Room 207-8)				

**Tax-Aide Sites:** Be sure to take all necessary papers to any of the following: last year's tax papers, bank interest statements, all income forms, etc. For other sites, see staff in the senior office.

\*Hawaii Kai Library, 2491 Lunaliho Home Road, Sat., 9 am - noon.  
 \*Aina Haina Library, 5246 Kalamanaole Hwy., Fri. & Sat., 10:30 am - 2 pm.

\*Central Union Church, 1660 S. Beretania St., Tues. & Thurs., 8:30 am - 11:30 am.

\*Catholic Charities, 1822 Keaumoku St., Sat., 9 am - 1 pm.

\*Paki Hale, 3840 Paki Avenue, Thurs., 9 am - 1:30 pm.

