

Kaleidoscope



August 2014
Vol. XXV 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:

Welcome John! Hooray! We have a new Program Assistant/Driver. John Shimizu started June 16, 2014 in the senior program office. John enjoys sports and he is active in volunteering. He likes talking with seniors so please welcome him when you see him. We'd like to thank Raena Akase for filling in when we needed the help.

FABRIC, YARN & NOTIONS SALE

We have yarn, yardage, buttons, threads, etc. Monies from this sale will go to help our operating expenses. As always, those looking for craft materials to make things for us to sell at our craft fairs, do not have to pay for the craft materials.

Thursday, August 28, 2014

10:00 a.m. - 1:00 p.m.

MSC, room 209



downstairs. These are for the Thrift Store to sort, price, and sell. Articles have been missing.

Moiliili Senior Center presents...

A Performance by Nankuru Naisa Hawaii

Wednesday, September 10, 2014
Noon - 1:00 p.m. MSC, room 105

Join us for an afternoon of entertainment. Under the direction of Seichi Yagi, this group has been performing for years, sharing their talents with many. They will perform Japanese dances, Okinawan dances, and also play the koto and sugaru shamisen. Don't miss this opportunity.

Moiliili Senior Center is always in search of teachers or group leaders to expand our program. Have a special talent and is 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: **MOILIILI COMMUNITY CENTER**, not the senior center. Mahalo.

Registration Card Update!! \$1.00 charge for every year not updated! Check information, especially emergency contacts, health status, etc. It takes just a few minutes.

Fire Drill procedures: MCC holds fire drills frequently. 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.



Thank you to the Niko Niko Genki Taisoo Rhythm & Life Chair Exercise Teachers, under the direction of Faye Murata, and all the volunteers who made the 4th Golden Age Variety Show a great event. The volunteers worked countless hours planning the program and practicing their performances for all to enjoy. Thank you for your dedication to the center in this fundraising effort. Many thanks to all of our participants who attended the show and helped make this event a success.

OH NO! IT HAPPENED AGAIN! One of our telephone reassurance participants fell down at home and it wasn't until we called and asked her building manager to check on her that they found her on the floor. This happened on a Monday and she may have fallen late Saturday. If we had not checked on her, she may have been on the floor for several days. This is why we have the "Call-I'm OK" Program. We have participants call us between 8:00 a.m. - 10:00 a.m., Monday - Friday. If we do not hear from them by 10:00 a.m., we start to call their follow-up numbers. We are not like a life-line program because we do not dispatch emergency responders. If you may be interested in participating in this program, call or stop by the senior office.

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

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. For those who may find this difficult, please see Program Director.



MAHALO! MAHALO! MAHALO! to performers:

- *Minyo Dance members at Hale Malamalama.
- *RLC Niko Niko Genki Club members at Lanakila Senior Center, Makua Alii, Makiki Christian Church, Magic Island and Kuakini.

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, especially for Thursdays, Fridays or Saturdays, If interested, see Bonnie at the Thrift Store.

EXCURSION REMINDER: Excursion participants, please car pool or use the bus to allow parking for those who attend classes. **NO RESERVING SEATS**, except for your partner. **Please allow the disabled to board the bus first, for safety.** 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 Escort know.

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 WRONG MAN" (1941)
(2 hrs. & 45-mins., DVD, Crime, Drama.)

Starring Henry Fonda. A true story of an innocent man mistaken for a criminal. **Susan Tahara.**

Date: Friday, August 8

Time: 11:15 a.m.

Place: MSC, room 207

Cost: Donation

MOVIE: "SAVING MR. BANKS" (2013)

(2-hrs. & 5-mins., DVD, Biography, Comedy, Drama.

Rated PG-13 for thematic elements including some unsettling images.)

Tom Hanks and Emma Thompson bring to life the untold true story about the origins of one of Disney's classics. Determined to fulfill a promise to his daughters, Walt Disney tries for twenty years to obtain the rights to "Mary Poppins." Only when he reaches into his own childhood does Walt discover the truth about the author, and together they work to make the book come alive.

Date: Friday, August 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. MSC - \$2; MCC - \$5; Non-m - \$8

Date: Saturday, August 2 & Sept. 6

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 14(Beg) & August 7(Adv)
Time: 9:00 am Place: MSC, room 209
Cost: Supplies

CRAFT WORKSHOP: BEADING

This month's beading project is a bracelet. LIMIT: 15
Date: Thursday, August 21 Time: 9:00 a.m.
Place: MSC, room 209 Cost: Supplies

SEMINAR: ESTATE PLANNING PRESERVATION AND YOU & MEMORIAL PRE-PLANNING - PROTECTING AND SPARING YOUR FAMILY

Estate Planning Preservation and You

What happens to your family when you:

- *Die without a Revocable Living Trust?
- *Become Incapacitated without a Revoable living Trust?

How to preserve your family's assets with a Revocable Living Trust.

(By Dean M. Park, Principal, Attorney at Law, Estate Planning Group, LLC)



Memorial Pre-Planning - Protecting and Sparing Your Family

- *Knowledge about the details of the funeral and its costs
- *The processes involved with planning a funeral and the list fo things that immediately need to be done,
- *Eliminate guesswork! Your preference and the best way to carry them out.
- *What happens if I die while traveling?

(By Pamela L. Muraoka, NFDA Certified Pre-Planning Consultant, Hosoi Life Plan, Inc.)

Date: Monday, August 11 Time: 9:30 a.m.
Place: MSC, room 202 Cost: Donation

SEMINAR: HURRICANE PREPAREDNESS

Hurricane Season is from June though November. The National Hurricane Center states, "by knowing your vulnerability and what actions you should take, you can reduce the effects of a hurricane disaster." Attend this seminar by John Cummings III, Department of Emergency Management, City & County of Honolulu to learn how you can be prepared for a disaster.

Date: Tuesday, August 26 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation



SEMINAR: DIABETES

Type 2 Diabetes is a lifestyle-driven disease which today is epidemic in Hawaii and throughout our nation. Learn how

good health habits can protect you from this large preventable disease. If already diagnosed, learn ways to reduce the risks and improve quality of life. Presented by Anne Chipchase from 'Ohana Health Plan.

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

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

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, August 13 Time: 9:00 a.m. - noon
Place: MSC, room 102



HIKE: MANOA CLIFFS

A moderate 3 1/2 mile hike in proximity to downtown Honolulu yet surrounded by lush vegetation. Hike around Tantalus with views of Honolulu and Manoa. **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.** MAXIMUM: 5

Date: Wednesday, August 13 Departure Time: 8:30 a.m.
Return Time: 3:00 p.m. Cost: \$5.00

EXCURSION: SUMIDA WATERCRESS FARM

Join us as we take a tour of the watercress farm where David Sumida will show us their facilities, equipment and machineries. He will demonstrate how to plant and harvest watercress and explain the farm operations. If you would like to purchase watercress for \$2.50 per bunch, orders need to be made to the senior office by noon, August 14. Lunch on your own at Pearlridge Shopping Center(Uptown). MAXIMUM: 24. For your information, David Sumida said this would be the last public tour he will be doing.

Date: Thursday, August 21 Departure Time: 8:30 a.m.
Return Time: 12:45 p.m. Cost: \$7.50 (Trans.)

EXCURSION: THERAPEUTIC HORSEMANSHIP OF HAWAII #2

Take a ride out to Waimanalo to learn about how therapeutic

horsemanship can improve the life of an individual's mind and body using horses as a tool. Lunch on your own at Enchanted Lakes Shopping Center. MAXIMUM: 14.

Date: Wednesday, August 27 Departure Time: 8:45 a.m.
Return Time: 12:45 p.m. Cost: \$5.00 (Trans)

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203



Ribbon/Crochet Lei Making with Coryn Tanaka. Began 7/25, 10 weeks, Fridays, 9:30 am - 12 noon, room 102. Bring sharp pair of scissors, container, and ballpoint pen. Supplies payable to instructor. Cost: \$20 - MSC seniors; \$30 - MCC members; \$35 - Non-members.

Adult Hula Auana with Kumu Hula April Chock. Began 7/19, 10 weeks, Saturdays, 9:30 am - 11 am, room 105. Learn modern hula. Wear loose clothing. Cost: \$20 - MSC seniors; \$35 - MCC members; \$40 - Non-members.

Specialized Aerobics with Faye Fukuhara. Mondays, 5:30 pm - 6:30 pm, room 305, 10-week session began 6/16 and the next session will begin 9/08. Excellent class for all ages, focuses on cardio exercise, muscle tone, range of motion, warm-ups, floor exercise, & cool downs. Bring towel/water. Cost: \$30 - MSC & MCC members; \$40 - Non-members.

Japanese/Okinawan Doll Making, Oshie & Kimekomi with Masako Ogawa. 6-week class began Saturday, July 19, 9:30 am - noon or Wednesday, July 23, 10 am - 12:30 pm 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; \$45 - Non-member. Need to pre-register.

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 to registered participants in the nutrition program. Participants are given an opportunity to make a donation to the program and all contributions are used to support Lanakila's Group Dining nutrition program. To register to participate - come to MCC, room 105 on weekdays from 8:00 a.m. to 12:00 p.m. and see Gerath for more information or to register in the program.

Looking for a volunteer to assist and serve lunches to participants on Mondays and Thursdays from 10:30 a.m. to 12:00 p.m.

"Love, compassion and concern for others are real sources of happiness".



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:



"SENIORS HELPING SENIORS" basic computer class for senior citizens. Sponsored by the Great Aloha Run and Harry & Jeanette Weinberg Foundation computer Center. FREE 2-hour class to learn basic computer concepts. Instructors are volunteer students, led by Terilyn & Taryn Chang; Ms. Rene Mansho is the volunteer coordinator. RESERVATIONS REQUIRED; MUST CALL RENE @ 291-6151. Class dates are August 2, 4, 6, 8, 11, 13, & 15. Various Time: 9 am, 12 pm & 2:30 pm. Place: Carol Kai Charities, Inc. Office, 418 Kuwili St., Suite 102. Classes are 2 hours, and repeat classes are unlimited. Intermediate classes will be offered after mastery of basic skill is demonstrated. **Virg Pabro.**

Our wishes to our *July* birthday participants.

ARAKI, MARIS
AUYONG, JOANN
CRANDALL, AIKO
DANG, HELEN
FUJIMOTO, MICHIE
FUJISAWA, THELMA
FUNG, PATRICK
GOYA, TSUNEO
HEWITT, KIYO
KAWAKAMI, JOAN

LEE KIYABU, SABRINA
LIU, DAVID
MARUYAMA, NOBUKO
MEYER, CHUNG-WON
MOTOOKA, CYNTHIA
NAGATA, NIKKI
NAITO, EARL
NAKAMA, DOROTHY
NAKAMURA, MARILYN
NAKATA, SUEMI



NOBORIKAWA, DOREEN
OBA, LAURA
OGATA, KAZUMA
PARKER, ELIZABETH
ROBERTS, HARRIET
ROGERS, SHIRLEY
SAKURAI, LILY
SAN MIGUEL, ROSALINA
SHEN, EUGENE
SHIMOYAMA, EMIKO
SHINSATO, MYRIS
TACHI, HISAE



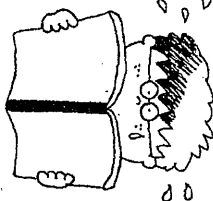
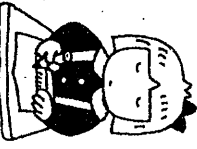
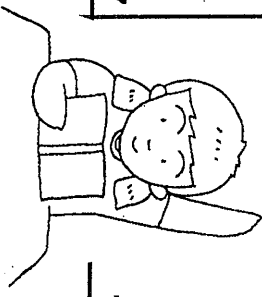
TAMURA, CAROLYN
TASAKA, HIRAM
THEODORE, HAZEL
TOMA, JEAN
TSUCHIDA, SHIGEKO
UYEMURA, GRACE
UYETAKE, JOHN
WENTWORTH, ELEANOR
YAMAGUCHI, MASAKO
YOUNG, CHEE



Molili Senior Center
Schedule of Special Events
August 2014



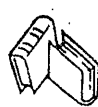
Days to remember in August:
 15 - Statehood Day - CENTER CLOSED
 19 - National Aviation Day
 26 - Women's Equality Day

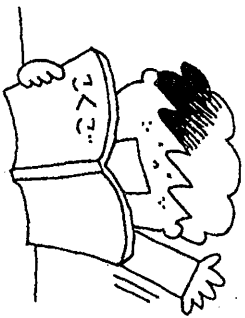

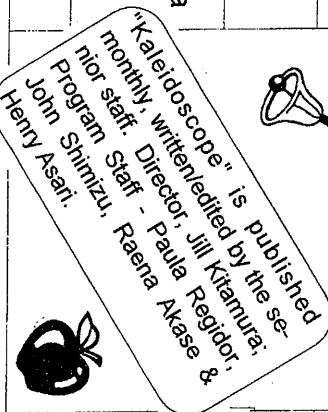
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
❖ <i>Cataract Awareness Month</i> ❖ <i>Foot Health Month</i> ❖ ❖ <i>National Golf Month</i> ❖ <i>National Parks Month</i> ❖						
3	4	5	6	7	8	9
	Seminar: Estate Planning Preservation and You & Memorial Pre-Planning - Protecting and Sparing Your Family 9:30 am Rm 202		 Hike: Manoa Cliffs 8:30 am Haircuts 9 am Rm 102	Craft Workshop: Kumihimo - Adv. 9 am Rm 209 Chair Massage	Classic Movie: "The Wrong Man" 11:15 am Rm 207	Craft: Chigiri-e 9 am Rm 202
10	11	12	13	14	15	16
				Excursion: Sumida Watercross Farm 8:30 am Craft: Beading 9 am Rm 209 Chair Massage	Holiday! Statehood Day Center Closed	
17	18	19	20	21	22	23
		Seminar: Hurricane Preparedness 9:15 am Rm 105	Excursion: Therapeutic Horsemanship of Hawaii #2 8:45 am	Fabric, Yarn & Notions Sale 10 am - 1 pm Rm 209 Chair Massage	Seminar: Diabetes 9 am Rm 105	
24	25	26	27	28	29	30
31						





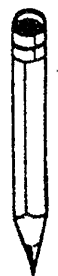
Moliiili Senior Center Class Schedule August 2014



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)
8:00-9:00 Beg. Tai Chi (Room 305)	8:00-9:00 Ki-Coord. (Room 305)	8:00-9:30 Mimyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	8:30-10:30 Hanafuda (Room 209)
8:30-11:00 *Conv. Eng. (Beg/Int)(Rm 202 9/2014	8:00-9:00 Blood Pressure (Room 102)	8:30-11:00 *Conv. Eng. 9/2014	8:00-9:00 Began 2012 (Room 105)	9:00-11:00 Painting (Room 207-8)
9:00-12:00 Haw'n Quilt Bee (Rm 209)	8:00 - 9:30 Beginners 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 (108) (Room 305)	FULL	9:00-10:00 Tai Chi(108) (Room 305)	9:00-10:30 Rhythm & Life (Int. III)	9:30-12:00 +Ribbon/Croch. (Room 102)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	8:30-10:30 Crochet (Room 207-8)	9:15-10:00 Group Singing (Weinberg)	Closed	Began 7/25 Lei Making (Room 102)
10:00-10:30 R&L Chair Exer. (Room 105)	9:30-11:00 Closed	FULL	9:00-10:30 Ukulele Prac. (Room 105)	10:00-10:30 R&L Chair Exer (Room 105)
10:30-11:30 Qi Gong/ Self Massage (Weinberg)	10:45-11:45 Soboran (Room 209)	9:30-11:30 *Sumie (Room 209)	12:00 - 2:30 *Citizenship (Room 202)	10:00-11:00 Solo Ukulele I (Room 202)
Began 7/7 Buyo & Enka (Weinberg)	10:00-11:15 Okinawan Dnc. (Weinberg)	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)
5:30 - 6:30 +Spec. Aerobics Began 6/16 (Room 305)	12:00-2:30 Karaoke (Room 209)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)	No classes in August. Check to see if classes resume in September.	11:15-12:15 Solo Ukulele II (Room 202)
+ Tuition based classes. Walk-in fee \$5.	12:00-1:30 Kenbu Senbu Shigin (Room 207)	Began 7/23 Rhythm & Life (Beg.) (Room 305)		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.		Began 4/2 Roy Otake Karaoke Ohana (Room 209)		Closed
		1:00 - 3:00 Kitsuke (Weinberg)		Saturday 9:30 - 11:00 +Adult Hula Auana (Room 105)
				9:30 - 12:00 +Jpns/Okwn Doll Making & Oshie (Room 207-8)

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. If you qualify, the maximum real property tax owed would not exceed 3% of income (75 and older) or 4% (under age 75). Eligibility Requirements: Homeowners 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 \$50,000. To apply, complete an application which is available at

the following locations: Satellite City Halls, Treasury Division at Honolulu Hale, Tax Relief Section at the Standard Financial Bldg, or on line @http://www.honolulu.gov/budget/Treasury_division.htm. Deadline to submit application is September 30. You must file annually for this credit. For more information contact the Real Property Tax Relief Office at 768-3205.



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