



Kaleidoscope



August 2013
Vol. XXIV 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:

Thank you for your patience with the parking during the all-day summer program. We got through the summer safely.

WANTED: ISSEI, NISEI and especially those who experienced being in the internment camps. Nagoya university students will be here on September 4, Wednesday in the morning and want to interview and discuss with you regarding adjusting to life here and the experiences you had. Sign up in the senior office, room 203. We will get back with you with more details as the date gets closer. Thank you.

Thanks to MSC volunteer, Kamu, MCC has much improved gardens in front of the main office, in the courtyard, on the second floor, and ewa of room 105. If you appreciate the roses or smell the white ginger, see the constantly blooming miniature water lilies and want to express your feeling, write them down and, or sign your name to a thank you card in room 203. He comes at pau hana time Mondays, Wednesdays, Fridays and on Saturdays mornings if you want to give him a pat on the back or discuss gardening.



Apologies! The special KHON-TV filming of the Chair exercise on July 11 will NOT be aired due to some technical difficulties. Filming to be rescheduled for a later date.

Reminder: MCC FUNDRAISER-ZIPPY'S TICKETS redeemable through **August 21, 2013**. for any of the following: Chili - regular, vegetarian, or beanless; Portuguese bean soup; Meat sauce; or Frozen cookie dough. **Thank you** for your help with the Fund raiser for all MCC programs.

Free Technology/iPad class: Want to learn to use an iPad? DataHouse staff has set up a 4-session course to introduce you to the iPad, from basics to games and communication. If you've been thinking of purchasing a tablet device, this is a chance to learn to use the iPad tablet. Thursdays, Sept. 12 - Oct. 3, 10-11 am, at their office (Ala Moana Pacific Center). Max: 5 students. Sign up, rm. 203. Transportation provided.

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.



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.

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.

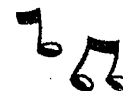
MAHALO! MAHALO! MAHALO! to performers:

*Kenbu Senbu Shigin members at Central Union Church Adult Day Care.

*Minyo Dance members at Hale Malamalama.

*Rhythm & Life members at Leahi Hospital.

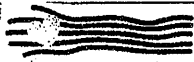
*RLC Niko Niko Genki Club members at Moiliili Senior Center, Lanakila Senior Center, Makua Alii, Makiki Christian Church & Magic Island.



FYI... Every Wednesday at 8:30 a.m. the RLC Niko Niko Genki Club together with the NHK Radio Taiso group has an exercise class for people from Japan as well as for local people at Magic Island, Ala Moana. Come and join us. For more information, call Faye Murata at 735-1323.

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:



GIVE ALOHA - Foodland's annual matching gifts program. Make a donation to **MCC code 77106** at any Foodland or Sack n Save check out September 1 - 30 with your Maika'i card, to a cumulative total to \$249 per person/organization, foundation will match to maximum. Thank you.

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.

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: Friday, August 9
Place: MSC, room 207



Time: 11:15 a.m.
Cost: Donation

MOVIE: "JACK THE GIANT SLAYER"

(1-hr. & 54-mins., DVD, Adventure, Fantasy. Rated PG-13 for intense scenes of fantasy action violence, some frightening images and brief language.)

Starring Nicholas Hoult & Ewan McGregor. An amazing new take on the classic fairy tale. *Jack the Giant Slayer* relates the brave exploits of Jack, a poor young farmhand who unwittingly reopens a gateway between the human world and a fearsome race of giants. **Stella Saito.**

Date: Friday, August 23
Place: MSC, room 207

Time: 11:15 a.m.
Cost: Donation

CRAFT WORKSHOP: CHIGIRI-E

The Japanese style of doing a collage picture by tearing washi paper to form. Workshop for all ages and levels. **LIMIT: 12.**

Date: Saturday, Aug. 3 & Sept. 7
Place: MSC, room 202

Time: 9:00 a.m.
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, Aug. 8 (Beg) & Aug. 1 (Adv)
Time: 9:00 am

Place: MSC, room 209



Cost: Supplies

CRAFT WORKSHOP: BEADING

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

Date: Thursday, August 15
Place: MSC, room 209

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

SEMINAR: LEARN ABOUT NUTRITION - SENIORS - SNAP - EDUCATION SERIES

Join our free nutrition education classes and learn about nutritious foods, how to plan meals and shop for you and your family. Learn how to budget and save money. There are only 2 classes left in this 4-part series. If you have not attended any of the classes, you must at least attend the class on the 13th to participate in the last class. If interested, please sign up so the presenter will know how much handouts to

bring. Sponsored by the UH, Cooperative Extension Service. August 13 - Microwave Cooking, August 20 - Food Keeper.

Date: Tuesday, August 13 & 20 Time: 9:00 a.m.
Place: MSC, room 105 Cost: Donation

**SEMINAR: INFORMATION REGARDING
CANCER FOR HAWAII SENIORS**

Come and hear Anne Chipchase from 'Ohana Health Plan talk about Cancer among older adults. Learn about your risk factors and how you can reduce them to live longer, stronger, healthier lives.

Date: Friday, August 23 Time: 9:00 a.m.
Place: MSC, room 105 Cost: Donation



DEMONSTRATION: YOGA

De-stress and calm your mind through unique stretching, breathing and meditation. Dahn Yoga offers simple exercise suitable for all ages, body types and physical conditions. Classes include Korean style power yoga, tai chi and meditation. Beginners are welcome. Come join us and have fun moving your body! If there are enough people interested in this class, it will become a regular weekly class.

Date: Friday, August 23 Time: 11:00 a.m.
Place: MSC, Weinberg Studio 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 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, August 14
Time: 9 a.m. - noon Place: MSC, room 209

HIKE: KOOLAUPOKO - WAIMANALO

A strenuous 4 to 5-mile hike traversing the back of Maunawili Valley. Nice views of the windward side of the island. Experienced walkers only. **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: Monday, August 12 Departure Time: 8:30 a.m.
Return Time: 3:00 p.m. Cost: \$5.00



EXCURSION: H-POWER

Learn more about the "energy-to-waste" process. We will start off watching a video than take a plant tour. Everyone that will be going on the tour needs to sign a Release and Disclosure Agreement form. Long sleeve shirts, long pants and covered shoes are to be worn when going on the tour of the facility. Hard hats and protective eye wear will be provided by the facility. Lunch on your own in Kapolei. **MAXIMUM: 14**

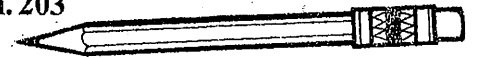
Date: Monday, August 19 Departure Time: 9:00 a.m.
Return Time: 1:15 p.m. Cost: \$5.00 (Trans.)

**EXCURSION: GEOBUNGA - CONTAINER
GARDENS**

Geobunga is a resource for green thumbs of all ages looking to enhance their outdoor experience. Join us as we take a store tour and find out how to create beautiful miniature gardens in containers. Lunch on your own at the Salt Lake Shopping Center. **MAXIMUM: 14.**

Date: Wednesday, August 28 Departure Time: 9:30 a.m.
Return Time: 12:35 p.m. Cost: \$4.00 (Trans.)

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



***NEW CLASS: GROUP SINGING**, Wednesdays, 9:00 - 9:45 am, Weinberg Studio. Class may start in January 2014. If interested, sign up in the senior office. We need a minimum of 10 people to start the class.

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Began 7/5, 10 weeks, Fridays, 9:30 am - 12 noon, room 102. Supplies payable to instructor. Cost: \$20 - MSC seniors; \$30 - MCC members; \$35 - Non-members.

***Adult Hula Auana** with Kumu Hula April Chock. Began 7/6, 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 6/24. Cost: \$30 - MSC & MCC members; \$40 - Non-members.

***Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class began Saturday, July 27, 9:30 am - noon or Wednesday, July 31, 10 am - 12:30 pm, room 207-8. 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.

***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

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, also on Thursdays to check in lunches and help with the paper work. 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.

VOLUNTEERS WANTED: Looking for responsible, regular volunteers for the Thrift Store. Help needed Thursdays, Fridays & Saturdays, 9 am - noon and/or noon - 3 pm. If interested, see Bonnie at the Thrift Store.

COMMUNITY ANNOUNCEMENTS:

"Take Charge of Your Money3!" financial education on TV series airs on Oceanic channel 354 and 355 and QEM digital 46.55 on Fridays at 8:30 p.m. "Take Charge of Your Money3!" highlights info on important consumer finance topics that everyone should know about. SEE MSC bulletin boards for topics, air dates. **Florence Wong.**

AGING IN HAWAII CLASSES by Attention Plus Care. End-Of-Life Care at Home - Tues., Aug. 27; Prevent Falls - Mon., Sept. 23; Safety for Seniors - Tue., Oct. 22. Location: Attention Plus Care, 1580 Makaloa St., Suite 1060. Call 440-9372 for reservations and class time.

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% or 4% of your income, depending on your age. 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 for the Tax Credit Program, applications will be available at the following locations in early July: 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 Application deadline is September 30. You must file annually for this credit. For more information contact the Real Property Tax Relief Office at 768-3205.

"SENIORS HELPING SENIORS" basic computer class for senior citizens. Sponsored by the Great Aloha Run and Harry & Jeanette Weinberg Foundation Computer Center. Seniors are invited to sign up for a free 2-hour computer class to learn basic computer concepts that include: e-mail, use of the internet, composing documents, and just having fun being comfortable with computers. Instructors are students volunteering their services to help our kupuna, led by Ms. Teralyn Chang, and Ms. Rene Mansho is the volunteer coordinator. **RESERVATIONS ARE REQUIRED. YOU MUST CALL RENE @ 291-6151.** Classes run through August: 2, 3, 5, 8, 10, 12, 14, 16. Various Time: 9 am. Place: Carole Kai Charities, Inc. Office, 418 Kuwili St., Suite 102, Honolulu, Hawaii 96817. Classes are one-time only, and repeat classes are unlimited. Intermediate classes will be offered after mastery of basic skills is demonstrated.

Mark your calendar: 10th Annual Community Clean-up, Kaimuki High School, Saturday, October 19, 2013, 9:00 am - 1:00 pm. Hold your recyclables for this date and for further info on acceptable items. Benefits 3 organizations.

Our wishes to our **August** participants.

CHEE, SARA
DONNAN, MURIEL
FURUICHI, JEAN
FURUKIDO, ROBERT
HEE, RICHARD
HOSHIO, TOSHIKO
HURST, ILSE
INAGAMI, SHIZUYO
ISHIKAWA, JEAN
KAJIOKA, EDWINA
KAYA, YVONNE



KIMURA, BERNICE
KING, CELIA
KITAHARA, KATSUMI
KITASHIRO, GEORGE
KOBAYASHI, YAEKO
KONG, ANNA
KUBOTA, RITA
LAM, RUTH
LEONG, JANET
MATSUMOTO, GENICHI
MATSUYAMA, ANN



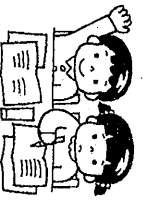
MAYEDA, TERRY
MURATA, FAYE
MURATA, OSAMU
NAGLE, ALICE
NAKASONE, ELLEN
NEKOTA, MERLE
NESNOW, JUNE
OKIMURA, ALMA
PYUN, JEUNG-OK
SAITO, LINDA
SATO, MIYOKO
SEKIYA, ALICE



SHINODA, BEATRICE
SILVA, ELAINE
TAGUCHI, ARLEEN
TAKAHASHI, AMY
TAMURA, LUCILLE
TANAKA, SAKUE
TOYAMA, PATRICIA
UWAINE, AIMEE
UYEHARA, KAY
WADA, JOYCE
YAMAMOTO, MARSHA
YUEN, LINDA



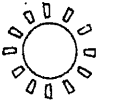
**Molili Senior Center
Schedule of Special Events
August 2013**



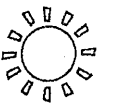
Days to remember in August:




- 16 - Statehood Day - Center Closed.
- 19 - National Aviation Day
- 26 - Women's Equality Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* Cataract Awareness Month * Foot Health Month * * National Golf Month * Medic Alert Month *						
4	5	6	7	8	9	10
	Hike: Koolaupoko - Waimanalo 8:30 am	Seminar: Learn About Nutrition #3 - Microwave Cooking 9 am Rm 105	Haircuts 9 am - 12 noon Rm 202	Craft: Beading 9 am Rm 209 Chair Massage 10:30 - 12 noon Rm 302	Video: "The Untold Story: Internment of Japanese Americans in Hawaii" 11:15 am Rm 207	Craft: Chigirie 9 am Rm 202
11	12	13	14	15	16	17
Excursion: H-Power 9 am	Blood Pressure Reading 8 am Rm 102 Seminar: Learn About Nutrition #4 - Food Keeper 9 am Rm 105		Chair Massage 10:30 - 12 noon Rm 302	HOLIDAY! Statehood Day Center Closed		Seminar: Information Regarding Cancer for Hawaii Seniors 9 am Rm 105 Demonstration: Yoga 11 am Weinberg Studio Movie: "Jack the Giant Slayer" 11:15 am Rm 207
18	19	20	21	22	23	24
25	26	27	28	29	30	31
			Excursion: 9:30 am Geobunga	Chair Massage 10:30 - 12 noon		



Moliiili Senior Center Class Schedule August 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 FALL FULL (Room 105)	7:30-1:00 Mah-Jongg (Room 207-8)	8:00-9:00 Ki-Coord. (Room 305)
8:30-11:00 *Conv.English (Beg/Int)(Rm202)	8:00-9:00 Ki-Coord. (Room 305)	8:00-9:30 Mlnyo 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 Blood Pressure (Room 102)	8:30-11:00 *Conv.English (Beg/Int)(Rm202)	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 (Weinberg)	9:00-11:00 Shodo (Room 104)	9:00-11:00 Beg. Japanese (Room 202)	9:00-10:00 Tai Chi for Arthritis (Weinberg)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	Began 1/2013 Beginner's Line Dancing I (Weinberg)	9:00-10:00 Tai Chi(Adv) (Room 305)	9:00-10:30 Rhythm & Life (Int.III)	Began 5/6 +Ribbon/Croch. (Weinberg)
Began 5/6 R&L Chair Exer. (Room 105)	FULL Line Dancing I (Weinberg)	9:15-10:30 Mlnyo Danc(Beg) (Room 105)	Closed Ukulele Prac. (Room 305)	Began 7/5 Lei Making (Room 102)
1:00-3:00 Buyo & Enka (Weinberg)	8:30-10:30 CROCHET (Room 207-8)	9:30-11:30 *Sumie (Room 209)	9:00-10:30 *Citizenship (Room 105)	10:00-10:30 R&L Chair Exer (Room 105)
5:30-6:30 +Spec. Aerobics (Room 305)	9:30 - 11:30 Borsai (Room 104)	10:00-11:30 Beginner's Line Dancing II (Weinberg)	12:00 - 2:30 *Citizenship (Room 202)	12:00-1:30 Rhythm & Life (Beg.I) (Room 305)
Began 6/24	9:30-11:00 Rhy/Life(Int.I) (Room 305)	FULL Doll Making & Oshie (Room 207-8)	1:00-2:30 Line Dancing (Room 105)	Closed
	10:45-11:45 Soroban (Room 209)	10:00-12:30 +Jpns/Oknwn Doll Making & Oshie (Room 207-8)	Reminder: No class the last Thur. of the month.	Attention: If you find your name in bold print, in this newsletter, come to the senior office.
+Tuition based classes. Walk-in fee \$5.	10:00-11:15 Okinawan Dnc. (Weinberg)	Began 7/31 Rhythm & Life (Int.II) (Room 305)		
*DOE Classes are provided by McKinley Community School for Adults.	12:00 - 2:30 *Citizenship (Room 202)	11:00-12:30 Rhythm & Life (Int.II) (Room 305)	"Kaleidoscope" is published monthly. Written/edited by the senior staff. Director, Jill Kitamura; Program Staff - Paula Regidor, Raena Akase & Henry Asari.	
Citizenship & English classes - \$20 enrollment fee. Additional fees applied to new English class students.	12:00-2:30 Karaoke (Room 209)	12:00-2:00 Karaoke Ohana (Room 209)		
Sumie - \$60.	12:00-1:30 Kenbu Senbu Shigin (Room 207)	1:00-3:00 Kitsuke (Weinberg)		
	12:00-1:30 Sewing Crafts (Room 208)			

INTERGENERATIONAL HANAFUDA TOURNAMENT, Celebrating

National Grandparents' Day, Sunday, September 8, 8:30 am - 3:00 pm, Manoa Public Library. A benefit for the Friends of Manoa Public Library. Early registration deadline is August 30, \$6 for Senior Partner and \$6 for Junior Partner. Registration on tournament date is \$8 each. Each team shall consist of a senior and junior partner (minimum 20 years apart in age). Free lessons and practice sessions will be Sat., Aug. 24, 12:30 - 2:30 pm at the Community Room of the Manoa Valley District Park (Enter parking for upper gym area from Manoa Rd, before Manoa Elem. Do not enter through Kaipu St.) and Wed., Aug. 28, 6:30

-8:30 pm at Noelani Elem. Tournament rules are on the back of the registration form. Forms are available in the senior office. For more information or questions, contact: hanafudahawai@gmail.com or Helen at (808)927-0993.

CATHOLIC CHARITIES HAWAII TRAVEL TRAINING, One-to-one

travel training instruction for seniors who wish to use TheBus for some or all of their trips. Catholic Charities staff will design a training program just for you that will show you how to safely get to doctor appointments, shopping, senior centers, church and more. Travel training is FREE. For more information, call 527-4777.

