



Kaleidoscope



May 2014
Vol. XXV No. 5

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:

PARKING ALERT: Public schools close on May 29th. Children will be here at the center for all day care from May 30 ~ July 25th. Limited parking. Be dropped off, take the bus, or carpool. Also, **YOU** need to be aware of what is happening around you: **YOUR SAFETY!!!** Don't be in a rush when being dropped off at the Center. Have your driver pull up to the parking lot attendant and the tree, not in the middle of the driveway in the tunnel or in front of the ramp. Watch for vehicles backing up -- you are **NOT** stronger or faster or larger than a vehicle; don't try to walk around the back of the vehicle especially when it is backing up. **BE AWARE! BE PATIENT! BE SAFE!** Thank you!

letter from the President of the United States. *Congratulations* to all of you and *Thank you* for your sharing of your time and talents!



WALKERS! The 36th 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 programs have benefitted from this.

BENEFIT SHOW FOR MOILILI SENIOR CENTER



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

Hawaii's 4th 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!

Performance:
Iolani School Lower School Advanced Orchestra and "Save the Music Tree Club"
Join us for beautiful and lively music that is guaranteed to heal your soul!

Friday, May 2
Noon - 12:30 p.m.
MSC, room 105

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.

Retired Senior & Volunteer Program held their Recognition Award and Luncheon on March 28th at Tsukiji Fish Market and Restaurant. 5 MSC members were recognized for their years of service: Shizue Ishihara, 25 years; Noriko Kasahara & Kuni Morita, 20 years per; Stella Saito, 10 years; and Anna Kong, 5 years.

Also on April 3rd, during the Mayor's Day of Recognition of National Service, Mayor Caldwell presented 4 of our members with the Presidential Service Award for lifetime service recognizing those who served 4,000 hours or more. Ayako (Kay) Doi, Amy Ibaraki, Myrtle Nanbara, and Stella Saito received a lifetime pin, a personalized certificate, and a

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.



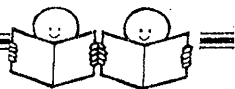
Senior Helpline phone number **768-7700**, for the island of Oahu: They can assist you in finding the resources or information you may need.

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, RSVP Luncheon, Palolo Chinese Home, Central Union Church & Olaloa Retirement Community.
- *Minyo Dance at Nuuanu Hale.

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 appreciate and thank those who have donated items to be used for the Silent Auction and boutique sales. We look forward to a successful fund raiser.

VOLUNTEERS WANTED: Looking for responsible, regular volunteers for the Thrift Store, especially Thursdays, Fridays or Saturdays. 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 HUNCHBACK OF NOTRE DAME" (1939)

(1 hr. & 57-mins., DVD, Drama, Romance.)

Starring Charles Laughton & Maureen O'hara. In 15th century France, a gypsy girl is framed for murder by the Chief Justice, and only the deformed bellringer of Notre Dame Cathedral can save her.

Date: Friday, May 9



Time: 11:15 a.m.

Place: MSC, room 207

Cost: Donation

MOVIE: "12 YEARS A SLAVE"

(2-hrs. & 14-mins., DVD, Biography, Drama, History.)

Rated R for violence/cruelty, some nudity and brief sexuality.)

Starring Chiwetel Ejiofor & Michael K. Williams. An award winning movie based on a true story of one man's fight for survival and freedom. In pre-Civil War United States, Solomon Northup, a free black man from New York, is abducted and sold into slavery. Facing cruelty as well as unexpected kindness, Solomon struggles not only to stay alive, but to retain his dignity. In the twelfth year of his captivity, Solomon's chance meeting with a Canadian abolitionist will forever alter his life.

Date: Friday, May 23

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, May 10 & June 7

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, May 8(Beg) & May 1(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, May 15 Time: 9:00 a.m.
Place: MSC, room 209 Cost: Supplies

CRAFT: WORKSHOP: LOVE KNOT NECKLACE (CROCHETED)

Learn to make an elegant crocheted love knot necklace. Make one necklace for MSC, then one for yourself. Taught by Elaine Silva. BRING: G needle & scissors.
Date: Thursday, May 22 Time: 9:00 a.m.
Place: MSC, room 209

CRAFT WORKSHOPS with Haruko Sugitani

Haruko is back from Japan to present several classes. Need to pre-register, room 203; deadline May 30. Class fee: \$22 - MSC; \$25-MCC; \$30-non-member. Pick up list of supplies to bring when signing up. Cost for materials due in cash at start of class. All classes held at MCC, room 202.

Kyou Koma Zukuri (Japanese top)

Date: Friday, June 20 Time: 2:30 - 5 pm
Supply fee: \$20

Learn to make this top from paper, cord, material, newspaper; use as a decoration, chopstick rest, or an original top to spin.

Tsumamizaiku kiso I & II, III, IV (round, pointed, double petal flowers)

Date: Saturday, June 21 Time: I & II - 9 - 11:30 am
III, IV - 8:30 - 11:30 am

Supply fee: \$23 - includes tweezers; \$20 - no tweezers
I & II: create a round petal flower pendant & a butterfly pin with pointed wings. III - round double petal flower into a *kanzashi*; IV - double pointed flower hair ornament.
Must take each level in succession before the next one.

Tsumamizaiku Ichirin no Hana accessory

Date: Saturday, June 21 Time: 12 - 2:30 pm
Supply fee: \$23 - includes tweezers; \$20 - no tweezers

Create a beautiful hair or pin accessory.

Tsumamizaiku Sakura (cherry blossom)

Date: Saturday, June 21 Time: 3 - 5 pm
Supply fee: \$23 - includes tweezers; \$20 - no tweezers



Create the sakura flower accessory; use as a bag charm, pierced earrings, etc. **Mary Fujihara.**

SEMINAR: HEALTH LITERACY

In this presentation, HMSA Customer Relationship Manager Mary Vorsino will discuss the importance of understanding how health insurance works, talk about common health insurance terms and concepts, and give you tips you can use to prepare for a visit to your doctor.
Date: Monday, May 19 Time: 9:30 - 10:15 a.m.
Place: MSC, room 202 Cost: Donation

SEMINAR: COLORECTAL CANCER

Colorectal Cancer! Not on top of anyone's favorite topics list. But it is a vital subject that needs to be discussed, particularly by older people in Hawaii. It is one of the three top cancer killers among both men and women in our island home. Hear Anne Chipchase, from Ohana Health Plan, address the subject and learn how to decrease your risk.
Date: Friday, May 23 Time: 9:00 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: GOT HEART BURN!

If you or someone you know suffers from chronic heart burn, it can be more than an inconvenience. Heart burn, acid reflux (also referred to as gastroesophageal reflux disease or GERD), and Barrett's esophagus and digestive disorders, if left untreated, can progress to more serious conditions. Some heartburn sufferers may develop a condition called Barrett's esophagus. Medication to treat heart burn can hide the symptoms of Barrett's esophagus and many people may not know they have the disease. Want to learn about Heart Burn, Acid Reflux and the treatment options? Come join us for an informative talk given by Dr. Russell Yang, Gastroenterologist from Queen's hospital.

Date: Tuesday, May 27 Time: 9:15 - 10:00 a.m.
Place: MSC, room 105 Cost: Donation



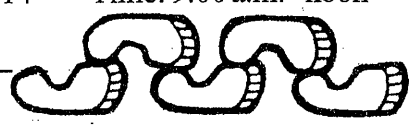
Free 3-MINUTE MASSAGE by Sadaji Oi, licensed massage therapist who studied Swedish massage, lomi lomi, and shiatsu. Suggested: \$1/min. after first 3 minutes. Call 599-4237 for an appointment, leave a message. If no appointments are scheduled, Sadaji will not come.

Date: Thursdays
Time: 10:30 - noon Place: MSC, room 303

MASSAGE THERAPY - by Linda Manning, licensed and insured massage therapist. Therapies are gentle and work with reflexes for posture, better balance, pain prevention,

range of motion and health. Massage time is unlimited and free within the time frame that she is at the center. She can work on people standing, seated or laying down.
 Dates: Tuesday, May 13, 20 & 27 Time: 9:00 a.m.
 Place: MSC, room 202

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, May 14 Time: 9:00 a.m. - noon
 Place: MSC, room 102




HIKE: AIEALOOP
 A fairly easy 4.5 mile ridgeline hike along the upper end of Aiea State Park. Walk is through a well forested area with views of Halawa Valley, Honolulu and Pearl Harbor.
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: Wednesday, May 14 Departure Time: 8:30 a.m.
 Return Time: 3:00 p.m. Cost: \$5.00

EXCURSION: MARDI GRAS FOLLIES 2014
 Once again, we are lucky to be invited to see Jack Cione's 9th Annual Follies held at Arcadia Retirement Residence. Come spend the afternoon with us and be treated to a spectacular show. MAXIMUM: 14. **Wayne Chang.**
 Date: Thursday, May 15 Departure Time: 2:20 p.m.
 Return Time: 4:45 p.m. Cost: \$3.00 (Trans.)

EXCURSION: HANAUMA BAY NATURE PRESERVE
 Experience the Hanauma Bay Education Program: a 45-minute program about conservation, ocean safety, marine life, the history of the area, reminiscing and more. After the tour, for those who want to go down to the beach, the tram fee is \$2.00 for a round trip. We are scheduled to be at the bay from 9:00 a.m. - 11:00 a.m. Lunch on own at a nearby

shopping center. MAXIMUM: 14. BRING: Hawaii Resident ID.
 Date: Thursday, May 29 Departure Time: 8:20 a.m.
 Return Time: 12:45 p.m.
 Cost: \$5.00 (Trans) If you are a non-resident, you must pay an admission fee of \$7.50.

CLASS/ACTIVITY ANNOUNCEMENTS:
Sign up Senior Office, rm. 203
 ***Rhythm & Life, Beginners**, started April 2, Wednesdays, 11 am - 12:30 pm., room 305. Wear comfortable clothing, shoes, bring water.
 ***Ribbon/Crochet Lei Making** with Coryn Tanaka. Begins 5/09, 10 weeks, Fridays, 9:30 am - 12 noon, room 102. Cost: \$20 - MSC; \$30 - MCC; \$35 - Non-members.
 ***Adult Hula Auana** with Kumu Hula April Chock. Begins 05/03, 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 begins 6/9. Excellent class for all ages. Bring towel/water. Cost: \$30 - MSC & MCC members; \$40 - Non-members.
 ***Japanese/Okinawan Doll Making, Oshie, Kimekomi** with Masako Ogawa. Next 6-week classes begin in August. Wednesdays or Saturdays. Watch for announcement.

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, except on day of lunch program closure posted in advance (On Holidays, etc.)
 WANTED, volunteer(s) help for Mon., Tues., Thurs. & Fri., 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 and must also be MCC member, after lunch from 11:30 a.m. - 12:00 p.m. Participants are to bring their own ukulele.

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

Our wishes to our **May** birthday participants.
 BUDAR, EVA
 CASTRO, MAY
 CHAN, CORINNA
 CHEN, SUE
 CHING, JOCELYN
 CHONG, MAY
 DOI, FLORENCE
 ENDO, ELLEN
 HASHIMOTO, LILLIAN
 HEE, LANI
 HIRAOKA, MAY
 INOUE, SHIRLEY
 IWAMOTO, EDITH
 MASON, CHARLES
 MIYAHIRA, WALLACE
 MIYAMASU, MARY
 MIYASHIRO, SADAOKA
 MURASHIGE, JEAN
 NAKAMA, RENE
 NAKAMURA, BETTY



NISHIMURA, NANCY A.
 NOH, JOY
 OISHI, SACHIKO
 OKAJI, LENORA
 OKAMI, PATRICIA
 ONISHI, JUNE
 SAITO, FLORENCE
 SHIMABUKURO, GERI
 SHODA, MIWAKO
 SUYEOKA, MAY
 TAKAYANAGI, SHIGERU



TAKEDA, LILLIAN
 TAM, LENETTE
 TOMITA, MAY
 TOYAMA, KAREN
 UEHARA, PEGGY
 UMETSU, SHIZUKO
 URBAN, CHRISTINE
 UYENO, JANE
 WANAMI, KUNIKO
 YOSHIOKA, JENNIE
 YOSHIZAWA, RODNEY



**Moliiili Senior Center
Schedule of Special Events
May 2014**

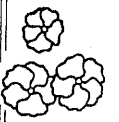


Days to remember in May:

- 1 - May Day
- 1 - Lei Day
- 1 - Law Day
- 5 - Cinco de Mayo

- 11 - Mother's Day
- 17 - Armed Forces Day
- 26 - Memorial Day - CENTER CLOSED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p> <i>Allergy/Asthma Awareness Month</i> <i>Arthritis Awareness Month</i> <i>Better Sleep Month</i> <i>Digestive Diseases Awareness Month</i> <i>High Blood Pressure Awareness Month</i> <i>National Egg Month</i> <i>National Salad Month</i> <i>Older Americans Month</i> <i>Osteoporosis Prevention Month</i> <i>Stroke Awareness Month</i> </p>						
4	5	6	7	8	9	10
<p>Happy Mother's Day!</p>						
11	12	13	14	15	16	17
18	19	20	21	22	23	24
<p>Holiday Memorial Day Center Closed</p>						
25	26	27	28	29	30	31



Moiliili Senior Center Class Schedule May 2014

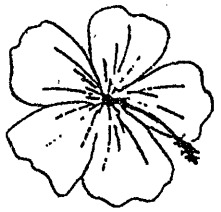


Monday	Tuesday	Wednesday	Thursday	Friday
7:30-1:00 Mah-Jongg (Room 207-8)	7:30-10:30 Seedcraft (Room 209)	8:00-9:00 FULL	7:30-1:00 Mah-Jongg (Room 207-8)	8:00-9:00 Ki-Coord. (Room 305)
8:30-11:00 *Conv.Eng. (Beg/Int)(Rm 202)	8:00-9:00 Ki-Coord. (Room 305)	8:00-9:30 Mimyo Singing (Room 207)	7:30-8:30 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 9/2014 *Conv.Eng. (Beg/Int)(Rm 202)	8:00-9:00 Began 2012 9:00-11:00 Conversational Japanese (Room 202)	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 Japanese (Room 202)	9:00-10:00 Tai Chi for Arthritis (Weinberg)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	FULL 8:30-10:30 Crochet (Room 207-8)	9:00-10:00 Closed 9:15-10:00 Group Singing (Weinberg)	9:00-10:30 Rhythm & Life (Int. III) (Room 305)	9:30-12:00 +Ribbon/Croch. Lei Making (Room 102)
10:00-10:30 R&L Chair Exer. (Room 105)	9:30-11:00 Closed 10:45-11:45 Soroban (Room 209)	FULL 9:15-10:30 Mimyo Danc(Beg) (Room 105)	Closed 9:00-10:30 Ukulele Prac. (Room 105)	Starts 5/9 R&L Chair Exer (Room 105)
1:00-3:00 Buyo & Enka (Weinberg)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:30-11:30 9/2014 *Sumie (Room 209)	12:00 - 2:30 9/2014 *Citizenship (Room 202)	10:00-11:00 Solo Ukulele I (Room 202)
5:30 - 6:30 +Spec. Aerobics Starts 6/2 (Room 305)	12:00 - 2:30 9/2014 *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/Okwn Doll Making & Oshie (Room 207-8)	Reminder: No class the last Thur. of the month.	11:15-12:15 Solo Ukulele II (Room 202)
	12:00-1:30 Kenbu Senbu Shigin (Room 207)	11:00-12:30 Rhythm & Life (Beg.) (Room 305)	Attention: If you find your name in bold print, in this newsletter, come to the senior office.	12:00-1:30 Rhythm & Life (Beg.I) (Room 305)
		Began 4/2 12:00 - 2:00 Roy Otake Karaoke Ohana (Room 209)		Closed
		1:00 - 3:00 Kitsuke (Weinberg)		

"Kaleidoscope" is published monthly. Director, Jill Kitamura, Program Staff - Paula Regidor, Raena Akase & Henry Asari.

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

Sumie Society of Hawaii presents, *The Grandeur of Brush Painting*,
Artists from the Sumie Society of Hawaii will exhibit their painting in Honolulu Hale through May 8, Monday - Friday, 8 am - 4:30 pm.



REAL PROPERTY TAX CREDIT FOR HOMEOWNERS. The C&C 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 available at the following: 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 is Sept. 30. You must file annually for this credit. For more info contact the Real Property Tax Relief Office at 768-3205.

Saturday
9:30 - 11:00 +Adult Hula
Auana
(Room 105)
Starts 5/3
9:30 - 12:00 +Jpns/Okwn
Doll Making
& Oshie
(Room 207-8)
Ends 5/10