

Kaleidoscope




October 2014
Vol. XXV No. 10

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! Children will be at the center for all day care from Oct. 6 - 10 and the covered parking area will be blocked off to accommodate them. The following week (Oct. 13 - 17) we will be having our Rummage Sale in the parking lot using most of the stalls against the fence. Very limited parking will be available. Please carpool, be dropped off, take the bus or walk. We appreciate your cooperation.



MSC Rummage Sale
October 13 - 17, 2014
9:00 am - noon MCC Garage



Find bargains galore! Kitchen ware, clothes, knick-knacks, books, more. Monies go to operational expenses for the senior center program. Volunteers needed daily to help with set-up, selling, food prep, food sales, and breakdown. Sign up in the senior office. We will be accepting your donation items for the sale starting Oct. 1.

TALK STORY SESSION: AGE-FRIENDLY INITIATIVE. The University of Hawaii Center on Aging needs your help with the Honolulu County Age-Friendly City Initiative. Mayor Caldwell and AARP Hawaii endorsed a new, joint effort between government and private organizations to create a plan to make our island a better place to live in six areas: Outdoor Spaces & Buildings; Transportation; Communication & Social Involvement; Civic Participation & Employment; Housing; and Community Support & Health Services. They want your ideas about an age-friendly community. Attend this talk story session and let them know about your community and what could make it better for you and your family. Hosted by UH Center on Aging. **REFRESHMENTS WILL BE PROVIDED.** If you are interested, please sign up in the senior office so we can give them an idea of how many people may be attending.

Date: Friday, October 17

Time: 10:30 a.m. Place: MSC, room 209

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.

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.

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

MAHALO! MAHALO! MAHALO! to performers:

- *Heels 'N Harmony members at the Senior Fair.
- *Line Dance members at the Senior Fair.
- *Minyo Dance members at Hale Malamalama.
- *Rhythm & Life members at the Senior Fair.
- *RLC Niko Niko Genki Club members at Lanakila Senior Center, Makua Alii, Makiki Christian Church, Magic Island, One Kalakaua, Moanalua Senior Center, Kilohana Adult Day Care and the Senior Fair.



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.

EXCURSION REMINDER: Excursion participants, please carpool 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 BLACK ROSE" (1950)

(2 hrs. DVD, Adventure, History, War.)

Starring Tyrone Power & Orson Welles. A disinherited 13th Century Saxon nobleman leaves Norman England with an archer friend to seek his fortune in the Far East.

Date: Friday, October 10 Time: 11:15 a.m.
Place: MSC, room 207 Cost: Donation

MOVIE: "RAILWAY MAN" (2013)

(1-hr. & 56-mins., DVD, Biography, Drama. Rated R for disturbing prisoner of war violence.)

Starring Collin Firth & Nicole Kidman. A true story about a former British Army officer, who was tormented as a prisoner of war at a Japanese labor camp during World War II, discovers that the man responsible for much of his treatment is still alive and sets out to confront him.

Date: Friday, October 24 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.

Date: Saturday, October 4 & November 1
Time: 9:00 a.m. Place: MSC, room 202
Cost: Supplies LIMIT: 12

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, October 9(Beg) & October 2(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, October 16 Time: 9:00 a.m.
Place: MSC, room 209 Cost: Supplies

CRAFT WORKSHOP: ORIGAMI BOX & TSURU CHOPSTICK REST

MSC's own Kimiko Matsuoka will share her talent and teach you how to make an origami paper box which can be used to put small items inside. She will also teach you how to make a Tsuru Chopstick rest using the chopstick paper wrapper.

Date: Monday, October 20 Time: 9:30 a.m.
Place: MSC, room 102 Cost: Donation

CRAFT WORKSHOPS with Haruko Sugitani

Haruko is back from Japan to present several classes. Need to pre-register, room 203; deadline November 7. Class fee: \$22 - MSC; \$25-MCC; \$30-non-member. Pick up list of supplies to bring when signing up. Cost for material due in cash at start of class. All classes held at MCC, room 202. More information will be available in the coming weeks. Please watch for flyers on the bulletin boards.

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

Date: Friday, November 28
Time: I & II - 9:30 - noon
 III & IV - 9:00 - noon

Supply fee: \$23 - includes tweezers; \$20 - no tweezers
I & II: create a round petal flower pendant and 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 kiso no Tsuru (Crane)

Date: Friday, November 28

Time: 1:00 - 3:00 p.m.

Supply fee: \$20

Tsumamizaiku no Riisu (Wreath)

Date: Saturday, November 29

Time: 2:00 - 5:00 p.m.

Supply fee: \$23 - \$25



SEMINAR: MENTAL PLEDGE®

Just like dusting the beautiful things you have spent a lifetime collecting, maybe there is a need to apply a little Pledge to your mind! How many little painful, unnecessary bits are you carrying around? Anne Chipchase from 'Ohana Health Plan will provide the reasons you don't need to keep these memories and how to effectively wipe them out like dust.

Date: Friday, October 17

Time: 9:00 a.m.

Place: MSC, room 105

Cost: Donation

SEMINAR: HUMANA

Questions about Medicare? Get Answers! Open enrollment is the time of year when you can enroll in or change your Medicare plan. Attend this seminar to find out if the Humana Plan can help you. Seminar conducted by Representatives from Financial Benefits Ins. Company.

Date: Friday, October 17 & Monday, November 10

Time: 9:00 a.m.

Place: MSC, room 104

SEMINAR: MEDICARE 2015 UPDATES

The State Health Insurance Assistance Program (SHIP) will provide information on the changes to the 2015 Medicare benefits and will be available for individual screening that include the following information:

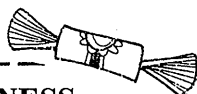
- *Changes to your health/drug plan premium.
- *Confirmation that your health/drug plan will be available in 2015.
- *Simple screening to see if you might qualify for help paying for your Medicare costs.

This program is a federally funded Medicare Counseling Program under the Department of Health's Executive Office on Aging. The Hawaii SHIP sells no health insurance products and is available to assist you in navigating the maze.

Date: Tuesday, October 21

Time: 9:00 a.m.

Place: MSC, room 105



SEMINAR: DISASTER PREPAREDNESS

Emergencies and disasters can strike quickly at any time. Sometimes, without warning. Protecting yourself and your family requires advanced preparation, especially for the elderly population who many have physical and medical

challenges. Learn from experts about the steps you can take to maintain your safety during such events. Sponsored by Attention Plus Care. Call 440-9372 to register.

Date: Tuesday, October 28

Time: 8:30 a.m.

Place: MSC, room 105

SEMINAR: HMSA AKAMAI ADVANTAGE SENIOR HEALTH PLANS

Come and learn about the updates and changes for 2015. This seminar will benefit HMSA's existing Akamai Advantage members because you will learn about the changes for the upcoming year and how it may effect you. Presented by Aaron Fukuda, Premier Benefit Consultants.

Date: Thursday, November 6

Time: 10:00 - 11:30 a.m.

Place: MSC, room 104

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, October 8

Time: 9:00 a.m. - noon

Place: MSC, room 102



HIKE: KOOLAUPOKO

A strenuous 4 - 5 mile hike traversing the back of Maunawili Valley. We normally start off at the Pali Highway for this hike but will try the harder Waimanalo entry. Nice views of the windward side of the island. **EXPERIENCED HIKERS 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: Wednesday, Oct. 15

Departure Time: 8:30 a.m.

Return Time: 3:00 p.m.

Cost: \$5.00

EXCURSION: UH ART GALLERY - BINDING AND LOOPING: TRANSFER OF PRESENCE IN CONTEMPORARY PACIFIC ART

Explore contemporary pacific art. These artists consider their indigenous binding and looping customs and at the same time incorporate a different media to create new works in

sculpture, printmaking, photography and more. Exhibits from Hawaii, Tonga, New Zealand, etc. will be on display. If we are able, we will observe artists at work in the art studio. Lunch on your own at Manoa Marketplace. MAXIMUM: 14.

Date & Time: To Be Announced Cost: \$3.00 (Trans)
Check bulletin boards for updates.

EXCURSION: MANOA HERITAGE CENTER

Tour includes an outdoor guided walk through a garden of native Hawaiian and Polynesian introduced plants; broad views of the Manoa Valley; a close look at Kukao Heiau as well as the history of Kualii, the private home of Sam and Mary Cooke, which will one day be open to the public as a museum. Seniors must be able to walk on uneven grounds. Lunch on your own at Manoa Marketplace. MAX: 14.

Date: Monday, October 27
Departure Time: 9:00 a.m. Return Time: 12:15 p.m.
Cost: \$7.00 (Admission - \$4.00 & Trans. - \$3.00)

EXCURSION: THE BUS FACILITY

Take a tour of the Bus facility. Tour will include: a short talk on Bus Safety; a ride to the Transit Center; a stop at the bus pass office and lost and found; and a ride through the bus wash. Lunch on your own at Ward Warehouse. MAX: 14.

Date: Tuesday, Nov. 13 Departure Time: 9:00 a.m.
Return Time: 12:20 p.m. Cost: \$4.00 (Trans.)



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



CROCHET/KNIT CLASS, Tuesdays, 8:30 - 10:30 am, room 208. **WE HAVE TEACHERS!!!!** Madge Kanno and Matsue Nishimura will be teaching those who want to learn the basics of knitting and crocheting.

Ribbon/Crochet Lei Making with Coryn Tanaka. Begins 10/25, 10 weeks, Fridays, 9:30 am - 12 noon, room 102. Bring sharp pair of scissors, container, and ballpoint pen.

Our wishes to our *October* birthday participants.

BETSCH, JANE
BILMES, PONGSUWAN
CHING, MARGARET
CHONG, AILEEN
CHOY, KAZUKO
CHRISTIANSSEN, KATHY
FUJIMORI, ANNA S.
FUJIMOTO, C THERINE
FUJIMOTO, ELLA
IKEDA, SHARON



INOUYE, TOSHIKO
KAGAWA, ATSUKO
KAHILI, NAOMI
KAMA, EVA
KINOSHITA, MUSUE
KITAGAWA, ETHEL
KITAGAWA, HIROKO
KOBAYASHI, LOIS
KOBAYASHI, MYRTLE
LEE, SHON-NING



MARUYAMA, MITSUE
MEIER, CAROL
MOGI, CAROL
NAGANO, CAROL
NAKAMAEJO, DAVID
NAKASONE, KAREN
NAKATA, IKUKO
NISHIYAMA, DOROTHY
NODA, DORIS
OGASAWARA, DIANE
OGAWA, CHARLEEN
OSAKI, AMY



OTAGURO, KAREN
PABRO, VIRG
RIKER, WILHELMINE
SAGARA, AKIKO
SAIGUSA, SACHIE
SHIGEMATSU, HISAKO
SHIROMA, JANE T.
SNYDER, FRITZ
TAKAHASHI, YOSHIKO
TILTON, RUBY
WONG, JOYCE
YAMAOKA, KAREN



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

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.

MCC THRIFT SHOP

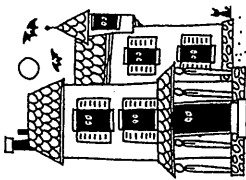


Thrift Shop: Open Tuesday - Saturday. Drop off donations when store is open. *Note: MCC members get 25% discount with purchase of \$10 or more.

**Moiiliili Senior Center
Schedule of Special Events
October 2014**



*Days to remember in October:
13 - Columbus Day
16 - Boss's Day*

*18 - Sweetest Day
31 - Halloween*

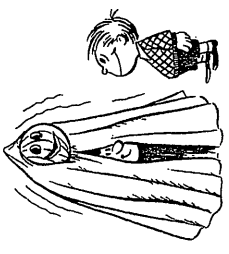
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>❖ Breast Cancer Awareness Month ❖ ❖ Fire Prevention Month ❖ ❖ Lupus Awareness Month ❖ ❖ Vegetarian Awareness Month ❖</p>						
5	6	7	8	9	10	11
		<p>Haircuts 9 am Rm 102</p>	<p>Hike: Koolaupoko 8:30 am</p>	<p>Craft Workshop: Kumihimo - Adv. Chair Massage</p>	<p>Classic Movie: "The Black Rose" 11:15 am Rm 207</p> <p>Seminar: Humana 9:00 am Rm 104</p> <p>Seminar: Mental Pledge 9:00 am Rm 105</p> <p>Talk Story Session: Age Friendly Initiative 10:30 am Rm 209</p>	<p>Craft: Chigiri-e 9 am Rm 202</p>
12	13	14	15	16	17	18
19	20	21	22	23	24	25
	<p>Craft Workshop: Origami Box & Tsuru Chopstick Rest 9:30 am Rm 102</p>	<p>Blood Pressure Reading 8 am Rm 102</p> <p>Seminar: Medicare 2015 Updates 9 am Rm 105</p>		<p>Chair Massage 10:30 - noon Rm 303</p>	<p>Movie: "Railway Man" 11:15 am Rm 207</p>	
26	27	28	29	30	31	
	<p>Excursion: Manoa Heritage Center 9 am</p>	<p>Seminar: Disaster Preparedness 8:30 am Rm 105</p>			<p>Happy Halloween!</p>	

** Mini - Bazaar / Rummage Sale * MCC Parking Lot * 9:00 am - noon * Monday - Friday **



Moiliili Senior Center Class Schedule October 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 Minyo 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)	8:00-9:00 Blood Pressure (10/21)	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)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	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 (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. (Weinberg)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	8:30-10:30 Crochet (Room 207-8)	9:15-10:00 FULL	Closed	Begins 10/25 (Room 102)
10:00-10:30 R&L Chair Exer. (Room 105)	9:30-11:00 Rhy/Life(Int.I)	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)
10:30-11:30 Qi Gong/ Self Massage (Weinberg)	Closed	9:30-11:30 *Sumie (Room 209)	12:00 - 2:30 *Citizenship (Room 202)	10:00-11:00 Solo Ukulele I (Room 202)
1:00-3:00 Buyo & Enka (Weinberg)	10:45-11:45 Soroban (Room 209)	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 (Room 305)	10:00-11:15 Okinawan Dnc. (Weinberg)	10:00-12:30 +Jpns/Oknwn Doll Making & Oshie (Room 207-8)	No classes in September. Check to see if classes resume in October.	11:15-12:15 Solo Ukulele II (Room 202)
+ Tuition based classes. Walk-in fee \$5.	12:00 - 2:30 *Citizenship (Room 202)	Begins 10/15 (Room 207-8)		12:00-1:30 Rhythm & Life (Beg.I) (Room 305)
*DOE classes are provided by McKinley Community School for Adults.	12:00-2:30 Karaoke (Room 209)	11:00-12:30 Rhythm & Life (Beg.) (Room 305)		
Citizenship & English classes - \$20 enrollment fee. Additional fees applied to new English class students. Sumrie - \$60.	Kenbu Senbu Shigin (Room 207)	Began 4/2 (Room 209)		
		12:00 - 3:00 Kitsuke (Weinberg)		
				

"Kaleidoscope" is published monthly, written/edited by the senior staff. Director: Jill Kikunaga; Program Staff - Paula Regidor, Raena Akase & Henry Asari.



COMMUNITY ANNOUNCEMENTS:

PRESERVE HONOULIULI! Honolulu was the largest and longest-used World War II internment camp. Once a place of injustice, Honolulu now stands as a warning against injustice, a reminder of our civil liberties and of our shared responsibility to uphold the U.S. constitution for all people, at all times. If you are interested in joining with the Japanese Cultural Center of Hawaii to support the establishment of the Honolulu National Historic Site or the Honolulu National Monument as a new unit of the national park system to be managed by the National Park Service, please sign the petition in the senior office. **Virginia Balinski.**

FAMILY CAREGIVER CONFERENCE, Sat., Oct. 4, 2014, 8 am - 12:30 pm, Japanese Cultural Center (JCCH). Get help assisting your loved ones with living at home or planning for your own aging needs. Resource Fair of service providers open at 7:30 am. Full agenda and register online at <http://aarp.event.com/ohuicare>. Light refreshments provided. Parking \$5. Overflow parking at Varsity Theater.

11TH ANNUAL COMMUNITY CLEAN-UP, Kaimuki High School, Sat., Oct. 18, 2014, 9 am - 1 pm. Benefits Kaimuki High School, Moiliili Community Center & Kapahulu Center. For a complete list of acceptable items, check the bulletin boards. For curbside pick-ups, call Steve Uyeno @ 768-5057. **Jesusa Figureiredo.**