



Kaleidoscope



February 2014
Vol. XXV No. 2

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, Volunteers who assisted with preparations for the Pacific Tele-Communications Conference. You were very much appreciated!

Yamaguchi Prefecture University students & faculty will be here February 18 from 9:00 am to conduct a study comparing health status and life conditions among older adults in Japan, Korea, and Hawaii. If you are of Japanese or Korean ancestry, 65 years and older, willing to fill out a survey, or if you are 80 and older (2 people) and willing to be interviewed by a faculty member, sign up in the Senior office. The survey should take about a half hour and the interview about an hour. People completing the survey will receive a \$5 gift card; the interview a \$20 gift card.

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 WISHLIST:

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

- 1) Foldable luggage cart
- 2) Wide canvas bag
- 3) Small stand to hold a karaoke machine



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? We especially need a beginner's Tai Chi and a Qi Gong instructor. Contact the Senior office, room 203, and talk story with staff.



FREE TICKETS - Occasionally we are offered complimentary tickets to the UH Kennedy theater. The complimentary shows are usually Friday and Saturday evenings. If you are interested in going to a production, sign up in the senior office and we will call you when tickets become available.

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 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

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. 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 will be available in the senior office soon!

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, 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!**

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. 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 & Kaimuki Christian Church.



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. Help needed especially Thursdays, Fridays & 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.

EXCURSION REMINDER: If you bring your car on the grounds, park on the dirt parking area if the trip is returning

after 2:00 pm. Children come in for their program from 2:30 on and the garage parking should be fenced for their safety.

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.

MOVIE: "LEE DANIELS' THE BUTLER"

(2-hrs & 12-minutes, DVD, Biography, Drama. Rated PG-13 for some violence & disturbing images, language, sexual material, thematic elements and smoking.)

Starring Forest Whitaker, Oprah Winfrey & John Cusack. As Cecil Gaines serves eight presidents during his tenure as a butler at the White House, the civil rights movement, Vietnam, and other major events affect this man's life, family, and American society. **Toyoko Tamanaha.**

Date: Friday, February 28

Time: 11:15 a.m.

Place: MSC, room 207

Cost: Donation

CLASSIC MOVIE: "THE SECRET LIFE OF WALTER MITTY (1947)

(1-hr & 50-mins., VHS, Comedy, Drama, Fantasy.)

Starring Danny Kaye & Boris Karloff. Danny Kaye stars as a mild-mannered mouse who imagines himself as a number of daredevil heroes, including a gunslinger in the Old West and a Mississippi riverboat gambler! One of Walter's dreams becomes a reality when he gets involved with a beautiful blonde and becomes the target of a gang of jewel thieves who believe he has their loot! **John Uyetake.**

Date: Friday, February 14

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, Feb. 1 & Mar. 1

Time: 9:00 a.m.

Place: MSC, room 202

Cost: Supplies



CRAFT WORKSHOP: BEADING

This month's project is a beaded bracelet. LIMIT: 15
Date: Thursday, February 20 Time: 9:00 a.m.
Place: MSC, room 209 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, Feb. 13 (Beg) & Feb. 6 (Adv)
Time: 9:00 am Place: MSC, room 209
Cost: Supplies



SEMINAR: FINANCIAL PLANNING FOR THE SECOND STAGE OF LIFE

Millions of people reach retirement age everyday. Will you be ready? Mel Fujimoto, from Financial Benefits Insurance, Inc., will discuss how to have a financial stress free life by bridging the gaps of social security. Topics: A sustainable, stable income to retire comfortably without depending on low return investments such as a bank CD, or playing the unstable stock market; A solution which provides Long-Term care without expensive premiums or "use it or lose it" features; Retirement Income; and Long-Term care needs.

Date: Tuesday, February 11 Time: 9:00 - 11:00 a.m.
Place: MSC, room 202 Cost: Donation

SEMINAR: P.O.L.S.T.

POLST ... Do you know what it means and why it is important for you? It stands for Physician's Orders for Life Sustaining Treatment. It is not an Advanced Directive, but works in conjunction with one to make sure that your needs and desires are followed. Hear Anne Chipchase, from Ohana Health Plan, explain what it is and why you should think about it.

Date: Friday, February 21 Time: 9:00 a.m.
Place: MSC, room 105 Cost: Donation



SEMINAR: METRO CARE HAWAII, LLC

MetroCareHawaii is a home care agency located in the west side of Oahu. This agency began on the Big Island 12 years ago, and have since branched out to Oahu and Maui. Services provided include: Personal Care Assistance; Chore Service; Supportive Care; Respite Care; and Nursing Service. For more information, attend this seminar conducted by Portia Fields, Manager.

Date: Tuesday, February 18 Time: 9:30 a.m.
Place: MSC, room 202 Cost: Donation

SEMINAR: SENIOR'S SKIN CARE CLASS

Learn how to keep your skin healthy. If you have questions, call Faye Murata at 735-1323.

Date: Thursday, February 27 Time: 10:00 - 11:00 a.m.
Place: MSC, room 209 Cost: Donation

SEMINAR: HOSPICE HAWAII

What does Hospice Hawaii care about? Attend this seminar and find out what benefits they have to offer. Hospice is not just about death, their focus is on living your life to the fullest. Tara Yamauchi and Kanani Imai, Hospice Hawaii, will share information as well as client's stories with you.

Date: Tuesday, March 11 Time: 9:00 - 9:45 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.

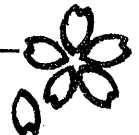
Date: Wednesday, February 12
Time: 9:00 a.m. - noon Place: MSC, room 102

HIKE: KAHUKU

A 5-mile, moderate trek along one of the last undeveloped beaches on Oahu. The walk will be on sand with one shallow stream crossing. You should find shells and possibly glass balls. **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: Thursday, February 13 Departure Time: 8:30 a.m.
Return Time: 3:00 p.m. Cost: \$5.00

EXCURSION: CHERRY BLOSSOMS IN WAHIAWA



It's time for our annual trek to Wahiawa in search of cherry blossoms and a stop at Sunnyside Inn for their delicious pies. (Pie orders taken in the senior office due Tuesday, February 4 by noon). Lunch on own at Mililani Towne Center.

Date: Thursday, February 6 Departure Time: 8:45 a.m.
Return Time: 12:45 p.m. Cost: \$9.50 (Trans.)

**EXCURSION: BISHOP MUSEUM/
PLANETARIUM**



Join us on our trip to the Bishop Museum. We will start with a self-guided tour of the facilities. Check out the Doraemon Exhibit from Japan. Our main focus is on the Planetarium show at 11:30. Lunch on own at Kam Shopping Center. Date: Wednesday, February 19 MAXIMUM: 14. Departure Time: 9:15 a.m. Return Time: 1:30 p.m. Cost: \$14.00 (\$10.95 - Admission & \$3.05 - Trans.) If we have 10 or more, we will get the group rate and money will be returned to participants.

**EXCURSION: OCEANSIDE HAWAII ASSISTED
LIVING #2**

Join us as we enjoy a FREE lunch with entertainment at Oceanside Hawaii. After, we will take a guided tour of this assisted living facility which is surrounded in a beautiful, quiet, country setting. MAXIMUM: 15. Date: Tues., March 4 Departure Time: 10:30 a.m. Return Time: 3:00 p.m. Cost: \$2.00 (Activity Donation)

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

***SUDOKU anyone?** If you are interested in learning how to do Sudoku, sign up in the senior office. Toshisada Tamura is willing to teach people 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 2/21, 10 weeks, Fridays, 9:30 am - 12 noon, room 102. Supplies payable to instructor. Cost: \$20 - MSC; \$30 - MCC members; \$35 - Non-members.

***Adult Hula Auana** with Kumu Hula April Chock. Begins 2/08, 10 weeks, Saturdays, 9:30 am - 11 am, room 105. Cost: \$20-MSC; \$35-MCC; \$40-Non-members.

***Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class began Wednesday, January 29, 10 am - 12:30 pm or Saturday,

February 1, 9:30 am - noon, room 207-8. Class Cost: \$35 - MSC; \$40 - MCC member; \$45 - Non-member.

***Rhythm & Life**, Beginners, to start in April, Wednesdays.

LANAKILA MEALS-ON-WHEELS AT MCC

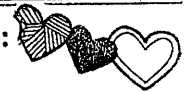
LMOW ... serves hot and nutritious meals at the Center, Mondays thru Fridays at 11:00 a.m. There is no charge for meals to registered participants in the nutrition program. Participants are given an opportunity to make a donation to the program and all contributions are used to support Lanakila's Group Dining Nutrition Program. Come to MCC, room 105 on weekdays from 8 a.m. to 12 p.m.; see Gerath for more info or to register in the nutrition program.

"Never lose a chance of saying a kind word. Kind words are the music of the world. They have a power which seems to be beyond natural causes".

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:



Senior Citizen's Valentine Dance, "Love Will Keep Us Together," February 11, 9 am - noon, NBC, Exhibition Hall. FREE admission. Sponsored by the Department of Parks and Recreation in cooperation with Bank of Hawaii. For more information, call 973-7258.

THE HAWAII HEALTH CONNECTOR is an online health insurance marketplace created to help individuals and families find a plan that matches both their health and financial needs. Signing up is easy. You can do it online at hawaiihealthconnector.com, call 877-628-5076 or 855-585-8604. If you need assistance in signing up, you can call the Hawaii Health Connector Program, Helping Hands Hawaii at 808-440-3862.

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

ABE, FRED
BUNIN, LOIS
DOI, KAY
EBESU, GERTRUDE
ENDO, SANDRA
FUJIO, RUTH
HASEGAWA, LILY
HENNA, JOYCE
HORIKAMI, SETSUKO
IMADA, FUSAE
INAMINE, YURIKO



KANETAKE, EDITH
KAUKALI, JOHN
KIRA, SHIZUKO
KIYOTA, IKUKO
LYAU, RAYMOND
MATSUOKA, HATSUKO
MIURA, CARLTON
MIYAHIRA, MARTHA
MIYASATO, GEORGE
MIYOI, NANCY
NICHOLAS, MANUEL



NIIMI, KIMIYO
NISHIMURA, RUTH
OKAYAMA, MILDRED
OMAN, MIU-LAN
OMORI, MIYOKO
OSAKI, AKIE
OTA, FRED M.
PERREIRA, MARIE
POHLABEL, TOMI
SAIDA, MICHIKO
SUZUKI, MITSUKO
TAKAHASHI, SHIGEKO
TAKAMORI, LILY



TAKUSHI, MIYOKI
TANIYAMA, LILLIAN
TENGAN, BETTE
TERAMAE, CHIEKO
TERAMAE, KYOKO
TOKUDA, FLORENCE
TOYAMA, NOBUKO
TSUI, CHERYL
YAMAJI, JANET
YANAGISHITA, HIROKO
YOKOYAMA, VIOLET S.
YUTAKA, BEVERLY

Molili Senior Center
Schedule of Special Events
February 2014

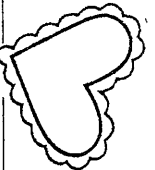


Days to remember February:
 2 - Ground Hog Day
 12 - Lincoln's Birthday
 14 - St. Valentine's Day
 17 - Random Acts of Kindness Day
 17 - Presidents' Day - CENTER CLOSED
 22 - Washington's Birthday

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|---------|-----------|----------|--------|----------------------------|
| ❖ American History Month ❖ Canned Food Month ❖ National Cherry Month ❖ National Food Month ❖ | | | | | | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 Craft: Chigiri-e 1 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | |



Moiliili Senior Center Class Schedule February 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 Haw'n 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) |
| Closed (Room 305) | FULL | 9:00-10:00 Tai Chi(Adv) (Room 305) | 9:00-10:30 Rhythm & Life (Int.III) | 9:30-12:00 +Ribbon/Croch. Lei Making (Room 102) |
| 9:00-10:00 Tai Chi for Arthritis (Weinberg) | 8:30-10:30 Crochet (Room 207-8) | Closed (Room 305) | Closed (Room 305) | Begins 2/21 (Room 105) |
| 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) | 9:00-10:30 Ukulele Prac. (Room 105) | 10:00-10:30 R&L Chair Exer. (Room 105) |
| 1:00-3:00 Buyo & Enka (Weinberg) | 10:45-11:45 Soroban (Room 209) | 9:15-10:30 Minyo Danc(Beg) (Room 105) | 12:00 - 2:30 *Citizenship (Room 202) | 10:00-11:00 Solo Ukulele I (Room 202) |
| 5:30 - 6:30 +Spec. Aerobics (Room 305) | 10:00-11:15 Okinawan Dnc. (Weinberg) | 9:30-11:30 *Sumie (Room 209) | 1:00-2:30 Line Dancing (Room 105) | 11:00-12:00 Dahn Yoga (Weinberg) |
| | 12:00 - 2:30 *Citizenship (Room 202) | 10:15-11:45 Beginner's Line Dancing II (Weinberg) | Reminder: No class the last Thur. of the month. | 11:15-12:15 Solo Ukulele II (Room 202) |
| | 12:00-2:30 Karaoke (Room 209) | 10:00-12:30 +Jpns/Okwvn Doll Making & Oshie (Room 207-8) | | 12:00-1:30 Rhythm & Life (Beg. I) (Room 305) |
| 12:00-1:30 Kenbu Senbu Shigin (Room 207) | | Began 1/29 Rhythm & Life (Int. II) | | Closed |
| + Tuition based classes. Walk-in fee \$5. | | Closed (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. | <div style="border: 1px solid black; padding: 5px; transform: rotate(-15deg);"> Attention: If you find your name in bold print, in this newsletter, come to the senior office. </div> | | <div style="border: 1px solid black; padding: 5px; transform: rotate(-15deg);"> "Kaleidoscope" is published monthly, written/edited by the se- nior staff. Director, Jill Kitamura; Program Staff - Paula Regidor, Raena Akase & Henry Asari. </div> | |
| | | 11:00-12:30 Rhythm & Life (Int. II) | | Saturday |
| | | 12:00 - 2:00 Roy Otake Karaoke Ohana (Room 209) | | 9:30 - 11:00 +Adult Huia Auana (Room 105) |
| | | 1:00 - 3:00 Kitsuke (Weinberg) | | 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, 249 Lunalilo Home Road, Sat., 9 am - noon, closed 2/15.

*Aina Haina Library, 5246 Kalamanaole Hwy., Fri. & Sat., 10:30 am - 2 pm, closed 2/15.

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

*Catholic Charities, 1822 Keeaumoku St., Sat., 9 am - 1 pm, closed 2/1 & 2/8.

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

