

Kaleidoscope



July 2013
Vol. XXIV No. 7


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:

Mahalo to Raena Tong Akase, our Driver/Program Assistant, who will be leaving us to focus more on her business. Raena has been our substitute driver whenever our regular driver has been out; she's driven our performers to the various venues and for excursions. She has also been in the office to greet and assist you in person or over the phone. Raena will be helping out on-call until we can find a replacement. Thank you, Raena, and we wish you all the best!


REMINDER: Parking is at a premium during the month of July. Children are here for all day care. Be careful! Be aware! Carpool or use the bus if able. Thank you.

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 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, to assist you in finding resources or info 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:

- *Minyo Dance at Hale Pulama Mau & Nuuanu Hale
- *Rhythm & Lifemembers at Kuakini.
- *RLC Niko Niko Genki Club at 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 and local people at Magic Island, Ala Moana. Come and join in. For more info, call Faye Murata at 735-1323.



SPECIAL EVENT:
Exercise/Entertainment
Thursday, July 11
9:30 - 10:30 a.m.
MSC, room 105



Rhythm & Life Chair Exercise will be presenting a special program which will also air on KHON TV News. Everyone is welcome. The program show time on TV will be that evening and also the following morning. If you have any questions, please call Faye Murata at 735-1323.

WANTED: ISSEI, NISEI and anyone 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. Please sign up in the senior office, room 203. We will get back with you with more details as the date gets closer. Thank you.

MCC FUND RAISER: ZIPPY'S TICKETS now available to sell and/or purchase, redeemable for: Chili - regular, vegetarian, or beanless; Portuguese bean soup; Meat sauce; or frozen cookie dough. Cost: \$8.00/ticket. Good through August 21, 2013. Stop by senior office, rm 203, for tickets. Fund raiser to help all MCC programs. **Thank you.**

Moiliili Senior Center is always in search of teachers or group leaders to expand our program. Contact the Senior office, room 203, and talk story with staff.

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:

Jams & jellies, MCC T-shirts, etc. sold in the MCC Thrift Shop. A fundraiser for the Community Center.

VOLUNTEERS WANTED for Thrift Store. Responsible, regular help needed Thursdays, Fridays & Saturdays, 9 am - noon and/or noon - 3 pm. See Bonnie, 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 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.

CLASSIC MOVIE: "AN AFFAIR TO REMEMBER" (1-hr & 55-mins., VHS)

Starring Cary Grant & Deborah Kerr. Find laughter and heartbreak in this romantic screen classic. Debonair Nickie Ferrante and beautiful night club singer Terry McKay meet traveling first class aboard a transatlantic luxury liner courtesy of two other people. She is a tycoon's mistress and he is engaged to an heiress. Their sudden, but deniable love affair leads them to make a vow - they'll break off their current relationships, get jobs and meet in six months to continue their affair. But a tragic accident keeps Terry from their rendezvous and the lovers' future takes an emotional and uncertain turn.

Date: Friday, July 12
Place: MSC, room 209

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

MOVIE: "THE DRAGON PEARL"

(1-hr. & 33-mins., DVD, Adventure, Family, Mystery.
Rated PG-13 for adventure, action and peril.)

Starring Sam Neill. Josh and Ling were expecting a boring vacation visiting each of their parents at an archaeological dig in China. But the new friends soon discover they're right in the middle of an adventure when they find a Chinese Golden Dragon. **Karen Izuo.**

Date: Friday, July 26
Place: MSC, room 209

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, July 6 & Aug. 3
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, July 11 (Beg & Adv)
Place: MSC, room 209

Time: 9:00 am
Cost: Supplies

CRAFT WORKSHOP: BEADING

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

Date: Thursday, July 18
Place: MSC, room 209

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



WORKSHOP: JAPANESE CULTURAL ACTIVITIES

Students from Kobe University will present some fun aspects of their culture for your enjoyment, such as Karuta, cat's cradle, and songs. These students are in Hawaii to learn English. Come and learn, have fun, and support their efforts.

Date: Tuesday, July 2
Place: MSC, room 105

Time: 9:00 - 11:00 a.m.

SEMINAR: ADVANCE DIRECTIVES—TAKING CARE OF BUSINESS!!

If you're like most people, you've been putting off one of the most important tasks of your life: advance care planning. Compassion & Choices Hawaii can help you start now—free of charge. Your decisions matter and it is easier than you think. Take control. Plan your future. They'll bring all the

materials and help you to understand your choices. Come talk story, share your concerns and plan for your future. Everyone has the right to a good death!

Date: Tuesday, July 9

Time: 9:00 a.m.

Place: MSC, room 105



SEMINAR: HEALTHY SKIN MATTERS!

Your skin is the organ that comes into contact with the rest of the world. It holds body fluids in, and keeps harmful microbes out! It is full of nerve endings that help us feel heat, cold and pain! Want to know more about the wonderful things your skin does for you and how to better take care of it? Come to hear Anne Chipchase from 'Ohana Health Plan talk about the wonderful world of skin. **Faith Kunimoto.**

Date: Friday, July 19

Time: 9:00 a.m.

Place: MSC, room 105

Cost: Donation

SEMINAR: STAYING HEALTHY / Ask HMSA (JAPANESE TRANSLATION)

Learn more about Trip and Fall Prevention. Also, Renee Oshiro, HMSA Member Service Staff, will be available to answer your questions or help you with problems with Medicare Advantage Insurance. Bring your statement or document. Conducted by Kiwako Kobayashi, Certified Medicare Advantage Agent, Premier Benefit Consultants.

Date: Wednesday, July 24

Time: 10:00 a.m.

Place: MSC, room 209

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, July 10

Time: 9 a.m. - noon

Place: MSC, room 209



HIKE: KAHANA VALLEY

Hike into cool Kahana Valley through Hala and Koa trees. Our destination will be a beautiful pool next to a bamboo forest. On our way out, be prepared to get your feet wet. Beware of mosquitoes. Approximately a 5-mile hike.

Bring: Backpack (required), 1 ½ quarts of water, lunch, sun screen, hat, rain gear and mosquito

repellant. 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, July 25

Departure Time: 8:30 a.m.

Return Time: 3:00 p.m.

Cost: \$5.00

EXCURSION: ARCADIA FOLLIES - "This Is A Great Country"

We are lucky to be invited to see Jack Cione's 8th Annual Arcadia Follies - "This Is A Great Country" presented by Arcadia's Programs & Wellness Department. Come spend the afternoon with us and be treated to a spectacular show. MAXIMUM: 11

Date: Wednesday, July 10

Departure Time: 2:20 p.m.

Return Time: 4:45 p.m.

Cost: \$3.00 (Trans.)

EXCURSION: SUMMER SHOPPING SPREE

Join us as we go on a shopping expedition. We will stop at Kapolei Target, Kunia Walmart and end at Waikale Shopping Center for more shopping and lunch. MAXIMUM: 14.

Date: Monday, July 29

Departure Time: 8:30 a.m.

Return Time: 2:00 p.m.



Cost: \$5.00 (Trans.)

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Begin 7/5, 10 weeks, Fridays, 9:30 am - 12 noon, room 303 (July). Supplies payable to instructor. Cost: \$20 - MSC seniors; \$30 - MCC members; \$35 - Non-members.

***Adult Hula Auana** with Kumu Hula April Chock. Begins 7/6, 10 weeks, Saturdays, 9:30 am - 11 am, room 105. 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 begins Saturdays, July 27, 9:30 am - noon or Wednesdays, July 31, 10 am - 12:30 pm, room 207-8. Supplies/kit payable to instructor. Class Cost: \$35 - MSC seniors; \$40 - MCC member; \$45 - Non-member. Need to pre-register.

Tenpyo Koto: Must have own instrument. Interested? Instructor: Kazuko Okano. Day and time to be determined.

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 needed 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.

COMMUNITY ANNOUNCEMENTS:



MOILILI HONGWANJI BON DANCE, July 5 (6 - 10:30 pm) & July 6 (5 - 10:30 pm), Old Varsity Theater parking lot; Saturday's dance held in conjunction with **MOILILI SUMMER FESTIVAL**, Sat., July 6, Old Varsity Theater parking lot, 5 - 10:30 pm. A free community event to celebrate the rich character of our neighborhood. Last year it attracted more than 5,000 people and we're expecting many more this summer. Event Features: Honolulu's largest bon dance of the season; Keiki activities and fun for the whole family; Food and retail vendors; and Entertainment. Web: www.moililisummerfest.com

MOVIE - "HOLES", Sat., July 6, 10:30 am - 12:30 pm, McCully-Moilili Library. Rated PG. Spend the morning at the library seeing a movie ... come eat popcorn!



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

AGING IN HAWAII CLASSES by Attention Plus Care.

Our wishes to our *July* participants.

ARAKI, MARIS
AUYONG, JOANN
BUSHONG, VERA PUALANI
CHAN, KAZUKO
CHO, EUN-JA
CRANDALL, AIKO
DANG, HELEN
DINOFF, BARBARA
FREEBY, DOREEN
FUJISAWA, THELMA
FUNG, PATRICK
GOYA, TSUNEO
HEWITT, KIYO



HO, ALMA
KANSAKI, FLORENCE
KASHIWAGI, MITSUKO
KAWAKAMI, JOAN
LEE, AMY
LEE, SABRINA
LIU, DAVID
MARUYAMA, NOBUKO
MEYER, CHUNG-WON
MIKUNI, CLYDE
MOTOOKA, CYNTHIA
MUKAIDA, SHIZUKO
NAGATA, NIKKI



Stress Reduction for Family Caregivers - Tues., July 23; End-Of-Life Care at Home - Tues., Aug. 27; Prevent Falls - Mon., Sept. 23. Location: Attention Plus Care, 1580 Makaloa St., Ste 1060. Call 440-9372 for reservations.

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% or 4% of your income, depending on your age. Applications available at the following in early July: Satellite City Halls; Treasury Division-Honolulu Hale; Tax Relief Section - Standard Financial Bldg; or On line @http://www.honolulu.gov/budget/Treasury_division.htm Deadline: 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, sign up for a free 2-hr class to learn basic 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,; Ms. Rene Mansho is the volunteer coordinator. RESERVATIONS ARE REQUIRED! CALL RENE @ 291-6151. Classes run through August. Dates for July: 1, 3, 5, 6, 8, 11, 13, 15, 17, 19, 22, 25, 27, 29, 31. (August dates in next newsletter or the bulletin boards). Various Time: 9 am, 12 pm & 2:30 pm (12 pm & 2:30 pm - now to 7/5). 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.

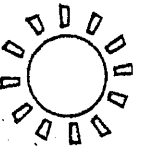
NAITO, EARL
NAKAMA, DOROTHY
NAKAMURA, MARILYN
NAKAMURA, NORIKO
NAKATA, SUEMI
NANBARA, SAYOKO
NOBORIKAWA, DOREEN
OBA, LAURA
OGATA, KAZUMA
PARKER, ELIZABETH
PETERS, DIANE
RAO, MINEKO
ROBERTS, HARRIET
SAKURAI, LILY
SAN MIGUEL, ROSALINA



SHEN, EUGENE
SHIMOYAMA, EMIKO
SHINSATO, MYRIS
TACHI, HISAE
TAMURA, CAROLYN
TASAKA, HIRAM
THEODORE, HAZEL
TOMA, JEAN
TSUCHIDA, SHIGEKO
UYETAKE, JOHN
WENTWORTH, ELEANOR
WONG, DONNA
YAMAGUCHI, MASAKO
YOUNG, CHEE








**Mojiliili Senior Center
Schedule of Special Events
July 2013**



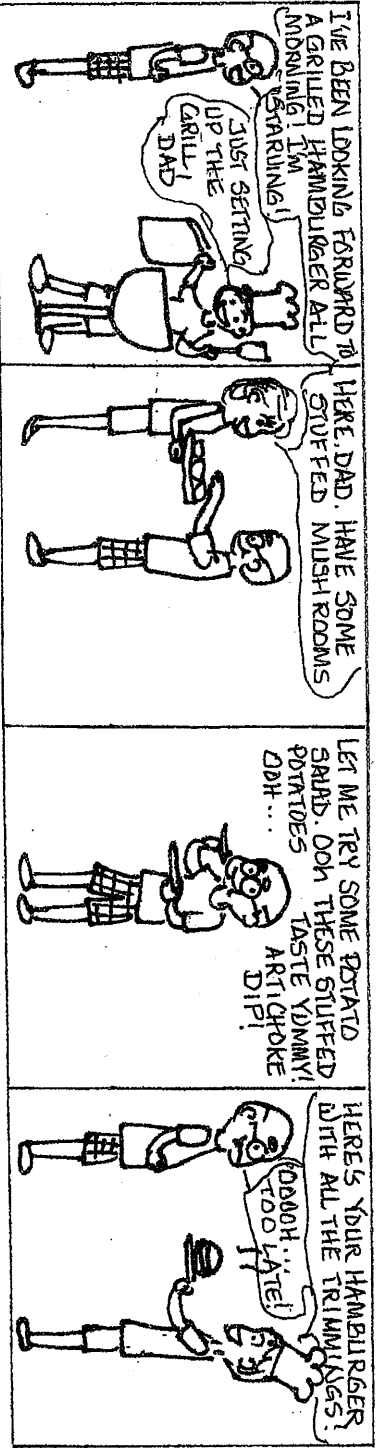
Days to remember in July:
 4 - Independence Day - CENTER CLOSED
 20 - Moon Day
 23 - National Hot Dog Day
 30 - Father-in-Law Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Workshop: Japanese Cultural Activities 9 - 11 am Rm 105	2 Seminar: Advance Directives- Taking Care of Business!! 9 am Rm 105	3 Haircuts 9 am Rm 209	4 Holiday! Independence Day Center Closed.	5 Mojiliili Hongwanji Bon Dance Old Varsity Theater Parking Lot 6 - 10:30 pm
7 	8 	9 Excursion: Arcadia Follies - "This Is A Great Country" 2:20 pm	10 Chair Massage 10:30 - noon Rm 303	11 Craft: Kumihimo- Beg & Adv 9 am Rm 209 Special Event: Exercise/Entertainment 9:30 - 10:30 Rm 105	12 Classic Movie: "An Affair To Remember" 11:15 am Rm 209	13
14 	15	16	17 Seminar: Staying Healthy/ Ask HIMS (Japanese Translation) 10 am Rm 209	18 Chair Massage 10:30 - noon Rm 303	19 Seminar: Healthy Skin Matters! 9 am Rm 105	20
21	22	23 	24 Hike: Kahana Valley 8:30 am Chair Massage 10:30 - noon Rm 303	25 Movie: "The Dragon" Pearl 11:15 am Rm 209	26	27
28 Excursion: Summer Shopping Spree 8:30 am	29	30	31	* Anti Boredom Month * Hot Dog Month * * National Ice Cream Month *		

Moliiili Senior Center Class Schedule July 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 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 - 8:30 Beginner's Line Dancing (Weinberg)	9:00-11:00 Shodo (Room 202)	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)	Started 1/08 Beginner's Line Dancing I (Weinberg)	9:00-10:00 Tai Chi(Adv) (Room 305)	9:00-10:30 Rhythm & Life (Int.III)	Started 5/6 +Ribbon/Croch. (Weinberg)
Started 5/6 R&L Chair Exer. (Room 105)	9:30 - 9:30 Line Dancing I (Weinberg)	9:15-10:30 Minyo Danc(Beg) (Room 105)	Closed (Room 305)	Started 7/5 Lei Making (Room 102)
10:00-10:30 R&L Chair Exer. (Room 105)	8:30-10:30 Crochet (Room 207-8)	9:30-11:30 *Sumie (Room 209)	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)	9:30 - 11:30 Bonsai (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)
5:30 - 6:30 +Spec. Aerobics (Room 305)	9:30-11:00 Rhy/Life(Int.I) (Room 305)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)	1:00-2:30 Line Dancing (Room 105)	Closed
Started 6/24 (Room 305)	10:45-11:45 Soroban (Room 209)	11:00-12:30 Rhythm & Life (Int.II) (Room 305)	Reminder: No class the last Thur. of the month.	
	10:00-11:15 Okinawan Dnc. (Weinberg)	Starts 7/31 (Room 207-8)		 
+Tuition based classes. Walk-in fee \$5.	12:00 - 2:30 *Citizenship (Room 202)	Closed	"Kaleidoscope" is published monthly, written/edited by the senior staff: Director, Jill Khamutai, Program Staff - Paula Asari, Raena Akase & Henry Asari.	Saturday 9:30 - 11:00 +Adult Hula Auana (Room 105)
*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.	12:00-2:30 Karaoke (Room 209)	12:00 - 2:00 Roy Otake Karaoke Ohana (Room 209)		9:30 - 12:00 +Jpns/Okwn Doll Making & Oshie (Room 207-8)
	12:00-1:30 Kenbu Senbu Shigin (Room 207)	1:00 - 3:00 Kitsuke (Weinberg)		Starts 7/27 
	12:00-1:30 Sewing Crafts (Room 208)			

Grandpa & Elmer
by Lori Takemoto



I'VE BEEN LOOKING FORWARD TO A GRILLED HAMBURGER ALL MORNING! I'M STARVING!

JUST SETTING UP THE GRILL! DAD!

HERE, DAD. HAVE SOME STUFFED MUSH ROOMS

LET ME TRY SOME POTATO SANDS. DON THESE STUFFED POTATOES TASTE YUMMY!

ARTI CHOKRE DIP!

HERE'S YOUR HAMBURGER WITH ALL THE TRIMMINGS!

TOO LATE!

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