



Kaleidoscope

September 2015
Vol. XXVI No. 9

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 to all the volunteers who worked so hard at the **COLLECTIBLES & "ALMOST NEW" SALE**. Volunteers worked at sorting, setting up, handling the sales and breaking down. We appreciate all your help.

Next year, October 7, 8 & 9 will be the 5th Rhythm & Life Exercise Taikai at Shizuoka, Japan. Rhythm & Life Chair Exercise Teachers will be participating at the Taikai and will include 6 days of tour - Nara, Kyoto, Hiroshima and Tokyo. Anyone Interested in attending, call Faye Murata at 735-1323 or see any of the Rhythm & Life Chair instructors for more information.

Moiliili Community Center presents ...

Flu Shots by Walgreens

Thursday, September 10

9:00 a.m. - 11:00 a.m. MCC, room 102

For your convenience, the Walgreens pharmacist will be coming to MCC to administer flu shots. The flu shot will be billed to your insurance company so bring your ID and insurance cards. They will accept most insurance carriers. If you would like to pay for your shot, the cost is \$31.00. If you are interested, sign up in the senior office as soon as possible. We need to let Walgreens know how many people are coming so enough shots will be available.

MOILIILI SENIOR CENTER WISH LIST:

- 1) Senior Program Director
- 2) Volunteer instructors to teach educational classes / workshops
- 3) Volunteer instructor to teach Japanese

Moiliili Senior Center is always in search of teachers or group leaders to expand our program. Do you have a special talent and willing to teach for the satisfaction of sharing but without monetary compensation? Contact the Senior office, room 203, and "talk story" with staff.

LOST & FOUND - throughout the year, we have been storing lost and found items. If you think you have lost something at the center, please check our "Lost & Found" box. Unclaimed items, will be sold at our rummage sale.

MSC Rummage Sale

October 12 - 13, 2015

9:00 a.m. - noon MCC Garage

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

REMINDER: BRING YOUR RECYCLABLE BAGS!

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: **MOILIILI COMMUNITY CENTER**, not the senior center. Returned checks will be assessed a \$25.00 fee. 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 & 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. Also, your help in maintaining the restrooms is needed. Only wash your hands in the sink to avoid any clogging. 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 is 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 2015.

MAHALO! MAHALO! MAHALO! to performers:

*RLC Niko Niko Genki Club members at Central Union Church, Kuakini, One Kalakaua & Senior Life Group.

*Buyo & Enka members & Roy Otake's Karaoke Ohana members at Maunalani Nursing Home.

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:

VACATIONS HAWAII - Help Moiliili Community Center earn travel credit by booking your travel with Vacations - Hawaii Custom Packages department at 591-4700. When making a booking, refer to their Loyalty Rewards Program and mention Moiliili Community Center. If we have enough credit, they will donate a trip to Vegas for MCC's next fundraiser.

A REMINDER: Sign up for any of the special activities noted, such as seminars, workshops and 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 your 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: "CHISUM" (1970)

(1 hr. & 51 min. DVD, Biography, Western)

Starring John Wayne & Forrest Tucker. Cattle baron John Chisum joins forces with Billy the Kid and Pat Garrett to fight the Lincoln County land war. **Nancy Lee.**

Date: Friday, September 11

Time: 11:15 a.m.

Place: MSC, room 207

Cost: Donation

MOVIE: "WOMAN IN GOLD" (2015)

(1-hr. & 49-min., DVD, Drama. Rated PG-13 - for brief strong language and thematic elements.)

Starring Helen Mirren & Ryan Reynolds. Maria Altmann, an octogenarian Jewish refugee, takes on the Austrian government to recover artwork she believes rightfully belongs to her family. **Frances Uchida.**

Date: Friday, September 25

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, Sept. 5 & Oct. 3

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, September 3(Adv) & September 10(Beg)

Time: 9:00 a.m.

Place: MSC, room 209

Cost: Supplies

CRAFT WORKSHOP: BEADING

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

Date: Thursday, September 17

Time: 9:00 a.m.

Place: MSC, room 209

Cost: Supplies

TALK STORY SESSION WITH JULIA

Julia Estrella will be back to talk stories with you. Besides talking about her book about being local in Hawaii, she will also talk about her trip to Europe.

Date: Tuesday, September 15

Time: 9:15 a.m.

Place: MSC, room 105

SEMINAR: THE DEADLY 3

Diabetes, Cardio-vascular and Chronic Kidney Disease are three diseases that we think we know a great deal about. However, when one is present, particularly Type 2 Diabetes, you may not know how exposed you are to the

other two. Come to the health talk-story session with Anne Chipchase of O'hana Health Plan to learn about prevention, detection and treatment.

Date: Friday, September 18 Time: 9:00 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: FALL PREVENTION AWARENESS DAY

In recognition of "National Falls Prevention Awareness Day," this seminar is dedicated to raise awareness about the risk of falls and how to prevent them. Learn from Eileen Phillips, Nursing Director of Attention Plus Care, as she shares on the importance of the Four Pillars of Falls. Special guest speakers from the Honolulu Fire Department will offer additional tips and techniques to age safely and fall free. Sponsored by Attention Plus Care.

Date: Tuesday, September 22 Time: 8:30 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: LAST CHANCE - LONG TERM CARE PRICES ARE GOING UP!

If you haven't planned for your care, it's the last chance. Extensive use of Long Term Care policies have forced insurance companies to double prices to meet costs. Few exceptions: ones who either started with high prices or now awaiting processing at the State Department of Insurance to raise their price. So per adventure you can get a policy before the price is processed (anytime now, or maybe in November), you will have yesteryear's price. Must be 79 or younger to qualify. Also, possible option for any age is to pay bills for life with a guaranteed monthly income annuity. Attend this session and learn more. Presented by Mary Arizumi, Transamerica Independent Producer.

Date: Wednesday, September 23 Time: 9:30 a.m.
Place: MSC, room 202 Cost: Donation

SEMINAR: NUTRITION & HYDRATION

Valerie Taylor, Nutritionist from LMOW, will speak on the importance of proper nutrition and keeping hydrated.

Date: Tuesday, September 29 Time: 9:15 a.m.
Place: MSC, room 105

SEMINAR: WALK WISE HAWAII - PEDESTRIAN SAFETY

Dana Teramoto, Traffic Education Specialist, with the Department of Transportation Services, C&C of Honolulu, will speak on walking safely in your neighborhood.

Date: Tuesday, October 6 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: BE AKAMAI ABOUT SAFETY - SMART911

No one plans to call 9-1-1, but now you can plan ahead. Basically, you would give Smart911 valuable information about yourself, family members, your home, pets and even vehicles that will be immediately available to 9-1-1 when you make an emergency call. For Police assistance: premise details, large dog on site, photos of elderly residents prone to wandering, etc. For Fire assistance: property layout, number of people in the household, disabilities and/or mobility limitations, utility shut-off locations, etc. For EMS assistance: gates and access codes, allergies, medical conditions, medications and treatment, emergency contacts, etc. These details can save valuable seconds or even minutes during an emergency. Captain Allan Nagata, HPD, will explain to you what Smart911 is about and how it can benefit you. If you are interested, Captain Nagata and his officers will be available to register you with this program.

Date: Tuesday, October 13 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

EXCURSION: UH EAST-WEST CENTER ART GALLERY

This exhibition will feature a selection of textiles rarely seen by the general public, including new works recently donated and never before exhibited. Join us for a guided tour with the gallery's curator, Michael Schuster. Lunch on your own at Manoa Marketplace.

Date: Wed., September 2 Departure Time: 9:40 a.m.
Return Time: 12:15 pm Cost: \$3.00 (Trans.)

EXCURSION: UH URBAN GARDEN CENTER

Do you have any gardening questions for the Master Gardener? An overview of gardening techniques and tool usage will be provided. Waivers need to be signed. Lunch on your own at Pearlridge.

Date: Mon., September 14 Departure Time: 8:45 a.m.
Return time: 1:00 p.m. Cost: \$8 (\$3-Tour & \$5-Trans.)

EXCURSION: ALOHA TOFU FACTORY

Join us as we visit this 65 year old local company that has been making tofu for Oahu residents. From the humble block of tofu, their product line has expanded to include okara, aburage, soft tofu, fried tofu, natto and soymilk. If you're into desserts, you might want to try their tofu mousse. Sign up early. Risk waivers must be signed and faxed back one week in advance. Should you want to place an order for products in advance, your completed order form must be returned to the senior office by Friday, September 18.

Bring your own insulated bag for your purchases. Wear covered walking shoes and a lightweight jacket/sweater (you will be walking through a refrigerated area). Lunch on your own at City Square.

Date: Mon., September 28 Departure Time: 8:15 a.m.
Return Time: 12:45 p.m. Cost: \$6 (\$2-Tour & \$4-Trans.)

EXCURSION: HILO HATTIE'S CULTURAL ACTIVITIES TOUR

Join us in learning how to string a lei; weave a wristlet; and dance a hula. Tour the retail store to do some early Christmas shopping. Sample some fruit juice and Dole frozen dessert. If you like to make quilt blankets, pillows or bags, inquire about scrap fabric bundle prices and selections. Lunch on your own at Zippy's, Liliha Bakery or Ward Warehouse.

Date: Tuesday, October 6 Departure Time: 8:30 a.m.
Return Time: 12:30 - 1:00 p.m.
Cost: \$19.00 (\$15.00 - Activities Tour & \$4.00 - Trans.)

EXCURSION: DOLE PLANTATION GARDEN TOUR

Take a ride out to Dole Plantation for a walking tour of their pineapple gardens. See the many varieties of pineapple from small-sized ones to large-sized ones and they come in different colors too. You can feed the Koi in the large fishpond at the far end of the garden for a small fee. Be sure you wear sunscreen, bring an umbrella or hat, comfortable covered walking shoes and bring a bottle of water to keep hydrated. Stand behind a wooden cutout for a comical photo, be a child for a day - enjoy the outdoors. Lunch on your own at Dole Plantation or Mililani Shopping Center.

Date: Tuesday, October 13 Departure Time: 8:15 a.m.
Return: 1:00 p.m. Cost: \$9.50 (\$4.50-Tour & \$5-Trans.)

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

***NEW CLASS - ZUMBA, Tuesdays, 11:15 a.m.-12:15 p.m., Weinberg Studio. Class begins September 15.

Our wishes to our *September* birthday participants.

AQUINO, JUANITA	JONES, DORIS
CHUN, DAISY	KAJIOKA, NEIL
DAVIS, JEANNE	KANEMOTO, MISAKO
FUJIHARA, MARY	KANESHIRO, MYRTLE
FUKUMOTO, MICHIO	KIE, AKIKO
FUKUNAGA, LYNETTE	KIYUNA, SHIRLEY
FUKUYA, GERATH	KOIZUMI, DAVID
GOYA, BETTY	KUROMOTO, EVELYN
HATTORI, SACHIKO S.	LEE, MARGARET
HAYASHI, JEAN	MARK, PEGGY
ISHII, JO ANN S.	MATSUKAGE, JANE

A great combination of fun and fitness as you dance your way to a healthier you. Instructor: Grace Hada.

EXCURSION PHOTO ALBUM - Have you participated in any of our excursions within the last year? Have you taken photos and would be willing to share them? If so, please drop off your copies at the senior office. Thank you for sharing. Hope to see you on our upcoming excursions in October. Just a hint ... get ready for the holidays in November and December!!

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Begins 10/2, 10 weeks, Fridays, 9:30 am - 12 noon, room 102. Bring a sharp pair of scissors, container, and ballpoint pen. Supplies payable to the instructor. New students must register before the session starts. Cost: \$20 - MSC seniors; \$30 - MCC members; \$35 - Non-members.

***Adult Hula Auana** with Kumu Hula April Chock. Began 8/08, 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. No class until further notice.

***Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class begins Saturday, 9/5, 9:30 am - noon and Wednesday, 9/9, 10 am - 12:30 pm, room 207-8. An impressive array of projects to choose from. Bring: pins & scissors. Supplies/kit payable to the instructor on the first day of class. Class Cost: \$35 - MSC seniors; \$40 - MCC member; \$45 - Non-member. Need to pre-register.

SEEDCRAFT CLASS. Looking for someone who would like to revive the class. Class would meet every Tuesday, room 209, 7:30 a.m.

CLASS REMINDER: Do not enter the classroom until the previous class has vacated. Those in class, gather your belongings & exit quickly to allow for the next class to set up. Visit with friends outside, not in the classroom.

MIIKE, FRANCES	SUMIDA, PAULINE
MINEGISHI, MITSUKO	SUMIDA, REIKO
MIYASAKI, MARGARET	SUN, KUEI
MORIKUNI, AYAKO	TAKIGUCHI, CLARA
MORITA, YURIKO	TAMURA, KYOKO
NAGATA, BETTY	UCHIDA, ROBIN
NAKATA, KYOKO	UEHARA, JUDY
ODANI, EMIKO	WADA, MARGARET
ODANI, MAE	WILSON, LINDA
OSORA, DAISY	WONG, EUNICE
SATO, KAZUE	YAMAMOTO, ESTHER
SAWYER, BERYL	YAMASHIRO, DORIS
SEKIGUCHI, YUMIKO	YONESAKI, ELEANOR

Molili Senior Center
Schedule of Special Events
September 2015

Day to remember in September:
 7 - Labor Day - CENTER CLOSED
 13 - National Grandparent's Day

17 - Citizenship Day
 22 - National Centenarian's Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	HOLIDAY Labor Day Center Closed		Excursion: UH East-West Center Art Gallery 9:40 am	Craft Workshop: Kumihimo - Adv 9 am Rm 209	Classic Movie: "Chisum" 11:15 am Rm 207	Craft: Chigiri-e 9 am Rm 202
6		8	9	10	11	12
Happy Grandparents' Day!	Excursion: UH Urban Garden Center 8:45 am	Talk Story Session With Julia 9:15 am Rm 105		Craft: Beads 9 am Rm 209	Seminar: The Deadly 3 9 am Rm 105 Aloha Tofu Orders due by noon.	19
13	14	15	16	17	18	
		Seminar: Fall Prevention Awareness Day 8:30 - 10:30 am Rm 105	Seminar: Last Chance - Long Term Care Prices are Going Up! 9:30 am Rm 202		Movie: "Woman In Gold" 11:15 am Rm 207	
20	21	22	23	24		
Senior Fair NBC 8:30 am - 4:30 pm 27	Excursion: Aloha Tofu 8:15 am	Seminar: Nutrition & Hydration 9:15 am Rm 105			Hawaii Senior's Fair - The Good Life Expo, NBC, Exhibition Hall 8:30 am - 4:30 pm	26
	28	29	30			

*Cholesterol Awareness Month * Classical Music Month *
 * National Honey Month * National Mushroom Month *
 * National Rice Month * National Sewing Month *

Molili Senior Center Class Schedule September 2015

Monday	Tuesday	Wednesday	Thursday	Friday
7:30-1:00 Mah-Jongg (Room 207-8)	8:00-9:00 Ki-Coord. (Room 305)	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 Blood Pressure (Room 102)	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)	8:00-9:30 Beginners Line Dancing I (Weinberg)	8:30-11:00 No class	8:00-9:00 *Conv. Eng. (Beg/Int)(Rm 202)	9:00-11:00 Painting (Room 207-8)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	FULL	9:00-11:00 Shodo (Room 104)	9:00-10:30 Rhythm & Life (Adv. I)	9:00-10:00 Tai Chi for Arthritis (Weinberg)
9:00-10:00 Tai Chi (108) (Room 305)	8:30-10:30 Crochet/Knit (Room 207-8)	9:00-10:00 Tai Chi (108) (Room 305)	Closed	9:30-12:00 +Ribbon/Croch. (Weinberg)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	9:30-11:00 Rhythm & Life (Int. II) (Room 305)	9:15-10:00 Group Singing (Weinberg)	9:00-10:30 Ukulele Prac. (Room 105)	Begins 10/9 Lei Making (Room 202)
10:00-10:30 R&L Chair Exer. (Room 105)	10:45-11:45 Sobran (Room 209)	9:15-10:30 Minyo Danc(Beg) (Room 105)	12:00-2:30 *Citizenship (Room 202)	Closed
10:15-12:00 Rhythm & Life (Adv. I) (Room 305)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:30-11:30 *Sumie (Room 209)	1:00-2:30 Line Dancing (Room 105)	10:00-10:30 R&L Chair Exer. (Room 105)
Closed	11:15-12:15 Zumba (Weinberg)	Begins 9/16 10:15-11:45 Line Dancing II (Weinberg)	Reminder: No class the last Thur. of the month.	11:00-12:15 Solo Ukulele II (Room 303)
1:00-3:00 Buyo & Enka (Weinberg)	12:00-2:30 *Citizenship (Room 202)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)		11:15-12:15 Dahn Yoga (Weinberg)
5:30-6:30 +Spec. Aerobics (Room 305)	12:00-2:30 Karaoke (Room 209)	Begins 9/9 11:00-12:30 Rhythm & Life (Beg.) (Room 305)		12:00-1:30 Rhythm & Life (Int. I) (Room 305)
	12:00-1:30 Kenbu Senbu Shigin (Room 207)	1:00-3:00 Kitsuke (Weinberg)		Closed
*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.				
	+ Tuition based classes. Walk-in fee \$5.			

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

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

COMMUNITY ANNOUNCEMENTS:

HAWAII COPD COALITION'S 9TH ANNUAL COPD EDUCATION DAY: Rehabilitation, Oxygen and Celebrating Heroes! Saturday, September 12, 9 am - 2 pm, Queen's Conference Center, 1301 Punchbowl Street, corner of Punchbowl & S. Beretania Street (old Mabel Smyth Auditorium). Pre-registration recommended (space limited). On-line registration available. Brochures at public libraries, Queen's Conference Center and on the web at www.hawaiicpd.org, or call Hawaii COPD Coalition at 699-9839, or e-mail Valerie@hawaiicpd.org.

HAWAII SENIOR'S FAIR - THE GOOD LIFE EXPO, September 25, 26 & 27, 8:30 am - 4:30 pm. NBC Exhibition Hall. Continuous entertainment on 2 stages; free seminars; info on health, nutrition, travel, finances, government agencies, senior clubs, retirement facilities, physical fitness; crafts and more.

REAL PROPERTY TAX CREDIT FOR HOMEOWNERS, CITY & COUNTY OF HONOLULU. The C&C Honolulu offers a real property tax credit to property owners who meet certain eligibility requirement. If you qualify, the maximum real property tax owed would not exceed 3% or 4% of your income, depending on your age. Eligibility Requirements: Homeowner must have a home exemption in effect at the time of application and of the subsequent tax year; Any of the titleholders do not own any other property anywhere; and The combined income of all titleholders cannot exceed \$60,000. To apply, complete an application available at the following locations: All Satellite City Halls; Treasury Division at Honolulu Hale; Tax Relief Section at the Standard Finance Building; Molili Senior Center office; and on line @ <http://www.honolulu.gov/cms-bis-menu/site-bis-sitewares/6416-treasury-division.html> Application deadline is September 30 annually. For more information contact the Real Property Tax Relief Office at 768-3205.