

Kaleidoscope

January 2016 Vol. XXVII No. 1

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:

Happy Healthy New Year!

Welcome back! Happy New Year to one and all! The Senior Center staff wishes you a safe and healthy year.

We are excited to be able to offer our ongoing and upcoming new classes to all of our seniors in 2016. Thank you all for your continued participation in our Senior Center Program. We continue to partnership with the Moiliili Community Center, as we are one program under the Community Center. Please become members of the Community Center. The annual membership fee is \$30.00 for a calendar year. Your participation as MCC members help support our endeavors to continue to offer classes, activities and services. Mahalo for your support of the Senior Center and the Community Center.

Winter Break Reminder: Most MSC classes will be on vacation through January 8. Lanakila Meals on Wheels will continue to meet during this period. Children will be here part of the week for all day care. Parking will be limited.

All the 2nd floor air conditioners are operational! The temperature should be set at 73 degrees. To turn the units on and off, please use the on/off switch that the unit is plugged into. You do no need to manually turn on and off the unit itself. When using the air conditioners, the windows and doors need to be closed. Thank you for your cooperation.

Thank you to all the crafters who donated items for all the craft fairs we did in November and December. We made over \$3000. Also, thank you to all the volunteers who helped us set up, sell and break down at all the fairs. Without the generosity of both the crafters and volunteers, we could not have done it without them. MSC is very fortunate to have such dedicated volunteers.

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.

All interested afternoon Line Dancers,

Know what a "rocking chair" is? No, it's not that piece of furniture on which you'll probably be spending a lot of your retirement days. No-o-o, in Line Dancing talk 'rocking chair" means something else.

If you've ever wanted to learn Line Dancing, now is the time! Join our new Beginners class where we'll cover basic line dance terms to speed your learning. Check it out: Thursday, February 4, 12:30.p.m., room 105. Our ongoing Advanced Beginners/Intermediate class will meet as usual, until further notice. Newcomers are welcome anytime.

Share fun, exercise and friendship with us,

Mary Ann & May, Instructors

CLASS - DEMO: BRAIN TRAINING

Stay healthy with coordination exercises and brain training paper (patterns, calculations, etc.) exercises. Instructor Eisho Hayashi has 30 years of experience in America and Japan teaching Brain Training. Mr. Hayashi speaks Japanese and will bring an interpreter. If we have enough people interested, classes will begin in February.

Date: Thursday, January 28

Time: 9:30 a.m.

Place: MSC, room 202

MOILIILI SENIOR CENTER WISH LIST:

- Volunteer instructors to teach educational classes/ workshops
- 2) 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.

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. 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. Kazue Sato.

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 \$30.00 for 2016.

MAHALO! MAHALO! MAHALO! to performers:

*Rhythm & Life Chair Exercise Group at MSC.

Attention all class participants: It is YOUR responsibility TO CHECK YOURSELF IN THE CLASS ATTENDANCE FOLDER AND CHECK FOR ANY FLIERS OR ANNOUNCEMENTS, which include last minute notices or other information. All participants MUST be registered with the senior office.

MCC NEWS:

MCC's Fundraiser Dinner, "WHERE GREAT THINGS HAPPEN." Save the date -Saturday, April 2, Japanese Cultural Center of Hawaii, Manoa Grand Ballroom, featuring MCC's very own Senior Center.

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 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, 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.

MOVIE: "ANT MAN" (2015)

(1-hr. & 57-min., DVD, Action, Adventure, Sci-Fi. Rated PG-13 - for sci-fi action violence.)

Starring Paul Rudd & Michael Douglas. This is your chance to find out what your grandchildren are interested in by seeing this latest comic book hero movie. Armed with a super-suit with the astonishing ability to shrink in scale but increase in strength, cat burglar Scott Lang must embrace this inner hero and help his mentor, Dr. Hank Pym, plan and pull off a heist that will save the world. Alma Okimura.

Date: Friday, January 22 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, January 16 & February 13

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, January 14(Adv) & January 21(Beg)

Time: 9:00 a.m. de O geniale 1/ floct newscap) Chose promite

Place: MSC, room 209 Cost: Supplies

ACUPUNCTURE by Heijiro Ikeda

Originally from China, acupuncture is currently practiced all around the world. Heijiro Ikeda (son of Phyllis Ikeda, MSC's former Qi Gong Instructor) has graciously volunteered his time to help our seniors. This is your chance to see if acupuncture can help you. First-come, first-served. Date: Tuesdays Time: 9:00 - 10:00 a.m.

Place: MSC, room 207 Cost: Donation

HAIRCUTS by Hawaii Institute of Hair Design

Students from the school will be here to cut hair. Sign up in the office so we can let the school know how many people to expect. A graduated and drive sold on A beightinger?

Date: Wednesday, January 13 Time: 9:00 a.m.

Place: MSC, room 102 Cost: Donation

SEMINAR: BRAIN INJURY

Mari Nakamura, Coordinator, Hawaii Neurotrauma Registry (HNTR) Project, will facilitate this seminar. Find out the different types of brain injuries and what the consequences are. You will also learn the best practice for people with brain injury and the challenges they face.

Date: Tuesday, January 19 Time: 9:15 a.m.

Place: MSC, room 105 Cost: Donation

SEMINAR: HOW TO PREVENT FALLS

I have a sign on my desk that reads "Falling down is part of life; getting back up is living!" That DOES NOT mean physically. In January's talk, Anne Chipchase of O'hana will talk about ways we can work to reduce falls and their often devastating results. Lightning, proper footwear, reducing clutter, regular eye exams and more all go into making our homes safer places. Attend this seminar and participate and learn how to keep yourself and your home a safer place for everyone. WALAMAYETAT MMELSH ARAHARAM

Date: Friday, January 22 Place: MSC, room 105 Time: 9:15 a.m. Cost: Donation

SEMINAR: SENIOR FALL PREVENTION AWARENESS

Every 5 hours in Hawaii, an older adult has a fall injury so severe they must to treated at a hospital. Recent reports show Hawaii seniors are visiting hospital emergency

departments on a rate of every hour, 24 hours a day, seven days a week. The good news is many falls and fall-related injuries are preventable. Learn from Eileen Philips, Attention Plus Care, RN how to incorporate the following steps which are considered the four pillars of falls, medication management, vision checks, home modifications and physical activity so you can prevent falls and age safely in place. Seminar sponsored by Attention Plus Care. Call 440-9372 to register.

Date: Tuesday, January 26

Time: 9:00 - 10:30 a.m.

Place: MSC, room 105

Cost: Donation

EXCURSION: THE PLAZA AT PEARL CITY

The Plaza Assisted Living is located just behind of Pearl Highland Shopping Center. This is your chance to find out what this new facility has to offer. Lunch on your own at Pearl Highland Shopping Center.

Date: Tuesday, January 19

Departure Time: 9:00 a.m.

Return Time: 1:00 p.m.

Cost: \$5.00 (Trans.)

EXCURSION: CHERRY BLOSSOM VIEWING IN WAHIAWA

This excursion is dependent on weather conditions and bloom time of the trees. We will travel through Wahiawa, stopping along the roadside for photo taking, and pick up Sunnyside pie orders. Lunch on your own at Mililani Town Center. Pie menu is available on the sign up board. Orders are due January 19 by noon.

Date: Thursday, January 21

Departure Time: 8:30 a.m.

Return Time: 1:00 p.m.

Cost: \$5.00 (Trans.)

EXCURSION: CHINESE NEW YEAR'S CHINATOWN & HAWAIIAN CHINESE MULTI-**CULTURAL MUSEUM**

Walk through the Museum and see the displays of historic photographs and artifacts about Chinatown, then take a shopping tour with MSC's own, Elaine. She will show you the best stores to shop at. Lunch on your own in Chinatown.

Date: Thursday, February 4

Departure Time: 9:00 a.m.

Return Time: 1:00 p.m.

Cost: \$5.00 (\$2.00-Admission Donation & \$3.00-Trans.)

EXCURSION: IOLANI PALACE

Join us as we have a docent guided tour through the first and second floors of the palace. After, enjoy a self-guided tour through the basement gallery. Lunch on your own at Ward Warehouse.

Date: Tuesday, February 9

Departure Time: 8:00 a.m. Return Time: 1:00 p.m.

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

SOLO UKULELE I & II: Classes begin Friday, January 15, 2016. Classes are in two sessions for a total of 18 weeks, room 202. SUI - 11:00 - 12:00; SUII (must complete SUI and instructor must approve advancement.)-9:30 - 10:45 a.m.. Inst: Allen Tanabe. Learn to read music and play the melody. Must have own ukulele & dedication to practice. SUI Cost: \$25 for text book. Fees to cover additional materials will be requested as the need arises. SUI -Minimum of 3 students. Registration will close after the 2nd week of class.

***NEW CLASS - ZENIDAIKO, Thursdays, 2:30 -3:30 p.m., Weinberg Studio. Class begins February 4. Zenidaiko is Japanese folk dancing with sticks. Inst: Mieko Sato.

***NEW CLASS - ZUMBA/PIYO, Tuesdays, 11:30 a.m.- 1:00 p.m., Weinberg Studio. Zumba Class began September 15. Grace is adding on PIYO which is Pilates and Yoga combined. PIYO will be from 12:30 - 1:00 p.m. A great combination of fun and fitness as you dance your way to a healthier you. Instructor: Grace Hada. Accepting more students.

GROUP SINGING, Wednesdays, 9:15 a.m. - 10:00 a.m. & BEGINNER'S LINE DANCING II, Wednesdays, 10:15 a.m. - 11:45 a.m., Weinberg Studio. More students are welcomed. For Line Dancing, students must have some experience. Instructor: Virg Pabro.

*Adult Hula Auana with Kumu Hula April Chock. Begins 1/16, 10 weeks, Saturdays, 9:30 am - 11 am, room 105.

Call the office for the next session start date. Learn modern hula. Wear loose clothing. Cost: \$20 - MSC seniors; \$35 - MCC members; \$40 - Non-members.

*Japanese/Okinawan Doll Making, Oshie & Kimekomi with Masako Ogawa. 6-week class begins Saturday, 2/6, 9:30 am - noon and Wednesday, 2/10, 10 am - 12:30 pm, room 207-8. An impressive array of projects to choose from. Bring: pins & scissors. Supplies/kit payable to instructor the first day of class. Class Cost: \$35 - MSC seniors; \$40 - MCC member; \$45-Non-member. Need to pre-register.

*Ribbon/Crochet Lei Making with Coryn Tanaka. Begins 1/22, 10 weeks, Fridays, 9:30 am - 12 noon, room 102. Call the office for next session start date. Bring sharp pair of scissors, container, and ballpoint pen. Supplies payable to instructor. New students must register before the session starts. Cost: \$20 - MSC seniors; \$30 - MCC members; \$35 - Non-members.

*Specialized Aerobics with Faye Fukuhara. At this time, class will resume in February.

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.

LANAKILAMEALS-ON-WHEELS AT MCC

LMOW serves hot and nutritious meals at the Center Mondays-Fridays. There is no charge for meals to registered participants. 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.

AOKI, GRACE COLLINS, EMILIA CORRIE, ELLEN DAVIS, JADE EUN, YOUNG-SOOK

FRANTZ, BETTY FUJIYOSHI, LYNETTE FURUMORI, LILLIAN HARADA, PAUL

HAYAKAWA, FUSAE INOUYE, KAY ITO, MICHIYO

IZUO, KAREN KANDA, IRENE KANNO, LILLIAN

Our wishes to our January birthday participants. KAWAKAMI, JEANETTE KITAGUCHI, NORA KOBAYASHI, GALE KOMO, KATHLEEN KUBO, AMY LAI, IRENE LEE, ASAKO LEE, NANCY LIU, MAY LUM, SYLVIA MARUYAMA, SABURO MATSUNAGA, WARREN MITSUNAGA, LORETTA MIURA, ROY

MIYAZAKI, KAREN

MORIKAWA, JOY MURAKAMI, GEORGE NAKAGAWA, BETTY NAKAMURA, SHIGEKO NAKAO, LILY NARAHARA, HELEN M. NARAHARA, WALTER H. NASHIRO, NANCY NOZAKI, YUKIKO OGINO, SADAKO OKAMURA, FUMIE OSHIRO, THOMAS OTA, SUZANNE PABRO, JERRY SAITO, STELLA SATO, MIEKO

SHIBATA, MICHIKO

SHIMAMURA, RITSUKO TAKARA, TERUKO TAMANAHA, TOYOKO TANAKA, SHARON TASHIMA, CHARLENE TATEYAMA, JANET TOBITA, GRACE TOM, SHERMAN USAMI, HIDEKO WASANO, NAOMI WHITMAN, NANCY WIXOM, ELSA WONG, ROLAND YAMANAKA, TAEKO YAMASAKI, HARUKO YOSHIMURA, KIMIKO YOSHIZAWA, GRACE

Moiliili Senior Center Schedule of Special Events January 2016

Days to remember in January:

1 - New Year's Day - CENTER CLOSED.

18 - Martin Luther King, Jr. Day - CENTER CLOSED.

24	A Company of the control of the cont	New Year's Ohana Festival 10 am - 4 pm JCCH & Moililli Field	S study of the control of the contro	Classes will resume the week of January 11.	Sunday
25	HOLIDAYI Martin Luther King, Jr. Day Center Closed	1949 15 1941 1991 15 1941	The source part	the	Monday
Senior Fall Prevention Awareness 9 am Rm 105 Acupuncture 9 am Rm 207 26	Excursion: The Plaza at Pearl City 9 am Seminar: Brain Injury 9:15 am Rm 105 Acupuncture 9 am Rm 207 Seminar:	Acupuncture 9 am Rm 207	Acupuncture 9 am Rm 207	*National Glaucon * Hot Tea Mor * Vol	Tuesday
ess	19 -11 10 920 19 -11 10 920 19 -11 10 920 19 -11 10 920	Haircuts 9 am Rm 102	5	aucoma Awareness Month * Eye C a Month * Oatmeal Month * Soup * Volunteer Blood Donor Month *	Wednesday
Class Demonstration: Brain Training 9:30 am Rm 202 28	Excursion: Cherry Blossom Viewing in Wahiawa 8:30 am Craft Workshop: Kumihimo - Beg 9 am Rm 209	Craft Workshop: Kumihimo - Adv 9 am Rm 209	7	*National Glaucoma Awareness Month * Eye Care Month * * Hot Tea Month * Oatmeal Month * Soup Month * * Volunteer Blood Donor Month *	Thursday
Tripped Branches and Superior Branches	Seminar: How to Prevent Falls 9:15 am Rm 105 Movie: "Ant Man" 11:15 am Rm 207	Chass 72	88	HOLIDAYI New Year's Day Center closed.	Friday
History Scale	Dahii Yoga Recam 303 Sale Deute Recam 303 Sale Deute Recam 303 Sale Deute Recam 102 La China Makana Ma Makana Makana Makana Ma Makana Makana M	Craft: Chigiri-e 9 am Rm 202 16	9	(Parent 207)	Saturday

Moiliili Senior Center Class Schedule January 2016

Sumie - \$60.	Additional fees applied to	classes - \$20 enrollm	School for Adults.	by McKinley Community	*DOF classes are provided	Heart also Ay	Resumes 2/2 (Room 305)	5:30 - 6:30		1:00-3:00	Closed		10:15-12:00		10:00-10:30			9:00-10:00	0.00-10.00	0.00 40.00	9:00-12:00	No Class	8:30-11:00	Began 2014	8:00-9:00		7:30-1:00	IVIORIDAY
ass students.	s applied to	ent fee.		_	are provided	Save Save Save Save Save Save Save Save	(Room 305)	+Spec. Aerobics	(Weinberg)	Buyo & Enka	(Room 305)	(Adv.I)	Rhythm & Life	(Room 105)	R&L Chair Exer.	(Weinberg)	Arthritis	Tai Chi for	(Poom 305)	(Rm 209)	Haw'n Quilt. Bee	(Beg/Int)(Rm 202	*Conv.Eng.	(Room 305)	Beg. Tai Chi	(Room 207-8)	Mah-Jonga	
+ I ultion based classes Walk-in fee \$5.		come to the senior office.	in bold print, in this newsletter,	Attention: If you find your name		12:00-1:30		12:00-2:30	Begins 1/26	12:00 - 2:30	Began 9/15	11:30-1:00		10:00-11:15		10:45-11:45	Closed	8.30-11.00	0.30 44.00	8:30-10:30	FULL	Access to the last of the last	8:00 - 9:30	(1/20)	8:00-9:00	No Class	8.00-9.00	luesday
classes.		ог опісе.	this newsletter,	find your name	(Room 207)	Shigin	(Room 209)	Karaoke	(Room 202)	*Citizenship	(Weinberg)	Zumba/PiYo	(Weinberg)	Okinawan Dno	(Room 209)	Sorohan	(Room 305)	Knytnm & Lite	(Room 209)	Crochet/Knit	(Weinberg)	Line Dancing I	Beginner's	(Room 102)	Blood Pressure	(Room 305)	Ki-Coord	
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	(Arcillocid) W	3	(Room 209)	(Room 305) Ohana Karaoke		(Room 207-8) Rhythm & Life	& Oshie	Doll Making	+Jpns/Oknwn	(Weinberg)	Line Dancing II	Reginner's	(Room 200)	*0.000	(Room 105) 1:00-2:30	(vveiribeig)	Group Singing	(Room 305)	Tai Chi(108)	(Room 104)	Shodo	(Beg/Int)(Rm 202	*Conv.Eng.	(Room 207)	Minvo Singing	(Room 105)	Eall Drovention	
Regidor	mos & Elaine	Kalen Wilector	Henledne	ke is you kama	vitia - omi				100	Begins 2/4	2:30-3:30 Zenidail	last Thur of the month	Domindon No	1.00-2.00	1.00-2:30	D2:00- 2:30	2000	9:00-10:30	Closed		9:00-10:30		8:00-9:00		7-30-8-30	1.30-1.00	7.50 4.00	Thursday
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& Oshie (Room 207-8)	+Jpns/Oknwn Doll Making	(Room 105)	Auana Auana	TANGUR HIJA	Chight-e	(Room 305)	(Int.I)	Rhythm & life	(Weinhern)	(Room sos)	Solo UKulele I	(Room 105)	R&L Chair Exer	(Room 303)	Solo Ukulele II	(Room 102)	Lei Making	+Ribbon/Croch.	(Weinberg)	Arthritis	(1.00III 201-0)	(Boom 207 9)	(ROZIII ZOZ)	Hanaruda (Boom 200)	(COC MOON)	Ki-Coord.		

MCCTHRIFTSTORE

<u>Thrift Store</u>: Open Tuesday - Saturday, 10:00 a.m. - 3:00 p.m.. Drop off donations when store is open. *Note: MCC members get 25% discount with purchase of \$10 or more.

COMMUNITY ANNOUNCEMENTS:

*NEW YEAR'S OHANA FESTIVAL, Sunday, January 10, JCCH and Moiliili Field, 10 am - 4 pm. Food, Crafts, Entertainment, Cultural Demonstra-

tions, Keiki Games and Activities. For more information, call 945-7633.

*STRETCH & STRENGTHEN CLASS, Thursdays, 10-11 am, Ala Wai Recreation Center, Dept. of Parks and Recreation, starting January 28,\$20 for 10 weeks. Thirty minutes of seated stretching exercises, 15 minutes of standing exercises and 15 minutes of dumbbell weight lifting for flexibility and strength to make everyday activities easier. No floor work. Register at the first class or call Karen French at 768-4622.