

Kaleidoscope



October 2013
Vol. XXIV 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: October 7 - 14 is Fall break for public schools. Children will be here for all day care during that period. Parking will be limited. Be aware. Be careful.

OFFICE VOLUNTEER WANTED: Help!!! We need volunteers in our senior office to help with computer inputting, statistics, answering calls, giving out information, registration, shredding, various office duties, etc. Occasionally, we just need someone to watch the office. If interested, see Jill.

MSC MINI BAZAAR / RUMMAGE SALE

Monday, October 21 - Friday, October 25

9:00 a.m. - 12:00 noon, Parking Lot

Bargains galore! Clothes, kitchen things, shoes, bags, gadgets. More! Monies go to operational expenses for the senior center program!

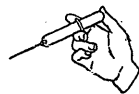
Items and Volunteers needed for MSC's mini bazaar/rummage sale. Drop off your unwanted articles in the senior office. Volunteers WANTED to assist with set up, sales and break down daily during the sale week. Sign up in the senior office for times you are available.



FLU SHOT CLINIC

Tuesday, October 15

9:00 a.m., Room 104



Beretania Safeway will be sponsoring this Flu Shot Clinic. Participants will receive a 10% grocery coupon. Bring ID and Insurance card. Sign up in the senior office by October 8. If less than 20 people sign up, the clinic will be cancelled.

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, than your membership and donation can be on one check. Reminder - all 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 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. For those who find this difficult, please see Program Director.

MAHALO! MAHALO! MAHALO! to performers:

- *Minyo Dance members at Nuuanu Hale.
- *Rhythm & Life members at Leahi Adult Day Care, Kuakini Aiea Day Care Center & Kahala Nui.
- *RLC Niko Niko Genki Club members at Lanakila Senior Center, Makua Alii, Makiki Christian Church & Magic Island.

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.

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



MCC NEWS:

GIVE ALOHA - Thank you to all who donated through Foodland's annual matching gifts program.

VOLUNTEERS WANTED: Looking for responsible, regular volunteers for the Thrift Store, especially Thursdays, Fridays & Saturdays. 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.

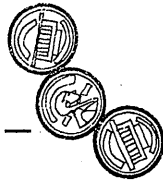
**ACTIVITIES, SPECIAL EVENTS
& EXCURSIONS**

- *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: "THREE COINS IN THE FOUNTAIN" - 1954(1-hr & 41minutes, VHS, Romance, Comedy. Not Rated.)

Starring Louis Jourdan & Dorothy McGuire. Three American roommates working in Italy wish for the man of their dreams after throwing coins into Rome's magnificent Trevi Fountain.

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



MOVIE: "42"
(2-hrs. & 8-mins., DVD, Biography, Drama, Sport. Rated PG for thematic elements including language.)

Starring Chadwick Boseman & Harrison Ford. The life story of Jackie Robinson and his history-making signing with the Brooklyn Dodgers under the guidance of team executive Branch Rickey.

Date: Friday, October 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. LIMIT: 12. **Faye Murata.**

Date: Saturday, Oct. 5 & Nov. 2 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. Last classes for 2013.

Date: Thursday, Oct. 10 (Beg) & Oct. 3 (Adv) 
Time: 9:00 am
Place: MSC, room 209 Cost: Supplies

CRAFT WORKSHOP: BEADING

This month's project is a bracelet beading project. LIMIT: 15. Last class for 2013.

Date: Thursday, Oct. 17 Time: 9:00 a.m.
Place: MSC, room 209 Cost: Supplies

SEMINAR: HUMANA

Melvin Fujimoto from Financial Benefits Insurance, Inc., will explain to you what you need to know to choose the plan that's right for you. Choosing a Medicare plan is a lot like buying a car. There are lots of options to consider. And what's right for you may not be right for your friend or neighbor or even your spouse. So keep in mind that the goal is not just to choose the best Medicare plan but to choose the best plan for you.

Date: Tuesday, October 15 - Room 202
Monday, October 21 - Room 104
Monday, November 25 - Room 104

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



SEMINAR: FRUIT 'N VEGGIE BINGO

Anne Chipchase from 'Ohana Health Plan will be here to play Fruit 'n Veggie BINGO with you for prizes.

Date: Friday, October 18 Time: 9:00 - 10:00 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: HOME SAFETY & FALL PREVENTION

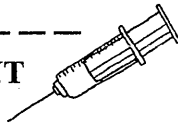
Learn how to prevent falls in your home. Mike Hirano from Project Dana will tell you what to be aware of in your own homes that may cause falls.

Date: Monday, October 21 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: HMSA AKAMAI ADVANTAGE PLAN
Choice of doctors. Worldwide coverage. Local customer service. Dennis Vanairsdale from Premier Benefit Consultants will explain what is the HMSA Akamai Advantage Plan and answer your questions.

Date: Tuesday, October 22 Time: 8:30 - 10:30 a.m.
Place: MSC, room 202

SEMINAR: MEDICAL MANAGEMENT PRESENTATION



Are you taking medications? Have questions about your medications? Learn helpful tips on how to manage your medications safely. FREE gifts and light refreshments for all those who participate. Sponsored by Catholic Charities.

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

SCREENING: SEMINAR: HAWAII SHIP/ SAGEPLUS PROGRAM

Be aware the Medicare Open/Annual Enrollment period is from October 15 - December 7, 2013. Will my current Medicare Health Plan and drug plan continue to cover my health needs? Will my health or drug plan be available in 2014? Do I need or want to look at other options available? My income is limited - is there help? Need answers to these questions or others? Help is provided by the State of Hawaii, Executive Office on Aging through a grant from Centers for Medicare and Medicaid Services through the Hawaii SHIP/SagePLUS Program.

Attend this one-to-one outreach screening for Medicare beneficiaries. Medicare screeners will review your current Medicare coverage and help you determine if you need to make changes for 2014.

Date: Friday, November 1 Time: 9:00 a.m. - noon
Place: MSC, room 104 Cost: Donation

SEMINAR: GENWORTH LONG TERM CARE

What choices are available for you when you need care? What government benefits will cover your long term care? How will you pay for your care? How can you avoid depleting your hard earned assets? Options and strategies will be discussed by Bob Choi, LTC specialist.

Date: Tuesday, November 12 Time: 9:00 a.m.
Place: MSC, room 202 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, October 9

Time: 9:00 a.m. - noon

Place: MSC, room 208

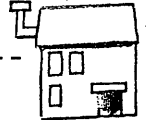
HIKE: AHUILAMA - MANOA

A strenuous 4-mile hike to Manoa Falls then continue up Ahuilama trail to Pahoa Flats above Manoa Valley. **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 Cynthia Motooka.

Date: Monday, October 7 Departure Time: 8:30 a.m.

Return Time: 3:00 p.m.

Cost: \$5.00



EXCURSION: ALOHA TOFU

Visit an actual Tofu manufacturing facility. Be aware that there are steep steps and narrow hallways. If you would like to order Aloha Tofu products, order forms are available in the senior office, due Thursday, October 10. Wear covered shoes. Lunch on own at Dillingham Plaza. MAXIMUM: 14.

Date: Monday, October 14

Departure Time: 9:10 a.m.

Return Time: 12:30 p.m.

Cost: \$4.00 (Trans.)

EXCURSION: BYODO-IN TEMPLE

Byodo-In Temple is located at the foot of the Koolau Mountains in Valley of the Temples Memorial Park. It's a smaller-scale replica of the over 950-year-old Byodo-in Temple, a United Nations World Heritage Site in Uji, Japan. We will start our tour in the gift shop, then it's a self-guided tour through the temple and the grounds. You may purchase fish food in the gift shop to feed the fish for \$1.00. Before entering the sanctuary, please remove your shoes, for this is a place of worship for the local Buddhist population. Lunch on own at Windward Mall. MAXIMUM: 14



Date: Monday, October 28

Departure Time: 9:15 a.m.

Return Time: 1:00 p.m.

Cost: \$7.00 (\$2.00 - Admission & \$5.00 - Trans.)

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

NEW CLASS: YOGA. Class has started but more students can be accommodated. De-stress and calm your mind through unique stretching, breathing and meditation. Dahn Yoga offers simple exercises suitable for all ages, body types and physical conditions which include Korean style power yoga, tai chi and meditation. Beginners welcome. Join the group and have fun moving your body! Class meets every Friday, 11 am - noon, Weinberg Studio.

NEW CLASS: GROUP SINGING, Wednesdays, 9:00 - 9:45 am, Weinberg Studio. Class may start in January 2014. If interested, sign up on the waitlist in the senior office.

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Began 9/20, 10 weeks, Fridays, 9:30 am - 12 noon, room 102. Supplies payable to instructor. Cost: \$20 - MSC seniors; \$30 - MCC members; \$35 - Non-members.

***Adult Hula Auana** with Kumu Hula April Chock. Began 9/14, 10 weeks, Saturdays, 9:30 am - 11 am, room 105. Cost: \$20-MS; \$35-MCC members; \$40-Non-members.

Specialized Aerobics with Faye Fukuhara. Mondays, 5:30 pm - 6:30 pm, room 305, 10-week session began 9/9. Cost: \$30 - MSC & MCC members; \$40 - Non-members.

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



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 needed Thursdays to check in lunches and help with the paper work. See Gerath, Rm 105.

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

BETSCH, JANE
BILMES, PONGSUWAN
CHEE, FLORENCE
CHONG, AILEEN
CHRISTIANSEN, KATHY
COLEMAN, JOHN
ESTRELLA, JUDY
FUJIMORI, ANNAS.
FUJIMOTO, CHERINE
FUJIMOTO, ELLA
IKEDA, SHARON



INOUE, TOSHIKO
KAGAWA, ATSUKO
KAMA, EVA
KANESHIRO, JEAN
KINOSHITA, MUSUE
KITAGAWA, ETHEL
KITAGAWA, HIROKO
KOBAYASHI, LOIS
KOBAYASHI, MYRTLE
LAI, SUNG HO
MARUYAMA, MITSUE



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:

VOLUNTEERS WANTED: Blood Bank of Hawaii (Young Street) is looking for volunteers to help with donor care and service, appointment reminder calls, community outreach and special projects. Contact Winnie Mokiao, volunteer relations coordinator, at 848-4734 or wmokiao@bbh.org.

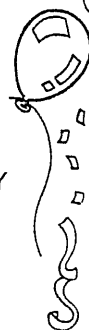


“Take Charge of Your Money3!” financial education on TV series airs on Oceanic channel 354 and 355 and QEM digital 46.55. The series airs Fridays, 9 p.m., rebroadcasts Sundays at 7 pm. (Aug 30 - Dec. 15) “Take Charge of Your Money3!” highlights information on important consumer finance topics that everyone should know about. SEE MSC bulletin boards for list of topics and air dates.

SENIORS - STRETCH & STRENGTHEN CLASS, Thursdays, 10- 11 am, Ala Wai Recreation Center. Began Sept. 5. \$20 for 10 weeks. Register at the first class or call Karen French at 973-7266. Class consists of 30-minutes of seated stretching exercises, then 30-min. of standing & light weight lifting exercises for flexibility and strength. No floor work. Bring your own dumbbell weights.

SENIOR CYCLING. Mon., Oct., 7 or Tues., Oct. 8, 9 - 11 am, Ala Moana Beach Park (orientation workshops). Looking for a way to stay active and get outside? The Hawaii Bicycling League now offers free classes especially for seniors and older adults. Rediscover your youth on adult-tricycles supplied by the league. Have fun. Stay active. Explore. For more info go to www.hbl.org/seniors or call (808)735-5756.

MOGI, CAROL
NAGANO, CAROL
NAKAMATSU, AGNES
NAKASHIMA, ITARU
NAKASONE, KAREN
NAKATA, IKUKO
NICHOLAS, BARBARA
NISHIYAMA, DOROTHY
NODA, DORIS
OGASAWARA, DIANE
OGAWA, CHARLEEN
OKUHIRA, SHIZUE
OSAKI, AMY
OTAGURO, KAREN



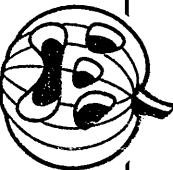


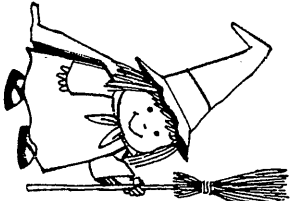
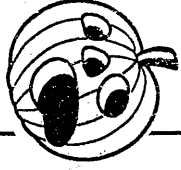
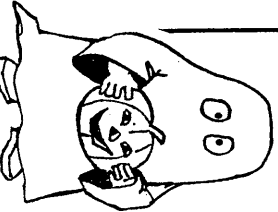

PABRO, VIRG
SAGARA, AKIKO
SAIGUSA, SACHIE
SHIGEMATSU, HISAKO
SHINODA, EMIKO
SHIROMA, JANE
SUEOKA, KIKUE
SUGANO, MARGARET
TAKAHASHI, YOSHIKO
TILTON, RUBY
WONG, JOYCE
YAMAOKA, KAREN
YIM, MILDRED
YOSHIZAWA, IZUMI



**Moiliili Senior Center
Schedule of Special Events
October 2013**





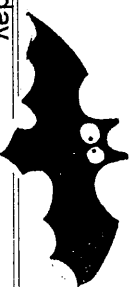

Days to remember in October:
14 - Discoverers' Day
16 - Boss's Day
24 - United Nations Day
31 - Halloween

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>National Breast Cancer Awareness Month</i> ❀ <i>Crime Prevention Month</i> ❀ <i>Dental Hygiene Month</i> ❀ <i>Energy Awareness Month</i> ❀</p>						
6 Hike: Abuilama - Manoa 8:30 am	7	8 	9 Haircuts 9 am - 12 noon Rm 208	10 Craft: Kumihimo - Beg Chair Massage	11 Classic Movie: "Three Coins in" the Fountain" 11:15 am Rm 207	12 Craft: Chigirie 9 am Rm 202 
13  Excursion: Aloha Tofu 9:10 am	14 Blood Pressure Reading 8 am Rm 102 Flu Shot Clinic 9 am Rm 104 Seminar: Humana 9 am Rm 202	15 Seminar: HMSA Akamai Advantage 8:30 am Rm 202 Seminar: Medical Management Presentation 9:15 am Rm 105	16  Chair Massage 10:30 - 12 noon Rm 303	17 Craft: Beading 9 am Rm 209 Chair Massage 10:30 - 12 noon Rm 303	18 Seminar: Fruit 'n Veggie BINGO 9 am Rm 105	19
20  Seminar: Humana 9 am Rm 104 Seminar: Home Safety & Fall Prevention 9:15 am Rm 105	21 Seminar: HMSA Akamai Advantage 8:30 am Rm 202 Seminar: Medical Management Presentation 9:15 am Rm 105	22 Seminar: Medical Management Presentation 9:15 am Rm 105	23 Chair Massage 10:30 - 12 noon Rm 303	24 Hike: Makiki 8:30 am Chair Massage 10:30 - 12 noon Rm 303	25 Movie: "42" 11:15 am Rm 207 	26 * Mini - Bazaar / Rummage Sale * MCC, Parking Lot * 9:00 am - noon * Monday - Friday *
27 Excursion: Byodo-In Temple 9:15 am	28	29 	30 Happy Halloween!	31 Happy Halloween!	<p>❀ Fire Prevention Month ❀ Healthy Living Month ❀ Stress Awareness Month</p>	



Molihili Senior Center Class Schedule October 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 English (Beg/Int)(Rm202)	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 English (Beg/Int)(Rm202)	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	9:00-11:00 Shodo (Room 104)	9:00-11:00 Beg. Japanese (Room 202)	9:00-10:00 Tai Chi for Arthritis (Weinberg)
Closed	Began 1/2013 Beginner's Line Dancing I (Weinberg)	9:00-10:00 Tai Chi(Adv) (Room 305)	9:00-10:30 Rhythm & Life (Int.III)	Began 5/6 (Weinberg)
9:00-10:00 Arthritis (Weinberg)	8:30-9:30 Line Dancing I (Weinberg)	9:15-10:30 Minyo Danc(Beg) (Room 105)	Closed	9:30-12:00 +Ribbon/Croch. (Weinberg)
Began 5/6 R&L Chair Exer. (Room 105)	FULL	9:30-11:30 *Sumie (Room 209)	9:00-10:30 Ukulele Prac. (Room 105)	Began 9/20 R&L Chair Exer (Room 105)
1:00-3:00 Buyo & Enka (Weinberg)	8:30-10:30 Crochet (Room 207-8)	Began 9/18 Beginner's Line Dancing II (Weinberg)	12:00 - 2:30 *Citizenship (Room 202)	10:00-12:00 Dahn Yoga (Weinberg)
5:30-6:30 +Spec. Aerobics Begins 9/9 (Room 305)	9:30 - 11:30 Bonsai (Room 104)	10:00-11:30 Beginner's Line Dancing II (Weinberg)	1:00-2:30 Line Dancing (Room 105)	12:00-1:30 Rhythm & Life (Beg.I)
	9:30-11:00 Rhy/Life(Int I) (Room 305)	FULL	Reminder: No class the last Thur. of the month.	Closed
+ Tuition based classes. Walk-in fee \$5.	10:45-11:45 Soroban (Room 209)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)		
*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.	10:00-11:15 Okinawan Dnc. (Weinberg)	Began 11/6 (Room 207-8)	"Kaleidoscope" is published monthly. Written/edited by the se- nior staff. Director - Paula Klamura, Program Staff - Henry Asari, Raena Akase & Henry Asari.	Saturday 9:30-11:00 +Adult Hula Auana
	12:00 - 2:30 *Citizenship (Room 202)	11:00-12:30 Rhythm & Life (Int.II)		Begins 9/14 (Room 105)
	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
	12:00-1:30 Kenbu Senbu Shigin (Room 207)	1:00-3:00 Kitsuke (Weinberg)		Begins 11/2 (Room 207-8)
	12:00-1:30 Sewing Crafts (Room 208)			

HONOLULU ORCHID SOCIETY'S 74TH ANNUAL ORCHID SHOW.
 Fri., Oct. 11 & Sat., Oct. 12, 9 am - 5 pm, Sun., Oct. 13, 9 am - 3 pm,
 Washington Middle School Cafeteria. See flyers for lectures or visit their website
 at www.honoluluorchidsociety.org. Admission is FREE.

MOILIHONGWANJI OPENHOUSE & FUNFEST, Sat., Oct. 19, 9
 am - 1 pm, 902 University Avenue. Flower Arrangement Displays, White
 Elephant, Plant Sale, Mini Craft Fair, Bake Sale, Fun Crafts & Games for Keikis,
 Balloon Monsoon, Food and more. Call 949-1659 for more information or go
 to www.MoilihHongwanji.org.

10th ANNUAL COMMUNITY CLEAN-UP, Kaimuki High School,
 Saturday, October 19, 2013, 9:00 am - 1:00 pm. Benefits Kaimuki High School,
 Molihili Community Center, & Kapahulu Center. Shredding - 1st box free, \$10
 - 2nd, 3rd box each. For a complete list of acceptable items, check the bulletin
 boards. For curbside pick-up, call Michele Sansone, 285-6481.

AGING IN HAWAII CLASSES by Attention Plus Care. Safety for Seniors
 - Tue., Oct. 22. Diabetes Care - Tues., Nov. 12. Location: Attention Plus Care,
 1580 Makaloa St., Suite 1060. Call 440-9372 for reservations and class time.