

# Kaleidoscope



April 2013  
Vol. XXIV No. 4

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:



The Community Center will be having its annual fundraiser "Ignite the Spirit, New Beginnings" the evening of **May 4, Saturday at JCCH Manoa Grand Ballroom**. The committee is in need of donations for their Silent Auction. Especially popular are items like rounds of golf, neighbor island trips, restaurant and store gift certificates, antiques, jewelry, etc. If you or family members are able to donate toward this, deadline is **April 16**. All monies made from this helps to balance the agency's budget, thus lowering our program's budget debt. Information on purchasing tickets were mailed out end of March. Thank you.

### MSC MINI BAZAAR / RUMMAGE SALE

Monday, April 15 - Friday, April 19  
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. Do your spring cleaning and drop off your unwanted articles in the senior office. Volunteers **WANTED** to assist with set up, sales and break down daily during that week. Sign up for the times you are available.

Everyone: we need your help. Let's start early to build up our inventory of craft items to sell for this year's craft sales. Come see us for items you may need to create with. We have yardage, buttons, batting, and all kinds of items. The monies go to help our operating expenses. Thank you!

**HELP WANTED:** Looking for a volunteer to do our telephone reassurance calls Friday mornings from 7:45 a.m. - 9 a.m. If interested, talk to the staff in the senior office.

**INTERESTED** in a Sewing Crafts Class? Florence Tamura will teach you how to make bags, hats, kinchaku and more. Florence has taught at Ben Franklin for two years and Lanakila Senior Center for 3 years. Class are held Tuesdays from noon to 1:30 pm. If you are interested, sign up in the senior office.

**FREE TICKETS** - Occasionally we are offered complimentary tickets to the UH Kennedy theater. The complimentary shows are usually Friday and Saturday evenings. If interested in going to a production, sign up in the senior office; 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, than your membership and donation can be on one check. Reminder - all checks must be written to: **MOILIILI 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. If you find this difficult, please see Program Director.



**NEW NAME:** For years the Rhythm & Life Chair Exercise members have been performing at various locations and they now have a name for their group: "RLC Niko Niko Genki Club" which roughly translates to "happy to stay well".

**MAHALO! MAHALO! MAHALO! to performers:**

\*Minyo Dance members at St. Clement's Preschool.  
\*RLC Niko Niko Genki Club members at Lanakila Senior Center, Makua Alii, Makiki Christian Church, Honpa Hongwanji (Kuakini Satellite) & Kilohana Senior Enrichment Center.

**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:**



MCC's "Ignite the Spirit, New Beginnings" Fundraising Dinner, Saturday, May 4, 6:00 p.m., JCCH, Manoa Grand Ballroom. \$125/seat. All proceeds support MCC's programs of services benefitting children, seniors and families. Deadline: April 12, 2013. For more information, call 955-1555 main office.

**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.

**VIDEO: "BETTE MIDLER: THE SHOWGIRL MUST GO ON"** (1-hr. & 10-mins., DVD)

Local girl Bette Midler stars in this Las Vegas extravaganza taped before a packed house at Caesars Palace. Thrilling audiences with her captivating performances, her power continues to shine as she belts out show stopping renditions of her biggest hits including "The Rose," "Boogie Woogie Bugle Boy," "From a Distance," "Hello in there," and "Wind Beneath My Wings."

Date: Friday, April 12  
Place: MSC, room 207



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

**MOVIE: "ARGO"**

(2-hrs., DVD, Drama, Thriller. Rated R. Oscar Award winning movie.)

Starring Ben Affleck. A dramatization of the 1980 joint CIA-Canadian Secret operation to extract six fugitive American diplomatic personnel out of revolutionary Iran.

Date: Friday, April 26  
Place: MSC, room 207

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, Apr. 6 & May 4  
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, Apr. 11 (Beg) & Apr. 4 (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

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

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

**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.

Date: Friday, April 19  
Place: MSC, room 105



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

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### SEMINAR: ACUPUNCTURE & YOUR HEALTH

Acupuncture has been practiced to treat various ailments for more than three thousands years. Most importantly acupuncture is essential in maintaining health and improving body's immunity. Come and learn about acupuncture and other treatment modalities used in Traditional Chinese Medicine (TCM) to help you to improve your health.

Seminar conducted by Mei-Lin Maunakea, a licensed acupuncturist with a practice at the Kuakini Medical Plaza. She is also a faculty instructor at the World Medicine Institute. Her passion is to educate and bring awareness about acupuncture and its benefits to improve health in the local communities.

Date: Monday, April 22      Time: 10:00 - 11:00 a.m.  
Place: MSC, Room 104      Cost: Donation

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### SEMINAR: LIVING WITH PARKINSON'S

In recognition of Parkinson's Awareness Month in April, seniors and their families are invited to learn about this disease that affects nearly 1 million people in the United States. Learn tips from a Registered Nurse on how to maintain activities of daily living. Guest speaker, Kevin Lockette, from the Hawaii Parkinson's Association will discuss strategies to apply movement and exercise into daily living. Find out how to stave off motor symptoms, improve overall mobility, and reduce falls. Register now so you can: identify signs & symptoms of Parkinson's disease; get tips on how to manage the disease; and learn the benefits of movements and exercise. Call 440-9372 to register. Space is limited. Sponsored by Attention Plus Care.

Date: Tuesday, April 23      Time: 8:30 - 10:30 a.m.  
Place: MSC, Room 105

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### SEMINAR: HEARING LOSS



Vanessa Mayers and Unyong Lancaster, Hearing Instrument Specialists, will conduct an educational seminar on the importance of hearing and one's quality of life. They will explain the consequences of hearing loss and the symptoms of untreated hearing loss as well. So if you or a loved one suffers from hearing loss, you don't want to miss this presentation. They will also answer any questions that you might have about hearing loss and hearing aids.

Date: Tuesday, April 30      Time: 9:30 - 10:30 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 - 12:00 noon  
Place: MSC, room 303

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**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, April 10      Time: 9 a.m. - noon  
Place: MSC, room 102



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### HIKE: PAPALI LOOP

An approximately 3-mile hike along a loop trail beginning and ending in Makua Valley. Beautiful views of the windward coast and mountains. **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.

Date: Monday, April 15      Departure Time: 8:30 a.m.  
Return Time: 3:00 p.m.      Cost: \$5.00 (Trans.)

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### EXCURSION: HONOLULU STAR\*ADVERTISER KAPOLEI PLANT

Join us as we take a guided tour through the newspaper printing plant. Wear closed toe shoes. Do not wear loose fitting clothing that could get caught in machinery. When signing up, please read the safety guidelines. Lunch on your own in Kapolei. MAXIMUM: 14.

Date: Wednesday, April 17      Departure Time: 8:30 a.m.  
Return Time: 12:45 p.m.      Cost: \$5.00 (Trans.)

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### EXCURSION: CHINATOWN HISTORICAL & CULTURAL WALKING TOUR

This is your opportunity to visit historic buildings, open markets, manapua and noodle making businesses, herb and acupuncture locations and other interesting cultural sites in Chinatown. Our friendly and knowledgeable guide will share sights and stories about Chinatown and its history. Tour includes entry to the Hawaii Heritage Center's multi-cultural gallery with exhibits on the Chinese, Filipinos, Japanese, Jews, Portuguese, Puerto Ricans and Scots of Hawaii. Lunch on own in Chinatown. MAXIMUM: 14.

Date: Wednesday, April 24  
Departure Time: 8:40 a.m.      Return Time: 12:45 p.m.  
Cost: \$9.00 (\$5.00 - Tour & \$4.00 - Trans.)

**CLASS/ACTIVITY ANNOUNCEMENTS: Sign up Senior Office, rm. 203. Please pre-register.**

**Next 10 week sessions begin in April for:**

**\*Ribbon/Crochet Lei Making** with Coryn Tanaka, 10 weeks, Fridays, 9:30 am - 12 noon, room 102. Supplies payable to instructor. Cost: \$20 - MSC seniors; \$30 - MCC members; \$35 - Non-members. Start May 3.

**\*Adult Hula Auana** with Kumu Hula April Chock, 10 weeks, Saturdays, 9:30 am - 11 am, room 105. 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 Saturdays, April 20, 9:30 am - 12 noon or Wednesdays, April 24, 10 am - 12:30 pm, room 207-8. Supplies/kit payable to instructor the first day of class. Class Cost: \$35 - MSC seniors; \$40 - MCC member; \$45 - Non-member.

**LANAKILA MEALS-ON-WHEELS AT MCC**

Lunch service weekdays except Wednesdays, at Moiliili. Suggested donation: \$2.00/ meal. Register with the manager, Gerath, in rm 105 on lunch days, 8 am - noon. **HELP NEEDED:** to assist 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. Volunteers needed.

Our wishes to our **April** participants.

BECK, DIANNE  
CARMACK, MARY  
CHOCK, APRIL  
FUJIKAWA, YUKIMI  
FURUTA, COLLEEN  
GUSHIKEN, EIKO  
HATA, SAKAE  
HIGA, GRACE  
HIGA, ROBERT  
HUDMAN, BARBARA  
ISHIHARA, SHIZUE  
ISHII, CLARA  
ISHIMOTO, CHARLENE

ITOGA, MARY ANN  
JENKINS, TAKAKO  
KAAINA, ELEANOR  
KAJIHIRO, CAROLE  
KAMIYA, MARY  
KANEKO, SHARON N.  
KARIOKA, ARLENE M.  
KATADA, SHARON  
KATO, LILLIAN  
KOGASAKA, CLAIRE  
KOKUBUN, YASU  
KUNIMOTO, FAITH  
LATHROP, ELISHAH

**COMMUNITY ANNOUNCEMENTS:**



**SUMIE SOCIETY OF HAWAII, 11<sup>th</sup> Annual Exhibition**, Honolulu Hale, April 15 - 26, 9 am - 4 pm. The exhibit will feature over 50 beautiful sumie brush paintings created by senior adult students of the esteemed 86-year old sensei, Mrs. Sachie Saigusa. The public is invited to attend a Special Reception for Mr. Wenpei Li on Tuesday, April 16 from 10 am - 12 noon in the courtyard of Honolulu Hale. Mr. Li has received numerous accolades and recognition for his Chinese brush painting artwork. Note: Artist Li will be doing a painting demonstration on April 16.

**"Take Charge of Your Money3!"** financial education on TV series airs on Oceanic channel 354 and 355 and QEM digital 46.55. The television series airs on Fridays at 8:30 p.m. "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. **Eva Budar.**

**WANTED:** Are you a people person? Do you have a passion for Hawaiian culture and the Pacific region? Would you like to share this passion with others? Bernice Pauahi Bishop Museum will begin a Volunteer Docent training program in July 2013. For further information and applications, please contact the Bishop Museum Human Resources & Volunteer office at (808)848-4171 or [volunteer@bishopmuseum.org](mailto:volunteer@bishopmuseum.org).

**AARP UPCOMING FREE EVENT** (For detailed information, see bulletin boards at the senior center.)


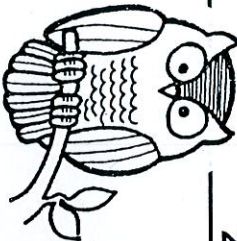
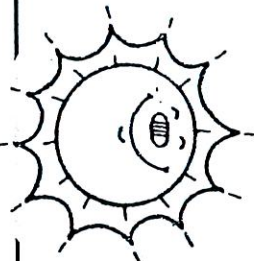
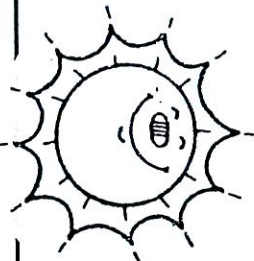
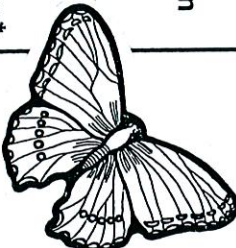

\*CarFit, Sat., April 6, Kaimuki High, School, 7 am - noon. Register: <http://aarp.event.com/carfit>. **Chin-Paek Chang.**

LAU, JEAN  
MARTIN DEL CAMPO,  
CHARLOTTE  
MAU, LEILANI  
MIHARA, DORIS  
MURATA, YUKIKO  
NAKANO, NOBUKO  
NAKASHIMA, HARUE  
NISHIDA, FLORENCE  
OSHIRO, EIKO  
OZOA, LILY  
PETERSON, CHRISTIAN  
REMUS, YVET  
SAKAMOTO, ANNE  
SANDS, SONYA

SEKIYA, WAKAYO  
SUZUKI, BETTY  
TAKENISHI, ELMER E.  
TAKIZAWA, DOROTHY  
TANAKA, AMY  
TATSUGUCHI, PATSY  
TOKUNAGA, SHIZUE  
TONDA, BETSY  
TSUCHIDA, MISAOKO  
WATARAI, THELMA T.  
WONG, FRANCES  
YAMADA, CATHERINE  
YAMAGUCHI, LILLIAN  
YONEZAWA, SADAOKO



15 - Patriot's Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1		2		3	
7	8	9	10	11	12	13
Hike: Papali Loop 8:30 am	Blood Pressure Reading 8 am Rm 102	Excursion: Honolulu Star*Advertiser Kapolei Plant 8:30 am	Craft: Kumihimo - Adv. 9 am Rm 209 Chair Massage 10:30 - 12 noon Rm 303	Video: "Bette Midler: The Showgirl Must Go On" 11:15 am Rm 207	Seminar: Healthy Skin Matters! 9 am Rm 105	
14	15	16	17	18	19	20
* Mini-Bazaar / Rummage Sale * MCC, Parking Lot * 9:00 am - 12:00 noon * Monday - Friday *						
21	22	23	24	25	26	27
Seminar: Acupuncture & Your Health 10 - 11 am Rm 104	Seminar: Living With Parkinson's 8:30 - 10:30 am Rm 105	Excursion: Chinatown Historical & Cultural Walking Tour 8:40 am	Chair Massage 10:30 - 12 noon Rm 303	Movie: "Argo" 11:15 am Rm 207		
28	29	30				
	Seminar: Hearing Loss 9:30 - 10:30 am Rm. 202	* Cancer Control Month * Listening Awareness Month * * National Anxiety Month * National Garden Month * National Poetry Month * * Stress Awareness Month * National Kite Month *				





# Moliili Senior Center Class Schedule April 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. Ends 4/22 (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. Ends 4/22 (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 104)	9:00-11:00 Beg. Japanese (Room 202)	9:30-12:00 +Ribbon/Croch. Lei Making (Room 102)
10:00-10:30 R&L Chair Exer. (Room 105)	Started 1/08 Line Dancing (Weinberg)	9:00-10:00 Tai Chi(Adv) (Room 305)	9:00-10:30 Rhythm & Life (Int. III)	Starts 5/3 R&L Chair Exer (Room 105)
1:00-3:00 Buyo & Enka (Weinberg)	8:30 - 9:30 Beginner's Line Dancing I (Weinberg)	Closed	Closed	12:00-1:30 Rhythm & Life (Beg. I) (Room 305)
5:30 - 6:30 +Spec. Aerobics Postponed (Room 305)	8:30-10:30 Crochet (Room 207-8)	9:30-11:30 *Sumie (Room 209)	9:00-10:30 Ukulele Prac. (Room 105)	Closed
Attention: If you find your name in bold print, in this newsletter, come to the senior office.				
	9:30 - 11:30 Bonsai (Room 104)	10:00-11:30 Beginner's Line Dancing II (Weinberg)	12:00 - 2:30 *Citizenship Starts in Sep (Room 202)	
	9:30-11:00 Rhy/Life(Int.I) (Room 305)	FULL	1:00-2:30 Line Dancing (Room 105)	
	10:45-11:45 Soroban (Room 209)	10:00-12:30 +Jpns/Okwnn Doll Making & Oshie	Reminder: No class the last Thur. of the month.	
	10:00-11:15 Okinawan Dnc. (Weinberg)	Starts 4/24 (Room 207-8)		
+Tuition based classes. Walk-in fee \$5.	12:00 - 2:30 *Citizenship Starts in Sept. (Room 202)	11:00-12:30 Rhythm & Life (Int. II)		
*DOE classes are provided by McKinley Community School for Adults.	12:00-2:30 Karaoke (Room 209)	Closed		
Citizenship & English classes - \$20 enrollment fee.	12:00-1:30 Kenbu Senbu Shigin (Room 207)	12:00 - 2:00 Roy Otake Karaoke Ohana (Room 209)		
Additional fees applied to new English class students.	12:00-1:30 Sewing Crafts (Room 208)	1:00 - 3:00 Kitsuke (Weinberg)		Starts 4/20 (Room 207-8)
Sumie - \$60.	12:00-1:30 +Spec. Aerobics Postponed (Room 305)			
<b>Saturday</b> 9:30 - 11:00 +Adult Hula Auana (Room 105) 9:30 - 12:00 +Jpns/Okwnn Doll Making & Oshie (Room 207-8)				

## CATHOLIC CHARITIES HAWAII TRAVEL

**TRAINING**, One-to-one travel training instruction for seniors who wish to use TheBus for some or all of their trips. Catholic Charities staff will design a training program just for you that will show you how to safely get to: doctor appointments, shopping, senior centers, church and more. Travel training is FREE. For more information, call 527-4777.



**FREE AARP TAX PREPARATION SITES:** take last year's tax papers, bank interest statements, all income forms, etc. e-file and some language assistance available at some. See posters for other sites and further info:

- \*Harris United Methodist Church, 20 S. Vineyard Blvd., Rm 11, Tue. & Wed., 9 am - 1 pm.
- \*Catholic Charities, 1822 Keeaumoku St., St. 9 am - 1 pm.
- \*Waikiki Community Center, 310 Paoakalani Ave., Thurs., 9 am - 1:30 pm.
- \*Central Union Church, 1660 S. Beretania St., Tue & Thurs, 8:30 am - 11:30 am
- \*Hawaii Kai Public Library, 249 Lunalilo Home Rd., Sat., 9 am - 12 noon
- \*Aiea Haina Public Library, 5246 Kalaniano'le Hwy., Fri. & Sat., 10:30 am - 2 pm