



Kaleidoscope

January 2017
Vol. XXVIII 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 2017!

Welcome back! The senior center staff wishes you a safe and healthy year.

In the Chinese calendar, the lunar year begins on January 28, 2017. "The Year of the Rooster will be a powerful one, with no middle of the road when it comes to moving forward. This year, impressions count. You'll want to look your best and be clear on your intentions concerning love, money and business. Stick to practical and well-proven paths to ensure success, rather than risky ventures." Chinese New Year 2017, 12/28/2016; <http://astrologyclub.org/chinese-horoscope/2017-year-rooster>.

Once again, we'd like to thank everyone who supported our craft fair sales. From volunteer hand crafters to workers, your talents whether it was crafting or salesmanship has been outstanding. We made \$4000! Without your special talents, we would not have been so successful.

Thank you to Central Pacific Bank Foundation for their \$20,000 grant to the Moiliili Community Center that will help to alleviate the costs of needed tables, chairs and the purchase of the new van.

Thank you all for your continued participation in our Senior Center Program. We continue to partner with the Moiliili Community Center, as we are one program under the Community Center. We are asking all senior center participants to 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. MCC member's benefits: 25% off all purchases of \$5 or more at our "Hidden Treasures" Thrift Store; One Plus One Drive Inn will offer a 10% discount on a purchase of \$5 or more; and Subway - Moiliili will offer a 10% discount on any sandwich/salad. Some exclusions apply. Just show your current MCC Membership Card to receive your savings. Offers are valid through the end of this year. Mahalo for your support of the Senior Center and the Community Center.

Are you interested in taking a Conversation English Class or do you know or someone who is? We may possibly have a volunteer to teach English but she would like to know what form of English people would like to learn (reading, writing, speaking, etc.). If interested, see program staff in the senior office.

Thank you to the volunteers who helped with the PacTeleCom project. On 2 Mondays in December, 10+ volunteers worked several hours tying labels onto over 2000 shell leis. It was tedious work but the volunteers enjoyed the camaraderie which made the work go by fast. Thank you for your assistance and we'll see you next year.

"PLEASE KOKUA!"

If you would like to borrow MCC's office phone to call for your ride pick up or an emergency, **PLEASE** limit your calls to 3 minutes maximum. The office phones are for the Center's business use and we need to have available open lines.

JUST A REMINDER ...

We have no problem making copies for MSC program class use. However, we would appreciate any "personal" copies (\$.10 ea.) Be limited to 1 to 5 copies at a time. We need to be careful on the usage of the copier so we don't go over our service contract totals. Mahalo!

VOLUNTEER WANTED: We are looking for a volunteer to handle our telephone reassurance calls on Wednesday mornings from 7:45 a.m. - 9:00 a.m. If interested, please inquire in the senior office.

New piece for the newsletter! We are listening to you. Per your suggestion, we have started a "SUPER SENIOR" section in our newsletter. If you know of a senior who you think is "SUPER", fill out our nomination form and with the consent of the senior, we will feature the person in "Kaleidoscope". Forms are available in class attendance folders and in the senior office.

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.

MOILIILI SENIOR CENTER WISH LIST:

- 1) Volunteer instructors for the following:
Educational classes/workshops
Japanese language
Painting
English language
- 2) Heavy Duty Shredder

To all our members who use the Weinberg studio for classes: PLEASE do not touch any of the articles that are stored in back, in the elevator and by the bathrooms downstairs. These are for the Thrift Store to sort, price and sell.

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 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 2017.

MAHALO! MAHALO! MAHALO! to performers:

- *Heels n' Harmony members at Oahu Care Facility, Waikiki Plaza, the Villas & Maunalani Nursing Home
- *Shiyukai 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 FLIERS 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 and mention Moiliili Community Center. If we have enough credit, they will donate a trip to Vegas for MCC's next fundraiser.

VOLUNTEERS WANTED: Looking for "responsible", regular volunteers for the Thrift Store, especially for Thursdays, Fridays or Saturdays. If interested, see Bonnie at the Thrift Store.

We would like to thank everyone for their generous donations of goods to the Thrift Store and the Senior Center. Sometimes the main office is inundated with an abundance of goods and it becomes unsafe to walk through the office. For this reason, the main office would like to accept donations in bulk on Tuesdays and Fridays between 8:00 a.m. - 4:00 p.m. to reduce the congestion in the main office. Thank you for your cooperation.

EXCURSION REMINDER: Excursion participants, please carpool or use the bus to allow parking for those who attend classes. **NO RESERVING SEATS**, except for your partner. Whenever you are going from one place to another, please return to your original seat. All participants must remain with the bus as the bus pick-up point will be

determined by the driver. DO NOT ask to be dropped off somewhere else or along the way. If you plan to leave the group at some point, let Escort know. Also, each participant must have an updated registration. If there are any special needs, please let the staff know about it before the excursion.

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: "SULLY" (2016)

(1-hr & 36-mins., DVD, Biography, Drama)

Starring Tom Hanks & Aaron Eckhart. The story of Chesley Sullenberger, a pilot who became a hero after landing his damaged plane on the Hudson River in order to save the flight's passengers and crew.

Date: Friday, January 27 Time: 12:15 p.m.

Place: MSC, room 202 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 21 & February 4

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, Feb. 2 (Adv) & Feb. 9 (Beg)

Time: 9:00 a.m.

Place: MSC, room 209

Cost: Supplies

CRAFT WORKSHOP: CREATIONS BY AMY

This month's projects are decorative Valentine hand towels, Valentine cards, eyeglass holders/lanyards/key holders and other crafts. Instructor: Amy Toba.

Date: Thursday, January 19 & 26

Time: 9:00 a.m.

Place: MSC, room 209

Cost: Supplies

SEMINAR: DIABETES

We all know that Diabetes is a serious and growing problem in our community. Come and get down-to-earth explanations of what Diabetes is, what you can do to reduce the risk of Diabetes to you and your family. Anne Chipchase, of 'Ohana Health Plan and a Moiliili Senior, herself, has a way of making the most complex issues understandable and is always ready with simple hints to make big differences.

Date: Friday, January 20

Time: 9:15 a.m.

Place: MSC, room 105

Cost: Donation

SEMINAR: FALL PREVENTION AWARENESS

Every 5 hours in Hawaii, an older adult has a fall injury so severe they must be 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 falls and fall-related injuries are preventable. Special guest Jerry Punzal, a certified Tai Chi instructor will discuss how moving for a better balance can greatly minimize falls and increase mobility. Eileen Phillips, RN and Attention Plus Care Client Service Supervisor will teach on the four pillars of falls that when applied to daily living can keep seniors safe at home. Sponsored by Attention Plus Care.

Date: Tuesday, January 24

Time: 9:00 a.m.

Place: MSC, room 105

SCREENING: MEDICATION REVIEW

Bring your medication and supplements and find out when the best time to take them are to get the best results. Reviews will be conducted by Walgreen's Pharmacists. They will also be offering blood pressure readings.

Date: Monday, January 23

Time: 9:15 - 10:00 a.m.

Place: MSC, room 105

EXCURSION: TARGET/KA MAKANA ALII SHOPPING CENTER #2

Since we had a waitlist for last month's shopping excursion, we will be going back to Ka Makana Alii. This is your chance to see the new shopping center in Kapolei. We will start off our morning at Kapolei Target and then move on to Ka Makana Alii. We will have approximately 2 hours at Ka

Makana Alii for shopping and/or lunch.
Date: Thursday, January 19 Departure Time: 8:15 a.m.
Return Time: 12:30 p.m.
Cost: \$5.00 - Trans. Donation

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

REMINDER: MSC classes are on break till January 6. Please check with instructors/leaders for exact dates. Rhythm & Life classes under Michie Takemoto will be on break through January 26. Tuesday Rhythm & Life classes time will change when class resumes. Please check January's Schedule for new time.

NEW CLASS: ZUMBA GOLD with Dr. Susan Nishida. Tuesdays, 9:30 a.m. - 10:30 a.m., room 105. Began 12/27. Zumba Gold is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Seniors may exercise while sitting. Bring water. Class will meet when there is no seminar scheduled in room 105. Please check monthly calendar. Class time may be subject to change.

***Adult Hula Auana** with Kumu Hula April Chock. Began 11/26, 10 weeks, Saturdays, 9:30 a.m. - 11:00 a.m., room 105. Learn modern hula. Wear loose clothing. Cost: \$20 - MSC seniors; \$35 - MCC members.

***Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class began Saturday, 2/4, 9:30 a.m. - noon and Wednesday, 2/8, 10:00 a.m. - 12:30 p.m., 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. Need to pre-register.

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

AOKI, GRACE
ARAKAKI, EMMA
CHINGON, RICHARD
COLLINS, EMILIA
DAVIS, JADE
EUN, YOUNG-SOOK
FRANTZ, BETTY
FUJIHARA, ELLEN
FUJIYOSHI, LYNETTE
FURUMORI, LILLIAN
HARADA, PAUL
HASHIMOTO, KATHERINE
HAYAKAWA, FUSAE
ITO, MICHIO
IZUO, KAREN
IZUTSU, NOBUE

KANNO, LILLIAN
KAWAKAMI, JEANETTE
KAWASAKI, KAZUKO
KEY, SHIZUKO
KIM, BARBARA
KITAGUCHI, NORA
KOBAYASHI, GALE
KUBO, AMY
LAI, IRENE
LEE, ASAKO
LEE, JEANNE
LEE, NANCY
LIU, MAY
LUM, SYLVIA
MARUYAMA, SABURO
MATSUNAGA, WARREN

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Began 12/23, 10 weeks, Fridays, 9:30 a.m. - noon, room 102. 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.

***Specialized Aerobics** with Faye Fukuhara. Mondays, 5:30 p.m. - 6:30 p.m., room 305, 10-week session begins Monday, 2/6. Excellent class for all ages, focuses on cardio exercise, muscle tone, range of motion, warm-ups and floor exercise and cool downs. Bring towel & water. Cost: \$30 - MSC & MCC members.

***Solo Ukulele I & II;** Classes begin Friday, 1/13 room 202. SUI - 11:00 a.m. - noon; SUII (must complete SUI and instructor must approve advancement.) - 9:30 a.m. - 10:45 a.m. Inst: Allen Tanabe. Learn to read music and play the melody. Must have own ukulele & dedication to practice. Cost: \$20 for textbook & \$10 is due at the beginning of the course to cover the cost of music notes, music sheets and additional study materials. Other optional fees will be announced if the need arises. See information sheet for required materials. Minimum of 3 students to start the SUI class.

***Citizenship Class** with Mitzi Moore. Tuesdays & Thursdays, noon - 2:30 p.m., room 202, 6-week session. Begins on 1/24. Class is geared for those applying for U.S. Citizenship.

***Sumie Class** with Sachie Saigusa. Wednesdays, 9:30 a.m. - 11:30 a.m., room 209, 10-week session. DOE sponsored class - \$60. Begins 1/25.

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 fri ends outside, not in the classroom.

MIURA, ROY	SAITO, STELLA
MIYAZAKI, KAREN	SATO, MIEKO
MORIKAWA, JOY	SHIBATA, MICHIO
MURAKAMI, GEORGE	SHIMAMURA, RITSUKO
NAKAGAWA, BETTY	SHIRAIISHI, TAE
NAKAMURA, SHIGEO	TAKARA, TERUKO
NAKANISHI, JEAN	TAMANAH, TOYOKO
NAKAO, LILY	TASHIMA, CHARLENE
NARAHARA, HELEN M.	TELLO, PABLO
NARAHARA, WALTER H.	TOBITA, GRACE
NASHIRO, NANCY	TRENT, TOYOKO
NOZAKI, YUKIKO	USAMI, HIDEKO
OGINO, SADAOKO	WASANO, NAOMI
OKAMURA, FUMIE	WHITMAN, NANCY
OSHIRO, THOMAS	WIXOM, ELSA
OTA, FRED	YAMANAKA, TAEKO
OTA, SUZANNE	YOSHIMURA, KIMIKO
PABRO, JERRY	YOSHIZAWA, GRACE

**Moiliili Senior Center
Schedule of Special Events
January 2017**

Days to remember in January:

1 - New Year's Day

2 - New Year's Day Observed - Center Closed.

16 - Martin Luther King Day - Center Closed.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Year's Day 1	HOLIDAY! New Year's Day Observed 2	3	4	5	6	7
New Year's Ohana Festival Moiliili Field & JCCH 10 am - 4 pm 8		9	10	11	12	13
	HOLIDAY! Martin Luther King Day 15	16	17	18	19	20
	Screening: Medication Review 9:15 am Rm 105 22	23	24	25	26	27
		Seminar: Fall Prevention Awareness 9:00 am Rm 105		Craft Workshop: Creations by Amy 9 am Rm 209	Movie: "Sully" 12:15 pm Rm 202	28
29	30	31	Classes resume the week of January 9. Individual classes may resume on different dates. Check with the office to be sure.			

* National Glaucoma Awareness Month *
* Eye Care Month *
* Soup Month *

Moiili Senior Center Class Schedule January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
7:30-1:00 Mah-Jongg (Room 207-8)	8:00 - 9:30 Beginner's Line Dancing I (Weinberg)	8:00-9:00 Fall Prevention (Room 105)	7:30-1:00 Mah-Jongg (Room 207-8)	8:30-10:30 Hanafuda (Room 209)
8:00-9:00 Beg. Tai Chi (Room 305)	FULL 8:30-10:30 Crochet/Knit (Room 209)	8:00-9:30 Minyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	9:00-12:00 Painting (Room 207-8)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	9:00-10:30 Rhythm & Life (Adv. 1) (Room 305)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Ukulele (Beg) (Room 105)	9:00-10:00 Tai Chi for Arthritis (Weinberg)
9:00-10:00 Tai Chi (108) (Room 305)	9:30-10:30 Zumba Gold (Room 105)	9:00-10:00 Tai Chi (108) (Room 305)	9:00-10:30 Rhythm & Life (Adv. II) (Room 305)	9:30-12:00 +Ribbon/Croch. (Room 102)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	9:30-10:30 Okinawan Dnc. (Weinberg)	9:00-10:00 Group Singing (Weinberg)	Closed (Room 305)	Began 12/23 Lei Making (Room 102)
10:00-10:30 R&L Chair Exer. (Room 105)	10:30-12:00 Rhythm & Life (Beginner) (Room 305)	9:15-10:30 Minyo Danc(Beg) (Room 105)	9:30-10:30 Brain Training (Room 202)	9:30-10:45 Solo Ukulele II (Room 303)
10:15-12:00 Rhythm & Life (Adv. II) (Room 305)	10:45-11:45 Soroban (Room 209)	9:30-11:30 *Sumie (Room 209)	12:00-2:30 Citizenship (Room 202)	10:00-10:30 R&L Chair Exer (Room 105)
1:00-3:00 Buyo & Enka (Weinberg)	11:30-1:00 Zumba/PY'o (Weinberg)	10:00-12:30 Doll Making & Oshie (Room 207-8)	1:00-2:30 Line Dancing (Room 105)	11:00-12:00 Solo Ukulele I (Room 303)
5:30 - 6:30 +Spec. Aerobics Begins 2/6 (Room 305)	12:00 - 2:30 Citizenship (Room 202)	Begins 2/8 Rhythm & Life (Beginner) (Room 305)	2:30-3:30 Zenidaiko (Weinberg)	12:00-1:30 Rhythm & Life (Adv. I) (Room 305)
+Tuition based classes. Walk-in fee \$5.	12:00-2:30 Karaoke (Room 209)	11:00-12:30 Rhythm & Life (Beginner) (Room 305)	<div> <div>"Kaleidoscope" is published monthly, written/edited by the senior staff. Director: Sunday - Paula Regidor & Akira Goto.</div> </div>	
*DOE class - Sumie is provided by McKinley Community School for Adults - \$60	12:00-1:30 Kenbu Senbu Shigin (Room 207)	12:00 - 2:00 Ohana Karaoke (Room 209)		
	10:00-1:30 Rhythm & Life (Adv. V) (Room 305)	12:30 - 3:00 Kitsuke (Weinberg)		

LANAKILA MEALS-ON-WHEELS AT MCC

LMOW serves hot and nutritious meals at the Center Mondays through Fridays, at 11:00 a.m. There is no charge for meals. Participants are given an opportunity to make a donation to the program and all contributions are used to support Lanakila Meals on Wheels program. Participants must be registered and members of the Moiliili Community Center. To register for this program, see Gerath in room 105.

MCC THRIFT STORE

Thrift Store: 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:

FOX TROT CLASS, Moiliili Community Center, room 105, Tuesdays, 7 - 8 pm, 6-week class begins January 3. Sponsored by the Kapiolani Ballroom Dancers of Honolulu Lions Club. Instructors: Richard and Ruby Kazunaga. Cost for session: \$24 per person and \$12 per person for Lions Club Members. Payment is due on the first night. Monies collected from the classes are donated to: Wounded Soldiers Project and other community projects.

NEW YEAR'S OHANA FESTIVAL, Sunday, January 8, JCH and Moiliili Field, 10 am - 4 pm. Food, Crafts, Entertainment, Cultural Demonstrations, Keiki Games and Activities. For more information, call 945-7633.