



Kaleidoscope

March 2018
Vol. XXIX No.3

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:

Aloha & Mahalo,

It is with heartfelt regret that I have to end my time at the Senior Center as the Director. For the past 2 years, it has been my pleasure serving our Seniors, learning and growing our program. With the joyous birth of my son, I have decided to spend time watching him grow up. I will always cherish my time at the Senior Center and take with me all the humbling knowledge that the Seniors taught me. I was so fortunate to be mentored, if only for a short while, by Jill and I have always strived to see her wishes to completion. I will deeply miss you all.

With all My Love and Aloha,
Sunday Kamai-Eguire

Rachel Yamashita, Kupuna Support Program Director, will be MSC's Interim Director until a new senior program director is found.

Rare Disease Day Awareness

Monday, March 5

10:30 a.m. - 12:30 p.m. MCC, Courtyard
Informational Booths. A place to receive rare
disease support.

PARKING ISSUES: Drivers, when parking in lined stalls, please park within the stall. If you are over the line, you are taking up 2 stalls. If this happens, staff needs to check classrooms to see where you are and ask you to straighten your car. Also, please do not remove reserved parking space cones. These parking spaces are for volunteer instructors, speakers or special project volunteers. If you move these cones, your teacher/speaker may leave because there are no parking spaces available and then your class/seminar will be cancelled. As a reminder, if you have an afternoon class, please do not park in the covered parking lot if your class goes beyond 2:00 p.m. The Child Care program needs to block off half of the lot for the children before they arrive. We realize parking is tight at the center and we are trying to think of alternatives. If you have any suggestions, please let us know. Thank you for your cooperation.

Rhythm & Life Chair Exercise Class will join a few of the Rhythm & Life students from Japan, Mr. Toyoda, & Matsumoto sensei in the Honolulu Festival Parade on March 11 on Kalakaua Avenue (Saratoga Road to Kapiolani Park). If you are interested in walking in the parade, contact Faye Murata at 735-1323. Parade practice will be on Saturday, March 10 at 2:00 p.m. at MCC in room 105.

SPECIAL GUEST EXERCISE INSTRUCTOR

FROM JAPAN

Friday, March 9

10:00 a.m. Rm. 105

Kikuchi Taiso (exercise) instructor from Japan will be joining the Rhythm & Life Chair Exercise class for a special class.

THANK YOU to the District 50 Hawaii Lions for sponsoring the health and wellness fair that was held on February 27. We had a great turn out. Seniors collected valuable information and everyone enjoyed the samples of fried rice and tea from Palolo Chinese Home. Thank you to all the volunteers who contributed to making this event a success.

MSC MINI BAZAAR

March 12 - 16, 2018

9:00 a.m. - Noon MSC, Garage

Find bargains galore! Kitchen ware, clothes, books, fabric, and more. Volunteers needed daily to help with set up, selling, and break down. Sign up in the senior office.

REMINDER: BRING YOUR OWN BAGS.

PARKING ALERT! March 19 - 23 is Spring Break for the children, which means parking will be limited because the children will be at MCC for the all-day care program. Please carpool, be dropped off, take the bus, or walk. We appreciate your cooperation.

Ti Leaf Leis for Memorial Day

At our workshop on February 20, Mr. F. Del Campo of Foster Gardens demonstrated how to make the leis using wire hangers. He also explained about the various workshops that they sponsor at the gardens. We are glad so many attended! We were so productive that we ran out of ti leaves during the first half of the workshop. Thank you for your hard work.

Mahalo also to Judy Nakamoto, Mieko Sato, Faye Hasegawa, and June Nishimura for donating ti leaves and to April Chock for stripping hundreds of leaves.

Please join Lei 'Ilima at the next ti leaf lei workshop on March 6 in room 202 from 9:30 - 11:30. We need more ti leaves so if you have any, please drop them off and any completed ti leaf leis to the senior office Wednesdays - Fridays.

MCC Restrooms: For the safety of all, please do not prop the doors open. Each classroom has a set of keys for the women's and men's restroom. Please kokua and make sure that the keys are back in its place by the end of your class. Lost keys cost money to replace.

The students of MSC's Painting Class will showcase their art work on:

Friday, May 4
10:00 a.m. - Noon
MSC, Room 207-8

Please come and be inspired and to also join us in the Friday painting class that meets every Friday, 9:00 a.m. - Noon in room 207-208. The painting class will also have an exhibit in the entire month of July at Hoomaluhia Gardens in their exhibition room.

EXCURSION SUGGESTIONS. We need more interesting excursions that can accommodate a large number of people so we can hire a bus. If you have any ideas, please let the senior office staff know so we can try to schedule an excursion.

HELP WANTED: MOILIILI COMMUNITY CENTER IS LOOKING TO HIRE DRIVERS. If you know someone who may be interested, please have them apply in the main office. We are currently looking for van drivers (No CDL needed) as well as bus drivers (CDL).

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 \$35.00 for 2018. 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 \$10 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 to both places. 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.

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.

ATTENTION seniors! When paying by check for your Moiliili Community Center membership and including a donation to the senior program, please make a note on the membership/donation envelope that the donation is for the Moiliili Senior Center. If you are making a donation to the Community Center, then you do not need to make any notations. 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.** All Senior Center participants are asked to pay the MCC membership fee of \$35.00 for 2018.

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:

THE MOILIILI BOOK REPRINTING PROJECT. NEW PAGES ADDED AND OTHER PAGES UPDATED. Everything you ever wanted to know about Moiliili. We need to raise at least \$2,500 in donations to have the book reprinted. Pre-publication : \$19.95 - expected distribution. The after publication price will be \$25.00. Order forms are available in the main and senior office. Please write checks to: Moiliili Community Center (memo line: Book Project) and send/bring it to: Attn: Laura Ruby, Moiliili Community Center, 2535 South King Street, Honolulu, HI 96826.

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.

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 the 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: "ONLY THE BRAVE" (2017)

(2-hrs. & 14-mins., DVD, Biography, Drama. Rated PG-13 for thematic contents, some sexual references, languages and drug material.)

Based on the true story of the Granite Mountain Hotshots, a group of elite firefighters risk everything to protect a town from a historic fire. Starring Josh Brolin & Jeff Bridges.

Date: Friday, March 23 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.

Date: Saturday, March 3 & April 7
Time: 9:00 a.m. Place: MSC, room 202
Cost: Supplies LIMIT: 12

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, Mar. 1 (Adv)-Cancelled
Thursday, Mar. 8 (Beg)
Time: 9:00 a.m. Place: MSC, room 209
Cost: Supplies

REMINDER: CREATIONS BY AMY

PEANUT BUTTER MOCHI & CHI CHI DANGO

LIMIT: 10 people. SORRY, class is FULL.

Date: Thursday, March 15 Time: 9:00 a.m.
Place: MSC, room 103 (Kitchen) Cost: \$10.00
BRING: Gloves, tablespoon (1), a kitchen knife, a plastic knife, wax paper, a wooden spatula, and a chopping board.
NOTE: no classes on Thur., March 22, April 19, and 26.

SEMINAR: LET'S TALK ABOUT THE FLU!

This year's flu season is the worst in a long time. If you haven't had your flu shot this year (and every year) you ought to get with it! But there is much that we can do beyond the important step of the vaccination. We will discuss all the ways we can help ourselves fight the flu. Presented by Anne Chipchase of 'Ohana Health Plan.

Date: Friday, March 2 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

WORKSHOP: EASTER EGG COLORING

Bring your creative juices and jump start your imagination as we color Easter Eggs with Anne Chipchase of 'Ohana Health Plan.

Date: Friday, March 16 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: FALL PREVENTION

Attend this seminar and hear from the experts on Fall Prevention. Please join Attention Plus Care as they host another Aging in Hawaii Seminar. Call 440-9356 to RSVP.

Date: Tuesday, March 27 Time: 9:00 - 10:30 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: ISLANDS HOSPICE

Iris Hashimoto, from Islands Hospice, will speak on three programs that they offer; hospice, supportive care and transitional care. Iris will describe each program, eligibility, insurance coverage and service provided.

Date: Monday, April 16 Time: 9:15 - 10:00 a.m.
Place: MSC, room 105 Cost: Donation

EXCURSION: KALAKAUA GARDENS

Join us as we take a tour of Kalakaua Gardens, a senior living community. We will tour the facility and learn about their community.

Date: Wednesday, March 28 Departure Time: 9:40 a.m.
Return Time: To be determined. Trans. Donation: \$2.00

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

CLASS NOTICES:

Tai Chi for Arthritis (Fridays) - No class on March 2 & 9.
Okinawan Dance - No class on March 27 & April 3.
Brain Training - No class on April 5.

NEW CLASS: BEGINNER'S RHYTHM & LIFE, Thursdays, 8:00 - 9:00 a.m., room 305. Choreographed exercises done to Japanese music. Class begins March 1. Instructor: Michie Takemoto.

NEW CLASS: TAI CHI WITH SWORD & FAN, Mondays, 7:30 - 8:00 a.m., room 305. Learn basic Tai Chi while using a sword and fan. Class began February 5. Instructor: Ken Koike.

NEW CLASS: CARD GAMES by Glen Yasuoka. Games to play include: Trumps; Spades; Solitaire; Crazy 8; Speed; Match/Match; Paiute; and Poker. Class meets Mondays, 9:00 a.m. - 10:30 a.m., room 202, started September 11.

NEW CLASS: AEROBIC & TONING EXERCISE WITH MURIEL. Tuesdays & Thursdays, 2:00 - 3:30 p.m., room 305. Currently, the class follows exercise CDs. BRING: water, mat & towel. Since this is an afternoon class, please do not park under the covered parking lot. The Child Care program uses that area for their program and if one car is parked there, they cannot use the area for the children. Instructor: Muriel Takahashi.

ZUMBA GOLD: with Dr. Susan Nishida. Tuesdays, 9:30 - 10:30 a.m., room 105. Last month, we moved the class to another room on seminar day and Health Fair Day. If it works out well, we will continue to do this. Please check monthly calendar.

Zenidaiko-Beginners, Thursdays, 2:30 - 3:30 p.m., Weinberg Studio. Zenidaiko is Japanese folk dancing with sticks. More students welcome. Instructor: Miekko Sato.

***Adult Hula Auana** with Kumu Hula April Chock. Began 2/10, 10 weeks, Saturdays, 9:30 a.m. - 11:00 a.m., room 105. Learn modern hula. Wear loose clothing. Class Cost: \$20 - MSC seniors; \$35 - MCC members.

***Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class begins Saturday, 3/10, 9:30 a.m. - noon and Wednesday, 3/14, 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.

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Began 2/9, 10 weeks, Fridays, 9:30 a.m. - noon, room 102. Bring a sharp

pair of scissors, ruler, container, and ballpoint pen. Supplies payable to instructor. New students must register before the session starts. Class 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 began Monday, 10/30. 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. Class Cost: \$30 - MSC & MCC members. Class resumed on Feb. 5. Next session begins 3/19.

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.

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:

SOCIAL DANCE CLASS. The Kapiolani Ballroom Dancers of Honolulu Lions Club began a six weeks Waltz class on February 27. Class meets Tuesdays from 7:00 - 8:00 p.m., room 105. The beautiful and elegant dance is characterized by a 1, 2, 3 count with a rise and fall movement. You will be able to dance the Waltz at weddings, socials, and on cruises. The instructors are Richard and Ruby Kazunaga. The cost for the session is \$24 per person and \$12 per person for Lions Club members. This is a great way to get some exercise, meet friends and just have fun.

Our wishes to our *March* birthday participants.

CHEN, CAROLINE
CHUN, KAREN
CHUN, ROSALIND
DYE, KATHLEEN
ELTON, MICHIO
FINNIN, JAMES
FUJITA, HENRY
GOOD, MARIA
HAMANO, MASAOKI
HARRIS, MAE
HASHIZUNE, KAYOKO
HIROHATA-GO, AMY
HUDGINS, MARY
ITO, BETSY
IVERSON, LINDA
JOBES, GERRY

KAISAN, GEORGE
KAMEMOTO, CAROL
KANEMATSU, MIHOKO
KAWASAKI, MAE
KIM, LINDA
KOBAYASHI, NORIKO
KOYAMA, MINEKO
KURODA, JOSEPH
LACOBIE, CONNIE
LANCASTER, CECILIA
LAU, KATHLEEN
LEES, ERIKA
MAWAE, MILDRED
MIMURA, FUMIKO
MIYAMOTO, KINUKO
MOORE, MITZI

MURAKAMI, GAIL
NAKAMURA, MATSUE
NAKANO, KAZUKO
NISHIKI, ANNIE
NISHIMURA, MAGDALENE
NISHIMURA, MITSUE
ODO, AIKO
OGAWA, MASAOKO
OKAMURA, HARRY
OSHITA, BRIDGET
OUCHI, CLAR
RICHMOND, LUCY
RII, YOSHISADA
SAKATA, ANNETTE
SATO, NORENE
SHIROMA, YONEKO
SILVERIA, FUMIE
STEVENS, MIRIAM

SUGAI, AIKO
SUMIDA, HERMAN M.
SUZUKI, MICHIO
TADA, YASUKO
TAKAYAMA, AMY
TAKEMOTO, MICHIE
TAKISHIMA, SUE
TALIAFERRO, GWYN
TANAKA, ASAKO
TOM, LINDA
UEGAWACHI, YASUE
UEHARA, JUNKO
UEHARA, SHINEI
UYEDA-POSCABLO, NORENE
YAMADA, LUCILLE
YAMAGUCHI, NOBUKO
YAMAMOTO, CAROL C.
YUZAWA, KUNIO

Moiiliili Senior Center Schedule of Special Events March 2018

"Kaleidoscope" is published monthly, written/edited by the senior staff. Interim Director, Rachel Yamashita; Program Staff - Paula Regidor, Akira Goto, Judy Nakamoto & Gerath Fukuya.

Days to remember in March:

3 - Girl's Day

11 - Daylight Savings Time Begins

17 - St. Patrick's Day

26 - Prince Kuhio Day - CENTER CLOSED

30 - Good Friday - CENTER CLOSED.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>*National Craft Month</div><div>*Americian Diabetes Alert Month</div><div>*Kidney Month</div><div>*National Frozen Food Month</div><div>*National Noodle Month</div></div>						
4	Rare Disease Day Awareness 10:30 am - 12:30 pm MCC, Courtyard	Lei 'Ilima Club Ti Leaf lei Workshop 9:30 am Rm 202	Kupuna Independent Life Series 8:30 am Rm 104	Craft Workshop: Kumihimo - Beg 9 am Rm 209	Seminar: Let's Talk About the Flu! 9:15 am Rm 105	Craft: Chigiri-e 9 am Rm 202
5	Kupuna Independent Life Series 8:30 am Rm 104		Kupuna Independent Life Series 8:30 am Rm 104	Workshop: Creations by Amy - Peanut Butter Mochi & Chi chi dango 9 am Rm 103	Special Guest Instructor R&L Chair Ex. Class 10 am Rm 105	
11	* Moiliili Senior Center * Mini Bazaar * Monday - Friday * 9:00 am - Noon * MCC, Garage *					
12		13	14	15	16	17
18	19	20	21	22	23	24
<div><div>HOLIDAY!</div><div>Prince Kuhio</div><div>Day</div><div>Center Closed</div></div>					Movie: "Only the Brave" 12:15 pm Rm 202	
25	26	27	28	29	30	31
<div><div>HOLIDAY!</div><div>Center Closed</div></div>						TEMARI'S 13th Annual BOLTS of Fabric & Fun Sale JCCH, 5th Floor 8 am - 1 pm (8 - 9 am Members Only)

Moliili Senior Center Class Schedule March 2018

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)
7:30-8:00 Tai Chi w/ Fan & Sword (Room 305)	8:30-10:30 FULL 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)
Began 2/5 (Room 305)	9:00-10:30 Rhythm & Life (Adv. II)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Rhythm & Life (Beginner)	9:30-12:00 +Ribbon/Croch. Lei Making (Room 102)
8:00-9:00 Beg. Tai Chi Began 2014 (Room 305)	Closed.	9:00-10:00 Tai Chi(108) (Room 305)	Begins 3/1 (Room 305)	Began 2/9 (Room 102)
9:00-10:30 Card Games Began 9/2017 (Rm 202)	9:30-10:30 Zumba Gold (Room 105)	9:00-10:00 Group Singing (Weinberg)	8:00-9:00 Ukulele (Beg) (Room 105)	9:30-10:45 Solo Ukulele II Began 1/19 (Room 202)
9:00-12:00 Haw'n Quilt.Bee (Rm 209)	3/6,3/13&3/20 (Room 105) 3/27 (Room 207-8)	9:15-10:30 Minyo Danc(Beg) (Room 105)	9:00-10:30 Rhythm & Life (Adv. IV)	10:00-10:30 R&L Chair Exer (Room 105)
9:00-10:00 Tai Chi (108) (Room 305)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:30-11:30 *Sumie (Room 209)	Closed	10:00-11:00 Tai Chi for Arthritis (Weinberg)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	10:30-12:00 Rhythm & Life (Beginner I) (Room 305)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	9:30-10:30 Brain Training (Room 202)	11:00-12:00 Solo Ukulele I Closed. (Room 202)
10:00-10:30 R&L Chair Exer. (Room 105)	10:45-11:45 Soroban (Room 209)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)	10:30-12:00 Rhythm & Life (Adv. V) (Room 305)	12:00-1:00 Beginner's Buyo & Enka (Weinberg)
10:15-12:00 Rhythm & Life (Adv. IV) (Room 305)	11:30-12:30 Zumba (Weinberg)	11:00-12:30 Rhythm & Life (Inter. I) (Room 305)	Closed.	12:00-1:30 Rhythm & Life (Adv. III) (Room 305)
12:00-3:00 Buyo & Enka (Weinberg)	12:00 - 2:30 Citizenship (Room 202)	Begins 3/14 (Room 207-8)	12:00-2:30 Citizenship (Room 202)	12:00-1:30 Rhythm & Life (Adv. III) (Room 305)
5:30 - 6:30 +Spec.Aerobics Begins 3/19 (Room 305)	12:00-2:00 Karaoke (Room 209)	11:00-12:30 Rhythm & Life (Inter. I) (Room 305)	1:00-2:30 Line Dancing (Room 105)	Closed.
	12:00-1:00 Kenbu Senbu Shigin (Room 207)	12:00 - 2:00 Ohana Karaoke (Room 209)	Reminder: No class the last Thur. of the month.	
	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	12:00 - 3:00 Kitsuke (Weinberg)	1:00 - 2:00 Zenidako (Weinberg)	Saturday 9:30 - 11:00 +Adult Hula Auana (Room 105)
+ Tuition based classes. Walk-in fee \$5.			2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	9:30 - 12:00 +Jpns/Okwn Doll Making & Oshie (Room 207-8)
*DOE class - Sumie is provided by McKinley Community School for Adults - \$60			2:30 - 3:30 Zenidako Beginners (Weinberg)	

FREE AARP CAREGIVER CONFERENCE, Saturday, March 24, JCC, 8:00 a.m. - Noon. Check-in and Resource Exhibits (8:00 a.m. - 8:45 a.m.). Program (8:45 a.m. - Noon): What Family Caregivers Want... And How to Help Them Get it; Challenging Behaviors in Dementia Care; Recognizing Unmet Needs; Body and Brain Activities; and the Case for Caring for Yourself: The Medical Consequences of Caregiver Stress. Parking: \$6.00. Register on line at <https://aarp.event.com/care3-24> or call 1-877-926-8300.

TEMAR'S 13TH ANNUAL BOLTS OF FABRIC & FUN SALE, Saturday, March 31, JCC, 5th Floor, Manoa Grand Ballroom, 8:00 a.m. - 1:00 p.m.; 8:00 a.m. - 9:00 a.m. Open

to TEMAR members only; and 9:00 a.m. - 1:00 p.m. Open to the public. Featuring all things textiles with unique treasures from local artists and more. Join us for fun, fabrics, remnants and notions. MSC will be participating in this fair by selling fabrics and crafts.

FREE FALL PREVENTION EDUCATION, Saturday, April 21, Straub Physical Therapy Center, 800 S. King Street, 8:00 a.m. - Noon. Open to anyone interested in learning how to prevent falls (caregivers and family members of participants are welcome). Call 522-4603 to reserve your personalized session with a physical therapist. Participants will receive a 1.1 fall risk screening and will learn exercises to help prevent falls. Space is limited. Reservation is required. Presented by the Straub Rehabilitation Department.



Honolulu Community Action Program

Kupuna Independent Life Series Spring 2018

The Kupuna Independent Life Series is a comprehensive approach to assisting seniors, age 55+ with health education, support for living productive independent lives, and proactive engagement in the community

Series Schedule:

Every Wednesday from 8:30am—12:30pm
January 31—April 25, 2018

Location:

Moiliili Community Center (room 104)
2535 South King Street
Honolulu, HI 96826



Facebook.com/HCAPhi



Twitter.com/HCAPhi



Instagram.com/HCAPhi

For questions or additional
information, please contact:

HCAP's Leahi District
Service Center
(808) 732 -7755

Kupuna Independent Life Series

January 31 - April 25, 2018

Molili Community Center, Room 104

8:30 a.m. - 12:30 p.m.

Sign up in the senior program office, room 203.

Schedule for the day:

8:30 - 9 - Exercise/Breakfast/Opening

9 - 10 - Health Workshop

10 - 11 - Break/Social Workshop

11 - 12:30 - Lunch/Support Group/Craft

<u>Date</u>	<u>Health Workshops</u>	<u>Social Workshops</u>	<u>Support Group Topics</u>
3/7/2018	Epilepsy Foundation of Hawaii	WAP Presentation	
3/12/2018	VIDEO		
3/14/2018	Public Health Nurses	Volunteer Legal Services	
3/28/2018	I Ola Lahui Behavioral Health	HPD	
4/4/2018	Chaminade	Senior Medical Patrol	
4/11/2018	SHIP	Senior Medical Patrol	
4/19/2018	FIELD TRIP (Waianae)		
4/25/2018	Lanakila	HEP Free Hawaii	

NOTE: This schedule is tentative and may change.