

Kaleidoscope



December 2013
Vol. XXIV No. 12

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:

From all of us at the Center to all of you, our warmest wishes for a safe holiday season, a season filled with love, joy, peace, and good health! May 2014 be filled with happy, healthy moments! We are thankful for all of you and what you contribute to everyone's daily life. Keep on Smiling!!!

Join us in welcoming Russell Hamada, our driver/program assistant in training. Russell joined us on November 13th after retiring from the DOE. Welcome aboard, Russell!

The holidays are fast approaching, and everyone is busy, busy, busy. More so, **YOU** need to be aware of what is happening around you: **YOUR SAFETY!!!** Don't be in a rush when being dropped off at the Center. Have your driver pull up to the parking lot attendant and the tree, not in the middle of the driveway in the tunnel or in front of the ramp. Watch for vehicles backing up - you are **NOT** stronger or faster or larger than a vehicle; don't try to walk around the back of the vehicle especially when it is backing up. **BE AWARE! BE PATIENT! BE SAFE!**

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; monies go to MCC general fund. Articles have been missing.

RHYTHM & LIFE CHAIR EXERCISE CLASS

presents

Christmas Program

Friday, December 20, 2013

9:30 - 10:45 am

MSC, Room 105



OFFICE VOLUNTEER WANTED: Help!!! We need volunteers in our senior office. We need people 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.

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

"Christmas in Honolulu" Craft Fair, December 3, Tuesday, 5:00 pm - 8:30 pm at JCCH Manoa Ballroom. MSC is selling crafts at this fair. Free admission. Come and support the program while finding neat gifts.

MSC Christmas Craft Sale

December 4, 9 - 11 am, MCC, room 209

December 5, 9 - noon, MCC, room 209

December 6, 9 - noon, MCC, room 209

Get your Christmas shopping done while helping the senior program.

Volunteers wanted to help with set up, sales, and breakdown. Sign up in the senior office.



Volunteers needed to assist with preparations for the Pacific TeleCommunications Conference to be held in January. On December 17 (Tuesday) & 18 (Wednesday), from 9:00 a.m., volunteers needed to tie bows & tags onto shell leis. January 17, Friday, 9:00 am - 2:00 pm, volunteers needed to work at Hilton Hawaiian Village on various aspects; Van Transportation provided from MCC. Sign up, Senior office for any of these.

MSC's Faye Murata will be on hand December 10, Tuesday, 10 - 11:30 am, room 104, to sell her book "Aloha", an autobiography of her life written in Japanese. The sales is a fundraiser for the production of the 4th Golden Age Variety Show which will take place July 20, 2014 at the Ala Moana Hotel ballroom.

Moiliili Senior Center is always in search of teachers or group leaders to expand our program. Have a special talent and is willing to teach for the satisfaction of sharing but no monetary compensation? We especially need a beginner's Tai Chi and a Qi Gong instructor. Contact the Senior office, room 203, and talk story with staff.

FREE TICKETS - Occasionally we are offered complimentary tickets to the UH Kennedy theater. The complimentary shows are usually Friday and Saturday evenings. If you are interested in going to a production, sign up in the senior office and we will call you when tickets become available. **Rita Kubota.**

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 2014. For those who may find this difficult, please see Program Director.



MAHALO! MAHALO! MAHALO! to performers:

- *Minyo Dancer members at Hale Malamalama.
- *Rhythm & Life members at Kuakini.
- *RLC Niko Niko Genki Club members at Lanakila Senior Center, Makua Alii, Makiki Christian Church, Magic Island, One Kalakaua & Cambodia Christian Church.

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 Annual Meeting is on January 19th, Sunday at Moiliili Community Center from 11 am. Join us. Check the "Centerline" for further info. Mark your calendar.

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

MOVIE: "TOWER HEIST"

(1-hr & 45 minutes, VHS, Comedy. Rated PG-13 for language and sexual content.)

Starring Alan Alda, Eddie Murphy & Ben Stiller. A hilarious comedy caper about a luxury condo manager who leads a staff of workers to seek payback on the Wall Street swindler who defrauded them. With only days until the billionaire gets away with the perfect crime, the unlikely crew of amateur thieves enlists the help of a petty crook to steal the \$20 million they're sure is hidden in the penthouse. **Marie Ferreira.**

Date: Friday, December 13

Time: 11:15 a.m.

Place: MSC, room 207

Cost: Donation



VIDEO: "THE UNTOLD STORY: INTERNMENT OF JAPANESE AMERICANS IN HAWAII"

(57-mins., DVD)

Within hours of Japan's attack on Pearl Harbor, Hawaii authorities arrested several hundred local Japanese on Oahu, Hawaii and Kauai. They were Buddhist priests, Japanese language school officials, newspaper editors, business and community leaders. In total, over 2,000 men and women of Japanese ancestry were arrested, detained and incarcerated in 13 confinement sites throughout Hawaii, with no evidence of espionage or sabotage and no charges were ever filed against them. This is the first full-length documentary to chronicle this untold story in Hawaii history.

Date: Thursday, January 23 Time: 11:30 a.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, Dec. 7 & Jan. 4 Time: 9:00 a.m.
Place: MSC, room 202 Cost: Supplies



CRAFT WORKSHOP: BEADING

January's project is a bracelet beading project. LIMIT: 15

Date: Thursday, January 16 Time: 9:00 a.m.
Place: MSC, room 209 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, Jan 30 (Beg) & Jan. 23 (Adv)
Time: 9:00 am
Place: MSC, room 209 Cost: Supplies

SEMINAR: DIABETES

Join us as a representative from the American Diabetes Association will speak on diabetes as it relates to seniors.

Date: Tuesday, December 3 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: HOLIDAY DIETING TIPS

Come join Anne of 'Ohana Health Plan for a discussion of healthy holiday eating! Sounds like an oxymoron? It doesn't have to... food can taste great and still be good for you! Come join us!

Date: Friday, December 13 Time: 9:00 a.m.
Place: MSC, room 105 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, December 11
Time: 9 a.m. - noon Place: MSC, room 102

HIKE: WAIMANO

A 5-6 mile walk along an old irrigation ditch into lush Waimano Valley behind Pearl City. After walking into the valley we come to our lunch spot, a grassy knoll looking further up the valley. **Bring: Backpack (required), 1 1/2 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**

Date: Thursday, Dec. 12 Departure Time: 8:30 a.m.
Return Time: 3:00 p.m. Cost: \$5.00

EXCURSION: CHRISTMAS SHOPPING SPREE

As requested, we will take a shopping trip to Target (Salt Lake), Kmart (Stadium) and Pearlridge Shopping Center. Lunch on your own at Pearlridge. MAXIMUM: 14.

Date: Tuesday, Dec. 17 Departure Time: 8:30 a.m.
Return Time: 1:45 p.m. Cost: \$5.00 (Trans.)

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203



SUDOKU anyone? If you are interested in learning how to do Sudoku, sign up in the senior office. Toshisada Tamura is willing to teach people how to play.

Dahn YOGA, De-stress and calm your mind through unique stretching, breathing and meditation. Friday, 11:00 am - noon, Weinberg Studio. Instructor: Cristine Booth.

NEW CLASS: GROUP SINGING, Wednesdays, 9:15 - 10:00 am, Weinberg Studio. Class starts January 15, 2014. Class is FULL.

Ribbon/Crochet Lei Making with Coryn Tanaka. Began 11/29, 10 weeks, Fridays, 9:30 am - 12 noon, room 102. Bring sharp pair of scissors, container, and ballpoint pen. Supplies payable to instructor. Cost: \$20 - MSC seniors; \$30 - MCC members; \$35 - Non-members.

Adult Hula Auana with Kumu Hula April Chock. Began 11/30, 10 weeks, Saturdays, 9:30 am - 11 am, room 105. Learn modern hula. Wear loose clothing. Cost: \$20 - MSC seniors; \$35 - MCC members; \$40 - Non-members.

Specialized Aerobics with Faye Fukuhara. Mondays, 5:30 pm - 6:30 pm, room 305, 10-week session begins 12/02. Excellent class for all ages, focuses on cardio exercise, muscle tone, range of motion, warm-ups, floor exercise, & cool downs. Bring towel/water. Cost: \$30 - MSC & MCC members; \$40 - Non-members.

Japanese/Okinawan Doll Making, Oshie & Kimekomi with Masako Ogawa. 6-week class begins Saturday, February 1, 2014, 9:30 am - noon or Wednesday, February 5, 10 am - 12:30 pm, room 207-8. An impressive array of projects to choose from. Bring: pins & scissors. Supplies/kit payable to instructor the first day of class. Class Cost: \$35 - MSC seniors; \$40 - MCC member; \$45- Non-member. Need to pre-register.



Solo Ukulele I, II; 20 weeks each, begins Jan. 17 - May 30, 2014, rm. 202. SUI - 10:00 am - 11:00 am; SUII (must complete SUI) - 11:15 am - 12:15 pm. Inst: Allen Tanabe. Learn to read music and play the melody. Must have own ukulele & dedication to practice. Cost: \$15 for materials. Maximum: 12 students per.

SEEDCRAFT CLASS looking for more people. Like working with your hands? See what this class can offer you. Class meets every Tuesday, room 209, 7:30 a.m.

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

AKITA, FUSAKO
BALBUENA, STANLEY
BALINSKI, VIRGINIA
BOYD, REIKO
CAULFIELD, MARILYN
CHANG, CHIN-PAEK
CHOCK, TERUMI
COWELL, DON
FUJII, BRUCE
FUJIOKA, GRACE
HAKODA, WINIFRED
HARADA, HELEN
HIRATA, JANET M.



HONG, CHOON JA
HUI, YIN-FAN
INATSUKA, TAKAYO
ITOKAZU, KIMIKO
KAMALU, MARION
KATO, PATSY
KIYAMA, ANN
KOBAYASHI, HERBERT
KODAMA, ELAINE
LEE, EVELYN
LINDENBERGER, ERIKA
LIU, PATRICE
MATSUNAGA, LINDA



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



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.

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:

"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 9 p.m. and rebroadcasts Sundays at 7 pm. (August 30 - December 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.

55TH ANNUAL CHRISTMAS PARADE, Thursday, December 12, 6:30 p.m. Route: from Kuhio Elementary School, down S. King St., S. Beretania St. onto Isenberg St. ending at Stadium Park. Sponsored by Kapa-Moi Lions Club & MCC.



MATSUURA, HARRIET
MORGAN, ANNE
MORITA, KUNI
NAKAGAWA, SHIZUE
NAKAMA, MARY
NISHIOKA, ELAINE
OJIMA, MARGARET
OKAMOTO, AILEEN
OSATO, JANE
PARK, MATSUE
ROSS, YUKIKO
SASAKI, EMMA
SEGAWA, MARYANN
SNYDER, MIYO



SORIANO, NATIVIDAD
TAHARA, SUSAN
TAKEDA, FREDERICK
TANAKA, ALMA
TANOUYE, LEI
TERADA, TAKESHI
TOKURA, DOROTHY
TYLER, LOIS
UEMURA, GEORGE
WHITE, MINEKO
YAMADA, BARBARA
YAMAMOTO, KENNETH
YOKOTA, HISAKO
YONEMOTO, ELLEN



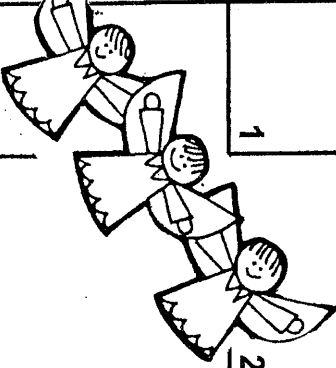
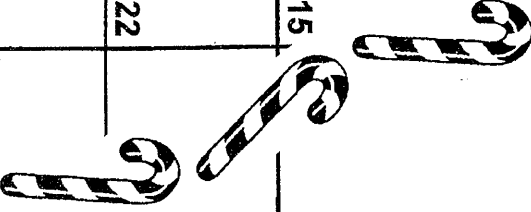
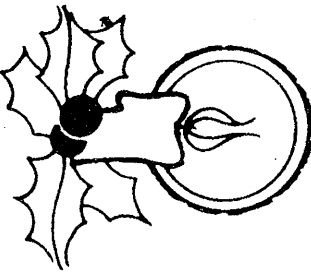


**Mollilli Senior Center
Schedule of Special Events
December 2013**



Days to remember in December:

- 10 - Human Rights Day
- 12 - Poinsettia Day

- 15 - Bill of Rights Day
- 25 - Christmas Day - CENTER CLOSED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		Seminar: Diabetes 9:15 am Rm 105	<i>MSC Christmas Craft Sale</i> <i>Wed. (9 - 11 am), Thurs. & Fri (9 - noon) Room 209</i>	Chair Massage 10:30 - noon Rm 303		Craft: Chigiri-e 9 am Rm 202
8	9	10		11	12	13
		Faye Muratata's Book Sale & Signing 10 - 11:30 am Rm 104	Haircuts 9 am Rm 102	Hike: Waimano 8:30 am Chair Massage 10:30 - noon Rm 303	Seminar: Holiday Dieting Tips 9 am Rm 105 Movie: "Tower Heist" 11:15 am Rm 207	
15	16	17	18	19	20	21
		Blood Pressure Reading 8 am Rm 102 Excursion: Christmas Shopping Spree 8:30 am		Chair Massage 10:30 - noon Rm 303	R&L Chair Exercise Christmas Program 9:30 - 10:45 am Rm 105	
22	23	24	25	26	27	28
			Holiday! Christmas Day Center Closed			
29	30	31	Classes will end the week of December 16 and resume the week of January 13, 2014. Individual classes may end and resume on different dates. Check with instructors/leaders for actual return dates.			
		New Years Eye				