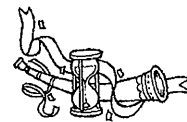




Kaleidoscope



January 2014
Vol. XXV 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 2014!



Welcome back to the year of the Wood Horse! In the Chinese calendar, the lunar year begins on January 31. This should be "a lively and high-spirited year for all ... hectic and punctuated with adventures. Action will be the key word. Everything is on the go and we should take care not to drive ourselves too hard. A rewarding but exhausting year."

The horse person is said to be cheerful, popular and quick-witted, perceptive and talkative. His changeable nature may lead him to be hot-tempered, rash, and headstrong at times. The quick and nimble horse appraises situations astutely and is able to manipulate both people and events. He will want things done his way. His selfishness rarely extends into the monetary or material side of things. His mind works at remarkable speed and whatever he may lack in stability and perseverance, he will make up for by being open-minded and flexible.

(by Theodora Lau, the Handbook of Chinese Horoscopes)

Great success!!! You are all so awesome! From selling crafts at the Mayor's Festival, Christmas in Honolulu, and at the Center - we grossed over \$6,800! **Thank you** -- to the crafters for all your time, effort, and creativity! To our elves who worked hard pricing everything! To our volunteers who sold at the different venues! And to you who did your shopping with us! Mahalo!

YOU all 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 especially 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. Articles have been missing.

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

Volunteers needed to assist with preparations for the Pacific TeleCommunications Conference. January 17, Friday, 9:00 am - 2:00 pm at the Hilton Hawaiian Village Hotel on various aspects; van transportation provided from MCC. Sign up in the senior office.

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. **Maris Araki.**



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

MAHALO! MAHALO! MAHALO! to performers:

*Heels 'N Harmony members at Hawaii Kai Retirement Community, Central Union Church, Franciscan, Leahi Hospital, Furukawa Living Treasure, Koko Head Senior Club, Maunalani Nursing Home, Kilohana Day Care, Hawaii Seniors' Fair & Kaimuki Senior Club. (2013)

*RLC Niko Niko Genki Club members at Lanakila Senior Center, Makua Alii, Makiki Christian Church, Magic Island, Central Union Adult Day Care & Kuakini.

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 Annual Meeting, Sunday, January 19, 11 - 11:30 am, MCC, room 105. For more information, call MCC's main office at 955-1555.

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 or call her at 942-0595.

EXCURSION REMINDER: Excursion participants, please car pool or use the bus to allow parking for those who attend classes. **NO RESERVING SEATS**, except for your partner. **Please allow those who are disabled to board the bus first, for safety.** 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.

A REMINDER: Sign up for any of the special activities noted below, 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: "THE FAMILY"

(1-hr & 51-minutes, VHS, Comedy, Crime, Thriller. Rated R for violence, language & brief sexuality.)

Starring Robert DeNiro, Tommy Lee Jones & Michelle Pfeiffer. A mafia boss and his family are relocated to a sleepy town in France under the witness protection program after snitching on the mob. Despite the best efforts of a CIA agent to keep them in line, the family reverts to old habits and blow their cover by handling their problems the "family" way, enabling their former mafia cronies to track them down.

Date: Friday, January 31
Place: MSC, room 207

Time: 11:15 a.m.
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. There was 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

Place: MSC, room 202



Time: 11:30 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, Jan. 4 & Feb. 1

Time: 9:00 a.m.

Place: MSC, room 202

Cost: Supplies

CRAFT WORKSHOP: BEADING

This month's project is a beaded bracelet. 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 won project. LIMIT: 10 per class.

Date: Thursday, Jan. 30 (Beg) & Jan. 23 (Adv)

Time: 9:00 am

Place: MSC, room 209

Cost: Supplies

SEMINAR: TO BE ANNOUNCED



Anne Chipchase, from Ohana Health Plan, will be at the Center for her monthly talk. Subject to be announced. Check bulletin boards for further information.

Date: Friday, January 17

Time: 9:00 a.m.

Place: MSC, room 105

Cost: Donation

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, January 21

Time: 9:15 a.m.

Place: MSC, room 105

Cost: Donation

SEMINAR: "SECOND HALF OF YOUR LIFE"

Mel Fujimoto, from Financial Benefits Insurance, Inc., will talk about how to have a financial stress free life by bridging the gaps of social security.

Date: Wednesday, January 22

Time: 9:00 - 11:00 a.m.

Place: MSC, room 102

Cost: Donation

HIKE: KAENA POINT from Yokohama Beach

Hike the rugged coast to the west end of the island. See many native plants and maybe a monk seal or whales out at sea. Generally a hot, dry walk of approximately 6-miles.

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

Date: Wednesday, January 8

Departure Time: 8:30 a.m.

Return Time: 3:00 p.m.

Cost: \$5.00

EXCURSION: OCEANSIDE HAWAII ASSISTED LIVING

Join us as we enjoy a FREE lunch with entertainment at Oceanside Hawaii. After, we will take a guided tour of this assisted living facility which is surrounded in a beautiful, quiet, country setting in Hauula. MAXIMUM: 15.

Date: Tuesday, January 28

Departure Time: 10:30 a.m.

Return Time: 3:00 p.m.

Cost: \$2.00 (Activity Donation)



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.

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

NEW CL ASS: 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 began 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 Wednesday, January 29, 10 am - 12:30 pm or Saturday, February 1, 9:30 am - noon, 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 January 17 - May 30, 2014, room 202. SUI - 10:00 a.m. - 11:00 a.m.; SUII (must complete SUI) - 11:15 a.m. - 12:15 p.m. Instructor: 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

Our wishes to our *January* birthday participants.

CARROLL, KAYOKO
CORRIE, ELLEN
DAVIS, JADE
DURAN, MERCEDES
FIGUEIREDO, JESUSA
FURUMORI, LILLIAN
HARADA, PAUL
HARDING, JOSEPH
HAYAKAWA, FUSAE
HORITA, MURIEL
INOUE, MIHOKO
ITO, MICHIO
IZUO, KAREN
KAGAWA, ALAN
KAMIMURA, TSUKIKO

KANDA, IRENE
KANNO, LILLIAN
KAWAKAMI, JEANETTE
KITAGUCHI, NORA
KOBAYASHI, GALE
KOMO, KATHLEEN
KUSUNOKI, HARRIET Y.
LAI, IRENE
LEE, ASAKO
LEE, NANCY
LIU, MAY
LUM, SYLVIA
MARUYAMA, SABURO
MATSUNAGA, WARREN
MURAKAMI, GEORGE



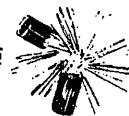
working with your hands? See what this class can offer you. Class meets every Tuesday, room 209, 7:30 a.m.

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 on Mondays thru Fridays at 11:00 a.m. There is no charge for meals to registered participants in the nutrition program. Participants are given an opportunity to make a donation to the program and all contributions are used to support Lanakila's Group Dining Nutrition Program. Come to MCC, room 105 on weekdays from 8:00 a.m. to 12:00 p.m. and see Gerath for more information or to register in the nutrition program.

"Never lose a chance of saying a kind word. Kind words are the music of the world. They have a power which seems to be beyond natural causes".



MCC THRIFT STORE

Thrift Shop: Open Tuesday - Saturday. Drop off donations when store is open. *Note: MCC members get a 25% discount a with purchase of \$10 or more.

COMMUNITY ANNOUNCEMENTS:

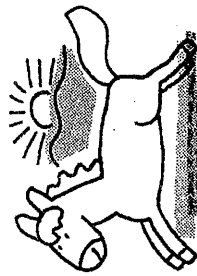


JCCH Ohana Festival, Sunday, January 19, 10 am - 4 pm at JCCH and Moiliili Field. Food, crafts, entertainment, children's games, cultural activities and more. FREE admission. **Dorothy Nakama.**

MURRAY, SAMUEL
MURRAY, TRUDY
NAKAGAWA, BETTY
NAKAMURA, SHIGEO
NAKAO, LILY
NAKAYAMA, GRACE
NARAHARA, HELEN M.
NARAHARA, WALTER H.
OGINO, SADAOKO
ONO, MISA
OTA, SUZANNE
OZAN, BARBARA C.
POWELL, MITSUKO
SAITO, STELLA
SATO, JOYCE
SATSUMA, MARGARET
SHIBATA, MICHIO
SHIMAMURA, RITSUKO

SHISHIDO, EIKO
TAKARA, TERUKO
TAMANAH, TOYOKO
TAMURA, FLORENCE
TERADA, KINUYE
TOBITA, GRACE
TONG, SETSUKO
USAMI, HIDEKO
UYEMA, GAYLE
WASANO, NAOMI
WHITMAN, NANCY
WIXOM, ELSA
WONG, ROLAND
YAMANAKA, TAEKO
YAMASAKI, HARUKO
YAMASE, MIEKO
YEE, BEVERLY A.
YOSHIZAWA, GRACE

Moiliili Senior Center Schedule of Special Events January 2014



Days to remember in January:
1 - New Year's Day - CENTER CLOSED
20 - Martin Luther King, Jr. Day - CENTER CLOSED
31 - Chinese New Year's

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* National Glaucoma Awareness Month * * Eye Care Month * Hot Tea Month * * Oatmeal Month * Soup Month *		 Holiday! New Year's Day Center Closed.	 Hike: Kaena Point 8:30 am			Craft: Chigiri-e 9 am Rm 202
5	6	7	8	9	10	11
			Haircuts 9 am Rm 102	Craft Workshop: Beading 9 am Rm 209 Chair Massage 10:30 - noon Rm 303	Seminar: To Be Announced 9 am Rm 105	
12	13	14	15	16	17	18
MCC Annual Meeting 11 - 11:30 am Room 105 JCCH Ohana Festival 10 am - 4 pm JCCH & Moiliili Field	 Holiday! Martin Luther King, Jr. Day Center Closed.	Blood Pressure Reading 8 am Rm 102 Seminar: Medical Management Presentation 9:15 am Rm 105	Seminar: Second Half Of Your Life 9 - 11 am Rm 102	Craft Workshop: Kumihimo - Adv. 9 am Rm 209 Chair Massage 10:30 - noon Rm 303 Video: "The Untold Story: Internment of Japanese Americans in Hawaii 11:30 am Rm 202	 24	 25
19	20	21	22	23	24	25
		Excursion: Oceanside Hawaii Assisted Living 10:30 am		Craft Workshop: Kumihimo - Beg 9 am Rm 209 Chair Massage 10:30 - noon Rm 303	Movie: "The Family" 11:15 am Rm 207	 31
26	27	28	29	30		

"Kaleidoscope" is published monthly, written/edited by the senior staff. Director, Jill Kitamura; Program Staff - Paula Regidor, Raena Akase & Henry Asari.

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

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.

