



Kaleidoscope

August 2016
Vol. XXVII No. 8

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:

Thank you for your patience with the parking and room changes during the children's all-day summer program. Summer is over and we got through it safely.

Starting August 1, the Weinberg building will be undergoing gate replacements and modifications. This may take up to 2 weeks. Weinberg studio users have been advised of room changes. If you missed a few classes and do not know where to go, a room change notice is posted by the bulletin boards on the first and second floor or come and see the staff in the senior program office. Thank you for your cooperation.

PERFORMANCE BY

Mari Itsuki

Wednesday, August 3

10:45 a.m. MSC, room 105

Come and see a live performance by recording artist, Mari Itsuki, directly from Japan to graciously entertain us with her award winning singing talent.

MEAL SERVICE AT MCC. At this time, MCC is not serving lunches. We are in contract negotiations with Lanakila Meals on Wheels and until we have a contract, we do not have meals to serve. We will contact lunch participants of any changes that may arise. If you are registered in the meals program but not with the senior center, please leave your name and number with the senior office so we can contact you when everything is finalized.

MCC's End of Summer Craft Fair

Saturday, August 27

10:00 am - 3:00 pm Thrift Store Parking Lot

MSC will be selling fabric remnants and craft supplies. The Thrift Store will be selling jewelry, costume and vintage, plants by Cassie and Christmas items. Anyone interested in selling in a booth, call Bonnie at 942-0595.

Thank you to all the volunteers who helped at our booth at JCCH's Collectibles Sale which was held on July 9. From hauling tables, chairs and boxes of collectibles to setting up, selling, breaking down and hauling everything back to the center, these volunteers was an essential part of our event. We could not have done it without them.

FLU SHOT CLINIC

sponsored by Walgreen's

Friday, September 9

10:00 a.m. - noon MSC, room 105

Walgreen's will be offering the standard flu shot for free. Bring your insurance cards with you. They accept most major medical insurances such as HMSA & HMAA. Sorry, they do not accept Kaiser. Please sign up in the senior office.

New piece for the newsletter! We are listening to you. Per your suggestion, we would like to start 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.

"SUPER SENIOR"

LILLIAN TAKEUCHI submitted by anonymous
She exemplifies ALOHA.

LILLIAN TAKEUCHI submitted by anonymous
She is always smiling and she is very warm when she greets you. She has a big heart.

LILLIAN TAKEUCHI submitted by anonymous
Lillian is one of the kindest and gentlest human beings you will ever have the pleasure of meeting. She is constantly thinking of others in the Senior Program and volunteers her time to ensure that the program is running as smooth as possible. In addition, her personality and smile leaves a lasting impression on all of those who come into contact with her. She is an important and invaluable participant at Moiliili.

Thank you all for your continued participation in our Senior Center Program. We continue to partnership with the Moiliili Community Center, as we are one program under the Community Center. Please 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. For MCC members, there is a new benefit: 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 2016 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.

MOILILI SENIOR CENTER WISH LIST:

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

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.

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

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: **MOILILI 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 2016.

MAHALO! MAHALO! MAHALO! to performers:
*Shiyukai members at Maunalani Nursing & Rehab Center.

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:

MCC is very fortunate to have been selected by Terri Kamakana, manager of Kuni Island Fabrics, for a fundraising program referred to as "Ninth Row." Basically, customers purchase a bolt of fabric with a selected design for \$15 and MCC will receive \$7 for each bolt sold. Terri has set up a table with the "roll" of fabric design specifically for MCC in the store. Please pass this information along to your family and friends to help support our programs at MCC.

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.

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: "WILD HORSES" (2015)

(1-hr. & 40-min., DVD, Drama, Crime. Rated R - for some violent images & language.)

Starring Robert Duvall & Josh Hartnett. A detective opens up a fifteen-year-old missing persons case and begins to suspect that the boy it belongs to was murdered - and that a local rancher was involved.

Date: Friday, August 26 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, Aug. 6 & Sept. 3 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, Aug. 4(Adv) & Aug. 11(Beg)
Time: 9:00 a.m.
Place: MSC, room 209 Cost: Supplies

CRAFT WORKSHOP:

CRAFT CREATIONS BY AMY

This month's projects are Sea Bead Pendant, All Occasion Card Making & Glass Bead Bracelet. Samples available in the senior office. Instructor: Amy Toba.

Date: Thursday, August 18 & 25 Time: 9:00 a.m.
Place: MSC, room 209 Cost: Supplies

ACUPUNCTURE by Heijiro Ikeda

Originally from China, acupuncture is currently practiced all

around the world. Heijiro Ikeda graciously volunteers his time to help our seniors. This is your chance to see if acupuncture can help you. Sign up for an appointment. Anybody late for an appointment may not be seen by Heijiro. Please call if you need to cancel your appointment.

Date: Tuesdays Time: 9:00 - 11:00 a.m.
Place: MSC, room 207 Cost: Donation

ACTIVITY: PAINTING/COLORING

Anne Chipchase from Ohana Health Plan has graciously offered her time to bring out the creative side in all of us. She will share her adult coloring books and color pens will be available. Join us in the fun and see what beautiful masterpieces you can create.

Date: Friday, August 5 Time: 9:15 - 10:00 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: DECLUTTERING

Get started on decluttering your home today. Learn about some useful tips to get started. Attend this seminar presented by Christine Louie (RS-77757) and Randy Fuchigami (RS-78071) from Coldwell Banker Pacific Properties.

Date: Tuesday, August 9 Time: 9:30 a.m.
Place: MSC, room 105 Cost: Donation

ACTIVITY: BINGO

Anne Chipchase from Ohana Health Plan wants to keep our seniors happy and active. Come and play BINGO for small prizes. Everyone is a winner.

Dates: Tuesday, August 16 & 30 Time: 9:30 am
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, August 22 Time: 9:00a.m.
Place: MSC, room 105

SEMINAR: INFECTION CONTROL

Zeshan Chisty from the Disease Investigative Branch, Hawaii Department of Health, will be talking on the important topic of "Best Practices to Prevent Infections". Marissa Ramos, RN at Attention Plus Care will share on specific steps to take so you can prevent infections in the home while caring for a loved one. There will also be a proper hand washing demonstration. Sponsored by

Attention Plus Care. To reserve your seat, call 440-9356.

Date: Tuesday, August 23

Time: 9:00 a.m.

Place: MSC, room 202

Cost: Donation

SEMINAR: KIDNEYS

Kidneys ... you can't live without them and they, like everything else, start to lose function as we age. What is a person to do in order to maintain all important kidney function throughout the entirety of their lives? There is a lot, beyond drinking plenty of water. Come to hear Anne of 'Ohana Health Plan talk about kidney function.

Date: Friday, August 26

Time: 9:15 a.m.

Place: MSC, room 105

Cost: Donation

EXCURSION: AUGUST MOON FESTIVAL COUNTRY FAIR

Join us as we take a drive out to Helemano Plantation. Craft Sale, Country Market, Health & Safety Info, Entertainment, Great Bargains and Door Prizes. Bento box will be provided. LIMIT: 13.

Date: Thursday, August 4

Departure Time: 8:30 a.m.

Return Time: 12:45 p.m.

Cost: \$5.00 donation

EXCURSION: HAWAII KAI RETIREMENT COMMUNITY #2

Are you thinking about an assisted living facility? Join us as we take a guided tour of this retirement community. FREE lunch at the retirement community.

Date: Thursday, August 18

Departure Time: 10:30 a.m.

Return Time: 1:30 p.m.

Cost: \$5.00 donation

EXCURSION: SUMMER SHOPPING SPREE

Join us for a morning of shopping. We will start at Kapolei Walmart and end at Waikele Premium Outlets. Lunch on your own at Waikele.

Date: Monday, August 29

Departure Time: 8:30 a.m.

Return Time: 1:15 p.m.

Cost: \$5.00 donation

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

***GROUP SINGING**, Wednesdays, 9:15 a.m. - 10:00 a.m. & **BEGINNER'S LINE DANCING II**, Wednesdays, 10:15 a.m. - 11:45 a.m., Weinberg Studio. More students are welcomed. For Line Dancing, students must have some experience. Instructor: Virg Pabro.

***Adult Hula Auana** with Kumu Hula April Chock. Began 6/11, 10 weeks, Saturdays, 9:30 am - 11 am, 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, 7/16, 9:30 am - noon and Wednesday, 7/20, 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. Need to pre-register.

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Began 6/25, 10 weeks, Fridays, 9:30 am - 12 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 - 6:30 p.m., room 305, 10-week session began Monday, 7/11. 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.

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.

Our wishes to our *August* birthday participants.

ARASATO, LILY

CHEE, SARA

CLARK, PETER

CRANE, MARY

DAYRIT, LYDIA

DONNAN, MURIEL

FURUICHI, JEAN

HIRAYAMA, KEIKO

HO, EVELYN

ISHIKAWA, JEAN

IWAMI, GERTRUDE

KAJIOKA, EDWINA

KAWABATA, KIYOKO

KAYA, YVONNE

KIMURA, BERNICE

KING, CELIA

KONG, ANNA

KUBOTA, RITA

LEONG, JANET

MATSUMOTO, GENICHI

MATSUYAMA, ANN

MAYEDA, TERRY

MORIYASU, HAZEL

MURATA, FAYE

MURATA, OSAMU

NAGATA, YOSHIKO

NAKAMOTO, JUDY

NAKASONE, ELLEN

NEKOTA, MERLE

NESNOW, JUNE

NONAKA, DIANE

OKIMURA, ALMA

SAITO, LINDA

SAKIHARA, DIANA

SATO, MIYOKO

SEKIYA, ALICE

SEKIYA, BETSY

SILVA, ELAINE

TAGUCHI, ARLEEN

TAKAHASHI, AMY

TAKAHASHI, BEATRICE

TAMURA, LUCILLE

TERAKAWA, MARGARET

THOELE, SUSAN

TOBA, AMY

TOM, MARY

TOYAMA, PATRICIA

UWAINE, AIMEE

UYEHARA, KAY

WADA, JOYCE

YAMAMOTO, MARSHA

YOZA, LINDA

YUEN, LINDA

**Moliiili Senior Center
Schedule of Special Events
August 2016**

*Days to remember in August:
19 - Statehood Day - Center Closed. 19 - National Aviation Day*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Acupuncture 9 am Rm 202	2 Acupuncture 9 am Rm 202	3 Craft Workshop: Kumihimo - Adv 9 am Rm 209 Excursion: August Moon Festival 8:30 am	4 Activity: PAINTING/COLORING with Anne 9:15 am Rm 105	5 Craft: Chigiri-e 9 am
7	8 Seminar: Declutter 9:30 am Rm 105	9 Acupuncture 9 am Rm 207	10 Craft Workshop: Creations by Amy 9 am Rm 209	11 Craft Workshop: Kumihimo - Beg 9 am Rm 209	12 Holiday! "Statehood Day" Center Closed.	13
14	15 Activity: BINGO with Anne 9:30 am Rm 105	16 Acupuncture 9 am Rm 207	17 Excursion: Hawaii Kai Retirement Community #2 10:30 am	18 Craft Workshop: Creations by Amy 9 am Rm 209	19 Seminar: Kidneys 9:15 am Rm 105 Movie: "Wild Horses" 12:15 pm Rm 202	20 MCC's End of Summer Craft Fair 10 am - 3 pm Thrift Store Parking Lot
21	22 Seminar: Medication Review 9 am Rm 105	23 Seminar: Infection Control 9 am	24	25	26	27
28	29 Excursion: Summer Shopping Spree 8:30 am	30 Acupuncture 9 am Rm 207 Activity: BINGO with Anne 9:30 am Rm 105	31	* Cataract Awareness Month * Foot Health Month * * National Golf Month * National Parks Month *		

Moiliili Senior Center Class Schedule August 2016

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)	9:30-11:00 Rhythm & Life (Int. II) (Room 305)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Began 2012 (Room 105)	9:00-10:00 Tai Chi for Arthritis (Weinberg)
9:00-10:00 Tai Chi (108) (Room 305)	10:45-11:45 Soroban (Room 209)	9:00-10:00 Tai Chi(108) (Room 305)	9:00-10:30 Rhythm & Life (Adv. I)	9:30-12:00 +Ribbon/Croch. (Weinberg)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:15-10:00 Group Singing (Weinberg)	Closed	Began 6/25 Lei Making (Room 102)
10:00-10:30 R&L Chair Exer. (Room 105)	11:30-1:00 Zumba/PIYO (Weinberg)	9:15-10:30 Minyo Danc(Beg) (Room 105)	9:00-10:30 Ukulele Prac. (Room 105)	Began 9/30-10:45 Solo Ukulele II (Room 303)
10:15-12:00 Rhythm & Life (Adv. I)	Began 9/15 Kenbu Senbu Shigin (Room 207)	9:30-11:30 *Sumie (Room 209)	9:30-10:30 Brain Training (Room 202)	10:00-10:30 R&L Chair Exer (Room 105)
1:00-3:00 Buyo & Enka (Weinberg)	12:00-1:30 Citizenship (Room 202)	10:00-11:30 *Sumie (Room 209)	12:00-2:30 Citizenship (Room 202)	11:00-12:00 Solo Ukulele I (Room 303)
5:30 - 6:30 +Spec. Aerobics (Room 305)	12:00-2:30 Karaoke (Room 209)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	1:00-2:30 Line Dancing (Room 105)	11:15-12:15 Dahn Yoga (Weinberg)
		Began 7/20 Rhythm & Life (Beg.) (Room 305)	Reminder: No class the last Thur. of the month. 2:30-3:30 Zenidaiako (Weinberg)	12:00-1:30 Rhythm & Life (Int. I) (Room 305)
		12:00 - 2:00 Ohana Karaoke (Room 209)	Began 2/4 (Weinberg)	Closed
		12:30 - 3:00 Kitsuke (Weinberg)		Saturday 9:30 - 11:00 +Adult Huia Auana (Room 105)
				Began 6/11 +Jpns/Okwn Doll Making & Oshie (Room 207-8)
				Began 7/16 (Room 207-8)

"Kaleidoscope" is published monthly, written/edited by the senior staff. Director, Sunday Kamai-Eguites; Program Staff - Paula Regidor, Elaine Lau & Akira Goto.

COMMUNITY ANNOUNCEMENTS:

2016 SENIOR FARMER'S MARKET NUTRITION PROGRAM.

The Hawaii Foodbank will be distributing a limited number of Senior Farmers' Market Nutrition Program voucher booklets worth \$50 at locations around the island. Vouchers are redeemable with certified vendors at various farmers' markets from June 7 - October 14, 2016. Recipients must: Be 60 years of age or older; and have a household annual income of less than \$25,290 for a single person or \$34,096 for a couple. Bring in 1 of the following to verify age: Current Hawaii Driver's License and Social Security Card; State ID and Social Security Card; Certified Birth Certificate & Photo ID; or Passport and proof of residency. Bring in 1 of the following to verify income: EBT Card; Medicaid Card; 2015 Tax Return Form

1040; 2016 Social Security Checks; or 2016 Pay Check Stub (2 periods). Places to sign up for vouchers are: August 12, 8 am - 1 pm, Feeding Hawaii Together, 615 Keawe St.; August 18, 8 am - 1 pm, Sts. Peter & Paul Church, 800 Kahaka St.; and September 23 - 25, 8:30 am - 4:30 pm, Hawaii Seniors' Fair, NBC Exhibition Hall. For more information call 954-7889.

HAWAII HARMONICA SOCIETY, 19th Annual Harmonica Recital & Concert, Saturday, August 6, 10 am - 12 pm, Mission Memorial Hall Auditorium, 550 South King St., City Hall Annex. FREE, Free parking at Municipal Parking Structure at corner of Alapai and Beretania St.. Call Robert Omura 833-4336 or Albert Kaopuiki 228-1740 for details.

following to verify income: EBT Card; Medicaid Card; 2015 Tax Return Form