



Kaleidoscope

September 2016
Vol. XXVII No. 9

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:

MEALS SERVICE AT MCC. Contract negotiations are over and meal service will resume Tuesday, September 6. We have been contacting past participants for the last week to take orders for lunches, informing them that there are new forms to fill out and how we need everyone to be members of the community center. If you did not receive a call and are interested in the meals, please see the staff in the senior office, room 203 or Gerath after September 6 in room 105.

FLU SHOT CLINIC sponsored by Walgreen's

Friday, September 9 10:00 a.m. - noon

MSC, room 104

Walgreen's will be offering flu shots for free. Bring your insurance cards with you. They accept most major medical insurances such as HMSA & HMAA. Sorry, they do not accept Kaiser. Consent forms are available in the senior office. You can fill them out and bring them with you on the 9th. Please sign up in the senior office.

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.

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.

SENIORS WANTED: Volunteers needed to model MCC's Thrift Store clothing on Friday, September 23 at the Senior Heath Fair on the Galleria Stage. See Bonnie at the

Thrift Store for details.

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.

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"

MADGE KANNO submitted by anonymous

She is willing to teach you anything regarding crochet or knitting.

October 7, 8 & 9 will be the 5th Rhythm & Life Exercise Taikai at Shizuoka, Japan. Rhythm & Life Chair Exercise Teachers will be participating at the Taikai and will include 6 days of tour - Nara, Kyoto, Hiroshima and Tokyo. Anyone interested in attending, call Faye Murata at 735-1323 or see any of the Rhythm & Life Chair instructors for more information.

MOILIILI SENIOR CENTER WISH LIST:

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

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.

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:

*Rhythm & Life members at Maluhia.

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.

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. 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: "THE FINEST HOURS" (2016)

(1-hr. & 57-min., DVD, Action, Drama, History. Rated PG-13- for intense sequences of peril.)

Starring Chris Pine & Casey Affleck. A true story. In February of 1952, one of the worst storms to ever hit the East Coast struck New England, damaging an oil tanker off the coast of Cape Cod. On a small lifeboat faced with frigid temperatures and 70-foot high waves, four members of the Coast Guard set out to rescue the more than 30 stranded sailors trapped aboard the sinking vessel.

Date: Friday, September 30 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, September 3 & October 1
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, Sept. 1(Adv) & Sept. 8 (Beg)
Time: 9:00 a.m. Place: MSC, room 209
Cost: Supplies

CRAFT WORKSHOP: CREATIONS BY AMY

This month's projects are Hawaiian Fabric Folding Pineapple Ornament. Samples available in the senior office. Instructor: Amy Toba.

Date: Thursday, Sept. 15 & 22 Time: 9:00 a.m.
Place: MSC, room 209 Cost: Supplies

CRAFT WORKSHOP: BEADING

(NETTED BRACELET)

Mary Kamiya will be back to teach this class. Sample is available in the senior office. This popular style bracelet was done about 5 years ago. If you have the following, please bring them with you: beading needle, scissors and Fireline beading thread (6 lb). Maximum: 15 students

Date: Thursday, September 29 Time: 9:00 a.m.
Place: MSC, room 209 Cost: \$4.00 (kit)

ACUPUNCTURE by Heijiro Ikeda

Originally from China, acupuncture is currently practiced all around the world. Heijiro Ikeda (son of Phyllis Ikeda, MSC's former Qi Gong Instructor) 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

SEMINAR: WHAT IS POLST? AND WHY SHOULD YOU CARE?

Physician's orders for Life Sustaining Treatment (POLST) - What it means and why you should seriously consider yours. Come to this seminar by Anne Chipchase, Ohana Health Plan, and get the latest information on the updated POLST. Your decisions today can eliminate a lot of confusion and angst for your loved ones later.

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

SEMINAR: PALOLO CHINESE HOME -

HOME & COMMUNITY BASED PROGRAMS

Our speaker will be Darlene Nakayama, Chief Operating Officer of Palolo Chinese Home (PCH). Darlene is also a long time Nurse, Nursing Home Administrator, Certified Rehabilitation Nurse and a Certified Care Home Operator for the PCH. She will be doing a presentation of PCH's Home and Community Based program. PCH provides day and overnight respite, home delivered meals, frozen meals, personal care and house cleaning services. Some of the programs do have a subsidized fee. Other on-campus services that PCH provides includes hospice care, skilled nursing, intermediate care, expanded Adult Residential Care Home and Care Home. Attend this seminar and find out about the different programs they offer.

Date: Monday, September 19 Time: 10:00 a.m.
Place: MSC, room 202 Cost: Donation

SEMINAR: WHAT IS HOME CARE?

Attention Plus Care, Hawaii Choice for Home Health Care is excited to share on the Top Ten Questions to Ask and Top 5 Mistakes people make when choosing a home care provider. Sign up today at 440-9356 to save your seat for this important class.

Date: Tuesday, September 20 Time: 9:30 a.m.
Place: MSC, room 105 Cost: Donation

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: Friday, September 30 Time: 9:00a.m.

Place: MSC, room 105

EXCURSION: SUMMER SHOPPING SPREE #2 - WINDWARD SIDE

By popular demand, we will take a shopping trip out to the new Target in Kailua and then we will shop and have lunch at Windward Mall. Limit: 13

Date: Tuesday, Sept. 13 Departure Time: 8:15 a.m.

Return Time: 12:45 p.m. Cost: \$5.00 donation

EXCURSION: OKINAWA MUSIC AND DANCE PERFORMANCE & EAST-WEST CENTER GALLERY EXHIBIT

Join us as we see a performance - demonstration by visiting faculty and students from the Okinawa Prefectural University of Arts. After the performance, we will take a self-guided tour of the East-West Center Gallery to view the exhibit, "Past & Present: Okinawa's Traditional Culture".

Lunch on your own at Manoa Marketplace. LIMIT: 13

Date: Monday, Sept. 26 Departure Time: 8:40 a.m.

Return Time: 12:15 p.m. Cost: \$3.00 donation

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

***Adult Hula Auana** with Kumu Hula April Chock. Begins 9/3, 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 begins Saturday, 9/3, 9:30 am - noon and Wednesday, 9/7, 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. Begins 9/23, 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 begins Monday, 10/3. 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.

***Sumie**, Japanese Brush Painting with Sachie Saigusa. Wednesdays, 9:30 - 11:30 a.m., room 209, 10-week session. Begins 9/14. DOE sponsored class - \$60 (\$20-registration fee & \$40-tuition). Make check payable to DOE.

***Citizenship Class** with Mitzi Moore. Tuesdays & Thursdays, noon - 2:30 a.m., room 209, 6-week session. Begins 9/27. Class is geared for those applying for U.S. Citizenship.

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 meals will be served at the Center Mondays through Fridays. There is no charge for meals. Participants are given an opportunity to make a donation and all contributions are used to support Lanakila Meals on Wheels program. Participants must be registered with LMOW, MSC and members of the Moiliili Community Center. To register for this program, see Gerath in room 105 after September 6.

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.

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

AQUINO, JUANITA

DAVIS, JEANNE

FUJIHARA, MARY

FUKUMOTO, MICHIKO

FUKUNAGA, LYNETTE

FUKUYA, GERATH

GOYA, BETTY

HATTORI, SACHIKO S.

HAYASHI, JEAN

ISHII, JO ANN S.

JONES, DORIS

KAJIOKA, NEIL

KANEMOTO, MISAKO

KANESHIRO, MYRTLE

KIE, AKIKO

KIYUNA, SHIRLEY

KOIZUMI, DAVID

LEE, MARGARET

MARK, PEGGY

MATSUKAGE, JANE

MIIKE, FRANCES

MINEGISHI, MITSUKO

MIYASAKI, MARGARET

MORIKUNI, AYAKO

MORITA, YURIKO

NAKATA, KYOKO

ODANI, EMIKO

OSORA, DAISY

SATO, KAZUE

SEKIGUCHI, YUMIKO

SHIMATA, KENNETH

SUMIDA, PAULINE

SUMIDA, REIKO

SUN, KUEI

TAKIGUCHI, CLARA

TAMURA, KYOKO

UCHIDA, ROBIN

UEHARA, JUDY

WADA, MARGARET

WILSON, LINDA

WONG, EUNICE

YONESAKI, ELEANOR

Moliili Senior Center
Schedule of Special Events
September 2016

Days to remember in September:
 5 - Labor Day - Center Closed.
 11 - Grandparents Day
 11 - Patriot Day
 17 - Citizenship Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
<i>* Cholesterol Education Month * Classical Music Month *</i> <i>* Cold & Flu Campaign * National Chicken Month *</i> <i>* National Rice Month *</i>				Craft Workshop: Kumihimo - Adv 9 am Rm 209	1	Craft: Chigiri-e 9 am			
4	Holiday! Labor Day Center Closed.	5	Acupuncture 9 am Rm 207	6	Craft Workshop: Kumihimo - Beg 9 am Rm 209	8	Flu Shot Clinic by Walgreen's 10 am - noon Rm 104	9	10
11	12	Excursion: Summer Shopping Spree #2 - Windward 8:15 am Acupuncture 9 am Rm 207	13	14	15	Seminar: What is POLST? and Why Should You Care? 9:15 am Rm 105	16	17	
18	19	Seminar: Palolo Chinese Home 10 am Rm 202	20	21	22	Hawaii Senior's Fair - Good Life Expo NBC, Exhibition Hall 8:30 am - 4:30 pm	23	24	
25	26	Excursion: Okinawa Music and Dance Performance & East-West Center Gallery 8:40 am	27	28	29	30			
Senior Fair NBC 8:30 am - 4:30 pm		Acupuncture 9 am Rm 207	Craft Workshop: Beadings 9 am Rm 209	Screening: Medication Review 9 am Rm 105 Movie: "The Finest Hours" 12:15 pm Rm 202					

Molili Senior Center Class Schedule September 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 Ukulele (Beg) (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) (Room 305)	9:30-12:00 +Ribbon/Croch. Lei Making (Room 102)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	10:00-11:15 Resumes 9/6 Okinawan Dnc. (Weinberg)	9:15-10:00 Group Singing (Weinberg)	Closed 9:00-10:30 Ukulele Prac. (Room 105)	Begins 9/23 Solo Ukulele II (Room 303)
10:00-10:30 R&L Chair Exer. (Room 105)	11:30-1:00 Zumba/PiYo (Weinberg)	9:30-11:30 *Sumie (Room 209)	9:30-10:30 Brain Training (Room 202)	Closed 10:00-10:30 R&L Chair Exer. (Room 105)
10:15-12:00 Rhythm & Life (Adv. I) (Room 305)	12:00-1:30 Kenbu Sanbu Shigin (Room 207)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	12:00-2:30 Citizenship (Room 202)	11:00-12:00 Solo Ukulele I (Room 303)
1:00-3:00 Buyo & Enka (Weinberg)	12:00 - 2:30 Citizenship Begins 9/27 (Room 202)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)	1:00-2:30 Line Dancing (Room 105)	Closed 12:00-1:30 Rhythm & Life (Int. I) (Room 305)
5:30 - 6:30 +Spec. Aerobics Begins 10/3 (Room 305)	12:00-2:30 Karaoke (Room 209)	Begins 9/7 Rhythm & Life (Beg.) (Room 305)	Reminder: No class the last Thur. of the month. 2:30-3:30 Zenidaiko (Weinberg)	Closed
*DOE class - Sumie is provided by McKinley Community School for Adults - \$60		11:00-12:30 Ohana Karaoke (Room 209)	"Kaleidoscope" is published monthly, written/edited by the senior staff. Director, Sunday Staff - Paula Egures, Program Staff - Akira Goto. Regidor & Akira Goto.	
+Tuition based classes. Walk-in fee \$5.		12:30 - 3:00 Kitsuke (Weinberg)		
			Saturday	9:30 - 11:00 +Adult Hula Auana (Room 105)
				Begins 9/3 +Jpns/Okwn Doll Making & Oshie (Room 207-8)

COMMUNITY ANNOUNCEMENTS:

WALTZ CLASS, Molili Community Center, room 105, Wednesdays, 7 - 8 pm, 6-week class began August 31. 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.

HAWAII SENIOR'S FAIR - THE GOOD LIFE EXPO, September 23, 24 & 25, 8:30 am - 4:30 pm, NBC Exhibition Hall. Continuous entertainment on 2 stages; free seminars; info on health, nutrition, travel, finances, government agencies, senior clubs, retirement facilities, physical fitness; crafts and more.

2016 SENIOR FARMERS' 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 for 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 one 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). Sign up for vouchers on September 23 - 25, 8:30 am - 4:30 pm, Hawaii Seniors' Fair, NBC Exhibition Hall. For more information call 954-7889.