



Kaleidoscope

February 2015
Vol. XXVI No. 2

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:

Congratulations to 2014's Volunteers of the Year! On January 25, 2015, Kay Doi was recognized at MCC's Annual Meeting as MSC's Volunteer of the Year. Kay has been with the Senior Program for over 23 years and has been volunteering in many different areas throughout the years. Recently, she has crocheted baby blankets for the Navy Marine Corps Relief Society's Layette Program, performed at care facilities, made crafts for our craft fairs, worked at our rummage sale and helped with Pacific Tele-Communications Conference preparations. Also recognized were Cassandra Sherod for her outstanding work at the Thrift Store and Kamu Naehu for his beautiful landscaping of the garden areas. Thank you to all of our volunteers for contributing their time and efforts in making our community center a success.

THANK YOU to all the volunteers who assisted with preparations for the Pacific Tele-Communications Conference. Your work from lei labeling, T-shirt folding, envelope stuffing, collating to box wrapping, was truly appreciated.

Kupuna Support Program & Moiliili Senior Center presents...

"I Got Rhythm, I Got Music!..."

Thursday, February 5

10:00 a.m. - 10:30 a.m. Room 105

A live performance by the Iolani School MUSICAL THEATER Class. These talented students will sing and dance to a medley of melodies, featuring selections from the new hit movie "Into the Woods," as well as Broadway classics. It's energizing entertainment!

VOLUNTEER WANTED: Looking for someone to receive Telephone Reassurance calls from a senior on the first or third day of a three day weekend. If interested, see senior staff in the senior office, room 203.

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.

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

District 50 Hawaii Lions Senior Health Fair For MSC Participants at MCC

Tuesday, February 24

9:00 a.m. - 1:00 p.m. Room 105

Take the morning off and stop by MCC's Health Fair. Walk around and get checked out and pick-up information. Fair will include: Vision Screening; Hearing Testing; Blood Pressure Checks and Health Management; Home Care and Meals To Go information from Palolo Chinese Home; Home Health Services from Bayada Home Health Services; Medication Management by Mina Pharmacy; Medicare, Medicaid Info from Ohana health Care; Home Safety and Balance by Avalon; CPR/handling Emergencies by Manoa Lions; Caregiver's Foundation; and Legacy of Life. Sponsored by the District 50 Hawaii Lions.

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 charge. Mahalo.

Fire & Lockdown Drills: MCC will hold periodic fire and lockdown drills. Please listen to staff for instructions. Thank you.

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 2015. For those who may find this difficult, please see Program Director.

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. **Please allow the 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.

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.

CLASSIC MOVIE: "BLOOD AND SAND" (1941) (1hr. & 33 min. DVD,)

Starring Tyrone Power, Linda Darnell and Rita Hayworth. After spending years building a name for himself, Juan Gallardo returns to his hometown to claim the hand of his love and continue his rise toward becoming the country's greatest matador. But when he catches the eye of a seductress intent on making his her own, Juan will learn that the battles that matter most are fought outside the ring.

Date: Friday, February 13 Time: 11:15 a.m.
Place: MSC, room 207 Cost: Donation

MOVIE: "THE JUDGE" (2014)

(2-hrs. & 21-mins., DVD, Drama. Rated R - for language including some sexual references.)

Starring Robert Downey Jr & Robert Duvall. Big city lawyer Hank Palmer returns to his childhood home where his father, the town's judge, is suspected of murder. Hank sets out to discover the truth and, along the way, reconnects with his estranged family. **Masaaki Hamano.**

Date: Friday, February 27 Time: 11:15 a.m.

Place: MSC, room 207

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, February 7 & March 7

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, February 12(Beg) & February 5(Adv)

Time: 9:00 am

Place: MSC, room 209

Cost: Supplies

CRAFT WORKSHOP: BEADING

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

Date: Thursday, February 19

Time: 9:00 a.m.

Place: MSC, room 209

Cost: Supplies

SEMINAR: MEDICARE ADVANTAGE PLAN

Losing your Medicare health plan coverage? United Health Care is here for you. You still have time to enroll in a Medicare Advantage Plan. Meet with Representatives from Financial Benefits Insurance Company and get answers to your questions.

Date: Friday, February 13 - room 104

Tuesday, February 24 - room 207

Time: 9:00 a.m.

SEMINAR: SHARING THE ALOHA ENERGY CONSERVATION WORKSHOP

Find out how to reduce your electricity bill by learning money saving tips. Also, find out where your money goes and about rebates when purchasing energy-saving appliances, lighting and water heating. Receive a free timer for just attending this workshop. Presented by Helen Pelekai Wai from Hawaii Energy.

Date: Tuesday, February 17

Time: 9:15 a.m.

Place: MSC, room 105

Cost: Donation

SEMINAR: DEPRESSION

What is it? How does one deal with it? Why can't we talk about it? Depression and other treatable chronic disorders are not a reason to hide; people live full, happy lives with these problems. Recognizing and talking about it are the first

steps towards healing. Presented by Anne Chipchase, 'Ohana Health Plan.

Date: Friday, February 20

Time: 9:00 a.m.

Place: MSC, room 105

Cost: Donation

SEMINAR: FOODS THAT DISRUPT YOUR SLEEP & ISN'T THAT CONVENIENT! LLC

Sheryl Wainwright, Certified Nurse Aide, CPR/AED First Aid Certified, Image Consultant, will inform you on foods to avoid before going to sleep at night so you can have a restful night. She will also talk about her company and what it has to offer. Her Aging in Place Services enable you to stay in your home longer and indefinitely postpone a move to an assisted living facility. She also offers Post-Surgical Care Coordinated with your Physician's Care Plan by monitoring and caring for you, as well as offering you personal care, light meals prep and light housekeeping.

Date: Monday, February 23

Time: 9:00 a.m.

Place: MSC, room 104

Cost: Donation

SEMINAR: FENG SHUI FOR THE BEDROOM

Learn how to Feng Shui your bedroom and get a more restful sleep, improve your relationship and get "unstuck," and feel more energetic. Workshop presented by Reiko Nakayama, Feng Shui Consultant.

Date: Friday, March 6

Time: 10:00 a.m.

Place: MSC, room 104

Cost: Donation

FREE MASSAGES

Rieko Tanaka is offering FREE 10-15minute massages when she is at the center. Rieko's mother was a past participant in the program and Rieko would like to "give back" to the seniors by offering massages. Rieko frequently travels. Therefore, her schedule varies. Some days her schedule will be set but some days if you happen to see her at the center, please feel free to get a massage.

Place: MCC, Courtyard area or 2nd floor

Date: February 2, 3 & 5

Time: 9:00 - 10:30 a.m.

Free 3-MINUTE MASSAGE by Sadaji Oi, licensed massage therapist who studied Swedish massage, lomi lomi, and shiatsu. Suggested: \$1/min. after first 3 minutes. Call 599-4237 for an appointment, leave a message. If no appointments are scheduled, Sadaji will not come.

Date: Thursdays

Time: 10:30-noon

Place: MSC, room 303

HIKE: KAENA POINT

Hike the rugged coast to the west end of the island. See

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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: Monday, February 9

Departure Time: 8:30 a.m.

Return Time: 3:00 p.m.

Cost: \$5.00

EXCURSION: CHERRY BLOSSOMS IN WAHIAWA

It's time for our annual trek to Wahiawa in search of cherry blossoms and a stop at Sunnyside Inn for their delicious pies. (Pie orders taken in the senior office due Tuesday, February 10 by noon.) Lunch on your own at Mililani Towne Center. Date: Thursday, February 12 (Date subject to change.)

Departure Time: 8:45 a.m.

Return Time: 12:45 p.m.

Cost: \$5.00 (Trans.)

EXCURSION: A VISIT TO THE DOLL DOCTOR

Take a trip to visit your childhood in the world of dolls. Minnie Lou Long is a Doll Doctor and member of the Doll Doctors Association. Her collection of dolls is extensive and is displayed throughout her home in Kaneohe. Many people have sought her out to administer TLC to many different types of dolls. Minnie was featured in the January 5, 2015 Star-Advertiser, section D. Living here in paradise she has added many Japanese and Hawaiian dolls to her collection. Lunch on your own at Windward Mall.

Date: Wednesday, Feb. 25

Departure Time: 8:45 a.m.

Return Time: 12:30 p.m.

Cost: \$5.00 (Trans.)

EXCURSION: SUMMER TRAIN RIDE

Toot, Toot! Come join us on an open-air train ride through the leeward coast. Enjoy the ride on the Hawaiian Railway Society's reconditioned passenger rail cars pulled along by the engine car. Our guide will tell you about days gone by. We will be joining Waikiki Community Center on this ride.

Date: Friday, June 19

Departure Time: To Be Announced

Cost: \$8.00 (Train Ride) + Transportation cost to be determined by the amount of people who sign up.

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

QI GONG / SELF MASSAGE class will resume Monday, February 23, 10:30 - 11:30 a.m., Weinberg Studio for 10 weeks.

NEW BEGINNER'S LINE DANCING I, welcomes new students, Tuesdays, 8:00 a.m. - 9:30 a.m., Weinberg Studio. From 8:00 - 9:00, learn American Line Dances and from 9:00 - 9:30, learn Okinawan Line Dances. Instructor: Virg Pabro.

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

Ribbon/Crochet Lei Making with Coryn Tanaka. Began 1/23, 10 weeks, Fridays, 9:30 a.m. - 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. Begins 2/28, 10 weeks, Saturdays, 9:30 - 11 a.m., 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 - 6:30 p.m., room 305, 10-week session began 1/26. 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 will begin Wednesday, 2/4, 10 a.m. - 12:30 p.m. and Saturday, 2/7, 9:30 a.m. - 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. **Lauretta Gum**.

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 for 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. To register to participate - 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 program.

Looking for a volunteer to assist and serve lunches to participants on Mondays and Thursdays from 10:30 a.m. to 12:00 p.m.

COMMUNITY ANNOUNCEMENTS:

WANTED: SHORT-TERM HOUSING - MSC's Qi Gong/Self Massage instructor is looking for a place to stay February - May and July - August. Ideally they could house sit. She and her husband have been care-takers before. She has gardening experience and they both like animals. If they cannot find a place to care-take, then they are looking for a 1-bedroom place to rent at a reasonable cost by the bus line - preferably unfurnished: stove, refrigerator and washing machine would be helpful. If able to accommodate, please see the staff in the senior office, room 203.

LIVING AGE-FRIENDLY: KUPUNA TO KEIKI, Saturday, February 7, Japanese Cultural Center of Hawaii, 8:30 am - 12:30 pm. Join your fellow community members for a first look at a plan to create an age-friendly Honolulu. We welcome you to experience what's ahead and provide your insight on what our city needs to meet your needs. Topics to include: Outdoor Spaces & Buildings; Transportation; Housing; Communication & Social Involvement; Civic Participation & Employment; and Community Support & Health Services. Cool & FREE stuff: Health Screening; Valuable Coupons; Neat Stuff for Older Adults; and Materials on Aging in Place. Presented by Mayor Kirk Caldwell, AARP Hawaii, Kaiser Permanente of Hawaii & Honolulu Age-Friendly City Steering Committee.

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

BUNIN, LOIS
DOI, KAY
EBESU, GERTRUDE
FUJIO, RUTH
HASEGAWA, LILY
HORIKAMI, SETSUKO
IMADA, FUSAE
INAMINE, YURIKO
KANETAKE, EDITH
KAUKALI, JOHN

KIRA, SHIZUKO
KIYOTA, IKUKO
KURASHIGE, JOAN
LYAU, RAYMOND
MATSUOKA, HATSUKO
MIURA, CARLTON
MIYAHIRA, MARTHA
MIYASATO, GEORGE
MIYOI, NANCY
NICHOLAS, MANUEL

NIIMI, KIMIYO
OKAYAMA, MILDRED
OMAN, MIU-LAN
OMORI, MIYOKO
OTA, FRED M.
PERREIRA, MARIE
PITTMAN, ALBERT
POHLABEL, TOMI
SAIDA, MICHIKO
SUZUKI, MITSUKO
TAKAHASHI, SHIGEKO
TAKAHASHI-VIVEIROS,
MIRIAM

TAKAMORI, LILY
TAKUSHI, MIYOKI
TENGAN, BETTE
TERAMAE, CHIEKO
TERAMAE, KYOKO
TSUI, CHERYL
VILCHIS-PANTOJA, CHELA
YAMAJI, JANET
YANAGISHITA, HIROKO
YOKOYAMA, VIOLET S.

**Molihili Senior Center
Schedule of Special Events
February 2015**

Days to remember in February:

- 2 - Ground Hog Day
- 14 - Valentine's Day
- 16 - Presidents' Day - CENTER CLOSED

- 17 - Mardi Gras
- 18 - Ash Wednesday
- 19 - Chinese New Year

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p>❖ <i>Black History Month</i></p> <p>Free Massages by Rieko 9 - 10:30 am</p>	<p>❖ <i>American Heart Month</i> ❖ <i>Canned Food Month</i></p> <p>Free Massages by Rieko 9 - 10:30 am</p>	<p>Blood Pressure Reading 8 am</p> <p>Seminar: Sharing The Aloha Energy Conservation Workshop 9:15 am Rm 105</p>	<p>Excursion: A Visit to the Doll Doctor 8:45 am</p>	<p>Free Massages by Rieko 9 - 10:30 am</p> <p>Craft: Kumihimo - Adv 9 am Rm 209</p> <p>Performance: "I Got Rhythm, I Got ..." 10 am Rm 105</p> <p>Chair Massage</p>	<p>Seminar: Medicare Advantage Plan 9 am Rm 104</p> <p>Classic Movie: Blood and Sand 11:15 am Rm 207</p>	<p>Living Age Friendly 8:30 am - 12:30 pm JCCH</p> <p>Craft: Chigiri-e 9 am Rm 202</p>
8	9	10	11	12	13	14
<p>Hike: Kaena Point 8:30 am</p>	<p>DPR's Valentine Dance 9 am - noon NBC, Exhibit. Hall</p>	<p>Blood Pressure Reading 8 am</p> <p>Seminar: Sharing The Aloha Energy Conservation Workshop 9:15 am Rm 105</p>	<p>Excursion: Cherry Blossoms 8:45 am Chair Massage</p>	<p>Craft: Beading 9 am Rm 209</p> <p>Chair Massage 10:30 - noon Rm 303</p>	<p>Seminar: Depression 9 am Rm 105</p>	<p>Happy Valentine's Day!</p>
15	16	17	18	19	20	21
<p>HOLIDAY! Presidents' Day Center Closed.</p>	<p>Senior Health Fair 9 am - 1 pm Rm 105</p>	<p>Excursion: A Visit to the Doll Doctor 8:45 am</p>	<p>Chair Massage 10:30 - noon Rm 303</p>	<p>Movie: "The Judge" 11:15 am Rm 207</p>		
22	23	24	25	26	27	28
<p>Seminar: Foods That Disrupt Your Sleep & Isn't That Convenient! LLC 9 am Rm 104</p>	<p>Senior Health Fair 9 am - 1 pm Rm 105</p>	<p>Excursion: A Visit to the Doll Doctor 8:45 am</p>	<p>Chair Massage 10:30 - noon Rm 303</p>	<p>Movie: "The Judge" 11:15 am Rm 207</p>		

Moiiliili Senior Center Class Schedule February 2015

Monday	Tuesday	Wednesday	Thursday	Friday
7:30-1:00 Mah-Jongg (Room 207-8)	7:30-10:30 Seedcraft (Room 209)	8:00-9:00 Fall Prevention (Room 105)	7:30-1:00 Mah-Jongg (Room 207-8)	8:00-9:00 Ki-Coord. (Room 305)
8:00-9:00 Beg. Tai Chi (Room 305)	8:00-9:00 Ki-Coord. (Room 305)	8:00-9:30 Minyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	8:30-10:30 Hanafuda (Room 209)
8:30-11:00 *Conv. Eng. (Beg/Int)(Rm 202)	8:00-9:00 Blood Pressure (Room 102)	8:30-11:00 *Conv. Eng. (Beg/Int)(Rm 202)	8:00-9:00 Ukulele (Beg) (Room 105)	9:00-11:00 Painting (Room 207-8)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	8:00-9:30 Beginner's Line Dancing I (Weinberg)	9:00-11:00 Shodo (Room 104)	9:00-11:00 Conversationa Japanese (Room 202)	9:00-10:00 Tai Chi for Arthritis (Weinberg)
9:00-10:00 Tai Chi (108) (Room 305)	FULL	9:00-10:00 Tai Chi(108) (Room 305)	Resumes 3/5 (Room 202)	9:30-12:00 +Ribbon/Croch. (Weinberg)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	8:30-10:30 Crochet (Room 207-8)	9:15-10:00 Group Singing (Weinberg)	9:00-10:30 Rhythm & Life (Int. III)	Began 1/23 Lei Making (Room 102)
10:00-10:30 R&L Chair Exer. (Room 105)	9:30-11:00 Rhythm & Life (Int. I)	9:15-10:30 Minyo Danc(Beg) (Room 105)	Closed	9:30-10:45 Solo Ukulele I (Room 202)
10:15-12:00 Rhythm & Life (Int.)	Closed	9:30-11:30 *Sumie (Room 209)	9:00-10:30 Ukulele Prac. (Room 105)	Closed
10:30-11:30 Qi Gong/ Self Massage (Weinberg)	10:45-11:45 Soroban (Room 209)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	10:30-11:30 Rhythm & Life (Adv.)	10:00-10:30 R&L Chair Exer (Room 105)
Begins 2/23 Buyo & Enka (Weinberg)	10:00-11:15 Okinawan Dnc. (Weinberg)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)	Closed	11:00-12:15 Solo Ukulele II (Room 202)
5:30 - 6:30 +Spec. Aerobics (Room 305)	12:00 - 2:30 *Citizenship (Room 202)	11:00-12:30 Rhythm & Life (Beg.)	12:00 - 2:30 *Citizenship (Room 202)	11:15-12:15 Dahn Yoga (Weinberg)
*DOE classes are provided by McKinley Community School for Adults. Citizenship & English classes - \$20 enrollment fee. Additional fees applied to new English class students. Sumie - \$60.	12:00-2:30 Karaoke (Room 209)	12:00 - 2:00 Roy Otake Karaoke Ohana (Room 209)	Reminder: No class the last Thur. of the month.	12:00-1:30 Rhythm & Life (Beg. I) (Room 305)
	+ Tuition based classes. Walk-in fee \$5.	1:00 - 3:00 Kitsuke (Weinberg)		Closed

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

SENIOR VALENTINE DANCE, "L.O.V.E.", February 10, 9 am - noon, NBC, Exhibition Hall. FREE. Sponsored by Dept. of Parks and Recreation.

MARCH MADNESS, a Community Bazaar @ Moiliili Hongwanji, Sunday, March 1, 11 am - 3 pm, 902 University Avenue. Everyone is welcome! Food, Fun & Games, Crafts & Entertainment.

PRIMETIME WELLNESS HEALTH FAIR, Thursday, March 5, NBC Exhibition Hall. 8:30 am - 12:30 pm. FREE Sponsored by First Hawaiian Bank.

I CAREGIVERS SENIOR RALLY, Wednesday, March 25, 10 - 11:30 am, State Capitol Rotunda. Celebrate older adults and those who help them; gain legislative support for our issues. Refreshments and seating available. Free T-Shirt will be given to the first 400 people to sign up (sizes based on availability). Call 545-6008 or <https://aarp.cvent.com/aarphiseniorrally3-25> to register. Sponsored by AARP. If 30 or more seniors sign up and want transportation from MCC, arrangements can be made - sign up in the senior office.

Saturday
9:30 - 11:00 +Adult Hula Auana (Room 105)
9:30 - 12:00 +Jpns/Okwn Doll Making & Oshie (Room 207-8)
Began 2/7 (Room 207-8)