



Kaleidoscope

April 2015
Vol. XXVI No. 4

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:

APRIL is volunteer month. We want to thank all of our volunteers. Without your support, time and caring, the center would not be able to thrive. All of you are truly appreciated.

MSC Rummage Sale

April 13 - 17 9:00 a.m. - noon MCC Garage
Find bargains galore! Kitchen ware, clothes, knick-knacks, books, fabric and more.
Volunteers needed daily to help with set up, selling and break down. Sign up in the senior office.

MOILIILI SENIOR CENTER WISH LIST:

- 1) Senior Program Director
- 2) Volunteer needed to help us with statistics (book work) the first and last week of each month.

Talk Story with the Author

"Being Local in Hawaii"

Tuesday, April 14 9:30 -10:30 a.m. Rm 105
Join us at our "talk story" session with author, Keiko Matsui Higa. She will talk about growing up in Hawaii and she would like to hear your stories too.

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. Articles have been missing.

Group Singing Class Open House

Wednesday, April 15

9:15 - 9:45 a.m. Weinberg Studio

This is an open invitation to visit MSC's choir class. If you enjoy singing and are not part of a karaoke group or taking lessons, this class may be for you. Drop in and hear us sing a few songs we are learning. You are also welcome to stay and observe our BEGINNER I - LINE DANCING CLASS which will start around 10:15 a.m. also held in the Weinberg Studio.

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: **MOILIILI COMMUNITY CENTER**, not the senior center. Returned checks will be assessed a \$25.00 fee. Mahalo.

Mother's Day Boutique Sale

Thursday, April 30 9:00 am - 1:00 pm Rm 209
Items include: Jewelry, Vintage Kimono Blouses; Assorted Handbags; Handcrafted Blankets; and more treasured items.

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. **Gertrude Iwami.**

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 \$25.00 for 2015. For those who may find this difficult, please see Program Director.

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

MAHALO! MAHALO! MAHALO! to performers:

*Kenbu Senbu Shigin members at Island Nursing Home.

*RLC Niko Niko Genki Club members at 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's major fund raiser, "Where Great Things Happen!" will be held on Saturday, May 30, 5:30 p.m. at the Japanese Cultural Center of Hawaii's Manoa Grand Ballroom. \$150/seat. RSVP deadline is Friday, May 15. If you are interested, stop by the main 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.

CLASSIC MOVIE: "PRINCE OF FOXES" (1949)

(1hr. & 47 min. DVD,)

Starring Tyrone Power & Orson Welles. In this captivating epic of intrigue, action and romance, Tyrone Power shines in the title role as Andrea Orsini, a bold and courageous warrior. The setting is Renaissance Italy, where the notorious Borgia family, led by Cesare Borgia, is determined to capture neighboring lands and expand the family's empire, power and wealth. Orsini is dispatched to a small territory Cesare hopes to capture. Torn between allegiance to his master and a growing friendship with his assigned victims, Orsini becomes embroiled in a fierce and spectacular battle that forces him to confront his ideas of justice and nobility.

Date: Friday, April 10 Time: 11:15 a.m.
Place: MSC, room 207 Cost: Donation

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

MOVIE: "BIRDMAN" (2014)

(1-hr. & 59-mins., DVD, Comedy, Drama. Rated R- for language, some sexual content and brief violence.)

Starring Michael Keaton & Zach Galifianakis. A washed-up actor, who once played an iconic superhero, battles his ego and attempts to recover his family, his career and himself in the days leading up to the opening of his Broadway play.

Date: Friday, April 24 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.

Date: Saturday, May 2. No class in April.
Time: 9:00 a.m. Place: MSC, room 202
Cost: Supplies LIMIT: 12

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, May 14(Beg) & May 7(Adv)
Time: 9:00 am Place: MSC, room 209
Cost: Supplies

CRAFT WORKSHOP: BEADING

Next month's beading project is a bracelet. LIMIT: 15

Date: Thursday, May 21 Time: 9:00 a.m.
Place: MSC, room 209 Cost: Supplies

SEMINAR: MEDICARE

Representatives from Financial Benefits Insurance Company will speak on Medicare Health Plans.

Date: Tuesday, April 7 (room 202)
Date: Friday, April 24 (room 104) Time: 9:00 a.m.

SEMINAR: VALLEY OF THE TEMPLES - PRE-PLANNING INFORMATIONAL PRESENTATION

Do you know that there are up to 87 things that must be done in the event of a loved one's passing. Attend this seminar hosted by Dane Konishi and Kyoko Kawachi and learn about pre-planning. Japanese interpretation available. FREE refreshments, FREE drawing and gifts, FREE \$25 Foodland gift card with a park tour, and a FREE personal planning guide. Sponsored by Valley of the Temples Memorial Park.

Date: Monday, April 20 Time: 9:30 a.m.
Place: MSC, room 104 Cost: Donation

SEMINAR: ARTHRITIS & RELATED DISEASE MANAGEMENT

Join us as Michael Turner, representative of Arthritis Foundation Hawaii, physical therapist and owner of OrthoSport Physical Therapy, shares his expertise on managing arthritis through healthy lifestyle choices. Also Cynthia Baker, Registered nurse from Attention Plus Care, will provide us with great tips on how to ease arthritis pain with exercise and diet. This class is one of many classes presented under Aging in Hawaii, an educational outreach program, sponsored by Attention plus Care.

Date: Tuesday, April 21 Time: 8:30 - 10:30 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: INTRODUCTION ACUPUNCTURE

Want to know more about acupuncture? This is your chance. Presented by Yoshiharu Ikeda. Mr. Ikeda is a Japanese acupuncturist who has practiced 32 years in Japan, USA and Europe. Questions will be welcome, in English or Japanese.

Date: Tuesday, April 28 Time: 9:30 a.m.
Place: MSC, room 202 Cost: Donation

SEMINAR: GENWORTH LONG TERM CARE

What choices are available for you when you need care? What government benefits will cover your long term care? How will you pay for your care? How can you avoid depleting your hard earned assets? Options and strategies will be discussed by Bob Choi, LTC Specialist.

Date: Tuesday, May 26 Time: 9:30 a.m.
Place: MSC, room 202 Cost: Donation

FREE MASSAGES

Rieko Tanaka is offering FREE 10 - 15 minute 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 in the courtyard, please feel free to get a massage. Notices will be posted, when she is at the center.

Place: MCC, Courtyard area or 2nd floor
Date: To Be Announced 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

EXCURSION: QUEEN EMMA SUMMER PALACE & THE ROYAL MAUSOLEUM

Join us for a guided tour through the summer home of Queen Emma. See the many artifacts and hear the history of this beautiful home in the heart of the Nuuanu area. Later, we will visit the Royal Mausoleum where many of Hawaii's Royalty are laid to rest. We will learn about them and also of the many other dignitaries resting alongside them. Lunch on your own at Nuuanu Shopping Center. **Genichi Matsumoto.**

Date: Thursday, April 9
Departure Time: 8:30 a.m. Return Time: 1:00 p.m.
Cost: \$10.00 (\$6.00 - Admission & \$4.00 -Trans.)

EXCURSION: ARCADIA FOLLIES 2015

This year's theme is "Everything Old Is New Again." Join us as we spend the afternoon being entertained. MCC's own Thrift Store Manager, Bonnie Parson, is in this show. **MAXIMUM: 14.**

Date: Friday, April 10 Place: Arcadia
Departure Time: 2:15 p.m. Return Time: 4:45p.m.
Cost: \$3.00 (Trans.)

EXCURSION: MUSIC OF THE HIMALAYAS & THE EAST-WEST CENTER GALLERY

Experience the rich musical diversity of Nepal through this unique program featuring both local and visiting artists. Both classical and folk music will be highlighted. After the performance, we will walk down to the East-West Center Gallery and view their art exhibit entitled "Mountain Minorities: Tamang and Rai Cultures of Nepal." Lunch on your own at Manoa Marketplace.

Date: Friday, April 17 Departure Time: 8:30 a.m.
Return Time: 12:30 p.m. Cost: \$3.00 (Trans.)

EXCURSION: ISLAND SLIPPER FACTORY

Join us on a guided tour of the Island Slipper Factory, learn about its history and how our island-style slippers we all wear are manufactured. Lunch on your own at Pearlridge.
Date: Wednesday, April 22 Departure Time: 8:45 a.m.
Return Time: 1:00 p.m. Cost: \$5.00 (Trans.)

EXCURSION: KUAKINI HOSPITAL & CARE HOME

Visit various departments in the hospital and the nursing home facilities. Be sure to wear flat, treaded, covered shoes ... lots of walking! Lunch on your own at Liliha Shopping

Center.
Date: Wednesday, May 6 Departure Time: 8:30 a.m.
Return Time: 12:00 p.m. Cost: \$4.00 (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: 8:15 a.m. Return Time: 12:45 p.m.
Cost: \$12.50 (\$8.00 - Train Ride & \$4.50 - Bus)

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

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

GROUP SINGING, Wednesdays, 9:15 a.m. - 10:00 a.m. & **BEGINNER'S LINE DANCING II**, Wed., 10:15 - 11:45 am 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 4/10, 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. Begins 5/9, 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.

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

BECK, DIANNE	ITOGA, MARY ANN
CABACUNGAN, FLORIDA	JACOB, JOHN
CHOCK, APRIL	JENKINS, TAKAKO
FUJIKAWA, YUKIMI	KAAINA, ELEANOR
FUJIMOTO, AMY	KAJIHIRO, CAROLE
FURUTA, COLLEEN	KAMIYA, MARY
HIGA, ROBERT	KANEKO, SHARON N.
HUDMAN, BARBARA	KANNO, MADGE
IKEMI, TERRIE	KARIOKA, ARLENE M.
ISHIHARA, SHIZUE	KATO, LILLIAN
ISHIMOTO, CHARLENE	KOGASAKA, CLAIRE

Specialized Aerobics with Faye Fukuhara. Mondays, 5:30 pm - 6:30 pm, room 305, 10-week session begins 4/13. 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, 4/4, 9:30 am - noon and Wednesday, 4/8, 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.

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 Mondays through 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. 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.

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 \$5 or more.

KOKUBUN, YASU	TAKIZAWA, DOROTHY
KUNIMOTO, FAITH	TANAKA, AMY
KURAHARA, NOBUKO	TATSUGUCHI, PATSY
LAU, JEAN	TOKUNAGA, SHIZUE
MARTIN DEL CAMPO, CHAR-	TOLHURST, HELEN
LOTTE	TONDA, BETSY
MAU, LEILANI	TSUCHIDA, MISAKO
NAKANO, NOBUKO	WATANABE, ETHEL
PETERSON, CHRISTIAN	WATARAI, THELMA T.
REMUS, YVET	YAMADA, CATHERINE
SAKAMOTO, ANNE	YAMAGUCHI, LILLIAN
SANDS, SONYA	YAMANE, ETHEL
SATO, AMY	YONEZAWA, SADAOKO

**Mojilli Senior Center
Schedule of Special Events
April 2015**

Days to remember in April:
3 - Good Friday - CENTER CLOSED.
5 - Easter Sunday
15 - Tax Day

22 - Administrative Professionals' Day
26 - Arbor Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>❖ National Older Americans Month ❖ ❖ National Parkinson's Awareness Month ❖</p>					
		<p>Seminar: Medicare 9 am Rm 202</p>		<p>Chair Massage 10:30 - noon Rm 303</p>		
<p>Happy Easter!</p>			<p>Excursion: Queen Emma Summer Palace & the Royal Mausoleum 8:30 am</p>	<p>Chair Massage 10:30 - 12 noon Rm 303</p>	<p>Classic Movie: "Prince of Foxes" 11:15 am Rm 207</p>	
5	6	7	8	9	10	11
	<p>Talk Story with the Author 9:30 - 10:30 Rm 105</p>	<p>Group Singing Class Open House 9:15 - 9:45 am Weinberg Studio</p>	<p>Chair Massage 10:30 - noon Rm 303</p>	<p>Excursion: Arcadia Follies 2015 2:15 pm</p>	<p>Excursion: Music of the Himalayas & the East-West Center Gallery 8:30 am</p>	
12	13	14	15	16	17	18
<p>* Mini-Bazaar / Rummage Sale * MCC Parking Lot * 9:00 am - noon * Monday - Friday *</p>						
	<p>Seminar: Valley of The Temples- Pre - Planning Informational 9:30 am Rm 104</p>	<p>Blood Pressure Reading 8 am</p>	<p>Excursion: Island Slipper Factory 8:45 am</p>	<p>Chair Massage 10:30 - noon Rm 303</p>	<p>Seminar: Medicare 9 am Rm 104</p>	
19	20	21	22	23	24	25
	<p>Seminar: Arthritis & Related Disease Management 8:30 am Rm 105</p>	<p>Seminar: Introduction to Acupuncture 9:30 am Rm 202</p>	<p>Chair Massage 10:30 - noon Rm 303</p>	<p>Movie: "Birdman" 11:15 am Rm 207</p>		
26	27	28	29	30		
			<p>Chair Massage 10:30 - 12 noon Rm 303</p>	<p>Mother's Day Boutique Sale 9 am - 1 pm Rm 209</p>	<p>❖ National Garden Month ❖ ❖ Stress Awareness Month ❖</p>	

Moliiili Senior Center Class Schedule April 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 Began 2012	9:00-11:00 Painting (Room 207-8)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	8:00 - 9:30 Line Dancing I (Weinberg)	9:00-11:00 Shodo (Room 104)	9:00-11:00 Conversational Japanese (Room 202)	9:00-10:00 Tai Chi for Arthritis (Weinberg)
9:00-10:00 Tai Chi (108) (Room 305)	8:30-10:30 Crochet (Room 207-8)	9:00-10:00 Tai Chi(108) (Room 305)	9:00-10:30 Rhythm & Life (Int.III)	9:30-12:00 +Ribbon/Croch. Lei Making (Room 102)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	9:30-11:00 Rhythm & Life (Int. I)	9:15-10:00 Group Singing (Weinberg)	Closed	Begins 4/10 Solo Ukulele I (Room 202)
10:00-10:30 R&L Chair Exer. (Room 105)	Closed	9:15-10:30 Minyo Danc(Beg) (Room 105)	9:00-10:30 Ukulele Prac. (Room 105)	Closed
10:15-12:00 Rhythm & Life (Int.)	10:45-11:45 Soroban (Room 209)	9:30-11:30 *Sumie (Room 209)	10:30-11:30 Rhythm & Life (Adv.)	10:00-10:30 R&L Chair Exer (Room 105)
10:30-11:30 Qi Gong/ Self Massage (Weinberg)	10:00-11:15 Okinawan Dnc. (Weinberg)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	Closed	11:00-12:15 Solo Ukulele II (Room 202)
1:00-3:00 Buyo & Enka (Weinberg)	12:00 - 2:30 *Citizenship (Room 202)	10:00-12:30 +Jpns/Okw'n Doll Making & Oshie (Room 207-8)	12:00 - 2:30 *Citizenship (Room 202)	Closed
5:30 - 6:30 +Spec. Aerobics Begins 4/13 (Room 305)	12:00-1:30 Karaoke (Room 209)	11:00-12:30 Rhythm & Life (Beg.) (Room 305)	1:00-2:30 Line Dancing (Room 105)	12:00-1:30 Rhythm & Life (Beg. I) (Room 305)
*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.				
+Tuition based classes. Walk-in fee \$5.				

"Kaleidoscope" is published monthly, written/edited by the senior staff. Director: Jill Kitamura, Elaine Lau, Raena Akase & Henry Asari.

COMMUNITY ANNOUNCEMENTS:

****WAIKIKI FRIENDLY NEIGHBORS** Program is looking for volunteers to assist the elderly in the Waikiki area. Services may include: friendly visits; reassurance calls; shopping and errands; mail reading; light housework; and meal preparation. All volunteers complete a screening process, including a background check, before they start providing services. If interested, call 926-8032.

****ARE YOU PAYING HIGH RENT?** Talk with a housing specialist about your housing options. A housing specialist can help you apply for affordable senior housing. Rents from \$500 - \$900+ or less if you have lower income. Seniors must be 60 or older. Live on Oahu and be able to live independently. For more information, call Catholic Charities Hawaii Housing Assistance Program at 527-4730.

****TAX-AIDE SITES:** Be sure to take all necessary papers to any of the following: last year's tax papers, bank statements, all income forms, etc. for other sites, see staff in the senior office.

*Catholic Charities, 1822 Keeaunoku St., Sat., 8:30 am - 12:30 pm.

*Paki Hale, 3840 Paki Avenue, Thur., 9 am - 1 pm.

*Aina Haina Library, 5246 Kalamiana'ole Hwy, Fri. & Sat., 10:30 am - 2 pm. Closed 4/3.

*Hawaii Kai Library, 249 Lunalilo Home Road, Sat., 9 am - noon. closed 4/4.

*Central Union Church, 1660 S. Beretania St., Tue. & Thur., 8:30 am - 11:30 am. Japanese Spoken.