



Kaleidoscope

August 2015
Vol. XXVI 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:

In August, you may see a few UH Public Health students from the Master's Program around the center. They are working on evaluating the statewide Falls Prevention campaign and they need your help by filling out a survey. Your responses will greatly help them better assess falling problems and find ways to prevent them. If you have some time, please be accommodating.

Moiliili Senior Program presents ...

Performance by Nankuru Naisa Hawaii

Tuesday, August 11

Noon - 1:00 p.m. MSC, room 105

Join us for an afternoon of entertainment. Under the direction of Seichi Yagi, this group has been performing for years, sharing their talents with many. They will perform Japanese dances, Okinawan dances and also play the koto and sugaru shamisen. Don't miss this opportunity.

Next year, 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 the R&L Chair instructors for more information.

MOILILI SENIOR CENTER WISH LIST:

- 1) Senior Program Director

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.

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.

Senior Helpline phone number 768-7700, for the island of Oahu: They can assist you in finding the resources or information you may need.

Moiliili Senior Program presents ...

Collectibles & "Almost New" Sale

Thursday, August 27

9:00 a.m. - 1:00 p.m. MSC, room 209

Find great items at terrific prices! We specifically saved these items for this special "better than average" rummage sale.

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.

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.

MAHALO! MAHALO! MAHALO! to performers:

*RLC Niko Niko Genki Club members at Kuakini, Kailua Christian Church, Maunalani Nursing & Rehabilitation Center, One Kalakaua & Senior Life Group.

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:

HIDDEN TREASURES CRAFT FAIR, Saturday, August 29, MCC parking lot next to the Thrift Store. Attend MCC's 2nd Annual Craft Fair. Lots of unique items, many of them handmade, at attractive prices.

VACATIONS HAWAII - Help Moiliili Community Center earn travel credit by booking your travel with Vacations - Hawaii Custom Packages department at 591-4700. When making a booking, refer to their loyalty Rewards and mention Moiliili Community Center. If we have enough credit, they will donate a trip to Vegas for MCC's next fundraiser.

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. 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.

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.

CLASSIC MOVIE: Rudyard Kipling's, "KIM" (1950)
(1 hr. & 53 min. DVD, Drama)

Starring Errol Flynn & Dean Stockwell. The boy, Kim, knows how to scrounge up a hot meal in India's cities, how to scamper catlike across rooftops and disguise himself as a local and conceal his Anglo heritage. To Kim, these are just ways to be free. To colonial British intelligence, they're skills it knows will be useful when it makes Kim a spy.

Date: Friday, August 14 Time: 11:15 a.m.
Place: MSC, room 207 Cost: Donation

MOVIE: "BLACK OR WHITE" (2014)

(2-hrs. & 1-min., DVD, Drama. Rated PG-13 - for brief strong language, thematic material involving drug use and drinking and for a fight.) **Carole Kajihiro**

Starring Kevin Costner & Octavia Spencer. A grieving widower is drawn into a custody battle over his granddaughter, whom he helped raise her entire life.

Date: Friday, August 28 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, Aug. 1 & Sept. 5 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, August 6(Adv) & August 13(Beg)
Time: 9:00 a.m. Place: MSC, room 209
Cost: Supplies

CRAFT WORKSHOP: BEADING

This month's beading project is a bracelet. LIMIT: 15
Date: Thursday, August 20 Time: 9:00 a.m.
Place: MSC, room 209 Cost: Supplies

SEMINAR: BE AKAMAI ABOUT SAFETY - SMART911

No one plans to call 9-1-1, but now you can plan ahead. Basically, you would give Smart911 valuable information about yourself, family members, your home, pets and even vehicles that will be immediately available to 9-1-1 when you make an emergency call. For Police assistance: premise details, large dog on site, photos of elderly residents prone to wandering, etc. For Fire assistance: property layout, number of people in the household, disabilities and/or mobility limitations, utility shut-off locations, etc. For EMS assistance: gates and access codes, allergies, medical conditions, medications and treatment, emergency contacts, etc. These details can save valuable seconds or even minutes during an emergency. Captain Allan Nagata, HPD, will explain to you what Smart911 is about and how it can benefit you. If you are interested, Captain Nagata and his officers will be available to register you with this program.

Date: Tuesday, August 11 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: PALLIATIVE & END OF LIFE CARE

Caring for a loved one living with terminal illness involves physical, emotional and spiritual knowledge. Shanyn Fafard-Kaaihue, RN and Client Service Supervisor at Attention Plus Care, will share ways to increase your loved one's comfort, including pain and symptom management. Guest speaker, Renee Kojima, RN from Islands Hospice will discuss the importance of focusing not on when life ends, but the quality of life for the time that remains for our loved ones. Seminar hosted by Attention Plus Care & Islands Hospice. To reserve your seat, call 440-9372.

Date: Tuesday, August 25 Time: 8:30 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: STRESS

YIKES! How did that deadline slip by! What did she MEAN by that? Stress—it isn't simply the product of multi-tasking, smart phones and 24-hour news cycles. What we call stress is nothing more than what in our cavewoman

ancestors called the fight or flight response. Your grown children or your next door neighbor may be difficult, but they won't actually eat you alive. Current research has a lot to tell us about stress in modern life and how you can hold it back if not beat it altogether. Come to this session and find out how to address the lions and Tigers and Bears in your life.
Date: Friday, August 28 Time: 9:00 a.m.
Place: MSC, room 105 Cost: Donation

EXCURSION: MENEHUNE MAC "CANDY MAKING" TOUR

Have fun making your box of 6 chocolates. We will bring a cooler to keep your chocolates from melting in this heat! Per request from the manufacturer, it is recommended that participants NOT wear any type of fragrance such as cologne, eau de toilet, perfume, scented deodorant or after shave. Chocolates are sensitive and will absorb scents. Lunch on your own at City Square. **Meryem Armstrong.**
Date: Thursday, August 27 Departure Time: 9:00 a.m.
Return Time: 1:00 p.m.
Cost: \$14.50 (\$4.03 - Trans. & \$10.47 - Admission)

EXCURSION: UH EAST-WEST CENTER ART GALLERY

ARTS EXHIBITION: A COMMON THREAD: TEXTILES FROM THE PERMANENT COLLECTION

In honor of the East-West Center Gallery's 20th anniversary and the East-West Center's 55th anniversary, this exhibition will feature a selection of textiles rarely seen by the general public, including new works recently donated and never before exhibited. The works will include: *batik* from Indonesia and Malaysia, embroidered clothes from China, *kilim* carpet weaving from Iran, Indian *zardozi*, Cambodian *ikat*, naturally-dyed Lao silk weaving, Samoan *siapo*. Bangladeshi *kantha*, Korean *chokakpo*, Japanese silk *kimono* and *obi*, Uzbeki *suzani*, Burmese *shwe gyi do*, Syrian silk, Filipino *Bontoc* weaving, and more. Join us for a guided tour with the gallery's curator, Michael Schuster. Lunch on your own at Manoa Marketplace.

Date: Wednesday, Sept. 2 Departure Time: 9:40 a.m.
Return Time: 12:15 pm Cost: \$3.00 (Trans.)

EXCURSION: UH URBAN GARDEN CENTER

Do you have any gardening questions for the Master Gardener? Be sure you write it down so you can ask the Master Gardener. Please do NOT provide any live samples, as we don't want to contaminate their gardens. A suggestion would be that you have a photo of your problem

or at least a good description. An overview of gardening techniques and tool usage will be provided. See their website www.ctahr.hawaii.edu/site for more information.

Lunch on your own at Pearlridge.

Date: Monday, Sept. 14 Departure Time: 8:45 a.m.

Return time: 1:00 p.m. Cost: \$5.00 (Trans.)

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.

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Began 7/10, 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; \$35 - Non-members.

***Adult Hula Auana** with Kumu Hula April Chock. Begins 8/08, 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 6/29. 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. No class August 3. Faye has not held classes for a few weeks. Please call the senior office to find out if class will be held on the August 10.

***Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class begins Saturday, 9/5, 9:30 am - noon and Wednesday, 9/9, 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 - 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 participate - come to MCC, room 105 on weekdays from 8:00 a.m. to noon and see Gerath to register in the program.

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.

COMMUNITY ANNOUNCEMENTS:

"SENIORS HELPING SENIORS" basic computer class for senior citizens. Sponsored by the Great Aloha Run and Harry & Jeanette Weinberg Foundation Computer Center. Free 2-hour class to learn basic computer concepts that include: e-mail, use of the internet, composing documents, and just have fun being comfortable with computers. Instructors are students volunteering their services to help our kupuna. Rene Mansho is the volunteer coordinator. **RESERVATIONS REQUIRED; MUST CALL RENE @ 291-6151.** Classes dates for August: 3, 5, 7, 10, 12, 14, 17, 19, 21, 24. Class Time: 9 - 11 am & 12 - 2 pm. Place: Carole Kai Charities, Inc. Office, 418 Kuwili St., Suite 102, Honolulu, 96817. Classes are 2 hours and repeat classes are unlimited. Intermediate classes will be offered after mastery of basic skills is demonstrated.

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

ARASATO, LILY
CHEE, SARA
CLARK, PETER
CRANE, MARY
DONNAN, MURIEL
FURUICHI, JEAN
GUSHIKEN, EVELYN
HIRAYAMA, KEIKO
HURST, ILSE
INAGAMI, SHIZUYO
ISHIKAWA, JEAN
IWAMI, GERTRUDE

KAJIOKA, EDWINA
KAYA, YVONNE
KIMURA, BERNICE
KING, CELIA
KOBAYASHI, YAEKO
KONG, ANNA
KUBOTA, RITA
LEONG, JANET
MATSUMOTO, GENICHI
MATSUYAMA, ANN
MAYEDA, TERRY
MORIYASU, HAZEL

MURATA, FAYE
MURATA, OSAMU
NAGATA, YOSHIKO
NAKASONE, ELLEN
NEKOTA, MERLE
NESNOW, JUNE
NONAKA, DIANE
NOVICK, STUART
OKIMURA, ALMA
SAITO, LINDA
SATO, MIYOKO
SEKIYA, ALICE
SEKIYA, BETSY
SILVA, ELAINE

TAGUCHI, ARLEEN
TAKAHASHI, AMY
TAKAHASHI, BEATRICE
TAMURA, LUCILLE
TERAKAWA, MARGARET
TOBA, AMY
TOYAMA, PATRICIA
UWAINA, AIMEE
UYEHARA, KAY
WADA, JOYCE
YAMAMOTO, MARSHA
YOZA, LINDA
YUEN, LINDA

Moliiili Senior Center
 Schedule of Special Events
 August 2015

Day to remember in August:
 21 - Statehood Day - CENTER CLOSED

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

*Cataract Awareness Month * Foot Health Month * Medic Alert Month *

						1 Craft: Chigiri-e 9 am Rm 202
2 Excursion: Hoopono Center for the Blind & Lanakila 8:30 am	3	4 Seminar: Be Akamai About Safety - SMART911 9:15 am Rm 105	5 Craft Workshop: Kumihimo - Adv 9 am Rm 209	6	7 Classic Movie: Rudyard Kipling's "Kim" 11:15 am Rm 207	8
9	10 Performance: Nankuru Naisa Hawaii Noon - 1 pm Rm 105	11	12 Craft Workshop: Kumihimo - Beg 9 am Rm 209	13 Craft: Beading 9 am Rm 209	14 HOLIDAY Statehood Day Center closed	15
16	17	18 Seminar: Palliative & End of Life Care 8:30 - 10:30 am Rm 105	19 Excursion: Menehune Mac "Candy Making" Tour 9 am	20 Excursion: Menehune Mac "Candy Making" Tour 9 am	21 Seminar: Stress 9 am Rm 105 Movie: "Black or White" 11:15 am Rm 207	22 Hidden Treasures Craft Fair Thrifty Store Parking Lot
23	24	25	26 "Almost New" Sale 9 am - 1 pm Rm 209	27	28	29
30	31					

Moiliili Senior Center Class Schedule August 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 Mimyo 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 Hawn Quilt. Bee (Rm 209)	8:00-9:30 Beginner's Line Dancing I (Weinberg)	9:00-11:00 Shodo (Room 104)	9:00-10:30 Rhythm & Life (Adv. I) (Room 305)	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)	Closed	
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 Ukulele Prac. (Room 105)	9:30-12:00 +Ribbon/Croch. Lei Making (Room 202)
10:00-10:30 R&L Chair Exer. (Room 105)	9:30-11:00 Rhythm & Life (Int. II) (Room 305)	9:15-10:30 Mimyo Danc(Beg) (Room 105)	12:00-2:30 *Citizenship (Room 202)	Begins 7/10 Solo Ukulele I (Room 303)
10:15-12:00 Rhythm & Life (Adv. I) (Room 305)	10:45-11:45 Soroban (Room 209)	9:30-11:30 *Sumie (Room 209)	12:00-1:30 Rhythm & Life (Adv. V) (Room 305)	Closed
Closed	10:00-11:15 Okinawan Dnc. (Weinberg)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	Closed	10:00-10:30 R&L Chair Exer. (Room 105)
10:30-11:30 Qi Gong/ Self Massage (Weinberg)	12:00-2:30 *Citizenship (Room 202)	10:15-11:45 Line Dancing II (Weinberg)	1:00-2:30 Line Dancing (Room 105)	11:00-12:15 Solo Ukulele II (Room 303)
Ends 8/24 (Weinberg)	12:00-2:30 Karaoke (Room 209)	10:00-12:30 +Jpns/Okwvn Doll Making & Oshie (Room 207-8)	Reminder: No class the last Thur. of the month.	11:15-12:15 Dahn Yoga (Weinberg)
1:00-3:00 Buyo & Enka (Weinberg)	12:00-1:30 Kenbu Senbu Shigin (Room 207)	Begins 9/9 Rhythm & Life (Beg.) (Room 305)		12:00-1:30 Rhythm & Life (Int. I) (Room 305)
5:30-6:30 +Spec. Aerobics Began 6/29 (Room 305)		11:00-12:30 Rhythm & Life (Beg.) (Room 305)		Closed
*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.				
Attention: If you find your name in bold print, in this newsletter, come to the senior office.				
+Tuition based classes. Walk-in fee \$5.				

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

HAWAII FOOD BANK, COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP).
 This program works to improve the health of low-income elderly persons at least 60 years of age by supplementing their diets with nutritious USDA Foods. Requirements: Complete an application each year and re-certify every 6 months. Applications will be collected at any time but once maximum caseload is met, a continuous waitlist will be maintained at each site. Participants must be at least 60 years of age and show a photo ID that confirms age and residence; CSFP participants must reside on Oahu; Income at or below 130% of the Federal Poverty Income Guidelines. You will pick up your food box at the same place you turn in your application. Once you are qualified, you will be eligible to

receive a food box once a month for 6 months. Food packages are very heavy. The average weight of the food box is 32 pounds. It is recommended to bring your own cart with wheels or a proxy may be designated. Locations: Kokua Kaihi Valley Elderly Services, 1846 Gulick Ave.; Kokua Kaihi Valley Elderly Services, Kuhio Park Terrace Community Center; Sis. Peter & Paul Church, 800 Kahaka Street). Each month you will need to pick up your food box at the same place you signed up. The site where you submitted your application will tell you the dates and times of when to pick up your box. For more information about this program, contact the Hawaii Foodbank, 2611 Kilihau St., Honolulu 96819, 836-3600 ext.238 or visit www.hawaiifoodbank.org

Saturday
 9:30 - 11:00 +Adult Hula Auana (Room 105)
 Begins 8/8 (Room 105)
 9:30 - 12:00 +Jpns/Okwvn Doll Making & Oshie (Room 207-8)
 Begins 9/5 (Room 207-8)