



Kaleidoscope

November 2015
Vol. XXVI No. 11

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:

HOORAY!!! We'd like to announce our new senior program director!!! Please welcome Sunday Kamai - Eguires. Sunday comes from a background filled with social services and she is excited to be our new Senior Program Director.

All the 2nd floor air conditioners are operational! The temperature should be set at 73 degrees. To turn the units on and off, please use the on/off switch that the unit is plugged into. You do not need to manually turn on and off the unit itself. When using the air conditioners, the windows and doors need to be closed. Thank you for your cooperation.

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 any of the Rhythm & Life Chair instructors for more information.

MOILIILI SENIOR CENTER WISH LIST:

- 1) Volunteer instructors to teach educational classes / workshops
- 2) Volunteer instructor to teach Japanese

MSC Rummage Sale made over \$2000. Thank you all who donated items and helped at the sale. Without your support, we could not have done it.

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: **MOILIILI 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. For those who may find this difficult, please see Program Director.

MAHALO! MAHALO! MAHALO! to performers:
*Shiyukai at Maunalani Nursing Home.

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:

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 JAPANESE MOVIE: GHOSTS OF OIWA

(1 hr. & 35 min. DVD)

A classic Japanese ghost story based on real life characters.
Date: Friday, November 13 Time: 12:00 p.m.
Place: MSC, room 207 Cost: Donation

MOVIE: "TOMORROWLAND" (2015)

(2-hrs. & 10-min., DVD, Action, Adventure, Family.
Rated PG - for sequences of sci-fi action violence and peril, thematic elements and language.)

Starring George Clooney & Hugh Laurie. Bound by a shared destiny, a teen bursting with scientific curiosity and a former boy-genius inventor embark on a mission to unearth the secrets of a place somewhere in time and space that exists in their collective memory. **June Nesnow.**

Date: Friday, November 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: Sat., Nov. 7 & Dec. 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, January 14(Adv) & January 21(Beg)
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 (son of Phyllis Ikeda, MSC's former Qi Gong Instructor) has graciously volunteered his time to help our seniors. This is your chance to see if acupuncture can help you. First-come, first-served.

Date: Tuesdays Time: 9:00 a.m. - 10:00 a.m.
Place: MSC, room 207 Cost: Donation

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. Sign up in the senior office and we will contact Sadaji for you. If no appointments are scheduled, Sadaji will not come. Sadaji has moved to the mainland but will accommodate appointments until the end of November.

Date: Thursdays
Place: MSC, room 303

Time: 10:30 a.m.-noon

Date: Tuesday, November 17
Place: MSC, room 105

Time: 8:30 a.m.
Cost: Donation

SEMINAR: GRATITUDE & MINDFULNESS

Come for a special program with Anne Chipchase of 'Ohana health. Because November is the month of Thanksgiving, Anne will be leading a program of gratitude and mindfulness. Each participant will make a special memento of the program to take home. Come and experience just how special every moment can be when we take the time to appreciate them.

Date: Friday, November 13
Place: MSC, room 105

Time: 9:15 a.m.
Cost: Donation

SEMINAR: MEDICARE ADVANTAGE PLANS

Questions about Medicare? Get Answers! Open enrollment is the time of the year when you can enroll in or change your Medicare plan. Attend these seminars to find out which plan can help you. Seminars conducted by representatives from Financial Benefits Insurance Company.

Medicare Plan: Humana

Date: Thursday, November 19
Monday, November 30

Time: 9:00 a.m. Place: MSC, room 104

Medicare Plan: United Health Care

Date: Tuesday, November 17
Time: 9:00 a.m. Place: MSC, room 202

SEMINAR: MEDICARE 101

Medicare 101 with Preferred Benefits Partners, LLC. This presentation is an overview of Medicare basics. We cover eligibility, parts of Medicare, enrollment periods, and the difference between Medicare advantage and Medicare supplement plans. Every year there are changes that are made to healthcare plans. It is important to keep up with current changes and guidelines. Understanding your Medicare options will help you choose a healthcare plan that best suits your needs for the upcoming year.

Date: Friday, November 13
Place: MSC, room 202

Time: 9:30 a.m.

SEMINAR: DIABETES CARE

This is a great opportunity to learn how to manage this increasing disease and learn how to prevent diabetic emergencies. Attention Plus Care, Hawaii's largest and oldest joint Commissioned Home Health Care Agency and the Department of Emergency Management, will be hosting the seminar. To reserve your space, call 440-9372.

SEMINAR: GUARANTEED TRAVEL

ASSURANCE PLAN SEMINAR

Why should you consider this travel plan? Have you asked yourself what you will do if your loved one expired in the US or the Foreign Country? Who will you call? How much will it cost? How much stress and financial burdens will you have to go through? This plan offers a one time life time protection. Be wise, protect yourself. Seminar conducted by Ellen M. Nagatori from Hosoi. Feel free to ask her about Hosoi's Funeral plan.

Date: Monday, November 23
Place: MSC, room 202

Time: 9:00 a.m.
Cost: Donation

SEMINAR: BUGS AND BOTHERSOME PESTS #2

Do you have bugs in and around your home? Ants? Roaches? Andy the Bug Doctor, will be back to tell us some helpful tips on how to control pesky bug problems.

Date: Tuesday, November 24
Place: MSC, room 105

Time: 9:15 a.m.
Cost: Donation

EXCURSION: IN STYLE: CELEBRATING 50

YEARS OF UHM COSTUME COLLECTION

The UH Fashion Design and Merchandising Program is celebrating their 50th anniversary with a small exhibition of 19th to 21st century costumes and dolls. Highlights include a Qing Dynasty dragon robe, vintage Tori Richard clothes and costumed dolls from the College of Tropical Agriculture and Human Resources' Historic Costume Collection. The curator, Shu-Hwa Lin, will walk us through the exhibit and tell us the back ground of the pieces. Lunch on your own at Manoa Marketplace.

Date: Thur., Nov. 12
Return Time: 1:15 p.m. Cost: \$3.00 (Trans.)

Departure Time: 10:40 a.m.

EXCURSION: HONOLULU POLICE

DEPARTMENT MUSEUM TOUR

Join us as we tour the HPD Museum which showcases the evolution of law enforcement in Hawaii from pre-Cook era to present and beyond. Lunch on your own at Ward Warehouse.

Date: Wed., Nov. 18
Return Time: 12:00 p.m. Cost: \$4.00 (Trans.)

Departure Time: 8:15 a.m.

EXCURSION: KAPOLEI SHOPPING SPREE

Get an early start on your Christmas shopping. Join us as we head out to Kapolei to do some shopping at Walmart. More

shopping and lunch at Kapolei Commons.

Date: Wed., Nov. 25

Departure Time: 8:30 a.m.

Return Time: 12:30 p.m.

Cost: \$5.00 (Trans.)

CLASS/ACTIVITY ANNOUNCEMENTS: Sign up Senior Office, rm. 203

*****NEW CLASS - ZUMBA/PIYO**, Tuesdays, 11:30 a.m.- 1:00 p.m., Weinberg Studio. Zumba Class began September 15. Grace is adding on PIYO which is Pilates and Yoga combined. PIYO will be from 12:30 - 1:00 p.m. A great combination of fun and fitness as you dance your way to a healthier you. Instructor: Grace Hada.

EXCURSION PHOTO ALBUM - Have you participated in any of our excursions within the last year? Are you planning to participate in future excursions? Have you taken photo and would be willing to share them? If so, please drop off your copies at the senior office. Thank you for sharing. Hope to see you on our upcoming excursions in October. Just a hint ... get ready for the holidays in November and December!!

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. Begins 10/2, 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 10/24, 10 weeks, Saturdays, 9:30 am - 11 am, room 105. Learn modern hula. Wear loose clothing. Cost: \$20 - MSC

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

AIMOTO, KIYOKO
BURTON, DIANE
DAVIS, JANET
GEUM, SEOJEONG
HANATANI, DENNIS
HIDA, NAGAKO
HIJIRIDA, BEATRICE
HIRATA, JAN
ICHIYAMA, LORRAINE
IGAWA, DENNIS
INOUE, DIANE

KAMANA, VERNA
KANESHIRO, FAITHYE
KASAHARA, NORIKO
KASHIWAI, ALICE
KIHARA, KIKUE
KIKUYA, GRACE
KOIKE, BETTY
KONDO, KAREN
MATAYOSHI, MARGIE
MURAKAMI, STANLEY
MURATA, ROBERT

seniors; \$35 - MCC members; \$40 - Non-members.

Specialized Aerobics with Faye Fukuhara. No class until further notice.

Japanese/Okinawan Doll Making, Oshie & Kimekomi with Masako Ogawa. 6-week class begins Saturday, 2/6/2016, 9:30 am - noon and Wednesday, 2/10/2016, 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.

SEEDCRAFT CLASS. Looking for someone who would like to revive the class. Class would meet every Tuesday, room 209, 7:30 a.m. **Jane Sato**.

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.

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.

NAKAGAWA, DEANNA
NISHIMURA, JUNE
OKAZAKI, JEANETTE
OTSUKA, TOMOYO JANE
PA, SOLOMON
PANG-PRESCOTT, FLO-
RENCE
RICHARDSON, TOSHIKO
ROMANO, VICTORIA
SAITO, CAY
SATO, KICHI
SHISHIDO, KEIKO
SNYDER, TSUKIKO

SUEN, LINDY
TAKAHASHI, MURIEL
TAKEUCHI, LILLIAN
TOYOTA, GLADYS
UCHIDA, FRANCES
WONG, SHIZU
YANAGA, GRACE
YOKOMICHI, DOROTHY
YONEDA, CHARLENE
YONEMOTO, VIOLET
YUN, JULIANA

**Mollili Senior Center
Schedule of Special Events
November 2015**

*Days to remember in November:
1 - Daylight Saving Time Ends
11 - Veterans Day - CENTER CLOSED.*

26 - Thanksgiving Day - CENTER CLOSED.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		Acupuncture 9 am Rm 207			Seminar: Gratitude & Mindfulness 9:15 am Rm 105	Craft: Chigiri-e 9 am Rm 202
8	9	10		12	13	14
		Seminar: Diabetes Care 8:30 am Rm 105		Excursion: In Style: Celebrating 50 Years of UHM Costume Collection Exhibit 10:40 am	Seminar: Medicare 101 9:30 am Rm 202	
15	16	17	18	19	20	21
		Seminar: United Health Care 9 am Rm 202	Excursion: Honolulu Police Department Museum Tour 8:15 am	Seminar: Humana 9 am Rm 104		Mayor's Craft & Country Fair NBC, Exhibit. Hall 9 am - 2 pm
22	23	24	25		27	28
		Seminar: Bugs & Bothersome Pests #2 9:15 am Rm 105	Excursion: Kapolei Shopping Spree 8:30 am		Movie: "Tomorrowland" 11:15 am Rm 207	
29	30					
		Acupuncture 9 am Rm 207				
		Seminar: Humana 9 am Rm 104				

**Diabetic Eye Disease Month * National Diabetes Month * National Alzheimer's Month *
* National Family Caregivers Month * National Gratitude Month * Vegan Month **

Moiliili Senior Center Class Schedule November 2015

Monday	Tuesday	Wednesday	Thursday	Friday
7:30-1:00 Mah-Jongg (Room 207-8)	8:00-9:00 Ki-Coord. (Room 305)	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 Began 2014 (Room 305)	8:00-9:00 Blood Pressure (Room 102)	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 - 9:30 Beginner's Line Dancing I (Weinberg)	8:30-11:00 No class	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)	FULL	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)	8:30-10:30 Crochet/Knit (Room 209)	9:00-10:00 Tai Chi(108) (Room 305)	Closed	+Ribbon/Croch. (Weinberg)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	9:30-11:00 Rhythm & Life (Int. II) (Room 305)	9:15-10:00 Group Singing (Weinberg)	9:00-10:30 Ukulele Prac. (Room 105)	Lei Making (Room 102)
10:00-10:30 R&L Chair Exer. (Room 105)	10:45-11:45 Soroban (Room 209)	9:15-10:30 Minyo Danc(Beg) (Room 105)	12:00- 2:30 *Citizenship Begins 1/26 (Room 202)	Solo Ukulele I (Room 303)
10:15-12:00 Rhythm & Life (Adv.I) (Room 305)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:30-11:30 Begins 1/27 (Room 209)	1:00-2:30 Line Dancing (Room 105)	R&L Chair Exer (Room 105)
Closed	11:30-1:00 Zumbal/PiYo (Weinberg)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	Reminder: No class the last Thur. of the month.	Solo Ukulele II (Room 303)
1:00-3:00 Buyo & Enka (Weinberg)	12:00 - 2:30 *Citizenship (Room 202)	10:00-12:30 +Jpns/Okwnn Doll Making & Oshie (Room 207-8)	Attention: If you find your name in bold print, in this newsletter, come to the senior office.	Dahn Yoga (Weinberg)
5:30 - 6:30 +Spec. Aerobics (Room 305)	12:00-2:30 Karaoke (Room 209)	11:00-12:30 Rhythm & Life (Beg.) (Room 305)	Kaleidoscope is published monthly, written/edited by the senior staff. Director, Jill Kramer; Pro-Director, Paula Regidor, Elaine Lau, Raena Akese & Henry Asari.	Rhythm & Life (Int.I) (Room 305)
No Class	12:00-1:30 Kenbu Senbu Shigin (Room 207)	12:00 - 2:00 Ohana Karaoke (Room 209)		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.	+Tuition based classes. Walk-in fee \$5.	1:00 - 3:00 Kifsuke (Weinberg)		Saturday
				9:30 - 11:00 +Adult Hula Auana
				Began 10/24 (Room 105)
				9:30 - 12:00 +Jpns/Okwnn Doll Making & Oshie (Room 207-8)
				Begins 2/6 (Room 207-8)

COMMUNITY ANNOUNCEMENTS:

***FREE CAREGIVER CONFERENCE, Saturday, November 7, Pacific Beach hotel, 7:30 am - noon. Thousands of people in Hawaii are caring for aging loved ones, helping them to live independently in their own homes. Get connected to information and resources to help. Hear from other caregivers. Share your challenges. Register: online at <https://aarp.cvent.com/caregiver11-7> or call 1-877-926-8300.

***2015 MAYOR'S CRAFT AND COUNTRY FAIR, Saturday, November 21, NBC, Exhibition Hall, 9 am - 2 pm. Admission is FREE. MSC will have a booth.

***45th ANNUAL THANKSGIVING DINNER, NBC Exhibition Hall, Thursday, November

26. Doors open at 11 am, dinner will be served from noon - 1 pm. Tickets are available in the senior office.

***CHRISTMAS IN HONOLULU CRAFT FAIR, Tuesday, December 1, JCC, 5th Floor, 5 - 8:30 pm, FREE admission. Early entry at 4 pm with a donation. MSC will have a booth.

***HAWAII FAMILY CAREGIVER COALITION ANNUAL MEMBERSHIP MEETING, Hawaii State Capitol, Thursday, December 10, noon - 2 pm. The agenda will include a presentation by a panel of experts on family caregiving. Lunch will be served. For further information, please contact Gary Simon at 547-8140 or email at gsimon@stfrancishawaii.org