



Kaleidoscope

February 2016
Vol. XXVII 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:

We'd like to welcome aboard Akira Goto, MSC's new program assistant. He will be here to assist our seniors with their needs. Please stop by the office to welcome him.

We are excited to be able to offer our ongoing and upcoming new classes to all of our seniors in 2016. 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. Mahalo for your support of the Senior Center and the Community Center.

Thank you to the volunteers who helped with the lei labeling for the Pacific Tele-communications Conference. Your work was truly appreciated.

Air Conditioners - 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.

Reminder: All interested afternoon Line Dancers,
If you've ever wanted to learn Line Dancing, now is the time! Join our new Beginners class where we'll cover basic line dance terms to speed your learning. Check it out: Thursday, February 4, 12:30.p.m., room 105. Our ongoing Advanced Beginners/Intermediate class will meet as usual, until further notice. Newcomers are welcome anytime.

Share fun, exercise and friendship with us,

Mary Ann & May, Instructors

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 for the following:
Educational classes/workshops
Japanese language
Painting
- 2) Heavy Duty Shredder
- 3) New and/or Used(no more than 2 years old) computer with monitor.

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.

FREE TICKETS - Occasionally we are offered complimentary tickets to the UH Kennedy theater. The complimentary shows are usually Friday and Saturday evenings. If you are interested in going to a production, sign up in the senior office and we will call you when tickets become available.

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.

MAHALO! MAHALO! MAHALO! to performers:
*RLC Niko Niko Genki Club members at One Kalakaua & Kuakini.
*Shiyukai members at Maunalani Nursing Home.

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's Fundraiser Dinner, "WHERE GREAT THINGS HAPPEN." Save the date -Saturday, April 2, Japanese Cultural Center of Hawaii, Manoa Grand Ballroom, featuring MCC's very own Senior Center.

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 cancelled 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: "A WALK IN THE WOODS" (2015)
(1-hr. & 44-min., DVD, Adventure, Biography, Comedy. Rated R- for language and some sexual references.)
Starring Robert Redford & Nick Nolte. After spending two decades in England, Bill Bryson returns to the U.S., where he decides the best way to connect with his homeland is to hike the Appalachian Trail with one of his oldest friends.

Date: Friday, February 26 Time: 12:15 p.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., Feb. 13 & Mar. 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, February 4(Adv) & February 11(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 - 10:00 a.m.
Place: MSC, room 207 Cost: Donation

SEMINAR: HOUSE CALL MEDICAL PRACTICE

At House Call Medical Practice your Ohana comes first. This is a fee-for-service, family medicine practice and they provide all of your primary care needs directly in the comfort of your home, at the convenience of your schedule. Seminar presented by Steven Ito, APRN, FNP-c.

Date: Wednesday, February 10 Time: 9:00 a.m.
Place: MSC, room 202 Cost: Donation

SEMINAR: HEART

February is Heart Month. Anne Chipchase, from O'hana Health Plan, will talk about ways to keep your heart healthy.

Date: Friday, February 19 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: STROKE

Mari Nakamura, Coordinator, Hawaii Neurotrauma Registry (HNTR) Project, will be back to this Stroke Education Seminar. Find out about what happens when a stroke occurs and how to treat it.

Date: Tuesday, February 23 Time: 9:30 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: TALKING ABOUT LTC, ADL, ROM, ETC.

The Long Term Care insurance is based on "2 of 6 ADL's". What is "ADL"? In Japan, it is a commonly used term together with "Rehabili". In many cases, the ADL evaluation is part of determining the level of care; such as SNF, ICF, ADC, ADH, etc. etc. How do you rate your ADL level? What classes are you taking to improve/maintain your overall functional level? Attend this seminar conducted by MSC member, Janet Hirata.

Date: Wednesday, February 24 Time: 9:00 a.m.
Place: MSC, room 202 Cost: Donation

EXCURSION REMINDER: CHINESE NEW YEAR'S CHINATOWN & HAWAIIAN CHINESE MULTI-CULTURAL MUSEUM

Date: Thursday, February 4
Departure Time: 9:00 a.m. Return Time: 1:00 p.m.
Cost: \$5.00 (\$2.00-Admission Donation & \$3.00-Trans.)

EXCURSION REMINDER: IOLANI PALACE

Date: Tuesday, February 9
Departure Time: 8:00 a.m. Return Time: 1:00 p.m.
Cost: \$12.00 (\$8.00-Admission & \$4.00-Trans.)

EXCURSION: KO ALOHA UKULELE FACTORY TOUR

See the different types of wood used to make quality ukuleles of varying tones. Please wear comfortable COVERED walking shoes, as this is a factory, and for safety and liability issues. Lunch on your own at City Square.

Date: Tuesday, March 8 Departure Time: 9:30 a.m.
Return Time: 12:30 p.m. Cost: \$5.00 (Trans.)

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

***NEW CLASS - BRAIN TRAINING, Thursdays, 9:30 - 11:00 a.m., MSC, room 202. Classes begin February 4. Stay healthy with coordination exercises and brain training paper (patterns, calculations, etc.) exercises. Inst: Eisho Hayashi.

***NEW CLASS - ZENIDAIKO, Thursdays, 2:30 - 3:30 p.m., Weinberg Studio. Class begins February 4. Zenidaiko is Japanese folk dancing with sticks. Inst: Mieko Sato.

***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. Accepting more students.

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 photos and would be willing to share them? If so, please drop off your copies at the senior office. Thank you for sharing.

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.

Adult Hula Auana with Kumu Hula April Chock. Began 1/16, 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.

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

Ribbon/Crochet Lei Making with Coryn Tanaka. Began 1/22, 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.

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

CHOY, SYLVIA	KIRA, SHIZUKO
CHUN, MA-JA	KIYOTA, IKUKO
DOI, KAY	LYAU, RAYMOND
EBESU, GERTRUDE	MATSUOKA, HATSUKO
HASEGAWA, LILY	MIURA, CARLTON
HORIKAMI, SETSUOKO	MIYASATO, GEORGE
IMADA, FUSAE	MIYOI, NANCY
KAGENO, HIEU	MIZUUCHI, FLORIS
KAUKALI, JOHN	MORITO, EDITH

Specialized Aerobics with Faye Fukuhara. At this time, class will resume in February.

SEEDCRAFT CLASS. Looking for someone who would like to revive the class. Class would meet every Tuesday, room 209, 7:30 - 10:30 a.m.

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.

COMMUNITY ANNOUNCEMENTS:

NEW YEAR'S FESTIVAL & MALASADA DAY, Saturday, February 6, 10 am - 2 pm, Hawaii Plantation Village, 94-695 Waipahu Street. Celebrate the Year of the Monkey. FREE games with prizes. Ethnic festival dishes available for tasting. Village craft and plant sale. Entertainment. Call 677-0110 for more information.

DPR's VALENTINE'S DANCE. Look for flyers on the bulletin boards.

NIIMI, KIMIYO	TAKAHASHI-VIVEIROS,
OKAMOTO, FUMIE	MIRIAM
OKAYAMA, MILDRED	TAKAMORI, LILY
OMAN, MIU-LAN	TAKUSHI, MIYOKI
OTA, FRED M.	TENGAN, BETTE
PERREIRA, MARIE	TERAMAE, CHIEKO
PITTMAN, ALBERT	TERAMAE, KYOKO
POHLABEL, TOMI	TSUI, CHERYL
SAKIHARA, GAIL	WATANABE, YACHIYO
SUZUKI, MITSUKO	YOKOYAMA, VIOLET S.
TAKAHASHI, SHIGEKO	

**Mojilli Senior Center
Schedule of Special Events
February 2016**

- Days to remember in February:*
- 2 - Ground Hog Day
 - 12 - Lincoln's Birthday
 - 14 - St. Valentine's Day
 - 15 - Presidents' Day - CENTER CLOSED.
 - 17 - Random Acts of Kindness Day
 - 22 - Washington's Birthday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 Acupuncture 9 am Rm 207	2 Excursion: Iolani Palace 8 am Acupuncture 9 am Rm 207	3 Seminar: House Call Medical Practice 9 am Rm 202	4 Excursion: Chinatown & Hawaiian Chinese Multi-Cultural Museum 9 am Craft Workshop: Kumihimo - Adv 9 am Rm 209	5 6 Craft: Chigiri-e 9 am Rm 202	
7	8 HOLIDAY! President's Day Center Closed.	9 Acupuncture 9 am Rm 207	10 Seminar: House Call Medical Practice 9 am Rm 202	11 Craft Workshop: Kumihimo - Beg 9 am Rm 209	12 Seminar: Heart 9:15 am Rm 105	13	
14	15	16 Seminar: Stroke 9:30 am Rm 105 Acupuncture 9 am Rm 207	17 Seminar: Talking About LTC, ADL, ROM, etc. 9 am Rm 202	18 Seminar: Heart 9:15 am Rm 105	19 Movie: "A Walk In The Woods" 12:15 pm Rm 207	20	
21	22	23 Acupuncture 9 am Rm 207	24	25	26	27	
28	29	<p><i>* American Heart Month * American History Month * National Cherry Month *</i> <i>* National Snack Food Month * Potato Lovers Month *</i></p>					

Moliili Senior Center Class Schedule February 2016

Monday	Tuesday	Wednesday	Thursday	Friday
7:30-1:00 Mah-Jongg (Room 207-8)	8:00-9:00 No Class	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 2014 (Room 305)	8:00-9:00 (2/16) Blood Pressure (Room 102)	8:00-9:30 Minyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	8:30-10:30 Hanatada (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 (Beg/Int)(Rm 202)	8:00-9:00 Began 2012 9:00-10:30 Rhythm & Life (Adv. I)	9:00-12:00 Painting (Room 207-8)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	FULL	9:00-11:00 Shodo (Room 104)	Closed	9:00-10:00 Tai Chi for Arthritis (Weinberg)
9:00-10:00 Tai Chi (108) (Room 305)	9:30-11:00 Rhythm & Life (Room 209)	9:00-10:00 Tai Chi(108) (Room 305)	9:00-10:30 Ukulele Prac. (Room 105)	9:30-12:00 +Ribbon/Croch. (Room 102)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	Closed	9:15-10:00 Group Singing (Weinberg)	9:30-11:00 Brain Training (Room 202)	9:30-10:45 Solo Ukulele II (Room 303)
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 (Room 202)	Closed
10:15-12:00 Rhythm & Life (Adv. I)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:30-11:30 *Sunie (Room 209)	Began 1/26 Beginner's (Room 202)	10:00-10:30 R&L Chair Exer (Room 105)
Closed	11:30-1:00 Zumba/Plyo (Weinberg)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	12:30 - 1:00 Beginner's Line Dancing	11:00-12:00 Solo Ukulele I (Room 303)
1:00-3:00 Buyo & Enka (Weinberg)	12:00-1:30 Kenbu Senbu Shigin (Room 207)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)	1:00-2:30 Line Dancing (Room 105)	11:15-12:15 Dahn Yoga (Weinberg)
5:30 - 6:30 +Spec. Aerobics Resumes 2/1 (Room 305)	12:00 - 2:30 *Citizenship (Room 202)	Begins 2/10 Rhythm & Life (Beg.) (Room 305)	Reminder: No class the last Thur. of the month.	Closed
	12:00-2:30 Karaoke (Room 209)	11:00-12:30 Rhythm & Life (Beg.) (Room 305)	2:30-3:30 Zenidako (Weinberg)	
	+ Tuition based classes. Walk-in fee \$5.	12:00 - 2:00 Ohana Karaoke (Room 209)		
		12:30 - 3:00 Kitsuke (Weinberg)		

"Kaleidoscope" is published monthly, written/edited by the senior staff. Director, Sunday Paula Egures; Program Staff - Akira Goto. Registrar, Elaine Lau & Akira Goto.

FREE CARET EVENT FOR MATURE DRIVERS, Saturday, February 20, 8 am - 12 pm, Moanalua High School, parking lot closest to the Fire Station/Salt Lake Blvd. Safety information and resources for mature drivers.

KAPIOLANI COMMUNITY COLLEGE - LEGACY WRITING SERIES, First Course - Basic Grammar Review: Fridays, February 5 - 26, 9:30 - 11:30 am. Second Course - Self-Reflection and Preparation: Wed., March 9 & Fri., March 1, 9:30 - 11:30 am. Courses are offered at KCC. Learn the

Goals of CarFit: Help mature drivers improve the "fit" of their vehicles for safety and comfort; promote conversations among older drivers and families about safe driving and mobility; and link adults with local resources that can help ensure they drive as long as safety possible. Appointments are Required. For appointment, call 545-6007. Free take home resources & goody bag for attendees.

step-by-step process in creating and publishing your own personalized legacy writing self-reflective narrative. This series would be for those who want to share and pass on their knowledge and share their life experience with family, loved ones, or the next generation. To register and more information, call 734-9211.