



Kaleidoscope

May 2016
Vol. XXVII No. 5

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:

PARKING ALERT! The last day of public school will be Thursday, May 26. Children will be here at the center for all day care from May 27 - July 22. Limited parking. Be dropped off, take the bus or carpool. Also, **YOU** need to be aware of what is happening around you. **THINK OF YOUR SAFETY!!!** Don't be in a rush when being dropped off at the center. Have your driver pull up to the parking lot attendant and the tree, not in the middle of the driveway, in the tunnel or in front of the ramp. Watch for vehicles backing up - you are NOT stronger, faster or larger than a vehicle: don't try to walk around the back of the vehicle especially when it is backing up. **BE AWARE! BE PATIENT! BE SAFE!** Thank you.

MCC Fundraiser - Thank you for everyone who participated in the event; the craft booth volunteers helpers worked from 3:00 p.m. to closing, the demonstrators came in from 4:00 p.m. til 6:30 p.m. and the performers came early to shop and practice until the end of the program. It was a long night but the senior program definitely made an impression on the audience especially with Carol Nagano being the program emcee.

Moiliili Community Center's **Mothers' Day Craft Fair**

Saturday, May 7

9:00 a.m. - 1:00 p.m. Thrift Store Parking Lot

*Clothing * Reusable bags * Jewelry * Handcrafted goods
by MSC * Plants * Baked goods ("Sweets Box")

Sponsored by MSC & Hidden Treasures Thrift Store.

April was the month for fundraising. MSC had a craft booth at the MCC fundraiser. We held a week long rummage sale. We had tables at the Temari Bolts and Fabric Sale and we had a Mother's Day Boutique sale. From all these sales, we made about \$6000. Thank you to all the volunteers who helped us set up, sell and break down. MSC is so fortunate to have all of you supporting the program. We could not have done all this without you.

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. For MCC members, there is a new benefit: One Plus One Drive Inn will offer a 10% discount on a purchase of \$5 or more and Subway - Moiliili will offer a 10% discount on any sandwich/salad. Some exclusions apply to both places. Just show your 2016 MCC Membership Card to receive your savings. Offers are valid through the end of this year. Mahalo for your support of the Senior Center and the Community Center.

WALKERS! The 38th ANNUAL VISITOR INDUSTRY CHARITY WALK is on Saturday, May 21, from 7:00 a.m. Start and end at Ala Moana Beach Park, McCoy Pavilion for a 5.25-mile walk through Waikiki. Pick up entry forms in MCC main office and start getting your sponsors. MCC has been fortunate to be a recipient in the past.

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.

VOLUNTEER WANTED: We are looking for a volunteer to handle our telephone reassurance calls on Wednesday mornings from 7:45 - 9:00 a.m. If interested, please inquire in the senior office.

We would like to thank everyone for their generous donations of goods to the Thrift Store and the Senior Center. Sometimes the main office is inundated with an abundance of goods and it becomes unsafe to walk through the office. For this reason, the main office would like to accept donations in bulk on Tuesdays and Fridays between 8:00 a.m. - 4:00 p.m. to reduce the congestion in the main office. Thank you for your cooperation.

New piece for the newsletter! We are listening to you. Per your suggestion, we would like to start a "SUPER SENIOR" section in our newsletter. If you know of a senior who you think is "SUPER", fill out our nomination form and with the consent of the senior, we will feature the person in "Kaleidoscope". Forms are available in class attendance folders and in the senior office.

"SUPER SENIOR"

CAROL NAGANO submitted by anonymous

Carol is dedicated, selfless, caring person who volunteers countless hours to the senior center as a Kumihimo instructor, making crafts, spear-heading all MSC craft fairs and special craft events. Carol is always there to lend a hand, a caring ear, and does so with a smile on her face. She exemplifies seniors giving back.

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.

MOILILI SENIOR CENTER WISH LIST:

- 1) Volunteer instructors for the following:
Educational classes/workshops
Japanese language
Painting
English language
- 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.

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.

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 Maunalani Nursing & Rehab Center.

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:

Improvements in our parking arrangements are being planned for MCC and the adjacent Down to Earth property. Please keep your eyes peeled for posted signage in the coming months!

NOTICE: For the safety of MCC patrons, any vehicles coming on to MCC property via the **WRONG WAY** (through Kapaakea Lane or Kuilei Street) will be given a warning. If there are any future infractions, parking privileges will be immediately revoked. Thank you for your cooperation.

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. 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. Also, each participant must have an updated registration. If there are any special needs, please let the staff know about it before the excursion.

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.

MOVIE: "THE FORGER" (2014)

(1-hr. & 32-min., DVD, Crime, Drama, Thriller.
Rated R- for language & some violence.)

Starring John Travolta & Christopher Plummer. A thief works with his father and son to forge a painting by Monet and steal the original. Together, they plan the heist of their lives.
Date: Friday, May 20 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: Saturday, May 7 & June 4 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, May 5(Adv) & May 12(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: BASIC HOME SAFETY AND DECLUTTERING

Randall Fuchigami, Realtor Associate (RS-78071) & Christine Louie, Realtor Associate (RS77757), from Coldwell Banker Pacific Properties, will inform you about Basic Home Safety which involves making sure the home is safe for the elderly - simple things like the flooring, bathroom bars, access, too much clutter, smoke alarms, electrical appliances, etc.
Date: Tuesday, May 10 Time: 9:30 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: STROKE

Mari Nakamura, Coordinator, Hawaii Neurotrauma Registry (HNTR) Project, will be back to do this seminar on Stroke.
Date: Tuesday, May 17 Time: 9:30 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: LAUGHTER IS THE BEST MEDICINE!

Laughter is the BEST medicine! Anne Chipchase from Ohana Health Plan, will get us laughing! She isn't saying how she plans to do it, so we'll all have to come and see. Anne will talk about ways to throw off the dull and boring unhappiness that seems to surround modern life! She'll demonstrate techniques for relaxing and getting into the moment. Anne says that the only way she can't make you laugh is if you don't come to this fun and informative session.
Date: Friday, May 20 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: SENIOR SAFETY & KUPUNA I.D.

Attend this seminar hosted by the District 7 Community Policing Team. Police Officers will talk about basic senior safety awareness and they will also be making Kupuna I.D.s.
Date: Tuesday, May 24 Time: 9:30 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: MEDICATION REVIEW

Bring your medication and supplements and find out when the best time to take them are to get the best results. Reviews will be conducted by Walgreen's Pharmacists. They will also be offering blood pressure readings.
Date: Tuesday, May 31 Time: 9:30 a.m.
Place: MSC, room 105

EXCURSION: MAY DAY AT ARCADIA

Arcadia has graciously invited our seniors to attend their May Day program. Enjoy the morning as we will be entertained by

the residents of Arcadia. Light Refreshments.
Date: Monday, May 2 Departure Time: 10:00 a.m.
Return Time: 11:45 a.m.

EXCURSION: ARCADIA FOLLIES 2016

This year's theme is "Lullaby of Broadway." Join us for an entertaining afternoon. MCC's own Thrift Store manager, Bonnie Parson, is in this show. **MAXIMUM: 15**
Date: Friday, May 13 Departure Time: 2:00 p.m.
Return Time: 4:45 p.m.

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

*****NEW CLASS - ZENIDAIKO**, Thursdays, 2:30 - 3:30 p.m., Weinberg Studio. Class began February 4. Zenidaiko is Japanese folk dancing with sticks. More students welcome. 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.

******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 4/2, 10 weeks, Saturdays, 9:30 am - 11 am, room 105. Learn modern hula. Wear loose clothing. Cost: \$20 - MSC seniors; \$35 - MCC members.

Japanese/Okinawan Doll Making, Oshie & Kimekomi with Masako Ogawa. 6-week class began Saturday, 4/16, 9:30 am - noon and Wednesday, 4/20, 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. Need to pre-register.

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

CASTRO, MAY	INOUE, SHIRLEY
CHAN, CORINNA	KAGESA, BETTY
CHING, JOCELYN	KAJIOKA, VICTORIA
CHONG, MAY	KWOK, YUK-LIN
DOI, FLORENCE	MIYAMASU, MARY
ENDO, ELLEN	MIYASHIRO, ALMA
HAMAI, YOSHINO	MIYASHIRO, SADAKO
HEE, LANI	MIZUNO, YOKO

Ribbon/Crochet Lei Making with Coryn Tanaka. Began 4/8, 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.

Specialized Aerobics with Faye Fukuhara. Mondays, 5:30 - 6:30 p.m., room 305, 10-week session began Monday, April 4. Excellent class for all ages, focuses on cardio exercise, muscle tone, range of motion, warm-ups and floor exercise and cool downs. Bring towel & water. Cost: \$30 - MSC & MCC members.

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:

HONOLULU COMMUNITY ACTION PROGRAM, INC. SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM (SCSEP), Employment Training & Placement for Seniors. Eligibility for seniors: Age 55 or older; Meet the Federal Income Guidelines; and Willing and able to work in a part-time training position at minimum wage. Part-time training positions available include: Office Clerk; Computer/Data Entry; Teacher's Aide; Janitorial; Grounds Keeper; Food Service; and more. Applications are available in the senior office. For more information, call 521-4531.

MURASHIGE, JEAN	UEHARA, PEGGY
NAKAMA, RENE	UYEDA, HISAKO
NISHIMURA, NANCY A.	UYESUGI, TELLME
SAITO, FLORENCE	WANAMI, KUNIKO
SHIMABUKURO, GERI	YOSHIOKA, JENNIE
SUYEOKA, MAY	YOSHIZAWA, RODNEY
TAKEDA, LILLIAN	YOUNG, CHARLENE
TAM, LENETTE	
TOMITA, MAY	
TOYAMA, KAREN	

**Mouillill Senior Center
Schedule of Special Events
May 2016**

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Days to remember in May:

- 1 - May Day
- 1 - Law Day
- 1 - Lei Day
- 2 - Brothers and Sisters Day
- 5 - Cinco de Mayo
- 30 - Memorial Day - Center Closed.

	1 Excursion: May Day at Arcadia 10 am	2 Acupuncture 9 am Rm 207	3 Acupuncture 9 am Rm 207 Seminar: Basic Home Safety and Decluttering 9:30 am Rm 105	4 Craft Workshop: Kumihimo - Adv 9 am Rm 209	5 Craft Workshop: Kumihimo - Beg 9 am Rm 209	6 Excursion: Arcadia Follies 2016 2 pm	7 Mother's Day Craft Fair 9 am - 1 pm Parking Lot
8	9 LIHEAP 9 am - noon Rm 202	10 Acupuncture 9 am Rm 207 Seminar: Stroke 9:30 am Rm 105	11	12	13 Seminar: Laughter is the Best Medicine! 9:15 am Rm 105 Movie: "The Forger" 12:15 pm Rm 207	14	
15	16 Acupuncture	17 Acupuncture	18	19	20	21	
22	23 Seminar: Senior Safety & Kupuna I.D. 9:30 am Rm 105	24 Acupuncture	25	26	27	28	
29 Holiday! Memorial Day Center Closed.	30	31 Seminar: Medication Review 9:30 am Rm 105	* Allergy/Asthma Awareness Month * Arthritis Awareness Month * Better Sleep Month * * High Blood Pressure Awareness Month * Mental Health Month * National Egg Month * * Older Americans Month * Osteoporosis Prevention Month * Stroke Awareness Month *				

Moliili Senior Center Class Schedule May 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)	8:30-10:30 Hanafuda (Room 209)
8:00-9:00 Beg. Tai Chi (Room 305)	8:00 - 9:30 Beginner's Line Dancing I (Weinberg)	8:00-9:30 Minyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	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 202)	8:00-9:00 Began 2012 (Room 105)	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)	9:00-10:30 Rhythm & Life (Adv. I)	9:30-12:00 +Ribbon/Croch. (Weinberg)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	9:30-11:00 Rhythm & Life (Int. II)	9:15-10:00 Group Singing (Weinberg)	Closed	Began 4/8 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)	9:00-10:30 Ukulele Prac. (Room 105)	Began 4/8 Solo Ukulele II (Room 303)
10:15-12:00 Rhythm & Life (Adv. I)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:30-11:30 *Sumie (Room 209)	9:30-11:00 Brain Training (Room 202)	10:00-10:30 R&L Chair Exer (Room 105)
Resumes 5/€ (Room 305)	11:30-1:00 Zumba/PlYo (Weinberg)	Sept. 2016	12:00-2:30 *Citizenship (Room 202)	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)	10:15-11:45 Line Dancing II (Weinberg)	1:00-2:30 Line Dancing (Room 105)	11:15-12:15 Dahn Yoga (Weinberg)
5:30 - 6:30 +Spec. Aerobics Began 4/4 (Room 305)	12:00 - 2:30 *Citizenship (Room 202)	10:00-12:30 +Jpns/Oknwn Doll Making & Oshie (Room 207-8)	Reminder: No class the last Thur. of the month. 2:30-3:30 Zenidaiko (Weinberg)	12:00-1:30 Rhythm & Life (Int. I) (Room 305)
12:00-2:30 Karaoke (Room 209)	11:00-12:30 Rhythm & Life (Beg.) (Room 305)	Began 4/20	Began 2/4	Closed
12:00 - 2:00 Ohana Karaoke (Room 209)	12:30 - 3:00 Kitsuke (Weinberg)	12:00 - 2:00 Ohana Karaoke (Room 209)		

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

Honolulu Community Action Program

LIHEAP (Low-Income Home Energy Assistance Program)

Monday, May 16 9:00 a.m. - noon Moliili Senior Center, Rm. 202

If you need help paying your home energy bill, HCAP may be able to help. Bring all of the following documents to apply for Gas/Electric Bill Payment Assistance or Energy Crisis Intervention.

1. Current Original GASCO Gas bill or HECO Electric bill (If utility subscriber is different from applicant and does not live in household, they must sign a required form and show ID)
2. Proof of Residence (A document other than utility bill that shows current address.

Ex. Phone bill, doctor's bill)

3. Photo identification (For all household members 18 yrs & Older)
 4. Social Security Cards (Verification for all household members)
 5. Proof of Age or Disability (Birth Certificate for ONE child 0-5 yrs OR Disability parking/bus pass or other documentation of disability ONLY if no one in house is over 60 yrs old)
 6. Proof of Non-citizen Status (Passport, Birth certificate or Permanent Resident Card, etc.
- LIHEAP is a program of HCAP, Inc. In partnership with the US Dept of Health & Human Services and Hawaii Dept of Human Services.