



Kaleidoscope

July 2018
Vol. XXIX No.7

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:

Rachel Yamashita, who was acting as interim MSC Director, officially became the director for the Senior Program in June. Rachel will be overseeing both the Senior Center and Kupuna support Programs. Though her responsibilities will be divided between MSC & KSP, the programs will continue to run smoothly with the support from her staff. Please feel free to welcome her to the senior program.

Congratulations to our City & County, Elderly Affairs Division, Retired Senior Volunteer Program volunteers who received awards at their Annual Recognition Awards Luncheon which was held in March. Congratulations to Toyoko Tamanaha, Faye Murata and Ruby Tilton for receiving the 15 years of service award. Congratulations to Miu Lan Oman & Cassandra Sherod for receiving the President Volunteer Service Award (PVSA) - Bronze. Congratulations to Faye Hasegawa and Betty Goya for receiving the President Volunteer Service Award - Gold. The PVSA recipients received a Certificate of Appreciation, a pin, and a letter from the President of the United States of America.

PARKING ALERT! All day care for the children during the summer at Moiliili Community Center will end on July 27. There will be limited parking. Please 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.

Thank you to our fantastic volunteers who worked at our "Blow Out" Mini-Mini Bazaar. Our hard working volunteers have been busy sorting donations for months. We appreciate everyone who helped set-up, sell, and breakdown on June 29.

REMINDER: The painting class will have their creations on display the entire month of July at Hoomaluhia Gardens in their exhibition room. If you have a chance, stop by.

EXCURSION SUGGESTION: WAIPAHAU PLANTATION VILLAGE. We would like to know if anyone is interested in going on a tour of the Waipahu Plantation Village. Local guides will take us back to the early 1900s where we can experience more than 25 authentic plantation homes and structures featuring personal artifacts, clothing, furniture and art placed in their original settings. We will need to charter a 51 passenger bus. If you are interested, please sign up in the senior office. If we can come close to filling the bus, we can schedule the excursion.

Lei 'Ilima Club Volunteer Projects

Thank you for your participation in the lei making activities for Memorial Day. Lei 'Ilima will resume craft activities for anyone interested on August 7, 9:30 a.m. in room 202. August's craft project will be a "Magic Wallet." Reserve your space and sign up in the senior office.

Lei 'Ilima will also continue to accept yarn leis for the veterans cemetery at Kaneohe so please continue to drop them off at the Senior Office throughout the year. There were 5,100 yarn leis placed on the graves on Memorial Day of which MCC seniors contributed 3,300. With the addition of fresh leis, all of the 12,000 veteran graves at Kaneohe had a lei.

Please join us in learning to make Yarn Hat Ornaments to give to the staff at Alan Wong's Restaurant for preparing delicious meals for MSC participants who are invited to their community Outreach luncheons throughout the year. These are easy to make and does not involve knitting or crocheting. We will also be selling some of these ornaments at our craft fair in the fall to support our Senior Program.

Lei 'Ilima club members have volunteered to conduct this workshop. The first yarn hat workshop will be on:

Tuesday, August 21 in Room 202 from 10 - 11:30 a.m.

PARKING ISSUES: Drivers, when parking in lined stalls, please park within the stall. If you are over the line, you are taking up 2 stalls. If this happens, staff needs to check classrooms to see where you are and ask you to straighten your car. Also, please do not remove reserved parking space cones. These parking spaces are for volunteer instructors, speakers or special project volunteers. If you move these cones, your teacher/speaker may leave because there are no parking spaces available and then your class/seminar will be cancelled. As a reminder, if you have an afternoon class, please do not park in the covered parking lot if your class goes beyond 2:00 p.m. The Child Care program needs to block off half of the lot for the children before they arrive. We realize parking is tight at the center and we are trying to think of alternatives. If you have any suggestions, please let us know. Thank you for your cooperation.

MCC Restrooms : For the safety of all, please do not prop the doors open. Each classroom has a set of keys for the women's and men's restroom. Please kokua and make sure that the keys are back in its place by the end of your class. Lost keys cost money to replace.

EXCURSION SUGGESTIONS. We need more interesting excursions that can accommodate a large number of people so we can hire a bus. If you have any ideas, please let the senior office staff know so we can try to schedule an excursion.

MAHALO! MAHALO! MAHALO! to performers:
*Niko Niko Genki Taisoo members at Central Union Church Day Care, LMPSC Okinawan Club, & Nuuanu Hale.
*Heels 'n Harmony members at Maunalani Nursing & Rehab Center.

HELP WANTED: MOILIILI COMMUNITY CENTER IS LOOKING TO HIRE DRIVERS. If you know someone who may be interested, please have them apply in the main office. We are currently looking for a van driver (No CDL required) and a bus driver (CDL required) for all programs.

Thank you all for your continued participation in our Senior Center Program. We continue to partner with the Moiliili Community Center, as we are one program under the Community Center. We are asking all senior center participants to become members of the Community Center.

The annual membership fee is \$35.00 for 2018. Your participation as MCC members help support our endeavors to continue to offer classes, activities and services. MCC member's benefits: 25% off all purchases of \$10 or more at our "Hidden Treasures" Thrift Store; One Plus One Drive Inn will offer a 10% discount on a purchase of plate lunches; and Subway - Moiliili will offer a 10% discount on any sandwich/salad, excluding special offers. Other exclusions may apply to both places. Just show your current MCC Membership Card to receive your savings. Offers are valid through the end of this year. Mahalo for your support of the Center.

REMINDER!!!! No one from MCC is allowed to park on the 2nd level until further notice. If MSC/MCC members park upstairs, their vehicles will be towed. Thank you for your attention pertaining to this matter.

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 accepts 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.

We have 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.

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 Moiliili Community Center membership and including a donation to the senior program, please make a note on the membership/donation envelope that the donation is for the Moiliili Senior Center. If you are making a donation to the Community Center, then you do not need to make any notations. Reminder - **ALL** checks must be written to: **MOILIILI COMMUNITY 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 \$35.00 for 2018.

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:

THE MOILILI BOOK REPRINTING PROJECT IS DONE. If you pre-ordered a book, please pick it up in the main office.

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 your 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: "CHITTY CHITTY BANG BANG" (1968)
(2-hr. & 25 mins., DVD, Adventure, Family, Fantasy.
Rated G.)

Starring Dick Van Dyke & Sally Ann Howes. A story about an inventor who creates an extraordinary car. It not only drive, but flies and floats. It leads him, his two children, and his lady friend into a magical world of pirates, castles, and endless adventures.

Date: Friday, July 13

Time: 12:15 p.m.

Place: MSC, room 202

Cost: Donation

MOVIE: "THE GREATEST SHOWMAN" (2017)
(1-hr. & 45 mins., DVD, Biography, Drama, Musical.
Rated PG for thematic elements including a brawl.)

Starring Hugh Jackman & Michelle Williams. This movie celebrates the birth of show business, and tells of a visionary by the name of P. T. Barnum who rose from nothing to create a spectacle that became a worldwide sensation.

Date: Friday, July 27 Time: 12:15 p.m.
Place: MSC, room 202 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, July 7 & August 11

Time: 9:00 a.m. Place: MSC, room 202

Cost: Supplies LIMIT: 12 people

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, July 5 (Adv)

Thursday, July 12 (Beg)

Time: 9:00 a.m. Place: MSC, room 209

Cost: Supplies

SEMINAR: LET'S TALK ABOUT HIGH BLOOD PRESSURE

Join Anne Chipchase of 'Ohana Health Plan, for her monthly talk story session on high blood pressure.

Date: Friday, July 6 Time: 9:15 a.m.

Place: MSC, room 105 Cost: Donation

SEMINAR: DIABETES

Attend this seminar and hear from the experts on Diabetes. Please join Attention Plus Care as they host another Aging in Hawaii Seminar. Call 440-9356 to RSVP.

Date: Tuesday, July 17 Time: 9:00 - 10:30 a.m.

Place: MSC, room 105 Cost: Donation

SEMINAR: LET'S TALK ABOUT CHRONIC KIDNEY DISEASE

Join Anne Chipchase of 'Ohana Health Plan, for her monthly talk story session on Chronic Kidney Disease.

Date: Friday, July 20 Time: 9:15 a.m.

Place: MSC, room 105 Cost: Donation

Our wishes to our *July* birthday participants.

AFFONSO, CAROLINE
ARAKI, MARIS
AUYONG, JOANN
AVECILLA, SHELLIE
CHANG, MARY ANN
CRANDALL, AIKO
DANG, HELEN
FUJISAWA, THELMA
FUNG, PATRICK
GOYA, TSUNEO
HAYASHI, HARRY

HIGA, LEATRICE
INOUE, JO ANN
IWAMOTO, BETTY
KANSAKI, FLORENCE
KOIKE, KEN
LAU, GORDON
LEE, SABRINA
MARUYAMA, NOBUKO
MEYER, CHUNG-WON
MOTOOKA, CYNTHIA
MURATA, KAY

EXCURSION: KAHALA NUI

By popular demand. Join us as we take a guided tour of Kahala Nui retirement community and learn about their services. Lunch on your own at Kahala Mall. MAXIMUM: 14 people.

Date: Wednesday, July 25 Departure Time: 9:40 a.m.

Return Time: 12:45 p.m. Trans. Donation: \$2.00

EXCURSION: NATIVE HAWAIIAN PLANTS

Are you interested in learning about native Hawaiian plants? If you are, join us as we take a trip to St. Mary's Episcopal Church and learn about the native Hawaiian plants grown there. Date and time to be determined. Sign up if you are interested, and we will call you when the date is set in July.

EXCURSION: AUGUST MOON FESTIVAL

Join us as we take our annual trip to Wahiawa for the August Moon Festival at ORI Anuenue Hale Inc. (Formerly Helemano Plantation). Enjoy the morning playing BINGO as well as listening to speakers on various topics of interests. They will also have informational booths, craft sales, and a Country Market. FREE bentos will be provided. Deadline to sign up is July 18. If you are interested, you are able to pre-order Helemano Plantation's popular pineapple pie for \$10.50 and/or Char Siu at \$12 per pound. This year, they plan to have a Won Ton Mein booth and you can also pre-order one for \$3.50 each. All pre-orders are due into the senior office by July 18.

Date: Thursday, August 2 Departure Time: 9:00 a.m.

Return Time: 1:15 p.m. Trans. Cost: \$7.50

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

NEW CLASS: BEGINNER'S LINE DANCING for HEALTH, Fridays, 8:30 -9:30 a.m., Weinberg Studio. **Class begins July 6.** Line Dancing is: fun; healthy; a rewarding activity; something new and different; and live. Benefits: does not require a partner; never get bored; boost your self confidence; friendship; and fun. Note: bring bottled

NAGATA, NIKKI
NAITO, EARL
NAKAMA, DOROTHY
NAKAMURA, MARILYN
NAKATA, SUEMI
OBA, LAURA
OSHIMA, VERNON
PARKER, ELIZABETH
RAO, MINEKO
RISS, LANA
SAN MIGUEL, ROSALINA
SHIMOYAMA, EMIKO
SUMIDA, ALEXIS

TAMURA, CAROLYN
TOMA, JEAN
TRONBAK, GLADYS
UYETAKE, JOHN
UYEZU, BARBARA
WAKAKI, RANDALL
WENTWORTH, ELEANOR
WOOD, CHIYO
YAMAGUCHI, MASAKO
YOZA, JOYCE

water; wear comfortable shoes; head to the front of the class; memorize dance steps; relax and enjoy the music and dancing; and don't worry. Your brain and foot work will eventually come together. Come and join us for a fun-filled morning. Instructor: Amy Toba.

SOLO UKULELE I & II; Classes begin Friday, July 6. Classes are in a 19-week session, room 202. SUI - 11:00 - 12:00 p.m.; SUII (must complete SUI and instructor must approve advancement.) - 9:30-10:45 a.m. Inst: Allen Tanabe. Learn to read music and play the melody. Must have own ukulele & dedication to practice. Cost: \$20 for text book & \$10 is due at the beginning of the course to cover the cost of music notes, music sheets and additional study materials. Other optional fees will be announced if the need arises. See information sheet for required materials. Minimum: 3 students per class.

NEW CLASS: DARTS-MODIFIED. Thursdays, 8:00 - 9:00 a.m., room 202. We have started to play darts using magnetic darts. Our instructor, Glen Yasuoka has modified the game for seniors. Feel free to come and try it out.

NEW CLASS: KARA-EXERCISE FOR GOOD HEALTH. Wednesdays, 1:00 - 2:00 p.m., room 305. Class began June 6. KARA stands for Karaoke and this class is a combination of group singing while doing Rhythm & Life chair exercise together. Instructor: Faye Murata & Niko Niko Genki Taiso Instructors.

CLASS: BEGINNER'S RHYTHM & LIFE, Thursdays, 8:00 - 9:00 a.m., room 305. Choreographed exercises done to Japanese music. Class began March 1. Instructor: Michie Takemoto.

CLASS: TAI CHI WITH SWORD & FAN, Mondays, 7:30 - 8:00 a.m., room 305. Learn basic Tai Chi while using a sword and fan. Class began February 5. Instructor: Ken Koike.

CLASS: BEGINNER'S BUYO & ENKA under the direction of Nobuko Yamaguchi. Fridays, 12:00 p.m. - 1:00 p.m., Weinberg studio. This is a beginners traditional Japanese dancing class. Please wear a happi coat if you have one. Class began October 13. Instructors: Pat Enomoto & Kazue Sato.

CLASS: CARD GAMES by Glen Yasuoka. Games to play include: Trumps; Spades; Solitaire; Crazy 8; Speed;

Match/Match; Paiute; and Poker. Class meets Mondays, 9:00 a.m. - 10:30 a.m., room 202, started September 11. Accepting new participants.

CLASS: AEROBIC & TONING EXERCISE WITH MURIEL. Tuesdays & Thursdays, 2:00 - 3:30 p.m., room 305. Currently, the class follows exercise CDs. BRING: water, mat & towel. Since this is an afternoon class, please do not park under the covered parking lot. The Child Care program uses that area for their program and if one car is parked there, they cannot use the area for the children. Instructor: Muriel Takahashi.

ZUMBA GOLD: with Dr. Susan Nishida. Tuesdays, 9:30 - 10:30 a.m., room 105. Class will meet when there is no seminar scheduled in room 105. When there is a seminar scheduled in room 105, then we will meet in room 207-8. Please check monthly calendar.

Zenidaiko-Beginners, Thursdays, 2:30 - 3:30 p.m., Weinberg Studio. Zenidaiko is Japanese folk dancing with sticks. More students welcome. Inst: Mieko Sato.

Zumba/PiYo, Tuesdays, 11:30 a.m. - 1:00 p.m., Weinberg Studio. A great combination of fun and fitness as you dance your way to a healthier you. Instructor: Grace Hada. Accepting more students.

***Adult Hula Auana** with Kumu Hula April Chock. Begins 7/7, 10 weeks, Saturdays, 9:30 a.m. - 11:00 a.m., room 105. Learn modern hula. Wear loose clothing. Class Cost: \$20 - MSC seniors; \$35 - MCC members.

***Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class began Saturday, 6/9, 9:30 a.m. - noon and Wednesday, 6/13, 10:00 a.m. - 12:30 p.m., 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.

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Begins 7/27, 10 weeks, Fridays, 9:30 a.m. - noon, room 102. Bring sharp pair of scissors, ruler, container, and ballpoint pen. Supplies payable to instructor. New students must register before the session starts. Class Cost: \$20 - MSC seniors; \$30 - MCC members.

***Specialized Aerobics** with Faye Fukuhara. Mondays, 5:30 p.m. - 6:30 p.m., room 305, 10-week session begins Monday, 7/2. 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. Class 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. Participants are given an opportunity to make a donation to the program and all contributions are used to support Lanakila Meals on Wheels program. Participants must be registered and members of the Moiliili Community Center. To register for this program, see Gerath in room 105.

HELP WANTED: Looking for someone to help George set up the tables in the mornings. See Gerath for details.

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:

VOLUNTEER WANTED: Looking for someone to sew a blanket. MCC staff member is looking for someone to sew a blanket made out of her recently deceased companion's T-shirts. If interested, please see senior program staff.

MOILILI HONGWANJI BON DANCE, Friday, July 6 & Saturday, July 7, Old Varsity Theater Parking Lot (1100 University Avenue), 5:00 p.m. to 10:00 p.m. Friday is just a bon dance. Ono Grinds, andagi, Kona Ice, kid games & activities, and more. FREE parking at 2331 S. Beretania St. (Across from Shinnyo-En). Saturday bon dance is with the Moiliili Summer Fest. At the Fest, there will be food trucks, crafters, games & activities. FREE parking and shuttle at UH, FREE parking at 2331 S. Beretania St. (Across from Shinnyo-En).

SOCIAL DANCE CLASS. The Kapiolani Ballroom Dancers of Honolulu Lions Club will begin a six weeks SWING class on August 7. Class meets every Tuesday from 7:00 until 8:00 p.m. in room 105. Swing started in 1920's and later became popular between the 1930's and

1950's when the "BOP" was created. Swing has recently had a huge revival due to several movies, dancing with the stars program, and commercials displaying swing dancers. The instructors are Richard and Ruby Kazunaga. The cost for the session is \$24 per person and \$12 per person for Lions Club members. This is a great way to get some exercise, meet friends, and just have fun.

REAL PROPERTY TAX CREDIT FOR HOMEOWNERS.

The City & County of Honolulu offers a real property tax credit to property owners who meet certain eligibility requirements. Applicants who qualify, are entitled to a tax credit equal to the amount of taxes owed for the current tax year that exceed 3% of the titleholders' combined gross income. Tax credit will be applied to next year's taxes. Annual filing is required for this credit. The Eligibility Requirements are as follows: Homeowner must have a home exemption in effect at the time of application and for the subsequent tax year; any of the titleholders do not own any other property anywhere; and the combined income of all titleholders cannot exceed \$60,000. Applications will be available from July 1 at the following locations: All Satellite City Halls on Oahu; Treasury Division at 530 South King St., Room 115; Tax Relief Section at 715 South King St., Room 505; and online @ <http://www.honolulu.gov/cms-bfs-menu/site-bfs-sitearticles/6416-treasury-division.html>. The application deadline is October 1. For more information or assistance, contact the Real Property Tax Relief Office at 768-3205. Information furnished is subject to change without notice.

2018 SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP).

This program provides low-income seniors will eligible fresh produce with the goal of improving their health and nutritional status. Each participant will receive a book of coupons worth \$50 to exchange for fresh, nutritious, and unprocessed locally grown fruits, vegetables, herbs, and honey from an authorized farmer, farmers' market, or roadside stand (outlet). Applications must be received by September 21, 2018. Forms are available in the senior office. Eligibility requirements are but not limited to: 60 years and older; maximum household income \$25,826 One Person, \$35,020.50 Two Persons, \$9,194.50 per additional household member (including children); and must be a resident of the United States. A detailed requirement list is available in the senior office. For more information, call the State of Hawaii - Dept. of Labor and Industrial Relations, Office of Community Services at 586-8675.

**Moiliili Senior Center
Schedule of Special Events
July 2018**

Days to remember in July:

4 - Independence Day - Center Closed

20 - Moon Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	HOLIDAY! Independence Day Center Closed.	Craft Workshop: Kumihimo - Adv 9 am Rm 209	Seminar: Let's Talk About High Blood Pressure 9:15 am Rm 105	Craft: Chigiri-e 9 am Rm 202
8	9	10	11	Craft Workshop: Kumihimo - Beg 9 am Rm 209	Movie: "Chitty Chitty Bang Bang" 12:15 pm Rm 202	14
15	16	Seminar: Diabetes 9 am Rm 105	Deadline to sign up for August Moon Festival Excursion.	19	Seminar: Let's Talk About Chronic Kidney Disease 9:15 am Rm 105	21
22	23	24	Excursion: Kahala Nui 9:40 am	26	Movie: "The Greatest Showman" 12:15 pm Rm 202	28
29	30	31	<i>* Anti Boredom Month *</i> <i>* Hot Dog Month *</i> <i>* National Ice Cream Month *</i>			

Moiili Senior Center Class Schedule July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
7:30-1:00 Mah-Jongg (Room 207-8)	8:00 - 9:30 Beginner's Line Dancing I (Weinberg)	8:00-9:00 Fall Prevention (Room 105)	7:30-1:00 Mah-Jongg (Room 207-8)	8:30-9:30 Beg. Line Dnc. for Health (Weinberg)
7:30-8:00 Tai Chi w/ Fan & Sword (Room 305) Began 2/5	FULL	8:00-9:30 Minyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	Begins 7/6
8:00-9:00 Beg. Tai Chi (Room 305) Began 2014	8:30-10:30 Crochet/Knit (Room 209)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Darts-Modified (Room 202) Began 5/10	8:30-10:30 Hanafuda (Room 209)
9:00-10:30 Card Games (Rm 202) Began 9/2017	9:00-10:30 Rhythm & Life (Adv. II) (Room 305)	9:00-10:00 Tai Chi(108) (Room 305)	8:00-9:00 Rhythm & Life (Beginner) (Room 305)	9:00-12:00 Painting (Room 207-8)
9:00-12:00 Haw'n Quilt Bee (Rm 209)	Closed.	9:00-10:00 Group Singing (Weinberg)	Began 3/1	9:30-12:00 +Ribbon/Croch. Lei Making (Room 102)
9:00-10:00 Tai Chi (108) (Room 305)	9:30-10:30 Zumba Gold (Room 105) 7/3, 10, 24, 31 7/17	9:15-10:30 Minyo Danc(Beg) (Room 105)	8:00-9:00 Ukulele (Beg) (Room 105) Began 2012	Begins 7/27
9:00-10:00 Tai Chi for Arthritis (Weinberg)	10:00-11:15 Okinawan Dnc. (Weinberg) Began 9/2017	9:30-11:30 *Sumie (Room 209) Begins 9/12	9:00-10:30 Rhythm & Life (Adv. IV) (Room 305)	9:30-10:45 Solo Ukulele II (Room 202)
10:00-10:30 R&L Chair Exer. (Room 105)	10:30-12:00 Rhythm & Life (Beginner I) (Room 305)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	Closed	Begins 7/6
10:15-12:00 Rhythm & Life (Adv. IV) (Room 305)	Closed.	10:00-12:30 +Jpns/Oknwn Doll Making & Oshie (Room 207-8)	9:00-10:30 Ukulele Prac. (Room 105)	10:00-10:30 R&L Chair Exer (Room 105)
12:00-3:00 Buyo & Enka (Weinberg)	10:45-11:45 Soroban (Room 209) Resumes 9/4	Began 6/13	9:30-11:00 Beg. Line Dnc. for Health (Weinberg)	11:00-12:00 Solo Ukulele I (Room 202)
5:30 - 6:30 +Spec. Aerobics (Room 305) Begins 7/2	11:30-1:00 Zumba/PiYo (Weinberg)	11:00-12:30 Rhythm & Life (Inter. I) (Room 305)	Began 5/10	Begins 7/6
	12:00 - 2:30 Citizenship (Room 202) 9/2018		9:30-10:30 Brain Training (Room 202)	12:00-1:00 Beginner's Buyo & Enka (Weinberg)
	12:00-1:45 Karaoke (Room 209)	12:00 - 2:00 Ohana Karaoke (Room 209)	10:30-12:00 Rhythm & Life (Adv. V) (Room 305)	Began 10/13
	12:00-1:00 Kenbu Senbu Shigin (Room 207)	12:00 - 3:00 Kitsuke (Weinberg)	Closed.	12:00-1:30 Rhythm & Life (Adv. III) (Room 305)
	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	1:00 - 2:00 Kara-Exercise for Good Health (Room 305) Began 6/6	12:00- 2:30 Citizenship (Room 202) 9/2018	Closed.
			1:00-2:30 Line Dancing (Room 105)	
			Reminder: No class the last Thur. of the month.	
			1:00 - 2:00 Zenidaiko (Weinberg)	Saturday
			2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	9:30 - 11:00 +Adult Hula Auana (Room 105)
			2:30 - 3:30 Zenidaiko Beginners (Weinberg)	Begins 7/7
				9:30 - 12:00 +Jpns/Oknwn Doll Making & Oshie (Room 207-8)
				Began 6/9

"Kaleidoscope" is published monthly, written/edited by the senior staff. Director, Rachel Yamashita; Program Staff - Paula Regidor, Akira Goto, Judy Nakamoto & Gerath Fukuya.

+Tuition based classes. Walk-in fee \$5.
*DOE class - Sumie is provided by McKinley Community School for Adults - \$60

BASIC COMPUTER CLASS FOR SENIOR CITIZENS, "Seniors Helping Seniors"
Senior citizens are invited to sign up for a free 2-hour computer class to learn basic computer concepts that include: e-mail, use of the internet, composing documents, and just having fun being comfortable with computers. Volunteer Instructor: Mr. Allen Liang, and Volunteer Coordinator: Rene Mansho. Classes run Mondays through Fridays until August 16 (Aloha Luncheon). Classes will not be available on July 2 - 6, 10, 26, August 8

- 10, & 13. Time: 9:00 - 11:00 a.m. & 12:00 - 2:00 p.m. Place: Great Aloha Run Carole Kai Charities, Inc. Office, 418 Kuwili Street, Suite 102, Honolulu, Hawaii 96817. Reservations are required, call Rene Mansho at 528-7388 or e-mail: rene@greataloharun.com. Classes are 2 hours, for Beginners, and Intermediate classes will be offered after mastery of basic skills is demonstrated. Sponsored by: the HPH Great Aloha Run, Tsuha Foundation, and Harry & Jeanette Weinberg Foundation Computer Center.

2018 Participant Survey – Moiliili Senior Center

Please complete this survey by Friday, August 3, 2018 and return to the Senior Center Office, room 203. Only one survey per person is needed. This survey is important as it is required by our contracting agency, the C&C of Honolulu, Elderly Affairs Division, that we do one for our fiscal year.

1. I have been attending MSC for less than a year 5 – 8 years
 1 – 3 years 8 – 10 years
 3 – 5 years more than 10 years
2. I attend or use MSC services 1x a month 1x a week
 2x a month 2x a week
 3x or more a month 3x a week
 4x or more a week

3. Satisfaction with Services at MSC (please circle one option)

A. Education Activities (Seminars, excursions, citizenship class, etc.)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
B. Recreation / Leisure Activities (Movies, Dance classes, Mah-Jongg, Hanafuda, Painting, Crochet, Shodo, Sumie, Craft Classes, etc.)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
C. Exercise / Fitness Activities (Rhythm & Life classes, Chair Exercise, Tai Chi Classes, yoga, etc.)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
D. Health Activities (Seminars, Brain Training class, etc.)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
E. Telephone Reassurance Service (Call – I’m Okay Program)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
F. Transportation Service (Excursions, Performances, Lunch Program trans., etc.)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
G. Assisted Transportation / Escort Service (One-to-one services)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
H. Counseling / Information & Assistance	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
I. Volunteer Service (For teachers, leaders, Mini-Bazaar workers, crafters, etc.)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable

2018 Participant Survey -- Merrill Senior Center

4. Please help us improve our services by providing us with a comment or suggestion.

1. I have been attending MSC for

less than a year 1-3 years 3-5 years

5-8 years 8-10 years more than 10 years

2. I attend or use MSC services

1x a month 2x a month 3x or more a month

1x a week 2x a week 3x a week 4x or more a week

Thank you very much for completing the survey.

3. Satisfaction with services at MSC (please circle one option)

Service	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
A. Education Activities (seminars, excursions, citizenship class, etc.)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
B. Recreation/ Leisure Activities (Movies, Dance classes, Mah-jongg, Horseshoe, Bowling, Crochet, Shogi, Sewing, Craft Classes, etc.)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
C. Exercise/ Fitness Activities (Rhythm & Life classes, Chair Exercise, Tai Chi Classes, yoga, etc.)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
D. Health Activities (Seminars, Brain Training class, etc.)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
E. Telephone Resource Service (Call-in Open Program)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
F. Transportation Service (Excursions, Performances, Lunch Program, etc.)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
G. Assisted Transportation/ Escort Service (one-to-one services)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
H. Counseling/ Information & Assistance	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable
I. Volunteer Service (For teachers, leaders, Mini-Bazaar workers, artists, etc.)	Satisfied	Somewhat Satisfied	Not Satisfied	Not Applicable