



Kaleidoscope

December 2016
Vol. XXVII No. 12

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:

From all of us at the senior center, we wish you all a Merry Christmas and a Happy and Healthy New Year!

Thank you to everyone who supported our craft fair sales in November. From volunteer hand crafters to workers, your talents whether it may be crafting or salesmanship were superb. We made \$2800! Without your special talents, we would not have been so successful.

Winter Break: all MSC classes will be on vacation from December 19 - January 6. Only the lunch program will meet during this period. Children will be here for all day care during the break. Parking will be limited. Participants, please be sure to check with your instructors or leaders as to when is your actual last day and return date of class.

Christmas in Honolulu

A craft fair where everything is merry & bright.
Saturday, December 3 9:00 a.m. - 1:00 p.m.
Palolo Hongwanji
Free admission & lots of free parking.
MSC has a booth at this fair.

ARE YOU INTERESTED IN TAKING A CONVERSATIONAL ENGLISH CLASS OR DO YOU KNOW OF SOMEONE WHO IS? We may possibly have a volunteer to teach English but she would like to know what people would like to learn. If interested, see program staff in the senior office.

MSC Collectibles & Holiday Craft Fair

Thursday, December 8
9:00 a.m - noon
MSC, Room 209
Get your Christmas shopping done while supporting the senior program.

"PLEASE KOKUA!"

If you would like to borrow MCC's office phone to call for your ride pick up or an emergency, PLEASE limit your calls to 3 minutes maximum. The office phone is for the Center's business use and we need to have available open lines.

JUST A REMINDER ...

We have no problem making copies for MSC program class use. However, we would appreciate any "personal" copies

(\$10 ea.) Be limited to 1 to 5 copies at a time. We need to be careful on the usage of the copier so we don't go over our service contract totals. Mahalo!

VOLUNTEERS WANTED: We are looking for people to help with our annual PacTeleCom project. Every December, we are asked to tie labels onto shell leis. This year we will be working on Monday, December 12 and 19 at 9 a.m. in room 202. If you have some time available and would like to help, please sign up in the senior office, room 203. Thank you for your assistance.

Rhythm & Life Chair Class

presents

Christmas Program

Monday, December 12

9:30 a.m. - 10:30 a.m. MSC, room 105

Program is open to all. Join us and get into the Christmas spirit.

ELEVATOR SAFETY... If you are Stalled in an Elevator

1. Push the "Door Open" Button - If you are near the landing the door will open. Be sure to watch your step as the elevator floor may or may not, be level with the landing.
2. Remain Calm - If the door does not open, you are still safe. Do not try to exit the elevator. Wait for trained emergency personnel to arrive. Even if the air temperature feels warm, there is plenty of air circulating in the elevator and its hoistway.
3. Press the Alarm or Call (Help) Button, and Use Any Available Communication System - Push the alarm button and wait for someone to respond to you. Push the Call (Phone) button. When pushed, this will place a call to a party that is trained to take action. It will give the exact location of the building and elevator you are in.
4. Relax, and DO NOT Try to Extract Yourself from the Elevator - NEVER try to exit a stalled elevator car. It is extremely dangerous. ALWAYS wait for trained emergency personnel. Your best course of action is to relax, get comfortable, and wait for professional assistance. You may be inconvenienced but you are **SAFE**.

For more information on vertical transportation safety, please go to the National Elevator Industry, Inc. Safety pages for elevators and escalators. (http://www.neii.org/safety_elevator.cfm)

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. 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 current 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.

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

New piece for the newsletter! We are listening to you. Per your suggestion, we have started 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 WISH LIST:

- 1) Volunteer instructors for the following:
 - Educational classes/workshops
 - Japanese language
 - Painting
 - English language
- 2) Heavy Duty Shredder

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.

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 2017.

MAHALO! MAHALO! MAHALO! to performers:

- *Niko Niko Genki members at Island Nursing Home
- *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 is very fortunate to have been selected by Terri Kamakana, Manager of Kuni Island Fabrics, for a fundraising program referred to as "Ninth Row." Basically, customers purchase a "Ninth Row Kit" of fabric with a selected design for \$15 and MCC will receive \$7 for each kit sold. Terri has set up a table with kits specifically for MCC in the store. Please pass this information along to your family and friends to help support our programs at MCC.

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. 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.

DOCUMENTARY: "THE FIRST BATTLE: THE BATTLE FOR EQUALITY IN WAR-TIME HAWAII" (2006)

(1-hr., DVD, Historical Documentary)

This documentary explores racism towards people of Japanese ancestry in Hawaii during World War II and how people of different races stood up against it.

Date: Friday, December 16 Time: 11:00 a.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, December 3 & January 21
Time: 9:00 a.m. Place: MSC, room 202
Cost: Supplies LIMIT: 12

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, Feb. 2 (Adv) & Feb. 9 (Beg)
Time: 9:00 a.m. Place: MSC, room 209
Cost: Supplies

CRAFT WORKSHOP: CREATIONS BY AMY

This month's projects are eyeglass holders/lanyards/key holders/decorative acrylic frames. Samples available in the senior office. Instructor: Amy Toba.

Date: Thursday, December 15 Time: 9:00 a.m.
Place: MSC, room 209 Cost: Supplies

SEMINAR: HMSA ADVANTAGE

Dennis Vanairsdale, consultant from Premier Benefit Consultants, will give you information on HMSA's Advantage health insurance plan.

Date: Friday, December 2 Time: 9:30 a.m.
Place: MSC, room 104

DEMONSTRATION: ZUMBA GOLD

Susan Nishida, M.D., official Zumba Gold Instructor, will be teaching a special Demo class. Zumba Gold is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Come and try out this class and see if it's the class for you.

Date: Tuesday, December 6 Time: 9:15 a.m.
Place: MSC, room 105

SCREENING: 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: Wednesday, December 14 Time: 10:30 a.m.
Place: MSC, room 105

SEMINAR: CARDIAC ARREST/HEART ATTACK

Would you call an electrician to fix a plumbing problem? Your heart has both a plumbing system and an electrical system, much like your home. In a heart attack, the heart's plumbing has a blockage causing the victim's symptoms. If the symptoms are ignored, there is a chance that a heart attack may develop into an electrical problem called cardiac arrest.

Attend this training put on by the Hawaii Heart Foundation. You'll learn the difference between Heart Attack and Cardiac Arrest. How to perform CPR and how to use an AED. You'll learn how to be prepared in the event of a cardiac emergency. For more information visit www.hawaiiheart.org.

Date: Tuesday, December 13 Time: 9:30 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: TO BE ANNOUNCED

Anne Chipchase from Ohana Health Plan, will be at the Center for her monthly talk. Subject to be announced. Check bulletin boards for further information.

Date: Friday, December 16

Time: 9:15 a.m.

Place: MSC, room 105

Cost: Donation

EXCURSION MAKE-UP: ALOHA SWAP MEET

Due to unforeseen circumstances last month, we needed to cancel the excursion. Therefore, we are rescheduling it for this month. This is your chance to find Christmas gifts at bargain prices at the Stadium Swap Meet. Lunch on your own at Moanalua 99 (formerly 99 Ranch Market). Limit: 13

Date: Wednesday, December 14

Departure Time: 8:15 a.m. Return Time: 12:30 p.m.

Cost: \$4.00 - Trans. Donation

EXCURSION: TARGET & KA MAKANA ALII SHOPPING CENTER

This is your chance to see the new shopping center in Kapolei. We will start off our morning at Kapolei Target and then move on to Ka Makana Alii. We will have approximately 2 hours at Ka Makana Alii for shopping and/or lunch.

Date: Thursday, December 15

Departure Time: 8:15 a.m. Return Time: 12:30 p.m.

Cost: \$5.00 - Trans. Donation

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

REMINDER: MSC classes will be on break December 19 - January 6. Please check with instructors/leaders for exact dates. Rhythm & Life classes under Michie Takemoto will be on break from December 15 - January 26. Tuesday Rhythm & Life class time will change when class resumes. Please check January's Schedule for new time.

***Adult Hula Auana** with Kumu Hula April Chock. Began 11/26, 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, 11/12, 9:30 am - noon and Wednesday, 11/16, 10 am - 12:30 pm, room 207-8. An impressive array of projects to choose from. Bring:

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

AKITA, FUSAKO	HARADA, HELEN
BALBUENA, STANLEY	HOSAKA, JACK
BOYD, REIKO	HUI, YIN-FAN
CHANG, CHIN-PAEK	INATSUKA, TAKAYO
CHOCK, TERUMI	ISONO, ELEANOR
CHOO, DOROTHY	IIZUKA, SHIGEE
CLARK, MILDRED	ITOKAZU, KIMIKO
DOMINGUEZ, AVELINA	KAMALU, MARION
FUJIOKA, GRACE	KATO, PATSY
HAITSUKA, TOMIKO	KAUHINI, SANAE

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 12/23, 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 begins Monday, 2/6/17. 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.

***Solo Ukulele I & II;** Classes begin Friday, January 13, 2017, room 202. SUI - 11:00 - 12 pm; SUII (must complete SUI and instructor must approve advancement.) - 9:30 - 10:45 am. Inst: Allen Tanabe. Learn to read music and play the melody. Must have own ukulele & dedication to practice. Cost: \$20 for textbook & \$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 of 3 students to start the SUI class.

***Citizenship Class** with Mitzi Moore. Tuesdays & Thursdays, noon - 2:30 a.m., room 209, 6-week session. Begins in January 24, 2017. Class is geared for those applying for U.S. Citizenship.

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.

KOBAYASHI, HERBERT K.	SHIGETANI, KATE
KONDO, KAY	SHISHIDO, BETTY
LEE, EVELYN	SORIANO, NATIVIDAD
LIU, PATRICE	TAHARA, SUSAN
OJIMA, MARGARET	TAKEDA, FREDERICK
OKAMOTO, AILEEN	TANAKA, ALMA
OSATO, JANE	TOKURA, DOROTHY
OTTE, MACHIKO	UEMURA, GEORGE
ROSS, YUKIKO	YAMADA, BARBARA
SAITO, MASAKO	YOKOTA, HISAKO
SAKATA, JOYCE	YUTAKA, BEVERLY

Moiliili Senior Center Class Schedule December 2016

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)	8:30-10:30 Hanafuda (Room 209)
8:00-9:00 Beg. Tai Chi (Room 305)	FULL	8:00-9:30 Mllyno 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)	8:30-10:30 Crochet/Knit (Room 209)	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)	9:30-11:00 Rhythm & Life (Int. II) (Room 305)	9:00-10:00 Tai Chi(108) (Room 305)	9:00-10:30 Rhythm & Life (Adv. I) (Room 305)	9:30-12:00 +Ribbon/Croch. Lei Making (Room 102)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	10:45-11:45 Soroban (Room 209)	9:00-10:00 Group Singing (Weinberg)	Closed	Begins 12/23 (Room 102)
10:00-10:30 R&L Chair Exer. (Room 105)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:15-10:30 Mllyno Danc(Beg) (Room 105)	9:00-10:30 Ukulele Prac. (Room 105)	Begins 10:45 Solo Ukulele II (Room 303)
10:15-12:00 Rhythm & Life (Adv. I) (Room 305)	11:30-1:00 Began 9/15 Zumba/PIYo (Weinberg)	9:30-11:30 Began 1/25 *Sumie (Room 209)	9:30-10:30 Brain Training (Room 202)	Begins 1/13 R&L Chair Exer (Room 105)
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)	Begins 1/13 Solo Ukulele I (Room 303)
5:30 - 6:30 Begins 2/6 +Spec. Aerobics (Room 305)	12:00 - 2:30 Began 1/24 Citizenship (Room 202)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)	12:00- 2:30 Began 1/24 Citizenship (Room 202)	11:00-12:00 Began 1/13 Rhythm & Life (Int. I) (Room 305)
<p>"Kaleidoscope" is published monthly, written/edited by the senior staff. Director, Sunday Kamai-Egures; Program Staff - Paula Regidor & Akira Goto.</p>				
*DOE class - Sumie is provided by McKinley Community School for Adults - \$60		+Tuition based classes. Walk-in fee \$5.		

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:

"CHRISTMAS IN HONOLULU" CRAFT FAIR, Saturday, December 3, Palolo Hongwanji, 9 am - 1 pm, FREE admission. MSC will have a booth.

59th ANNUAL MOILIILI CHRISTMAS PARADE, Thursday, December 8, 2016, 6:30 pm. Presented by the Kapahulu-Moiliili Lions Club. Featuring: the St.

Louis High School Marching Band; Santa Claus and candies for children! The parade route: From Kubio School, along the mauka side of S. King St., continues on the makai side of Beretania St., turns left/makai on Isenberg St., end at Old Stadium.

FOX TROT CLASS, Moiliili Community Center, room 105, Tuesdays, 7 - 8 pm, 6-week class begins January 3, 2017. Sponsored by the Kapiolani Ballroom Dancers of Honolulu Lions Club. Instructors: Richard and Ruby Kazunaga. Cost for session: \$24 per person and \$12 per person for Lions Club Members. Payment is due on the first night. Monies collected from the classes are donated to: Wounded Soldiers Project and other community projects.