



# Kaleidoscope

February 2017  
Vol. XXVIII 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:

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 \$30.00 for a calendar year. 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 \$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.

### District 50 Hawaii Lions Senior Health Fair For MSC Participants at MCC Thursday, February 16

8:00 a.m. - 11:30 a.m. Room 105

Take the morning off and stop by MCC's Health Fair. Walk around and get checked out and pick-up information. Fair will include: Vision Screening; Blood Pressure checks; Island Hospice, Ohana Health Plan will be doing Blood Sugar checks; CPR, Palolo Chinese Home Meal to Go; Hawaii Neighbor Outreach to Aged; Oahu Home Health Care; Brighten Rehab's Fall Prevention Information; and more. Sponsored by the District 50 Hawaii Lions.

**MCC's BOARD OF DIRECTOR, LAURA RUBY,** is asking for your assistance. She is looking for old pictures of the community center and the Moiliili neighborhood. If you have any, please bring them to the senior office and will scan them and return them to you.

**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

form (reading, writing, speaking, etc.) of English people would like to learn. If interested, see program staff in the senior office.

## "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!

**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.

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 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.

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 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.

**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 2017.

## **MAHALO! MAHALO! MAHALO! to performers:**

\*Niko Niko Genki members at Central Union Church & Sheraton Waikiki Yoshiya Restaurant

**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:**

**HANAFUDA CARDS FOR SALE.** Cards are available in the main and senior office for \$10.

**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.

**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: "DEEP WATER HORIZON" (2016)**

(1-hr & 47-mins., DVD, Drama, Thriller)

Starring Mark Wahlberg & Kurt Russell. A dramatization of the April 2010 disaster, when the offshore drilling rig

Deepwater Horizon exploded and created the worst oil spill in U.S. History.

Date: Friday, February 17

Time: 12:15 p.m.

Place: MSC, room 202

Cost: Donation

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### **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, Feb. 4 & Mar. 4

Time: 9:00 a.m.

Place: MSC, room 202

Cost: Supplies

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### **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

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### **CRAFT WORKSHOP: CREATIONS BY AMY**

This month's projects are Creative Memory Photokeeper & How to Make Sakura Mochi. Instructor: Amy Toba.

Date: Thursday, Feb. 16 & 23

Time: 9:00 a.m.

Place: MSC, room 209

Cost: Supplies

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### **SEMINAR: ALZHEIMER'S AND DEMENTIA**

By popular demand, Anne Chipchase, of 'Ohana Health Plan, will talk about Alzheimer's and other dementia at the February presentation. These conditions which primarily but not exclusively affect the elderly are very difficult and virtually non-reversible. But that doesn't mean the symptoms can't be delayed or mitigated. And, no two cases present in exactly the same way. Come to listen and share on this important topic that we all need to know more about.

Date: Friday, February 17

Time: 9:15 a.m.

Place: MSC, room 105

Cost: Donation

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### **SEMINAR: HEART STRENGTHENING & WELLNESS CLASS**

According to the American Heart Association, one of every three deaths in the U.S., in 2013, were from heart disease, stroke and other cardiovascular diseases. Worldwide, heart disease and stroke were the No.1 and No. 2 killers. The good news is with preventative steps you can minimize your risks. Learn about preventative measures to reduce heart risks; Identify simple steps that make big changes in your health; and Gain insight on the importance of strengthening your heart and living healthy. Special guest speaker and

Emergency Care Physician, Dr. Lenley Jackson will share simple ways to strengthen your heart and Kari Wheeling, RN and Attention Plus Care Client Service Supervisor will talk about ways to age safely at home while managing chronic diseases such as heart and stroke disease. Sponsored by Attention Plus Care.

Date: Tuesday, February 21

Time: 9:00 a.m. - 10:30 a.m. Place: MSC, room 105

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### **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: Monday, February 27

Time: 9:15 - 10:00 a.m.

Place: MSC, room 105

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### **EXCURSION: CHERRY BLOSSOMS IN WAHIAWA**

This excursion is dependent on weather conditions and bloom time of the trees. We will travel through Wahiawa stopping along the roadside for photo taking and pick up Sunnyside pie orders. Lunch on your own at Mililani Town Center. Pie menu is available on the sign up board. Orders are due by noon February 7.

Date: Thursday, February 9

Departure Time: 8:15 a.m.

Return Time: 12:30 p.m.

Cost: \$5.00-Trans. Donation

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### **EXCURSION: MOILIILI WALKING TOUR**

by LAURA RUBY

Take a guided walking history tour of Moiliili. Tour will include stops at Moiliili Cemetery, Kuhio School, Humane Society and more.

Date: Friday, February 24

Departure Time: 10:00 a.m.

Cost: \$5.00 - MSC Senior \$10.00 - MCC member  
\$25.00 - Non-member

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### **CLASS/ACTIVITY ANNOUNCEMENTS:**

**Sign up Senior Office, rm. 203**

**\*NEW CLASS: ZUMBA GOLD** with Dr. Susan Nishida. Tuesdays, 9:30 - 10:30 a.m., room 105. Began 12/27. 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. Seniors may exercise while sitting. Bring water. Class will meet when there is no seminar scheduled in room 105. Please check monthly calendar.

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\***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.

\***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.

\***Adult Hula Auana** with Kumu Hula April Chock. Begins 2/4, 10 weeks, Saturdays, 9:30 a.m. - 11:00 a.m., 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 begins Saturday, 2/4, 9:30 a.m. - noon and Wednesday, 2/8, 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 3/3, 10 weeks, Fridays, 9:30 a.m. - 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 p.m. - 6:30 p.m., room 305, 10-week session begins Monday, 2/6. 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.

\***Citizenship Class** with Mitzi Moore. Tuesdays & Thursdays, noon - 2:30 p.m., room 209, 6-week session. Begins on 2/7. Class is geared for those applying for U.S. Citizenship.

\***Sumie Class** with Sachie Saigusa. Wednesdays, 9:30 a.m. - 11:30 a.m., room 209, 10-week session. DOE

sponsored class - \$60. Began 1/25.

**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.

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## 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.

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## 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.

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## COMMUNITY ANNOUNCEMENTS:

**NEW YEAR'S FESTIVAL**, Malassadas Day Celebration, Celebrate the Year of the Fire Rooster, Hawaii's Plantation Village, Saturday, February 4, 10:00 a.m. - 2:00 p.m. Plantation style games and prizes, Craft Sale, Food Vendors, Make & Take, Entertainment. FREE Admission.

**CARFIT**, Free Carfit event for mature drivers. Moanalua High School, 2825 Ala Ilima St., Sat., Feb. 25, 7:30 a.m. - 11:30 a.m. What is Carfit? Carfit is based on a 12-point checklist; Provides one-on-one help with a trained CarFit technician; Provides safety information and resources for mature drivers. Appointments required. Call 545-6007. FREE take home resources & goody bag for attendees.

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

AKITA, SHARLENE  
ARAKAKI, EMMA  
BAER, MITSUKO  
CHUN, MA-JA  
CHUN, MYRA  
EBESU, GERTRUDE  
HASEGAWA, LILY  
HORIKAMI, SETSUKO  
IMADA, FUSAE  
JAO, VIOLA  
KAGENO, HIEU

KAUKALI, JOHN  
KIRA, SHIZUKO  
KIYOTA, IKUKO  
KOGA, HISAKO  
LYAU, RAYMOND  
MATSUOKA, HATSUKO  
MIURA, CARLTON  
MIURA, ROY  
MIYASATO, GEORGE  
MIYOI, NANCY  
MORITO, EDITH

NIIMI, KIMIYO  
OKAMOTO, FUMIE  
OKAYAMA, MILDRED  
OMAN, MIU-LAN  
OTA, FRED M.  
POHLABEL, TOMI  
SAIDA, MICHIKO  
SAKIHARA, GAIL  
SHIBASAKI, SANDRA  
SHON, DOREEN  
SILVA, SADIE  
SUENAGA, VIVIAN  
SUZUKI, MITSUKO

TAKAHASHI, SHIGEKO  
TAKAHASHI-VIVEIROS,  
MIRIAM  
TAKAMORI, LILY  
TAKUSHI, MIYOKI  
TENGAN, BETTE  
TERAMAE, CHIEKO  
TERAMAE, KYOKO  
TOYAMA, NOBUKO  
TSUI, CHERYL  
YOKOYAMA, CINDY  
YOKOYAMA, VIOLET S.

**Moilili Senior Center**  
**Schedule of Special Events**  
**February 2017**

*Days to remember in February*

2 - Groundhogs Day

14 - Valentine's Day

17 - Random Acts of Kindness Day

20 - Presidents' Day - Center Closed

**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**

5	6	7	8	9	10	11
	Pie orders for Wahawa excursion due by noon.			District 50 Hawaii Lions Senior Health Fair For MSC Participants 8:00 - 11:30 am Rm 105	Seminar: Alzheimer's & Dementia 9:15 am Rm 105  Movie: "Deep Water Horizon" 12:15 pm Rm 202	
		Happy Valentine's Day!				
12	13	14	15	16	17	18
		Seminar: Heart Strengthening & Wellnes Class 9:00 am Rm 105		Craft Workshop: Creations by Amy 9 am Rm 209		
HOLIDAY! Presidents' Day Center Closed.						
19	20	21	22	23	24	25
					Excursion: Moiili Walking Tour by Laura Ruby 10 am	
Screening: Medication Review 9:15 am Rm 105						
26	27	28	*African American History Month * American Health Month * * American History Month * National Snack Month *			

# Moliiili Senior Center Class Schedule February 2017

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 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)	8:30-10:30 Crochet/Knit (Room 209)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Ukulele (Beg) (Room 105)	9:30-12:00 +Ribbon/Croch. Lei Making (Room 102)
9:00-10:00 Tai Chi (108) (Room 305)	9:00-10:30 Rhythm & Life (Adv. I)	9:00-10:00 Tai Chi(108) (Room 305)	9:00-10:30 Rhythm & Life (Adv. II)	Begins 3/3 (Room 202)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	9:30-10:30 Zumba Gold (Room 105)	9:00-10:00 Group Singing (Weinberg)	Closed	Closed
10:00-10:30 R&L Chair Exer. (Room 105)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:15-10:30 Minyo Danc(Beg) (Room 105)	9:00-10:30 Ukulele Prac. (Room 105)	10:00-10:30 R&L Chair Exer (Room 105)
10:15-12:00 Rhythm & Life (Adv. II)	10:30-12:00 Rhythm & Life (Beginner)	9:30-11:30 *Sumie (Room 209)	9:30-10:30 Brain Training (Room 202)	10:00-11:00 Tai Chi for Arthritis (Weinberg)
12:00-3:00 Buyo & Enka (Weinberg)	10:45-11:45 Soroban (Room 209)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	12:00-2:30 Citizenship (Room 202)	Closed
5:30 - 6:30 +Spec. Aerobics (Room 305)	11:30-1:00 Zumba/PiYo (Weinberg)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)	Begins 2/7 (Room 105)	11:00-12:00 Solo Ukulele I (Room 202)
Begins 2/6	12:00 - 2:30 Citizenship (Room 202)	11:00-12:30 Rhythm & Life (Beginner)	Reminder: No class the last Thur. of the month. 2:30-3:30 Zenidaiko (Weinberg)	12:00-1:30 Rhythm & Life (Room 305)
+ Tuition based classes. Walk-in fee \$5.	12:00-2:30 Karaoke (Room 209)	11:00-12:30 Rhythm & Life (Beginner)		Saturday
*DOE class - Sumie is provided by McKinley Community School for Adults - \$60	12:00-1:30 Kenbu Senbu Shigin (Room 207)	12:00 - 2:00 Ohana Karaoke (Room 209)		9:30 - 11:00 +Adult Hulua Auana (Room 105)
	12:00-1:30 Rhythm & Life (Adv. V) (Room 305)	12:00 - 3:00 Kitsuke (Weinberg)		Begins 2/4 +Jpns/Okwn Doll Making & Oshie (Room 207-8)

"Kaleidoscope" is published monthly written/edited by the senior staff. Director, Sunday Kamani Egurtes; Program Staff - Pania Regidor & Akira Goto.

**FREE TAX SITES** - for other sites not listed below and what you should bring are available in the senior office.

**AARP TAX-AIDE** - helps low-to moderate-income taxpayers, especially those 50 and older. AARP volunteers are trained to assist you in filing certain tax forms including the FORM 1040. However, the volunteer Protection Act requires volunteers stay in the scope of the program. If counselors feel they do not have adequate knowledge of your returns and is too complex, you may need to seek another qualified counselor or paid tax assistance. For Tax year 2016, Tax-Aide will be using new tax preparation software provided by the IRS. Due to this change, there will be NO carry forward of returns at ANY site in the state. Returning clients should bring their 2015 return and all new 2016 tax documents, along with Social Security cards/ documentation and picture ID.

**CATHOLIC CHARITIES**, 1822 Keeaumoku St., Sat., 9:00 a.m. - 1:00 p.m., 2/11 - 4/15.

**A'INA HAINA LIBRARY**, 5246 Kalamiana'ole Hwy., Fri. & Sat., 10:30 a.m. - 2:00 p.m., 2/3 - 4/15. Closed 2/18 & 4/14.

**HAWAII KAI LIBRARY**, 249 Lunalilo Home Road, Sat., 9:00 a.m. - noon, 2/4 - 4/8. Closed 2/18 & 4/15.

**HARRIS UNITED METHODIST CHURCH**, 20 S. Vineyard Blvd., Rm. 10, Tues. & Thurs., 8:30 a.m. - 11:30 a.m., 2/2 - 4/13.

**VITA** - thanks to certified volunteers working at tax assistance sites across the State of Hawaii, you can have your federal and state tax returns prepared for free. All sites accept clients by APPOINTMENTS only. Sites are closed on all Federal and State holidays.  
\*HCAP, 1915 Palo Alto Ave., Tues. & Thurs., 9:00 a.m. - noon, 732-7755, 2/02 - 4/06.  
\*UH, Manoa, 2600 Campus Road, Room 209, Tues., Wed. & Thurs., 10:00 a.m. - 5:00 p.m., 687-0207, 2/02 - 3/23.