

Kaleidoscope

May 2017
Vol. XXVIII 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! All day care for the children during the summer at Moiliili Community Center will start on May 30 and end on July 28. 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.

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 van drivers (No CDL needed) as well as bus drivers (CDL).

The students of **MSC's Painting Class** will showcase their art work on:

Friday, May 5

10:30 a.m. - Noon

MSC, Room 207-208

Please come and be inspired and to also join us in the Friday painting class that meets every Friday, 9:00 a.m. - noon in room 207-208.

MSC OFFICE RENOVATIONS. We would like to thank the Painter's Union for refurbishing the senior office, room 104 and room 202. The seniors who have come into the office have noticed how nice the rooms look.

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.

Performance by
MSC's Group Singing & Line Dancing Classes
Under the direction of Virg Pabro
Tuesday, June 6
10:40 a.m. MSC, room 105

MARK YOUR CALENDAR: Haruko Sugitani, Craft Artist/Instructor from Japan, will present various Japanese Craft Workshops on Saturday, June 17. Check for class flyers for more information.

EFFECTIVE IMMEDIATELY; No one from MCC will be 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.

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 we will scan them and return them to you.

"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 (\$1.0 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!

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 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.

MOILILI SENIOR CENTER WISH LIST:

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

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: **MOILILI 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 Central Union Church & Lanakila Senior Center-Okinawan Club.

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.

THE MOILILI BOOK REPRINTING PROJECT. NEW PAGES ADDED AND OTHER PAGES UPDATED. Everything you ever wanted to know about Moiliili. Please help with a contribution. We need to raise

at least \$2,500 in donations to have the book reprinted. Please write donation check to: Moiliili Community Center (memo line: Book Project) and send/bring it to: Attn: Laura Ruby, Moiliili Community Center, 2535 South King Street, Honolulu, HI 96826.

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: "HIDDEN FIGURES" (2016)

(2-hrs. & 7-mins., DVD, Drama, Biography, History. Rated-PG for thematic elements and some language.) Starring Taraji P. Henson & Octavia Spencer. The story of a team of African-American women mathematicians who served a vital role in NASA during the early years of the US space program.

Date: Friday, May 26 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. LIMIT: 12.

Date: Saturday, May 6 & June 3 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 4 (Adv) & May 11 (Beg)

Time: 9:00 a.m.

Place: MSC, room 209

Cost: Supplies

WORKSHOP: CREATIONS BY AMY

This month's project is flower arrangements. Whether you are celebrating Mother's Day, Birthdays, Yakudoshi or any other happy event. Express yourself with flowers. Amy Toba.

Date: Thursday, May 18 & 25

Time: 9:00 a.m.

Place: MSC, room 209

Cost: \$5.00 for supplies

SEMINAR: HOME SAFETY

Come and learn important tips on Home Safety. Seminar presented by Christine Louie, St. Louis Heights Neighborhood Safety Watch Coordinator, Coldwell Banker Realtor RS77757. Sign up in person or call the senior office at 955-1555 to register before seminar date.

Date: Tuesday, May 9

Time: 9:00 a.m.

Place: MSC, room 105

Cost: Donation

SEMINAR: FOOD BORNE ILLNESSES

Have you heard of Rat Lung Worm disease? Do you know it could be on those veggies you just bought? You can't see it; you can't smell it. It can make you REALLY sick! Please wash all produce you buy fresh that you plan to eat raw, partially cooked, or even well cooked really, really well. Then you will be well and feeling chipper to hear even more about Rat Lung Worm disease and other food borne illnesses now prevalent in Hawaii. Seminar conducted by Anne Chipchase of Ohana Health Plan.

Date: Friday, May 19

Time: 9:15 a.m.

Place: MSC, room 105

Cost: Donation

SEMINAR: LIVING WELL WITH DIABETES

Attention Plus Care, Hawaii's Choice for Home Health Care and the American Diabetes Association Hawaii Chapter will be offering a free workshop on "Living Well with Diabetes." Attendees will learn how to safely care for themselves or a loved one living with diabetes, diagnoses of the disease and how to live a good quality of life if you have diabetes. RSVP as space is limited to 440-9377. Sponsored by Attention Plus Care.

Date: Tuesday, May 23

Time: 9:00 - 10:30 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: Monday, May 15 Time: 9:15 - 10:00 a.m.

Place: MSC, room 105

EXCURSIONS: Sorry, none for this month due to the shortage of drivers.

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.

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

***Zumba**, Tuesdays, 11:30 a.m.- 1:00 p.m., Weinberg Studio. Zumba Class began September 15. 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. Began 4/29, 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 began Saturday, 4/29, 9:30 a.m. - noon and Wednesday, 4/26, 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 5/19, 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, 5/8. 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. 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.

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.

Hidden Treasures Craft Fair, Saturday, May 13, 10:00 a.m. - 3:00 p.m., Thrift Store Parking Lot.

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

CASTRO, MAY
CHAN, CORINA
CHING, SYLVIA
ENDO, ELLEN
HAMAI, YOSHINO
HAYASHI, SHISEKO
HAYASHI, EISHO
HEE, LANI
HIGUSHI, KATHERINE

INOUE, SHIRLEY
IPPONGI, EUGENE
KAGESA, BETTY
KAJIOKA, VICTORIA
KASAI, GLADYS
KWOK, YUK-LIN
LAU, MILTON
MILLER, JANET
MIYAMASU, MARY

MURASHIGE, JEAN
NAKAMA, RENE
NISHIMURA, NANCY A.
ONISHI, JUNE
RAMSEY, BEVERLY
SAITO, FLORENCE
SATO, NORMA
SEITA, EIKO
SHIMABUKURO, GERI
SHIMAMOTO, AMY
SHIRAISHI, DORIS

SUYEOKA, MAY
TAKEDA, LILLIAN
TAM, LENETTE
TOYAMA, KAREN
UEHARA, PEGGY
VEAL, DONNA
WANAMI, KUNIKO
YAMAMOTO, BERTHA
YONEDA, NATSUE
YOSHIOKA, JENNIE
YOSHIZAWA, RODNEY

Moiliili Senior Center Class Schedule May 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 Began 2014 (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. (Room 207-8)
9:00-10:00 Tai Chi (108) (Room 305)	9:00-10:30 Rhythm & Life (Adv. I) (Room 305)	9:00-10:00 Tai Chi(108) (Room 305)	9:00-10:30 Rhythm & Life (Adv. II) (Room 305)	Begins 5/19 (Room 102)
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	9:30-10:45 Solo Ukulele II (Room 202)
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) (Room 305)	10:30-12:00 Rhythm & Life (Beginner) (Room 305)	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 I (Weinberg)	12:00- 2:30 Citizenship (Room 202)	11:00-12:00 Solo Ukulele I (Room 202)
5:30 - 6:30 +Spec. Aerobics (Room 305)	11:30-12:30 Zumba (Weinberg)	10:00-12:30 Doll Making & Oshie (Room 207-8)	Reminder: No class the last Thur. of the month.	12:00-1:30 Rhythm & Life (Adv. I) (Room 305)
	Began 9/15	Began 4/26	2:30-3:30 Zenidaiko (Weinberg)	Closed
	12:00 - 2:30 Citizenship (Room 202)	11:00-12:30 Rhythm & Life (Beginner) (Room 305)		
	Begins 8/2017 (Room 202)	12:00 - 2:00 Ohana Karaoke (Room 209)		
	12:00-2:30 Karaoke (Room 209)	12:00 - 3:00 Kitsuke (Weinberg)		
	12:00-1:30 Kenbu Senbu (Room 207)			
	12:00-1:30 Shigin (Room 207)			
	12:00-1:30 Rhythm & Life (Adv. V) (Room 305)			
+ Tuition based classes. Walk-in fee \$5.				
*DOE class - Sumie is provided by McKinley Community School for Adults - \$60				

Kalahelepe is a public housing project in the Kaimuki area of Honolulu, HI. It is managed by the Honolulu Housing Authority.

- OR Disability documentation) ONLY IF NO ONE IN HOUSE IS OVER 60 years old and HOUSEHOLD RECEIVES NO RENT SUBSIDIES
6. PROOF OF INCOME (For all household members. Bring all that apply: last pay stubs for all jobs since January 2017; Self Employed Log/Receipts showing income/expenses for 2017; 2017 Award letters for Social Security, Welfare, Unemployment, & SSI; Pension/Retirement statement, etc.)
- *Regardless of income, if there is at least one person in the household that receives SNAP (Food Stamps) or SSI benefits and all program requirements are met, then household may qualify.
7. PROOF OF NON-CITIZEN STATUS (If you were born outside the US, please bring your Passport and/or Permanent Resident Alien Card, etc.)
- LIHEAP is a program of Honolulu Community Action Program, Inc. In partnership with the US Department of health and Human Services and Hawaii Department of Human Services.

- LOW-INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP).**
 Apply at Moiliili Community Center, room 303, Wednesday, May 17, 1:00 p.m. - 4:00 p.m. If you need help paying your home energy bill, this program may help.
BRING: all of the following documents to apply for Gas/Electric Bill Payment Assistance or Energy Crisis Intervention.
- CURRENT ORIGINAL HECO ELECTRIC BILL OR GASCO BILL (If utility subscriber is different from applicant and does not live in household, they must sign a required form and show ID.)
 - PROOF OF RESIDENCE (A document other than utility bill that shows current address. Example: phone bill, cable bill)
 - PHOTO IDENTIFICATION (For all household members 18 yrs. & older)
 - SOCIAL SECURITY NUMBERS (Verification for all household members)
 - PROOF OF AGE or DISABILITY (Birth certificate for ONE child 0-5 years