



Kaleidoscope

July 2017
Vol. XXVIII 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:

CONGRATULATIONS! To our Senior Program Director, Sunday Kamai-Eguires and her husband, Keith, on the birth of their son, Kila, on May 12. We wish them well!

HAPPY 46TH ANNIVERSARY. July 1st marks the 46th anniversary of the establishment of the Moiliili Senior Center Program. Thank you all for your many years of support. The Senior Center Program would not exist if all of you did not want to join us. We thank the volunteer instructors and assistants who provide the variety of classes, the special project volunteers who help us with community and fundraising projects, MCC for their support and the State and City for the partial funding of the program all these years.

PARKING ALERT! All day care for the children during the summer at Moiliili Community Center will 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!!!** 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. 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: MOILILI 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).

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.

DEMONSTRATION:

Martial Arts Exercise

Friday, July 28

9:00 a.m. - 10:00 a.m. MSC, Room 305

Instructor, Keoni May, will demonstrate exercises using martial arts techniques. A variety of equipment will be used for exercise.

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 (\$.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!

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.

Piece for the newsletter! Per your suggestion, 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 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:
*Group Singing & Virg's Line Dancing members at MSC.

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. Hawaiian-style cards are available in the main and senior office for \$10.

THE MOILIILI BOOK REPRINTING PROJECT. NEW PAGES ADDED AND OTHER PAGES UPDATED. Everything you ever wanted to know about Moiliili. We need to raise at least \$2,500 in donations to have the book reprinted. Pre-publication : \$19.95 - expected distribution, Fall 2017. Order forms are available in the main and senior office. Please write checks 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.

HELP WANTED: Looking for volunteers to help watch the senior office in the mornings from August. If interested, see Paula in 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: "LA LA LAND" (2016)

(1-hr. & 58-mins., DVD, Biography, Drama. Rated-PG-13 for thematic material and some sensuality.)

Starring Dev Patel & Nicole Kidman. A five-year old Indian boy gets lost on the streets of Calcutta, thousands of kilometers from home. He survives many challenges before being adopted by a couple in Australia. Twenty five years later, he sets out to find his lost family.

Date: Friday, July 21

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, July 1 & August 5

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, July 6(Adv) & July 13(Beg)

Time: 9:00 a.m.

Place: MSC, room 209

Cost: Supplies

WORKSHOP: CREATIONS BY AMY

This month's project is "Planting Lucky Bamboo in Dirt or Soil." These house plants are low maintenance. Share Lucky Bamboo plants with others to bring good health, happiness, love and abundance into your life. Please sign up before class date so instructor knows how much supplies are needed. Instructor: Amy Toba.

Date: Thursday, July 20 & 27

Time: 9:00 a.m.

Place: MSC, room 209

Cost: \$6.00 for supplies

SEMINAR: ELDER NUTRITION

Healthy eating begins with you! Giving your body the right nutrients and maintaining a healthy weight can help you stay active and independent. The definition of healthy eating does change a little as you age. For example, as you grown older, your metabolism slows down, so you need fewer calories than before. Your body also needs more of certain nutrients. That means it's more important than ever to choose foods that give you the best nutritional value.

Guest speaker Margie Gentillela, RN and Attention Plus Care Client Service Supervisor will explore tips on how to find the best foods for your body and why staying hydrated as you age is important. Space is limited. Call 440-9377 to register. Sponsored by Attention Plus Care.

Date: Tuesday, July 18

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

SEMINAR: FALL PREVENTION

Anne Chipchase from 'Ohana Health Plan, will talk about fall prevention. If you've fallen, you know how scary it can be. And, frequently how embarrassing! But, I hope you haven't found out, like thousands of seniors like us do every year, just how life threatening falls can be! Falls are the leading cause of preventable hospitalization among kupuna in Hawaii. Please notice the word "Preventable" because most falls are preventable and that's what we aim to teach and learn at this seminar.

Date: Friday, July 21

Time: 9:15 a.m.

Place: MSC, room 105

Cost: Donation

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: Friday, July 28

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

Place: MSC, room 105

EXCURSION: ARCADIA FOLLIES 2017

This year's theme is "Life is Just a Bowl of Cherries." Join us for an entertaining afternoon. MCC's own Thrift Store manager, Bonnie Parson, is in this show. This will be the last "Follies" because the director, Jack Cione, will be retiring. Please note, we are not offering transportation. LIMIT: 15.

Date: Friday, July 14

Meeting Time at Arcadia Lobby: 2:30 p.m.

Showtime: 3:00 p.m.

EXCURSIONS: Sorry, none for this month due to the

shortage of drivers.

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

***NEW 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.

***SOLO UKULELE I & II;** Classes begin July 7, 2017. 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.

*** 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. Please check monthly calendar.

***Adult Hula Auana** with Kumu Hula April Chock. Begins 7/8, 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, 7/15, 9:30 a.m. - noon and Wednesday, 7/19, 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 8/4, 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, 7/31. 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.

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.

WANTED: HANAFUDA CARDS: A senior is looking for traditional Hanafuda cards. Cards can be either traditional cards or American playing card size. Please see senior office staff if interested in donating Hanafuda cards.

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

AFFONSO, CAROLINE
ARAKI, MARIS
AUYONG, JOANN
AVECILLA, SHELE
CHANG, MARY ANN
CHUN, MIYOKO
CRANDALL, AIKO
DANG, HELEN
FUJISAWA, THELMA
FUNG, PATRICK

GOYA, TSUNEO
HAYASHI, HARRY
HIGA, LEATRICE
INOUE, JO ANN
IWAMOTO, BETTY
KOIKE, KEN
KONISHI, HIROKO
LAU, GORDON
LEE, SABRINA
MARUYAMA, NOBUKO

MEYER, CHUNG-WON
MOTOOKA, CYNTHIA
NAGATA, NIKKI
NAITO, EARL
NAKAMA, DOROTHY
NAKAMURA, MARILYN
NAKATA, SUEMI
OBA, LAURA
OSHIMA, VERNON
PARKER, ELIZABETH
RAO, MINEKO
SAKURAI, LILY
SAN MIGUEL, ROSALINA

SHIMOYAMA, EMIKO
TAMURA, CAROLYN
TOGASHI, MAYUMI
TOMA, JEAN
TONG-SUMMERFORD, MARY
TRONBAK, GLADYS
UYETAKE, JOHN
UYEZU, BARBARA
WAKAKI, RANDALL
WENTWORTH, ELEANOR
WOOD, CHIYO
YAMAGUCHI, MASAKO
YOZA, JOYCE

**Moiliili Senior Center
Schedule of Special Events
July 2017**

*Days to remember in July:
4 - Independence Day - Center Closed
20 - Moon Day*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Craft: Chigiri-e 9 am Rm 202
2	3	4 HOLIDAY! Independence Day Center closed.	5	6 Craft Workshop: Kumihimo - Adv 9 am Rm 209	7	8
9	10	11 Seminar: Elder Nutrition 9 am Rm 105	12	13 Craft Workshop: Kumihimo - Beg 9 am Rm 209	14 Excursion: Arcadia Follies 2:30 pm	15
16	17	18	19	20 Workshop: Creations by Amy Planting Lucky Bamboo in Dirt or Soil 9 am Rm 209	21 Seminar: Fall Prevention 9:15 am Rm 105 Movie: "La La Land" 12:15 am Rm 202	22
23	24	25	26	27 Workshop: Creations by Amy Planting Lucky Bamboo in Dirt or Soil 9 am Rm 209	28 Demonstration: Marital Arts Exercise 9 am - 10 am Rm 305 Screening: Medication Review 9:15 am Rm 105	29
30	31					

**Light the Night for Sight Month*
Baked Bean Month Hot Dog Month*
*National Ice Cream Month**

Moliiili Senior Center Class Schedule July 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 Began 2012 (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. 1) (Room 305)	9:00-10:00 Tai Chi(108) (Room 305)	9:00-10:30 Rhythm & Life (Adv. II) (Room 305)	Begins 8/4 Solo Ukulele II (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	Begins 7/7 R&L Chair Exer (Room 105)
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) (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 Sorboban (Room 209)	Begins Sept. (Room 209)	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)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	1:00-2:30 Line Dancing (Room 105)	12:00-1:30 Rhythm & Life (Adv. I) (Room 305)
Begins 7/31	12:00 - 2:30 Citizenship (Room 202)	10:00-12:30 +Jpns/Okw'n Doll Making & Oshie (Room 207-8)	Reminder: No class the last Thur. of the month.	Closed
	12:00-2:30 Karaoke (Room 209)	Begins 7/19 (Room 207-8)	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	Saturday 9:30 - 11:00 +Adult Hula Auana (Room 105)
	12:00-1:30 Kenbu Senbu Shigin (Room 207)	11:00-12:30 Rhythm & Life (Beginner) (Room 305)	2:30-3:30 Zenidaiko (Weinberg)	Begins 7/8 +Jpns/Okw'n Doll Making & Oshie (Room 207-8)
	12:00-1:30 Rhythm & Life (Adv. V) (Room 305)	12:00 - 2:00 Ohana Karaoke (Room 209)		Begins 7/15
+Tuition based classes. Walk-in fee \$5.	12:00-1:30 Aerobic/Toning w/ Muriel (Room 305)	12:00 - 3:00 Kitsuke (Weinberg)		
*DOE class - Summie is provided by McKinley Community School for Adults - \$60	2:00 - 3:30			

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

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. Sponsored by: the Great Aloha Run, Tsuchi Foundation, and Harry & Jeanette Weinberg Foundation Computer Center. Reservations are required. You must call RENE @ 291-6151 or email: renemansho@hawaii.rr.com. Class Dates: July 3, 5, 10, 11, 12, 17, 18, 19, 24, 25, 26, 31, August 1, 2, 7, 8, 9, 14, 15, 16, 17-Aloha Luncheon. Class Times: 9:00 - 11:00 a.m. & 12:00 - 2:00 p.m. Place: Carole Kai Charities, Inc. Office, 418 Kuwili St., Suite 102. Classes are 2 hours and repeat classes are unlimited. Intermediate classes will be offered after mastery of basic skills is demonstrated.

HO33: THE FRAILTY AND VIBRATION STUDY. The Hawaii Center of AIDS,

John A. Burns School of Medicine, UH, Manoa is conducting a study on fall prevention. They are trying to determine the effects of whole body vibration (standing on a vibrating platform) on a frail & pre-frail population. This is a 12 week study using either whole body vibration or resistance training. Exercise will be performed three times per week for approximately 30 - 45 minutes. To participate in the study you must be: 50 years of age or older, able to walk with out assistance; sedentary (no exercise training within the past 3 months, no more than 45 minutes per day, three days a week); and have weak grip strength. If interested, call Lorna at 692-1333.