



Kaleidoscope

December 2017
Vol. XXVIII 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 Center to all of you. Have a Merry Christmas and a Healthy and Happy New Year!

Thank you to all the volunteers who supported our fundraising efforts in November. These fantastic volunteers worked at 2 craft fairs and the Collectible Sale. We appreciate all your help with transporting goods, setting up, selling and breaking down. We have 2 more craft sales to go in December!

Winter Break: all MSC classes will be on vacation from December 18 - January 5. Only Lanakila Meals on Wheels will meet during that 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 first day of class.

MSC Craft Sale

Thursday, December 7

9:00 a.m. - 1:00 p.m. MSC, room 209

Get your Christmas shopping done while supporting the senior program.

MCC Restrooms : It's a work in progress as we still work out the kinks with the locked doors. 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.

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. At this time, we would like to have a list of people interested in helping and we will contact volunteers when the shell leis arrive.

Rhythm & Life Chair Exercise Class

presents

Christmas Program

Monday, December 11

9:30 a.m. - 10:45 a.m. MSC, room 105

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

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.

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).

Hawaii Medication Take Back Program

Tuesday, December 12

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

Bring your unused or expired medication for safe, anonymous disposal. For more information, call (808)837-8470.

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 the next 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.

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.

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 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.

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.

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:

HELP WANTED: MCC's Child Care Program is looking to hire a person to help another staff member with the children at Hokulani Elementary School, 7:00 a.m. - 8:00 a.m., Monday through Friday, except holidays. Even if you are interested but can work only certain days, please fill in an application so the Child Care Administrative staff can contact you.

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. The after publication price will be \$25.00. 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.

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: "THE CHRISTMAS CARD" (2006)

(1-hr. & 24-mins., DVD, Family, Romance. Not Rated.)
Starring Edward Asner, John Newton & Alice Evans. A US soldier visits the town from where an inspirational Christmas card was sent to him by a church group that mails cards out to serviceman as a goodwill effort.

Date: Friday, December 15 Time: 12:00 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, December 2 & January 6
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, Jan. 11(Adv) & Jan.18 (Beg)
Time: 9:00 a.m.
Place: MSC, room 209 Cost: Supplies

**WORKSHOP: CREATIONS BY AMY:
ENERGY BARS**

Why are energy bars so popular? Energy bars can help you meet: your energy needs; your nutritional needs (Calcium, Zinc, vitamin d, Folic Acid, Protein or Fiber); are portable, convenient and are pre-packaged; have a long shelf life; and does not require refrigeration. SIGN UP IS A MUST!
Instructor: Amy Toba. LIMIT: 12

Date: Thursday, January 25 Time: 9:00 a.m.
Place: MSC, room 103 (Kitchen)
Bring: A gallon size Zip-lock bag, kitchen knife and a large

spoon or utensil for stirring

Cost: \$ 9.00 - supplies

SEMINAR: NEW YEAR'S RESOLUTIONS!

Be sure to stop by MCC to spend time with Anne Chipchase, from 'Ohana Health Plan, to devise ways to help you keep those New Year's resolutions. It is important to plan the changes we would like to see in our lives; but, once we have the plan, we have to turn it into reality. That's the hard part and the part featured in the session. Come and help plan the future!

Date: Friday, December 1 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: MEDICARE PLANS

All Medicare seminars will have a presentation done by a Licensed Sales Agent of Financial Benefits Insurance, Inc.

Date: Friday, Dec. 1
Time: 9:00 a.m. - United Healthcare
Time: 11:30 a.m. - Humana Place: MSC, room 104

**SEMINAR: HUMANA'S MEDICARE PLAN
FOR 2018**

Mel Fujimoto from Insurance Options Hawaii will be informing you on what is being offered through the Humana plan and the new benefits available.

Date: Tuesday, December 5
Time: 9:00 a.m. & 11:30 a.m.
Place: MSC, room 104

SEMINAR: KUPUNA ALERT PARTNERS

Join us for a multi-agency partnership presentation: Medicare Fraud Prevention; Securities Fraud Prevention; and Prescription Drug Misuse. Hawaii Medication Take Back program will also be present to collect unused or expired medication for safe, anonymous disposal. For more information, call (808)837-8470.

Date: Tuesday, December 12 Time: 9:30 a.m.
Place: MSC, room 105

EXCURSIONS: Sorry, no small group excursions for this month due to the shortage of drivers. If you have any suggestions for an excursion that you feel will have a good turn out (about 50), let the senior staff know and we can hire a bus.

**CLASS/ACTIVITY ANNOUNCEMENTS:
Sign up Senior Office, rm. 203**

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.

SOLO UKULELE I & II; Classes begin Friday, January 19, 2018. 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: 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.

NEW 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.

NEW CLASS: AEROBIC & TONING EXERCISE WITH M. URIEL. 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. Please check monthly calendar.

Zenidaiko-Beginners, Thursdays, 2:30 - 3:30 p.m.,

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

AKITA, FUSAKO	HIGASHI, RACHEL
AZAMA, CLAIRE	HOSAKA, JACK
BALBUENA, STANLEY	HUI, YIN-FAN
BOYD, REIKO	INATSUKA, TAKAYO
BUSS, ADELLA	ISONO, ELEANOR
CHANG, CHIN-PAEK	IIZUKA, SHIGEE
CHOCK, TERUMI	ITOKAZU, KIMIKO
CHOO, DOROTHY	IWASHITA, YOKO
CLARK, MILDRED	KAMALU, MARION
DOMINGUEZ, AVELINA	KATO, PATSY
FUJIOKA, GRACE	KAUHINI, SANAE
FURUYA, SACHIKO	KAWAMOTO, ELLA
GONHATA, SANDRA	KITAGAWA, IRENE
GUSUKUMA, JUDI	KOBAYASHI, HERBERT K.
HAITSUKA, TOMIKO	KODAMA, ELAINE
HARADA, HELEN	KONDO, KAY

Weinberg Studio. Zenidaiko is Japanese folk dancing with sticks. More students welcome. Inst: Mieko Sato.

***Adult Hula Auana** with Kumu Hula April Chock. Began 11/25, 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, 11/4, 9:30 a.m. - noon and Wednesday, 11/8, 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. Began 11/17, 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. No class 12/29.

***Specialized Aerobics** with Faye Fukuhara. Mondays, 5:30 p.m. - 6:30 p.m., room 305, 10-week session began Monday, 10/30. 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. Last day for class will be 12/18. Class resumes Feb. 5.

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.

LEE, EVELYN	SHIGETANI, KATE
LIU, PATRICE	SHIMAMURA, AMY
MATSUNAGA, LINDA	SHISHIDO, BETTY
McCORMACK, TIMOTHY	SORIANO, NATIVIDAD
MIURA, ELAINE	TAGAWA, ELLA
MIYASHIRO, PATSY	TAHARA, SUSAN
MIYATA, CAROLINE	TAIT, LINDA
NAGATO, GERALDINE	TAKEDA, FREDERICK
OJIMA, MARGARET	TANAKA, ALMA
OKAMOTO, AILEEN	TASHIMA, CAROL
OSATO, JANE	TOKURA, DOROTHY
OTTE, MACHIKO	UEMURA, GEORGE
OVITT, REBECCA	YAMADA, BARBARA
ROSS, YUKIKO	YOKOTA, HISAKO
SAITO, MASAKO	YUTAKA, BEVERLY
SAKATA, JOYCE	
SATO, KIYOKO	

**Moliiili Senior Center
Schedule of Special Events
December 2017**

Days to remember in December:

10 - Human Rights Day

12 - Poinsettia Day

25 - Christmas Day - CENTER CLOSED.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Classes will end the week of December 11 and resume the week of January 8, 2018.
Individual classes may end and resume on different dates. check with instructors/
leaders for return dates.

** Safe Toys & Gifts Month *
* National Stress-Free Family Holiday Month **

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					Seminar: Medicare Plans 9 am - United Healthcare 11:30 am - Humana Rm 104 Seminar: New Year's Resolutions 9:15 am Rm 105	Craft: Chigiri-e 9 am Rm 202 Christmas in Honolulu Craft Fair Palolo Hongwanji 9 am - 1 pm	
3	Chair Exercise Class presents Christmas Program 9:30 -10:45 am	Seminar: Humana's Medicare Plan for 2018 9 am & 11:30 am Rm 104	Kupuna Independent Life Series 8:30 am Rm 104	MSC Craft Sale 9 am - 1 pm Rm 209	Movie: "The Christmas Card" 12 pm Rm 202	9	
10	11	Seminar: Kupuna Alert Partners 9:30 am Rm 105	12	13	14	15	
17	18	HOLIDAY				22	23
24	25	CHRISTMAS DAY Center Closed				29	30
31	1	Center Closed				5	6

Moiliili Senior Center Class Schedule December 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)
9:00-10:30 Card Games (Rm 202)	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)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	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)	Began 11/17 (Room 102)
9:00-10:00 Tai Chi (108) (Room 305)	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)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	12/5	9:00-10:00 Tai Chi (108) (Room 305)	9:00-10:30 Ukulele Prac. (Room 105)	10:00-10:30 R&L Chair Exer (Room 105)
10:00-10:30 R&L Chair Exer. (Room 105)	10:00-11:15 Began 9/19 (Weinberg)	9:15-10:30 Minyo Danc (Beg) (Room 105)	9:30-10:30 Brain Training (Room 202)	10:00-11:00 Tai Chi for Arthritis (Weinberg)
10:15-12:00 Rhythm & Life (Adv. II) (Room 305)	10:45-11:45 Soroban (Room 209)	9:30-11:30 *Sumie (Room 209)	12:00-2:30 Citizenship (Room 202)	11:00-12:00 Solo Ukulele I (Room 202)
12:00-3:00 Buyo & Enka (Weinberg)	11:30-12:30 Zumba (Weinberg)	10:15-11:45 Line Dancing I (Weinberg)	1:00-2:30 Line Dancing (Room 105)	12:00-1:00 Beginner's Buyo & Enka (Weinberg)
5:30 - 6:30 +Spec. Aerobics (Room 305)	12:00 - 2:30 Jan. 2018 (Room 202)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)	1:30 - 2:30 Zenidaiiko (Weinberg)	Began 10/13 (Weinberg)
Last Class 12/18. Resumes 2/5.	12:00-2:30 Karaoke (Room 209)	11:00-12:30 Rhythm & Life (Beginner) (Room 305)	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	Closed
	12:00-1:30 Kenbu Senbu Shigin (Room 207)	12:00 - 2:00 Ohana Karaoke (Room 209)	2:30 - 3:30 Zenidaiiko Beginners (Weinberg)	Saturday
+Tuition based classes. Walk-in fee \$5.	12:00-1:30 Rhythm & Life (Adv. V) (Room 305)	12:00 - 3:00 Kitsuke (Weinberg)		9:30 - 11:00 +Adult Hula Auana (Room 105)
*DOE class - Sumie is provided by McKinley Community School for Adults - \$60	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)			9:30 - 12:00 +Jpns/Okwn Doll Making & Oshie (Room 207-8)

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

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. Stop in and you'll find specially priced Christmas wrapping, ornaments, boxes, bows and tissue paper, lights, felt bags and 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.

CHRISTMAS IN HONOLULU CRAFT FAIR, December 2, 9:00 a.m. - 1:00 p.m., Palolo Hongwanji. MSC will be selling crafts.

60th ANNUAL CHRISTMAS PARADE, Thursday, December 14, 6:30 p.m. Presented by the Kapahulu-Moiliili Lions Club. Featuring: the St. Louis High School Marching Band; Santa Claus; and goodies for children! The parade route: Starts from Kuhio Elementary School, proceeds along the mauka side of S. King Street, continues on the makai side of Beretania St., turns left/makai on Iserberg St., and ends at the Old Stadium Park.



Honolulu Community Action Program

Kupuna Independent Life Series

Fall 2017

The Kupuna Independent Life Series is a comprehensive approach to assisting seniors, age 55+ with health education, support for living productive independent lives, and proactive engagement in the community

Fall Series Schedule:

Every Wednesday from 8:30am - 12:30pm

September 6 - December 13, 2017

Location:

Moiliili Community Center (room 104)
2535 South King Street
Honolulu, HI 96826



Facebook.com/HCAPhi



Twitter.com/HCAPhi



Instagram.com/HCAPhi

For questions or additional information, please contact:

HCAP's Leahi District
Service Center
(808) 732-7755

Kupuna Independent Life Series

September 6 - December 13, 2017
 Moiliili Community Center, Room 104
 8:30 a.m. - 12:30 p.m.

Sign up in the senior program
 office, room 203.

Schedule for the day:

- 8:30 - 9 - Exercise/Breakfast/Opening
- 9 - 10 - Health Workshop
- 10 - 11 - Break/Social Workshop
- 11 - 12:30 - Lunch/Support Group/Craft

Date

Health Workshops

Social Workshops

Support Group Topics

12/6/2017

Children & Nutrition

SNAP ED

What is your legacy? When I pass, I want my loved ones to ...

12/13/2017

Children & Nutrition

SNAP ED

How have you grown in the last 15 weeks?

NOTE: This schedule is tentative and may change.