



Kaleidoscope

January 2018
Vol. XXIX No. 1

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:

Happy Healthy New Year 2018! Welcome back! The senior center staff wishes you a safe and healthy year.

2018 is the year of the DOG and those born under the sign tend to show great determination and could attain the highest level of achievement if they decide too. The Dog have excellent manners, easily makes and keeps friends, works very hard and appreciates luxury and goodies in life. They are very romantic, loving and make loyal partners. (<http://astrologyclub.org/chinese-horoscope/2018-year-dog>)

Thank you to all the volunteers and participants who supported our fundraising efforts in November and December. These fantastic volunteers worked at craft and collectibles sales and our super seniors helped by purchasing items for gifts or themselves. We appreciate all your assistance. We made over \$6000!

I would like to thank everyone for participating in our R&L Chair Exercise Christmas Program. All enjoyed our show. - Faye Murata

Lei 'Ilima Club would like to thank you for your generous donation of time and supplies to make the leis for Memorial Day. MCC seniors have made more than 2,450 leis which has helped the veterans project exceed their goal. Therefore, please do not make more leis and turn in what you have completed as soon as possible. We appreciate you and will continue to offer periodic craft workshops. Details of our next workshop:

Date: Tuesday, February 13

Time: 9:30 - 11:30 a.m.

Place: MSC, room 202

What to Bring: Scissors and a long large eye needle to be used for a sakura plastic canvas yarn project. Please sign up to attend at the senior office.

MCC Restrooms : We are still working on the locked doors. For the safety of all, please do not prop the doors open. 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.

WANTED: Looking for a Japanese game "GO" instructor. Anyone know how to play "GO"? We have the boards and we want them to be used. If interested, see staff in the senior office.

Mark your calendar:

**District 50 Hawaii Lions Senior Health Fair
for MSC Participants at MCC**

Tuesday, February 28

8:00 a.m. - 12:00 p.m. Room 105

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).

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 2018. 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.

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.

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.** All Senior Center participants are asked to pay the MCC membership fee of \$35.00 for 2018.

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 Hokusani 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.

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. Publication date to be determined. 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: "DUNKIRK" (2017))

(1-hr. & 46-mins., DVD, Action, Drama, History. Rated PG-13 for intense war experience & some language.)

Starring Fionn Whitehead & Barry Keoghan. Allied soldiers from Belgium, the British Empire and France are surrounded by the German Army, and evacuated during a fierce battle in World War II.

Date: Friday, January 19

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, Jan. 6 & Feb. 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, 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: JANUARY? WANT TO PLAY "STUMP
THE CHUMP?"**

Come to a special presentation with Anne of 'Ohana Health Plan. We call it "Stump the Chump". Bring every health, health insurance or best practices for Kupuna questions and Anne will do everything she can to answer them all! It is fun and it is very informative. So get your questions together and come to the first meeting with Anne for 2018!

Date: Friday, January 19

Time: 9:15 a.m.

Place: MSC, room 105

Cost: Donation

SEMINAR: SMART PHONE WORKSHOP

Robert Okano & Marian Okada, Electronics Assistance Hawaii, will be conducting a workshop on smart phones to provide assistance to seniors who aren't getting the most use

out of their phones due to unfamiliarity with technology, nobody to ask for help, hard time learning something new, etc. Just texting and internet searching are great ways to promote independence and make life easier. For example, the use of apps such as theBus really is an improvement over printed schedules. This workshop is designed to clear away some of the resistance to smart phones, review basic functions, educate on great apps for seniors and much more. Bring you charged smart phone. LIMIT: 10.

Date: Monday, January 22

Time: 11:00 a.m.

Place: MSC, room 202

Cost: Donation

SEMINAR: STROKE

Please join Attention Plus Care as they host another Aging in Hawaii Seminar. This month's topic will be about Strokes. Call 440-9356 to RSVP.

Date: Tuesday, January 23

Time: 9:00 - 10:30 a.m.

Place: MSC, room 105

Cost: Donation

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

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.

CITIZENSHIP CLASS, Tuesdays & Thursdays, 12:00 p.m. - 2:30 p.m., room 202. Class begins Tuesday, January 23 and meets for 10 sessions. Class is geared for those wanting to take the citizenship exam to become an American citizen. Instructor: Mitzi Moore.

NEW CLASS: BEGINNER'S BUYO & ENKA under the direction of Nobuko Yamaguchi. Fridays, 12:00 p.m. - 1:00p.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: OKINAWAN DANCE. Tuesdays, 10:00 a.m. - 11:15 p.m., Weinberg studio. Class began September 19. Instructor: Kay Murata.

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.

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., 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. Next session begins 2/10.

***Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class began Saturday, 1/20, 9:30 a.m. - noon and Wednesday, 1/24, 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.

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

AFFONSO, LENA	ITO, JEAN
AIHARA, KIMIE	ITO, MICHIO
AOKI, GRACE	IZUO, KAREN
ARAKAKI, EMMA	IZUTSU, NOBUE
AWAYA, GAIL	KANO, PATSY
AZAMA, ITSUKO	KAWAKAMI, JEANETTE
BOMBACH, DIETRICH	KAWASAKI, KAZUKO
CHINGON, RICHARD	KEY, SHIZUKO
COLLINS, EMILIA	KIM, BARBARA
DAVIS, JADE	KITAGUCHI, NORA
EUN, YOUNG-SOOK	KOBAYASHI, GALE
FRANTZ, BETTY	KOIKE, PHYLLIS
FUJIHARA, ELLEN	KUBO, AMY
FUJIYOSHI, LYNETTE	LAI, IRENE
FURUMORI, LILLIAN	LEE, ASAKO
HAMAJI, JANE	LEE, JEANNE
HANAOKA, LYNETTE	LEE, NANCY
HASHIMOTO, KATHERINE	LO, DAVID
HAYAKAWA, FUSAE	LO, DIANE

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Begins 2/9, 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.

***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. Class resumes Feb. 5.

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

Happy New Year!

LUM, EDITH	PABRO, JERRY
MARUYAMA, SABURO	QUINONES-LANZO, EVA
MATSUNAGA, WARREN	SAITO, STELLA
MIURA, ROY	SATO, MIEKO
MURAKAMI, GEORGE	SHIBATA, MICHIKO
MURAYAMA, DIANE	SHIMAMURA, RITSUKO
MYERS, AYAKO	SHIRAISHI, TAE
NAKAGAWA, BETTY	TAKARA, TERUKO
NAKAMURA, SHIGEKO	TAMANAHA, TOYOKO
NAKANISHI, JEAN	TENGAN, YURIKO
NAKAO, LILY	TERADA, KINJIE
NAKAYAMA, MASAKATSU	TERAYAMA, JANICE
NARAHARA, HELEN M.	TOBITA, GRACE
NARAHARA, WALTER H.	TRENT, TOYOKO
NASHIRO, NANCY	USAMI, HIDEKO
OGINO, SADAOKO	WASANO, NAOMI
OKADA, RENEE	WHITMAN, NANCY
OKAMURA, FUMIE	WIXOM, ELSA
OTA, FRED	YOSHIMURA, KIMIKO
OTA, SUZANNE	YOSHIZAWA, GRACE
OYAMA, JANE	

**Mollili Senior Center
Schedule of Special Events
January 2018**

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
New Year's Ohana Festival 10 am - 4 pm JCCH/Mollili Field	HOLIDAY New Year's Day Center Closed					
14	15	16	17	18	19	20
21	22	23	24	25	26	27
	Seminar: Smart Phone Workshop 11 am Rm 202	Seminar: Stroke 9 am Rm 105		Workshop: Creations by Amy - Energy Bars 9 am Rm 103		
28	29	30	31			

Days to remember in January:
1 - New Year's Day - CENTER CLOSED.
15 - Martin Luther King Day - CENTER CLOSED.

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

* National Glaucoma Awareness Month *
* Eye Care Month * Hot Tea Month *
* Outmeal Month * Soup Month *

Classes will resume the week of January 8, 2018.

Moiliili Senior Center Class Schedule January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
7:30-1:00 Math-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 Math-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 Began 2012 (Room 105)	9:30-12:00 +Ribbon/Croch. (Room 102)
9:00-12:00 Haw'n Quilt: Bee (Rm 209)	9:00-10:30 Rhythm & Life (Adv.II) (Room 305)	9:00-10:00 Tai Chi(108) (Room 305)	9:00-10:30 Rhythm & Life (Adv.IV) (Room 305)	Begins 2/9 (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)	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)
10:00-10:30 R&L Chair Exer. (Room 105)	10:30-12:00 Rhythm & Life (Beginners) (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)
10:15-12:00 Rhythm & Life (Adv.IV) (Room 305)	10:45-11:45 Soroban (Room 209)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	10:30-12:00 Rhythm & Life (Adv.V) (Room 305)	11:00-12:00 Solo Ukulele I (Room 202)
12:00-3:00 Buyo & Enka (Weinberg)	11:30-12:30 Zumba (Weinberg)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)	12:00-2:30 Citizenship (Room 202)	Begins 1/19 Beginner's Buyo & Enka (Weinberg)
5:30 - 6:30 +Spec. Aerobics Began 10/30 (Room 305)	12:00 - 2:30 Citizenship (Room 202)	Begins 1/24 Rhythm & Life (Beginner) (Room 305)	1:00-2:30 Line Dancing (Room 105)	Began 10/13 Rhythm & Life (Adv.III) (Room 305)
Class resumes 2/5.	12:00-2:30 Karaoke (Room 209)	11:00-12:30 Rhythm & Life (Room 305)	Reminder: No class the last Thur. of the month. Zenidaiiko (Weinberg)	Closed
+Tuition based classes. Walk-in fee \$5.	12:00-1:00 Kenbu Senbu Shigin (Room 207)	12:00 - 2:00 Ohana Karaoke (Room 209)	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	Saturday 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 (Room 305)	12:00 - 3:00 Kitsuke (Weinberg)	2:30 - 3:30 Zenidaiiko Beginners (Weinberg)	9:30-12:00 +Jpns/Okwn Doll Making & Oshie (Room 207-8)

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.

SOCIAL DANCE CLASS. The Kapiolani Ballroom Dancers of Honolulu Lions Club will begin their New Year dance class with the Swing. This dance class will begin on January 9, 2018, Tuesday nights from 7:00 - 8:00 p.m., MCC, room 105 for 6 weeks. Swing started in 1920's and later became popular between the 1930's and 1950's when the "BOP" was created. Swing has recently had a huge revival due to several movies and commercials

displaying swing dancers. The instructors are Richard and Ruby Kazunaga. The cost for the 6-week session is \$24 per person and \$12 per person for Lions Club members. This is a great way to get some exercise, meet friends and just have fun.

NEW YEAR'S SOHANA FESTIVAL, Sunday, January 14, 10:00 a.m. - 4:00 p.m., Japanese Cultural Center of Hawaii/Moiliili Field. This event is the state's largest festival celebrating Japanese New Year tradition. Enjoy entertainment, food booths, keiki games, kimono dressing, craft fair, cultural demonstrations and much more. Free parking will be available at the UH parking structure with complimentary shuttle service to and from the festival.