



Kaleidoscope

April 2018
Vol. XXIX No.4

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 ISSUES: Drivers, when parking in lined stalls, please park within the stall. If you are over the line, you are taking up 2 stalls. If this happens, staff needs to check classrooms to see where you are and ask you to straighten your car. Also, please do not remove reserved parking space cones. These parking spaces are for volunteer instructors, speakers or special project volunteers. If you move these cones, your teacher/speaker may leave because there are no parking spaces available and then your class/seminar will be cancelled. As a reminder, if you have an afternoon class, please do not park in the covered parking lot if your class goes beyond 2:00 p.m. The Child Care program needs to block off half of the lot for the children before they arrive. We realize parking is tight at the center and we are trying to think of alternatives. If you have any suggestions, please let us know. Thank you for your cooperation.

*Performance by
MSC's Line Dancing & Choir Groups*
Under the direction of Virg Pabro
Tuesday, April 10
10:45 a.m. - 11:30 a.m. MSC, room 105

MSC MINI BAZAAR. Thank you to everyone who volunteered and shopped at the bazaar. We brought in over \$2000. We could not have done this without everyone's support. Your generosity, time, and money, made our mini bazaar a success.

Moiliili Community Center's
"Where Great Things Happen"
Fundraising Dinner
Honoring Councilmember Ann Kobayashi
Saturday, April 28, 2018
5:30 p.m.
Japanese Cultural Center of Hawaii
Manoa Grand Ballroom
\$125/Seat RSVP by April 13

All proceeds from this event will be used to support MCC's programs of services benefitting children, seniors, and families. Monetary donations as well as Silent Auction items are being accepted and can be dropped off in the main office. For additional information, call 955-1555.

HONOLULU FESTIVAL PARADE. Thank you to all who participated in the Honolulu Festival Parade on March 11. The Rhythm & Life participants in the parade came from Hawaii, Japan and Brazil. The youngest was 3 years old and the oldest was 90 years old from Hawaii. Congratulations to all who walked in the parade!

The students of MSC's Painting & Drawing Class will exhibit their work on:
Friday, May 4
9:30 a.m. - Noon
MSC, Room 207-8

Art works are in mixed media. Come and be amazed at the range of skills and techniques. The painting class will also have an exhibit the entire month of July at Hoomaluhia Gardens in their exhibition room.

PEOPLE WHO MAKE A DIFFERENCE. Last month at our mini bazaar, Emilia Collins bought a bunch of crocheted caps and scarves. The following weekend she and her mother, Betty Kon, visited a friend at a nursing home and donated the caps and scarves to the patients. Her generosity and kindness made so many people happy. Emilia is definitely someone who makes a difference.

Ti Leaf Leis for Memorial Day Update

To date, we have made 194 ti leaf leis. Thank you ladies! Also thank you Faye Hasegawa, Paul Dela Cruz, and Judy Nakamoto for donating ti leaves in March and April Chock for stripping them.

Please continue to drop off ti leaves and completed leis at the Senior Office Wednesdays - Fridays until April 6 as our last workshop will be April 10. Please also be reminded that we no longer need yarn leis.

The public is invited to Foster Gardens free Ti Leaf Lei Workshop on Tuesday, May 15 at 10:00 a.m.-11:30 a.m. Reservations required, phone 768-7135. Garden admission will be free so you can tour the beautiful gardens after making ti leaf leis. Plumeria lei sewing events in Honolulu area will be on Friday, May 25 from 9:00 a.m. - 12:00 p.m. at Honolulu Hale, Makua Alii Center, Kilauea District Park and Manoa District Park.

We hope you will join us at our last ti leaf lei workshop at MCC on April 10 in room 202 from 9:30 - 11:30 a.m.

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 the 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.

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.

MAHALO! MAHALO! MAHALO! to performers:

*Niko Niko Genki Taisoo members at the Korean Community Center.

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 an assisted transportation driver for the senior program (No CDL needed) as well as a bus driver (CDL) for all programs.

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 plate lunches; and Subway - Moiliili will offer a 10% discount on any sandwich/salad, excluding special offers. Other exclusions may 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 our Center.

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 accepts 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.

ATTENTION Seniors! When paying by check for your Moiliili Community Center membership and including a donation to the senior program, please make a note on the membership/donation envelope that the donation is for the Moiliili Senior Center. If you are making a donation to the Community Center, then you do not need to make any notations. Reminder - **ALL** checks must be written to: **MOILILI 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 \$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:

THE MOILILI 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. 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.

EXCURSION REMINDER: Excursion participants, please carpool or use the bus to allow parking for those who attend classes. **NO RESERVING SEATS**, except for your partner. Whenever you are going from one place to another, please return to your original seat. All participants must remain with the bus as the bus pick-up point will be determined by the driver. **DO NOT** ask to be dropped off somewhere else or along the way. If you plan to leave the group at some point, let your Escort know. Also, each participant must have an updated registration. If there are any special needs, please let the staff know about it before the excursion.

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: "THREE BILLBOARDS OUTSIDE EBBING, MISSOURI" (2017)

(1-hr. & 55-mins., DVD, Crime, Drama. Rated R for violence, language throughout, and some sexual references.) Award winning movie about a mother who personally challenges the local authorities to solve her daughter's murder when they fail to catch the culprit. Starring Frances McDormand & Woody Harrelson.

Date: Friday, April 27 Time: 12:15 p.m.
Place: MSC, room 202 Cost: Donation

CRAFTWORKSHOP: 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, April 7 & May 5 Time: 9:00 a.m.
Place: MSC, room 202 Cost: Supplies

CRAFTWORKSHOP: 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, Apr. 5 (Adv) & Apr. 12 (Beg)
Time: 9:00 a.m. Place: MSC, room 209
Cost: Supplies

WORKSHOP: CREATIONS BY AMY

CANCELLED. Due to the increase in food cost, and the preparation involved, this class has been cancelled until further notice.

SEMINAR: ISLANDS HOSPICE

Iris Hashimoto, from Islands Hospice, will speak on three programs that they offer; hospice, supportive care and transitional care. Iris will describe each program, eligibility, insurance coverage and service provided.

Date: Monday, April 16 Time: 9:15 a.m. - 10:00 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: LET'S TALK ABOUT DEMENTIA

Join Anne Chipchase of 'Ohana Health Plan, for her monthly talk story session on Dementia.

Date: Friday, April 20 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: CANCER AWARENESS

Attend this seminar and hear from the experts on Cancer. Please join Attention Plus Care as they host another Aging in Hawaii Seminar. Call 440-9356 to RSVP.

Date: Tuesday, April 17 Time: 9:00 a.m. - 10:30 a.m.
Place: MSC, room 105 Cost: Donation

EXCURSION: KALAKAUA GARDENS#2

For those who couldn't make it the first time, join us as we take another tour of Kalakaua Gardens, a senior living community. We will tour the facility and learn about their community.

Date: Wednesday, April 25 Departure Time: 9:40 a.m.
Return Time: 1:00 p.m. Trans. Donation: \$2.00

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up in the Senior Office, rm. 203

CLASS NOTICES:

- Okinawan Dance - No class on April 3.
- Group Singing Class - No class on April 4.
- Brain Training Class - No class on April 12.

NEW CLASS: BEGINNER'S LINE DANCING for HEALTH, Thursdays, 9:30 - 11:30 a.m., Weinberg Studio. **Class begins May 10.** Why take line dancing? Isn't that outdated? Guess what. Line Dancing may surprise you with all it has to offer. It is fun, good exercise, and beneficial to your mental/physical health. Line dancing will: teach you to dance; improve your balance; has the potential to reduce the risk of Alzheimer's disease, and other forms of dementia; teach your basic footwork, improve your confidence; provide you with a dance outlet whether you have a partner or not; provide you a way to practice; and improve your social life. **NO ADVANCE DANCES** in this beginning-paced class. We dance to a wide mix of music styles, including country, pop, and big band. Come and meet some great people. Wear soft-soled shoes, and bring bottled water.

NEW CLASS: BEGINNER'S RHYTHM & LIFE, Thursdays, 8:00 - 9:00 a.m., room 305. Choreographed exercises done to Japanese music. Class began March 1. Instructor: Michie Takemoto.

NEW CLASS: TAI CHI WITH SWORD & FAN, Mondays, 7:30 - 8:00 a.m., room 305. Learn basic Tai Chi while using a sword and fan. Class began February 5. Instructor: Ken Koike.

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.

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 in room 207-8 when there is a seminar scheduled in room 105. Please check the monthly schedule.

Zenidaiko-Beginners, Thursdays, 2:30 - 3:30 p.m., Weinberg Studio. 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. 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 4/21, 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, 3/10, 9:30 a.m. - noon and Wednesday, 3/14, 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 4/20, 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 begins Monday, 4/2. 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 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-WHEELSAT 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

Our wishes to our *April* birthday participants.

BECK, DIANNE	KAJIHIRO, CAROLE
CHEN, MABEL	KAMEOKA, JUDY
CHOCK, APRIL	KAMEOKA, LISA
CHONG, MARLEEN	KANNO, MADGE
DYE, KARL	KOGASAKA, CLAIRE
FRIESE, ULULANI	KOKUBUN, YASU
FUJIKAWA, YUKIMI	KUNIMOTO, FAITH
FURUTA, COLLEEN	KUNIMURA, SHIGEKO
HUDMAN, BARBARA	KURAHARA, NOBUKO
ISHIHARA, SHIZUE	LAU, JEAN
ITOGA, MARY ANN	LEE, CHARLETTE
JENKINS, TAKAKO	MARTIN DEL CAMPO, CHARLOTTE

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 items.

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.

CANE HAUL ROAD & FRIENDS "SECONDS" SALE, Saturday, April 7, Kuhio Elementary School Cafeteria & Playground, 9:00 a.m. - 1:00 p.m. Because craft fair items are "seconds," you will find terrific bargains. MSC will be selling hand-made crafts seniors have made at this event.

KUPUNA POWER, Celebrating Hawaii Seniors, Wednesday, April 11, State Capitol Rotunda, 9:00 - 11:30 a.m. Education, Exhibits, Entertainment, Exercise, and Aloha. Learn about important topics relating to everyday life as a senior, including Medicaid, Medicare, Long Term Care Insurance, Identity theft, and Technology. Also featured will be notable local entertainers on stage, Seniors will lace up their sneakers and have fun with some easy healthy exercised. Event organized by Na Kupuna Makamae Center, a program of Pacific Gateway Center, a 501(c)3 nonprofit organization.

FREE FALL PREVENTION EDUCATION, Saturday, April 21, Straub Physical Therapy Center, 800 S.King Street, 8:00 a.m. - Noon. Open to anyone interested in learning valuable information on how to prevent falls (caregivers and family members of participants are welcome). Call 522-4603 to reserve your personalized session with a physical therapist. Participants will receive a 1:1 fall risk screening and will learn exercises to help prevent falls. Space is limited. Reservation is required. Presented by the Straub Rehabilitation Department.

MAU, LEILANI	TAMANAHA, DORIS
McDERMOTT, BEVERLY	TANIGUCHI, NANCY
MIZUUCHI, MAY	TOKUMINE, SETSUKO
MONIZ, MOLLY	TOKUNAGA, SHIZUE
NAKAMURA, JENNIE	TONDA, BETSY
NAKANO, NOBUKO	VAZQUEZ, MARIA
OMIYA, MURIEL	WATARAI, THELMA T.
PETERSON, CHRISTIAN	YAMADA, CATHERINE
REMUS, YVET	YAMAGUCHI, LILLIAN
SANDS, SONYA	YAMANE, ETHEL
SATO, AMY	YOUNG, DARLENE
SUEKAWA, RUTH	
SUZUKI, JOANNE	
TAKEUCHI, JAMES	

**Molili Senior Center
Schedule of Special Events
April 2018**

Days to remember in April:
 1 - Easter
 1 - April Fool's Day
 16 - Patriot's Day
 22 - Earth Day
 25 - Administrative Professionals Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Lei 'Ilima Club Ti Leaf lei Workshop 9:30 am Rm 202	Performance: MSC's Line Dancing & Choir Groups 10:45 am Rm 105	Kupuna Independent Life Series 8:30 am Rm 104	Craft Workshop: Kumihimo - Adv 9 am Rm 209	Craft: Chigiri-e 9 am Rm 202 Cane Haul Road "Seconds" Sale Kuhio School 9 am - 1 pm	
8	9	10	11	12	13	14
Seminar: Islands Hospice 9:15 am Rm 105	Seminar: Cancer Awareness 9:00 am Rm 105	Kupuna Independent Life Series FIELD TRIP	Craft Workshop: Kumihimo - Beg 9 am Rm 209	Workshop: Let's Talk About Dementia 9:15 am Rm 105		
15	16	17	18	19	20	21
		Kupuna Independent Life Series 8:30 am Rm 104 Excursion: Kalakaua Gardens#2 9:40 am		Movie: "Three Billboards Outside Ebbing, Missouri" 12:15 pm Rm 202	MCC's "Where Great Things Happen" Fundraiser Dinner JCCH, Ballroom 5:30 pm	
22	23	24	25	26	27	28
		*Cancer Control Month * Listening Awareness Month * * National Garden Month * Stress Awareness Month *				
29	30					

Moliiili Senior Center Class Schedule April 2018

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)
7:30-8:00 Tai Chi w/ Fan & Sword (Room 305)	FULL 8:30-10:30 Crochet/Knit (Room 209)	8:00-9:30 Milnyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	9:00-12:00 Painting (Room 207-8)
Began 2/5	9:00-10:30 Rhythm & Life (Adv. II)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Rhythm & Life (Beginner) (Room 305)	9:30-12:00 +Ribbon/Croch. Lei Making (Room 102)
Began 2014	9:00-10:30 Closed.	9:00-10:00 Tai Chi(108) (Room 305)	Began 3/1 (Room 305)	Begins 4/20 (Room 102)
Began 9/2017 (Rm 202)	9:30-10:30 Zumba Gold (Room 105)	9:00-10:00 Group Singing (Weinberg)	Began 9:00 Began 2012 (Room 105)	9:30-10:45 Solo Ukulele II (Room 202)
9:00-12:00 Haw'n Quilt.Bee (Rm 209)	4/3,10 & 24 (Room 207-8)	9:15-10:30 Minyo Danc(Beg) (Room 105)	9:00-10:30 Rhythm & Life (Adv. IV)	Began 1/19 (Room 202)
9:00-10:00 Tai Chi (108) (Room 305)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:30-11:30 *Sumie (Room 209)	Closed	10:00-10:30 R&L Chair Exer (Room 105)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	10:30-12:00 Rhythm & Life (Beginner I) (Room 305)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	9:00-10:30 Ukulele Prac. (Room 105)	10:00-11:00 Tai Chi for Arthritis (Weinberg)
10:00-10:30 R&L Chair Exer. (Room 105)	10:45-11:45 Soroban (Room 209)	10:00-12:30 +Jpns/Okwvn Doll Making & Oshie (Room 209)	Begins 5/10 (Weinberg)	11:00-12:00 Solo Ukulele I (Room 202)
10:15-12:00 Rhythm & Life (Adv. IV)	11:30-1:00 Zumba/PiYo (Weinberg)	10:30-10:30 Brain Training (Room 202)	Begins 10/13 (Weinberg)	12:00-1:00 Beginner's Buyo & Enka (Room 305)
Closed.	12:00 - 2:30 Citizenship (Room 202)	Began 3/14 Rhythm & Life (Room 207-8)	10:30-12:00 Rhythm & Life (Adv. V)	12:00-1:30 Rhythm & Life (Adv. III)
12:00-3:00 Buyo & Enka (Weinberg)	9/2018 Karaoke (Room 209)	11:00-12:30 Rhythm & Life (Inter. I)	Closed.	Closed.
5:30 - 6:30 +Spec.Aerobics (Room 305)	12:00-2:00 Kenbu Senbu Shigin (Room 207)	12:00 - 2:00 Ohana Karaoke (Room 209)	12:00-2:30 Citizenship (Room 202)	
Begins 4/2	12:00-1:00	12:00 - 3:00 Kitsuke (Weinberg)	1:00-2:30 Line Dancing (Room 105)	
+Tuition based classes. Walk-in fee \$5.	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	1:00 - 2:00 Zenidaiko (Weinberg)	Reminder: No class the last Thur. of the month.	
*DOE class - Sumie is provided by McKinley Community School for Adults - \$60		2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	2:30 - 3:30 Zenidaiko Beginners (Weinberg)	Saturday 9:30 - 11:00 +Adult Hula Auana (Room 105)
		2:30 - 3:30 Zenidaiko Beginners (Weinberg)		Begins 4/21 (Room 105) +Jpns/Okwvn Doll Making & Oshie (Room 207-8)

"Kaleidoscope" is published monthly.
written/edited by the senior staff. In-
termin Director, Rachel Yamashta, Akira Goto,
gram Staff- Paula Regidor, Akira Goto,
Judy Nakamoto & Gerath Fukuya.

SOCIAL DANCE CLASS. The Kapiolani Ballroom Dancers of Honolulu Lions Club will begin a six weeks TANGO class on April 24. Class meets every Tuesday from 7:00 until 8:00 p.m. in room 105. If you are not sure what Tango rhythm is like, listen to Hernandez's Hideaway, Don't Cry for Me Argentina or Phantom of the Opera. This is a social ballroom dance, which came from Argentina, and was taken to Europe in 1910. By about 1913, the tango reached the United States. The dance is noted for its sharp accents of heel with staccato rhythm. The tango is danced to phrases, consisting of eight measures of music, each measure containing four beats. Come and join us and have fun, meet your friends, and get some exercise. The instructors are Richard and Ruby Kazunaga. The cost for the class is \$24 per person and \$12 per person for Lions Club members.



Honolulu Community Action Program

Kupuna Independent Life Series Spring 2018

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
January 31—April 25, 2018

Location:

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



[Facebook.com/HCAPhi](https://www.facebook.com/HCAPhi)



[Twitter.com/HCAPhi](https://twitter.com/HCAPhi)



[Instagram.com/HCAPhi](https://www.instagram.com/HCAPhi)

For questions or additional
information, please contact:

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

Kupuna Independent Life Series

January 31 - April 25, 2018
Moiiliili 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

<u>Date</u>	<u>Health Workshops</u>	<u>Social Workshops</u>
4/4/2018	Chaminade	Senior Medical Patrol
4/11/2018	SHIP	Senior Medical Patrol
4/19/2018	FIELD TRIP (Waianae)	
4/25/2018	Lanakila	HEP Free Hawaii

Support Group Topics

NOTE: This schedule is tentative and may change.