



Kaleidoscope

May 2018
Vol. XXIX No.5

Moiliili Senior Center * 2535 South King Street * Honolulu, Hawaii 96826 * PH: 955-1555

A Program for those 60 years old and above, living from Ward Avenue through to Hawaii Kai. This program is partially funded by State funds through the Elderly Affairs Division, Department of Community Services, City and County of Honolulu and the State of Hawaii Executive Office on Aging and administered by Moiliili Community Center. MCC - An Aloha United Way Agency

SENIOR CENTER NEWS:

PARKING ALERT! All day care for the children during the summer at Moiliili Community Center will start on June 1 and end on July 27. There will be limited parking. Please be dropped off, take the bus or carpool. Also, **YOU** need to be aware of what is happening around you. **THINK OF YOUR SAFETY!!!** Don't be in a rush when being dropped off at the center. Have your driver pull up to the parking lot attendant and the tree, not in the middle of the driveway, in the tunnel or in front of the ramp. Watch for vehicles backing up - you are NOT stronger, faster or larger than a vehicle: don't try to walk around the back of the vehicle especially when it is backing up. **BE AWARE! BE PATIENT! BE SAFE!** Thank you.

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.

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.

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.

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:

*MSC's Line Dancing & Choir groups at MSC's Lunch Site.

Moiliili Senior Center Craft Fair

Thursday, May 24

9:00 a.m. - Noon MSC, Room 209

This is your chance to buy and see all the creations the seniors have been making to help the senior program. All proceeds benefit the senior program.

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.

Ti Leaf Leis for Memorial Day Update

Thank you for your participation in the lei making activities for Memorial Day. We completed 263 ti leaf leis. Lei 'Ilima will resume craft activities on August 7, 10:00 a.m. in room 202.

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.

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 the 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.

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.

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 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: **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:

THE MOILIILI BOOK REPRINTING PROJECT. NEW PAGES ADDED AND OTHER PAGES UPDATED. Everything you ever wanted to know about Moiliili. Books are available in the main office for \$25.00. Please make checks payable to Moiliili Community Center. If you pre-ordered a book, you may pick it up in the main office.

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.

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: "JUMANJI: WELCOME TO THE JUNGLE" (2017)

(2-hrs., DVD, Action, Adventure, Comedy, Fantasy. Rated PG-13 for adventure action, suggestive content and some language.)

Starring Dwayne Johnson & Kevin Hart. Four teenagers are

sucked into a magical video game, and the only way they can escape is to work together to finish the game. Filmed in Hawaii.
Date: Friday, May 25 Time: 12:15 p.m.
Place: MSC, room 202 Cost: Donation

CRAFT WORKSHOP: CHIGIRI-E

The Japanese style of doing a collage picture by tearing washi paper to form. Workshop for all ages and levels. LIMIT: 12.
Date: Saturday, May 5 & June 2 Time: 9:00 a.m.
Place: MSC, room 202 Cost: Supplies

CRAFT WORKSHOP: KUMIHIMO

Traditional Japanese art of braiding cord; can be used with a pendant or other decorative ways. Beginners learn basic braids; Advanced do own project. LIMIT: 10 per class.
Date: Thursday, May 3 (Adv)
Thursday, May 10 (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: REINVENTING YOURSELF IN OLD AGE

Join Anne Chipchase of 'Ohana Health Plan, for her monthly talk story session on how we need to change as we age.
Date: Friday, May 18 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: VOTER REGISTRATION

Anthony Akamine from the Office of Elections will do a brief presentation on voter registration. If you have any questions, this would be a great chance to have them answered.
Date: Tuesday, May 22 Time: 10:40 a.m.
Place: MSC, room 105 Cost: Donation

EXCURSION: HONBUSHIN INTERNATIONAL CENTER 2018 DAIKON FESTIVAL

Join us as we take a drive out to Mililani to the Daikon Festival. If you choose to, you can experience the HARVEST by picking your own Daikon. Enjoy the food booths, Hawaii made craft booth, vegetable bazaar, live entertainment, and more. Wear sun protection, hat, and appropriate footwear. Bring your own gloves, if you intend to pick your own vegetables. Lunch on your own at the festival. MAXIMUM: 51 people.
Date: Saturday, May 12 Departure Time: 9:30 a.m.
Return Time: 12:45 p.m. Transportation Cost: \$6.50

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

CLASS NOTICE: Group Singing Class - No class on May 2 & May 9.

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 you 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. Instructor: Amy Toba.

NEW CLASS: KARA-EXERCISE FOR GOOD HEALTH. Wednesdays, 1:00 - 2:00 p.m., room 305. Class begins June 6. KARA stands for Karaoke and this class is a combination of group singing while doing Rhythm & Life chair exercise together. Instructor: Faye Murata & Niko Niko Genki Taiso Instructors.

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.

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. When there is a seminar scheduled in room 105, then we will meet in room 207-8. Please check monthly calendar.

***Adult Hula Auana** with Kumu Hula April Chock. Began 4/28, 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 begins Saturday, 6/9, 9:30 a.m. - noon and Wednesday, 6/13, 10:00 a.m. - 12:30 p.m., room 207-8. An impressive array of projects to choose from. Bring: pins & scissors. Supplies/kit payable to instructor the first day of class. Class Cost: \$35 - MSC seniors; \$40 - MCC member. Need to pre-register.

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Begins 5/4, 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, 4/9. 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.

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.

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.

SOCIAL DANCE CLASS. The Kapiolani Ballroom Dancers of Honolulu Lions Club began 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 Hernando'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 session is \$24 per person and \$12 per person for Lions Club members.

LOW-INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP).

Apply at Moiliili Community Center, room 303, Wednesday, May 9 & May 23, 1:00 - 4:00 p.m.. If you need help paying your home energy bill, this program may help. BRING: all of the following documents to apply for Gas/Electric Bill Payment Assistance or Energy Crisis Intervention.

1. Current original HECO Electric bill or GASCO bill (If utility subscriber is different from applicant and does not live in household, they must sign a required form and show ID)
2. Proof of residence (A document other than utility bill that shows current address. Example: Phone bill, cable bill)
3. Photo ID (For all household members 18 yrs & older)
4. Social Security Numbers (Verification for all household members)
5. Proof of age or disability (Birth certificate for ONE child 0 - 5 years or Disability documentation) Only if no one in house is over 60 years old and household receives no rent subsidies
6. Proof of income (For all household members. Bring all that apply: last pay stubs for all jobs since January 2018; Self Employed Log/Receipts showing income/expenses for 2018; 2018 Award letters for Social Security, Welfare, Unemployment, & SSI; Pension/Retirement statements, etc.)
7. Proof of non-citizen status (If you were born outside the US, please bring your Passport and/or Permanent Resident Alien Card, etc.)

*Regardless of income, if there is at least one person in the household that receives SNAP (Food Stamps) or SSI benefits and all program requirements are met, then household may qualify.

LIHEAP is a program of Honolulu Community Action Program, Inc. In partnership with the US Department of Health & Human Services and Hawaii Department of Human Services.

HAWAII VISITOR INDUSTRY 40TH ANNUAL CHARITY WALK.

Saturday, May 19, 7 a.m., Ala Moana Beach Park, McCoy Pavilion. In the past, MCC has been one of the recipients to receive funds from this Charity Walk. If you would like to participate in the walk, registration forms are available in the main office.

Our wishes to our *May* birthday participants.

CASTRO, MAY
CHAN, CORINA
CHING, SYLVIA
CHOY, CARLA
ENDO, ELLEN
HABERMAN, MARTHA
HAMAI, YOSHINO
HASEGAWA, LARAINE
HAYASHI, CHISEKO
HAYASHI, EISHO

HEE, LANI
HIGUCHI, KATHERINE
HIROSE, SHARON
KAGESA, BETTY
KAJIOKA, VICTORIA
KASAI, GLADYS
KWOK, YUK-LIN
LAU, MILTON
MATSUDA, PATRICIA
MAY, KEONI

NAKAMA, RENE
NISHIMURA, NANCY A.
OKAMI, PATRICIA
ONISHI, JUNE
SAITO, FLORENCE
SATO, NORMA
SEITA, EIKO
SHEPHERD, JAMES
SHIMABUKURO, GERI
SHIMAMOTO, AMY
SHIRAISHI, DORIS
SUYEOKA, MARY JANE

SUYEOKA, MAY
TAKEDA, LILLIAN
TAM, LENETTE
TANAKA, CORYN
TANOURA, DIANE
TOYAMA, KAREN
VEAL, DONNA
WANAMI, KUNIKO
YOKOE, KAZUKO
YONEDA, NATSUE
YOSHIZAWA, RODNEY

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

"Kaleidoscope" is published monthly, written/edited by the senior staff. Program Director, Rachel Yamashita; Program Staff - Paula Regidor, Akira Goto, Judy Nakamoto & Gerath Fukuya.

Days to remember in May:

- 1 - Lei Day
- 1 - May Day
- 5 - Boy's Day
- 5 - Cinco de Mayo
- 13 - Mother's Day
- 28 - Memorial Day - Center Closed.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

* Allergy/ Asthma Awareness Month *
* Arthritis Awareness Month *
* Better Sleep Month *
* Hepatitis Awareness Month *
* High Blood Pressure Awareness Month *

Happy Mother's Day!

Seminar:
Voter Registration
10:40 am
Rm 105

LIHEAP
1 pm - 4 pm
Rm 303

MSC
Craft Fair
9 am - Noon
Rm 209

Movie:
"Jumanji: Welcome to the Jungle"
12:15 pm
Rm 202

* National Egg Month *
* National Salud Month *
* Older Americans Month *
* Osteoporosis Prevention Month *
* Stroke Awareness Month *

HOLIDAY!
Memorial Day
Center Closed.

LIHEAP
1 pm - 4 pm
Rm 303

Craft Workshop:
Kumihimo - Adv
9 am
Rm 209

Craft Workshop:
Kumihimo - Beg
9 am
Rm 209

Workshop:
Reinventing Yourself
in Old Age
9:15 am
Rm 105

Hawaii
Visitor Industry
Charity Walk
7 am
McCoy Pavilion

Craft Workshop:
Kumihimo - Adv
9 am
Rm 209

MSC's Painting & Drawing Class Art Exhibit
9:30 am - Noon
Rm 207-8

Excursion:
Honbushin International Center
2018 Daikon Festival
9:30 am

Craft:
Chigiri-e
9 am
Rm 202

Moiliili Senior Center Class Schedule May 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 Minyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	9:00-12:00 Painting (Room 207-8)
Began 2/5 (Room 305)	9:00-10:30 Rhythm & Life (Room 209)	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)
8:00-9:00 Beg. Tai Chi (Room 305)	9:00-10:30 Rhythm & Life (Adv.II) (Room 305)	9:00-10:00 Tai Chi(108) (Room 305)	Began 3/1 (Room 305)	Begins 5/4 (Room 102)
9:00-10:30 Card Games Began 9/2017 (Rm 202)	Closed. 9:30-10:30 Zumba Gold (Room 105)	9:00-10:00 Group Singing (Weinberg)	8:00-9:00 Began 2012 (Room 105)	9:30-10:45 Solo Ukulele II (Room 202)
9:00-12:00 Hawn Quilt.Bee (Rm 209)	5/1,8,15,22&29 (Room 105) (Room207-8)	9:15-10:30 Minyo Danc(Beg) (Room 105)	9:00-10:30 Rhythm & Life (Adv.IV) (Room 305)	10:00-10:30 R&L Chair Exer (Room 105)
9:00-10:00 Tai Chi (108) (Room 305)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:30-11:30 *Sumie (Room 209)	Closed 9:00-10:30 Ukulele Prac. (Room 105)	10:00-11:00 Tai Chi for Arthritis (Weinberg)
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)	9:30-11:30 Beg. Line Dnc. for Health (Weinberg)	11:00-12:00 Solo Ukulele I (Room 202)
10:00-10:30 R&L Chair Exer. (Room 105)	Closed. 10:45-11:45 Soroban (Room 209)	10:00-12:30 +Jpns/Okwrm Doll Making & Oshie (Room 207-8)	Begins 5/10 Brain Training (Room 202)	12:00-1:00 Buyo & Enka (Weinberg)
10:15-12:00 Rhythm & Life (Adv.IV)	11:30-1:00 Zumba/PIYo (Weinberg)	11:00-12:30 Rhythm & Life (Inter. I) (Room 305)	10:30-12:00 Rhythm & Life (Adv. V) (Room 305)	12:00-1:30 Rhythm & Life (Adv.III) (Room 305)
Closed. (Room 305)	12:00 - 2:30 Citizenship (Room 202)	Begins 6/13 (Room 207-8)	Closed. 12:00 - 2:30 Citizenship (Room 202)	Closed.
12:00-3:00 Buyo & Enka (Weinberg)	9/2018 12:00-1:45 Karaoke (Room 209)	11:00-12:30 Rhythm & Life (Room 305)	12:00-2:30 9/2018 Line Dancing (Room 105)	
5:30 - 6:30 +Spec.Aerobics Began 4/9 (Room 305)	12:00-1:00 Kenbu Senbu Shigin (Room 207)	12:00 - 2:00 Ohana Karaoke (Room 209)	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)	12:00 - 3:00 Kitsuke (Weinberg)	Reminder. No class the last Thur. of the month.	
*DOE class - Sumie is provided by McKinley Community School for Adults - \$60		1:00 - 2:00 Kara-Exercise for Good Health (Room 305)	1:00 - 2:00 Zenidaiko (Weinberg)	Saturday 9:30 - 11:00 +Adult Hula Auana (Room 105)
			2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	Began 4/28 (Room 105)
			2:30 - 3:30 Zenidaiko Beginners (Weinberg)	9:30-12:00 +Jpns/Okwrm Doll Making & Oshie (Room 207-8)

2018 SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP). This program provides low-income seniors with eligible fresh produce with the goal of improving their health and nutritional status. Each participant will receive a book of coupons worth \$50 to exchange for fresh, nutritious, and unprocessed locally grown fruits, vegetables, herbs, and honey from an authorized farmer, farmers' market, or roadside stand (outlet). Applications must be received by September 21, 2018. Forms are available in the senior

office. Eligibility requirements are but not limited to: 60 years and older; maximum household income \$25,826 One Person, \$35,020.50 Two Persons, add \$9,194.50 per additional household member (including children); and must be a resident of the United States. A detailed requirement list is available in the senior office. For more information, call the State of Hawaii - Dept. of Labor and Industrial Relations, Office of Community Services at 586-8675.