



# Kaleidoscope

July 2016  
Vol. XXVII No. 7

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

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

## SENIOR CENTER NEWS:

**HAPPY 45TH ANNIVERSARY.** July 1<sup>st</sup> marks the 45<sup>th</sup> anniversary of the establishment of the Moiliili Senior Center Program. Thank you all for your many years of support. The Senior Center Program would not exist if all of you did not want to join us. We thank the volunteer instructors who provide the variety of classes, the special project volunteers who help us with our community and fundraising projects, MCC for their support and the State and City for the partial funding of the program all these years.

**CHANGES IN THE FUTURE FOR THE SENIOR PROGRAM.** July will bring a new era for the Moiliili Senior Center Program. Lanakila Meals on Wheels program will discontinue their program service as of July 1. However, they will continue to provide meals at MCC. MSC staff and volunteers will be handling the lunch orders. Also, the Kupuna Support Program (MCC's Daycare Program) will be under the Senior Center Program as Sunday Kamai-Eguires will be the Director of both MSC and the Kupuna Support Program. Please be patient with us as we will all be making adjustments. We thank you for your understanding and support.

**PARKING ALERT!** Summer at Moiliili Community Center continues. Children will be here at the center for all day care through July 22. Limited parking. Be dropped off, take the bus or carpool. Also, **YOU** need to be aware of what is happening around you. **THINK OF YOUR SAFETY!!! BE AWARE! BE PATIENT! BE SAFE!** Thank you.

**JCCH's Summer Craft & Collectibles Fair**  
Saturday, July 9  
Japanese Cultural Center of Hawaii, Courtyard  
9 am - 2 pm  
MSC will be selling collectibles at this fair.

Thank you to all the volunteers who helped at our booth at JCCH's Collectibles Sale which was held on June 11. We are very fortunate and appreciative to have outstanding volunteers helping us with our fundraising efforts.

New piece for the newsletter! We are listening to you. Per

your suggestion, we would like to start 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.

### "SUPER SENIOR"

**SADAKO OGINO** submitted by anonymous  
She is an amazing woman, blind in one eye, but committed to her dance classes at Moiliili Center. She works hard at memorizing steps and songs and is such a gracious woman making new comers feel welcome and comfortable.

**SADAKO OGINO** submitted by anonymous  
Sadako exemplifies the spirit, character and personality of each class she participates in at Moiliili Senior Center. She fully engages herself in those classes, always trying her best and having fun. You see her ability, not disability. It's always with a smile, overcoming any obstacles - yes, she is appreciative of her instructors and the program at the center. **GAMBATTE!!**

**SADAKO OGINO** submitted by anonymous  
We have our own "Energetic Bunny." Always on the go - she takes (at last count) 7 classes a week, rides the bus, rarely absent, a joy to be around, truly an inspiration especially having limited vision. "NOW - THAT'S A SUPER SENIOR!!!"

**SADAKO OGINO** submitted by anonymous  
Sadako Ogino has much to be admired for an 80ish year young lady that leads a very active life. She does line dancing twice a week, participates in karaoke and Rhythm & Life classes. She also takes vocal lessons from John Sakai. She's always nice and helpful. What an awesome lady.

We are excited to be able to offer our ongoing and upcoming new classes to all of our seniors in 2016. Thank you all for your continued participation in our Senior Center Program. We continue to partnership with the Moiliili Community Center, as we are one program under the Community Center. Please become members of the Community Center. The annual membership fee is \$30.00 for a calendar year. Your participation as MCC members help support our endeavors to continue to offer classes, activities and services. For MCC

members, there is a new benefit: 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 2016 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.

**VOLUNTEER WANTED:** We are looking for a volunteer to handle our telephone reassurance calls on Wednesday mornings from 7:45 - 9:00 a.m. If interested, please inquire in the senior office.

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.

To all our members who use the Weinberg studio for classes: PLEASE do not touch any of the articles that are stored in back, in the elevator and by the bathrooms downstairs. These are for the Thrift Store to sort, price and sell.

**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: **MOILILI COMMUNITY CENTER**, not the senior center. Returned checks will be assessed a \$25.00 fee. Mahalo.

**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 2016.

**MAHALO! MAHALO! MAHALO! to performers:**  
\*Group Singing & Beginners line Dancing members at Kuakini.

**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:**

MCC is very fortunate to have been selected by Terri Kamakana, manager of Kuni Island Fabrics, for a fundraising program referred to as "Ninth Row." Basically, customers purchase a bolt of fabric with a selected design for \$15 and MCC will receive \$7 for each bolt sold. Terri has set up a table with the "roll" of fabric design specifically for MCC in the store. Please pass this information along to your family and friends to help support our programs at MCC.

**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 WAVE" (2015)**

(1-hr. & 45-min., DVD, Action, Thriller, Drama. Rated R - for some language and disaster images.)

Starring Kristoffer Joner & Ane Dahl Torp. Based on the fact that mountain pass Akneset, located in the Geiranger fjord in Norway, one day will fall out and create a violent tsunami of over 80 meters that will crush everything in its path before it hits land in Geiranger.

Date: Friday, July 22 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.

Date: Saturday, July 2 & August 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, July 7(Adv) & July 14(Beg)  
Time: 9:00 a.m. Place: MSC, room 209  
Cost: Supplies

**CRAFT WORKSHOP: CRAFT CREATIONS**

**BY AMY**

This month's projects are Origami Patriotic Decorations, Paper Cone Wreaths and Manila Palm Nut Necklace & Bracelet. Samples available in the senior office. Instructor: Amy Toba.

Date: Thursday, July 21 & 28 Time: 9:00 a.m.  
Place: MSC, room 209 Cost: Supplies

**ACUPUNCTURE by Heijiro Ikeda**

Originally from China, acupuncture is currently practiced all around the world. Heijiro Ikeda graciously volunteers his time to help our seniors. This is your chance to see if acupuncture can help you. Sign up for an appointment. Anybody late for an appointment may not be seen by Heijiro. Please call if you need to cancel your appointment.

Date: Tuesdays Time: 9:00 - 11:00 a.m.  
Place: MSC, room 207 Cost: Donation

**SEMINAR: DEA! DIET, EXERCISE AND ATTITUDE!**

Let's talk about the Big 3 of successful aging ... DEA! Diet, Exercise and Attitude! It takes all three. You can have the best attitude in the world, but if you sit around eating junk all

day, you will have largely preventable health problems. If you rigidly control your diet and exercise a lot, but have a nasty frame of mind, you'll still find you have few friends and little enjoyment. Anne from 'Ohana Health Plan will discuss the possibilities, joys and rewards of balance in your DEA. Come and enjoy the dialogue.

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

**SEMINAR: MEDICATION REVIEW**

Bring your medication and supplements and find out when the best time to take them are to get the best results. Reviews will be conducted by Walgreen's Pharmacists. They will also be offering blood pressure readings.

Date: Thursday, July 21 Time: 9:30a.m.  
Place: MSC, room 202

**SEMINAR: AMANDA'S HEALTH BAG**

Amanda Zwedberg will talk about basic healthy nutrition. Amanda also has a company that delivers healthy food recipes together with the ingredients needed to people's homes. She will also share with you more about her company and how her services has been helping people.

Date: Friday, July 22 Time: 9:15 a.m.  
Place: MSC, room 105

**SEMINAR: FINANCIAL EDUCATION 101**

This workshop is designed to help those individuals wishing to move from financial insecurity to financial independence. Join us as we offer tips on how to increase cash flow, manage debt, build and preserve wealth, accumulate assets and plan for retirement. We will also provide information on college planning and how to save on auto and home insurance. Workshop conducted by Melanie Estranero, M.A. (Lic #OH38246) and Janice M. Terakawa, M.S.Ed. (Lic #OK87592).

Ms. Terakawa is a graduate from Roosevelt high School and the University of Hawaii at Manoa where she received her B.A. She later attended National University to earn her Multiple Subject Teaching Credential, BCLAD (Bilingual, Crosscultural, Language and Academic Development) Certification in Japanese and Masters of Science in Education with distinction. She currently resides in California and teaches children with special needs. Ms. Terakawa also volunteers in a number of community organizations and has recently been elected president for the Silicon Valley Japanese English Toastmasters Club. Mrs. Estranero graduated from the University of Philippines in Manila and

also holds a Masters of Education from National University in California. Besides being the busy mother of a 12-year old daughter and 7-year old son, she has worked for the past 17 years as a Special Education Teacher in San Jose. She is active both in the community and at her children's schools.

Date: Tuesday, July 26  
Place: MSC, room 202

Time: 9:30 a.m.  
Cost: Donation

### EXCURSION: PICNIC AT KUALOA RANCH

Join us as we take a drive out to Kualoa Ranch for a picnic. We will have games, prizes and lunch. We want as much seniors to attend as possible. The senior center and classes will be closed on this day.

Date: Wednesday, July 13

Departure Time: 9:00 a.m. Return Time: 2:00 p.m

Cost: \$10.00 (Trans. & Lunch)

### EXCURSION: HAWAII KAI RETIREMENT COMMUNITY

Are you thinking about an assisted living facility? Join us as we take a guided tour of this retirement community. FREE lunch at the retirement community.

Date: Wednesday, July 27

Departure Time: 10:30 a.m. Return Time: 1:30 p.m.

Cost: \$5.00 donation

### CLASS/ACTIVITY ANNOUNCEMENTS:

#### Sign up Senior Office, rm. 203

**\*SOLO UKULELE I & II;** Classes begin July 8, 2016. Classes are in an 18-week session, room 202. SUI- 11:00 - 12:00 pm; SUII(must complete SUI and instructor must approve advancement.) - 9:30-10:45 am. 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. Maximum: 12 students per class.

Our wishes to our *July* birthday participants.

ARAKI, MARIS  
AUYONG, JOANN  
AVECILLA, SHELE  
CRANDALL, AIKO  
DANG, HELEN  
FUJIMOTO, MICHIE  
FUJISAWA, THELMA  
FUNG, PATRICK  
GOYA, TSUNEO

ITAGAKI, WILFRED  
IWAMOTO, BETTY  
KOIKE, KEN  
LAU, GORDON  
MACHIDA, CHIEKO  
MARUYAMA, NOBUKO  
MEYER, CHUNG-WON  
MOTOOKA, CYNTHIA  
NAGATA, NIKKI

**\*Adult Hula Auana** with Kumu Hula April Chock. Began 6/11, 10 weeks, Saturdays, 9:30 am - 11 am, room 105. Learn modern hula. Wear loose clothing. Cost: \$20 - MSC seniors; \$35 - MCC members.

**\*Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class begins Saturday, 7/16, 9:30 am - noon and Wednesday, 7/20, 10 am - 12:30 pm, 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 6/25, 10 weeks, Fridays, 9:30 am - 12 noon, room 102. Bring sharp pair of scissors, container, and ballpoint pen. Supplies payable to instructor. New students must register before the session starts. Cost: \$20 - MSC seniors; \$30 - MCC members.

**\*Specialized Aerobics** with Faye Fukuhara. Mondays, 5:30 - 6:30 p.m., room 305, 10-week session began Monday, 7/11. Excellent class for all ages, focuses on cardio exercise, muscle tone, range of motion, warm-ups and floor exercise and cool downs. Bring towel & water. Cost: \$30 - MSC & MCC members.

**CLASS REMINDER:** Do not enter the classroom until the previous class has vacated. 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 to registered participants in the nutrition program. Participants are given an opportunity to make a donation to the program and all contributions are used to support Lanakila's Group Dining nutrition program. To register for this program, come to the senior office in room 203.

### 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.

NAITO, EARL  
NAKAMA, DOROTHY  
NAKAMURA, MARILYN  
NAKATA, SUEMI  
OBA, LAURA  
PARKER, ELIZABETH  
RAO, MINEKO  
ROGERS, SHIRLEY  
SAKURAI, LILY  
SAN MIGUEL, ROSALINA  
SHIMOYAMA, EMIKO  
SHINSATO, MYRIS

TACHI, HISAE  
TAMURA, CAROLYN  
THEODORE, HAZEL  
TOMA, JEAN  
TONG-SUMMERFORD, MARY  
TRONBAK, GLADYS  
TSUCHIDA, SHIGEKO  
UYEMURA, GRACE  
UYETAKE, JOHN  
WENTWORTH, ELEANOR  
YAMAGUCHI, MASAKO



