



# Kaleidoscope

December 2018  
Vol. XXIX No.12

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

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

## SENIOR CENTER NEWS:

*From the staff at the senior center to all of you, have a Merry Christmas and a Healthy and Happy New year!*

Thank you to all the volunteers who supported our fundraising efforts in November. These fantastic volunteers worked at 2 craft fairs. We appreciate all your help with setting up, selling, and breaking down. Thank you to all our craft makers, we could not have these sales without all your generous donations. In November alone, we made over \$7000. We have 1 more craft fair to go in December.

**Be Careful!!!!** This past year we have had several participants fall and hurt themselves. Please be aware of your limitations. For some people, it may mean moving from a cane to a walker, not spinning around in exercise class, wearing proper footwear, feeling steady/balanced before moving, or knowing when to rest. PLEASE!!! Be careful. We want you to keep coming to the center for as long as you are able.

Winter Break: MSC classes will be on vacation from December 17 - January 4. Only the lunch program will be meeting during that period. Children will be here for all day care from December 24 - January 7. Parking will be limited. Participants, please be sure to check with your instructors or leaders as to when is your actual last day and first day is in class.

### CHRISTMAS CRAFT SALE

Thursday, December 6

9:00 a.m. - 12:00 p.m. MSC, Room 209

Get your Christmas Shopping done while supporting the senior program.

Moiliili Community Center is making Community Center shirts for \$10. If you would like to order/purchase a shirt, please let the senior staff know what size you would like.

Do you need a ride to your doctor's appointment? Carrying all those shopping bags home too difficult? We can help! MSC's Assisted Transportation service provides transportation for registered MCC/MSM members to and from their appointments with a MSC staff member as an escort. Transportation services are available from 8:00 a.m. to 2:00 p.m. Appointments must be made at least 24 hours in advance. Schedule an appointment today!

**VOLUNTEERS WANTED:** We are looking for people to help with our annual PacTeleCom project. Every December, we are asked to

tie labels onto shell leis. At this time, we would like to have a list of people interested in helping and we will contact volunteers when the dates are set.

*Rhythm & Life Chair Exercise Class together with Wednesday's Niko Niko Genki Taisoo Class*

presents

**Christmas Program**

Friday, December 14

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

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

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.

**WE HAVE A PROBLEM.** The 3<sup>rd</sup> floor women's restroom key has been missing for several weeks. Participants who have classes on the 3<sup>rd</sup> floor, please check your bag to see if you have mistakenly taken home the key. If you have, please return it to the senior office.

**REMINDER:** If your class uses the air conditioner, please turn it off at the end of your class. Air conditioners should not be set lower than 73 degrees, anything lower uses more electricity and the Weinberg building is not connected to the main building's photovoltaic system. Thank you for your cooperation.

**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.

**REMINDER!!!!** No one from MCC is allowed to park on the 2<sup>nd</sup> level until further notice. If MSC/MCC members park upstairs, their vehicles will be towed. Thank you for your attention pertaining to this matter.

**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.

**Lei 'Ilima Club Craft Project**

Party Favors & Table Top Ornaments Workshop  
REMINDER

Tuesday, December 4, 9:30 - 11:30 a.m., Rm. 202  
WORKSHOP CLOSED.

Lei 'Ilima will resume free craft classes in January and February and ti leaf lei workshops in March, April, and May for the veterans' cemeteries. Please bring paper cutting scissors and Elmers Glue (if you have) to all Craft classes.

January 15 (9:30 - 11:30) - Make a paper roll planter to celebrate the Year of the Pig. We will use toothpicks to quill features of the pig which will be glued onto the paper roll, but if you have a quilling tool, please bring it to the workshop. Tillandsias will be provided to place in your planter. If you have tillandsias to share, please also bring them. These pig planters can also be used to put candy inside for Valentine's Day.

February 15 (9:30 - 11:30) - Quill an Ikebana floral arrangement onto a clothespin to be used as a chip clip, adorn gifts, hold papers together, etc. It is recommended that you attend the January workshop to learn basic quilling techniques but it is not necessary as we will help you.

Dates for ti leaf workshops for Memorial Day in partnership with Foster Botanical Gardens will be forthcoming.

Please register for the workshops at the senior office to ensure that supplies will be available.

**MCC Restrooms :** 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.

**MAHALO! MAHALO! MAHALO! to performers**

\*Heels 'N Harmony & Na Kupuna O Moiliili dancers at the Villas of St. Francis.

\*Shiyukai dancers at Maunalani Nursing and Rehab.

**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 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 helps 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.

All the 2<sup>nd</sup> floor air conditioners are operational! The temperature should be set at 73 degrees. To turn the units on and off, please use the on/off switch that the unit is plugged into. You do not need to manually turn on and off the unit itself. When using the air conditioners, the windows and doors need to be closed. Thank you for your cooperation.

**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 2019.

**Attention all class participants:** It is **YOUR** responsibility **TO CHECK YOURSELF IN THE CLASS ATTENDANCE FOLDER AND CHECK FOR ANY FLIERS OR ANNOUNCEMENTS,** which



materials. Other optional fees will be announced if the need arises. See information sheet for required materials. Minimum: 3 students per class

**RENAMED CLASS AND NEW TIME: Kara-Exercise has been changed to RHYTHM & LIFE NIKO NIKO GENKI TAISOO.** This class will no longer be meeting on Wednesdays from 1:00 - 2:00 p.m., room 305. Class now meets on Wednesdays from 10:00 a.m. - 10:45 a.m., room 305. Instructor: Faye Murata & Niko Niko Genki Taisoo Instructors. Open to all.

**CARD GAMES AND DARTS.** Instructor Glen Yasuoka. Card Games class favorites - Kings Corner, Paiute, Black Jack, and even Hanafuda. With one of a kind card games by yours truly - Mondays, 9:00 - 10:30 a.m., room 202. And tryout the Magnetic Dart Game Thursday, 8:00 - 9:00 a.m., Room 202 before the enjoyable Brain Training Class.

**NEW CLASS: DARTS-MODIFIED.** Thursdays, 8:00 - 9:00 a.m., room 202. We have started to play darts using magnetic darts. Our instructor, Glen Yasuoka has modified the game for seniors. Feel free to come and try it out.

**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.

**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.** New session begins 12/22, 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 Wednesday, 1/30, 10:00 a.m. - 12:30 p.m., room 207-8 and begins Saturday, 1/26, 9:30 a.m. - noon. An impressive array of projects to choose from. Bring: pins &

Our wishes to our *December* birthday participants.

- |                    |                       |
|--------------------|-----------------------|
| AKITA, FUSAKO      | HOSAKA, JACK          |
| AZAMA, CLAIRE      | HUI, YIN-FAN          |
| BALBUENA, STANLEY  | INATSUKA, TAKAYO      |
| BOYD, REIKO        | ISONO, ELEANOR        |
| BUSS, ADELLA       | ITOKAZU, KIMIKO       |
| CHANG, CHIN-PAEK   | KAMALU, MARION        |
| CHOCK, TERUMI      | KATO, PATSY           |
| CHOO, DOROTHY      | KAUHINI, SANAE        |
| CLARK, MILDRED     | KIM, JEONG-LAN        |
| DOMINGUEZ, AVELINA | KOBAYASHI, HERBERT K. |
| GONHATA, SANDRA    | KODAMA, ELAINE        |
| GUSUKUMA, JUDI     | KONDO, KAY            |
| HAITSUKA, TOMIKO   | LAU, MAY              |

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.** New session begins 1/11, 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, 5:45 p.m. - 6:45 p.m., room 305, 10-week session will begin Monday, 1/28. Excellent class for all ages, focuses on cardio exercise, muscle tone, range of motion, warm-ups and floor exercise and cool downs. Bring towel & water. Class Cost: \$30 - MSC & MCC members. Last class day will be December 10.

**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.

**LUNCH PROGRAM AT MCC**

Lanakila Meals on Wheels 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.

- |                  |                    |
|------------------|--------------------|
| LEACH, JUDY      | SHIGETANI, KATE    |
| LEE, EVELYN      | SHISHIDO, BETTY    |
| LIU, PATRICE     | SNYDER, MIYO       |
| MATSUNAGA, LINDA | SORIANO, NATIVIDAD |
| MIURA, ELAINE    | TAGAWA, ELLA       |
| MIYASHIRO, PATSY | TAHARA, SUSAN      |
| MIYATA, CAROLINE | TAIT, LINDA        |
| OJIMA, MARGARET  | TAKEDA, FREDERICK  |
| OKAMOTO, AILEEN  | TOKURA, DOROTHY    |
| OSATO, JANE      | TOM, ELSIE         |
| OSHIRO, TOMOKO   | TONOURA, ELLEN     |
| OTTE, MACHIKO    | UEMURA, GEORGE     |
| ROSS, YUKIKO     | YAMADA, BARBARA    |
| SAITO, MASAKO    | YOKOTA, HISAKO     |
| SAKATA, JOYCE    | YUTAKA, BEVERLY    |
| SATO, KIYOKO     |                    |

**Moiliili Senior Center  
Schedule of Special Events  
December 2018**

*Days to remember in December:*  
 10 - Human Rights Day  
 12 - Poinsettia Day  
 25 - Christmas Day - CENTER CLOSED.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* National Stress-Free Family Holiday Month * * Universal Human Rights Month *						
						Craft: Chigiri-e 9 am Rm 202
2	3	4	5	6	7	8
	Excursion: Honolulu Hale Christmas Displays 9:30 am	Seminar: Elderly Affairs Division 9:30 am Rm 105		Christmas Craft Sale 9 am - 12 pm Rm 209	Workshop: Christmas Cards 9:15 am Rm 105	HCAP's Kupuna Independent Life Series 8:30 am Rm 104
9	10	11	12	13	14	15
					Movie: "The Holiday" 12 pm Rm 202	
16	17	18	19	20	21	22
		HOLIDAY! Christmas Day Center Closed.				
23	24	25	26	27	28	29
	Happy New Year!	Classes will end the week of December 10 and resume the week of January 7, 2019. Individual classes may end and resume on different days. Check with instructors/leaders for return dates. The lunch program will remain open except for the holidays.				
30	31					

# Moliihi Senior Center Class Schedule December 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)	8:30-9:30 Beg. Line Dnc. for Health (Weinberg)
7:30-8:00 Tai Chi w/ Fan & Sword (Room 305)	FULL	8:00-9:30 Miryo Singing (Room 207)	7:30-8:30 Yoga (Studio)	Began 7/2018 (Weinberg)
8:00-9:00 Beg. Tai Chi (Room 305)	8:30-10:30 Crochet/Knit (Room 209)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Darts-Modified (Room 202)	8:30-10:30 Hanafuda (Room 209)
Began 2014 (Room 305)	9:00-10:30 Rhythm & Life (Adv. II)	9:00-10:00 Tai Chi (108) (Room 305)	Began 5/2018 (Room 202)	9:00-12:00 Drawing & Painting (Room 207-8)
9:00-10:30 Card Games (Rm 202)	Closed.	9:00-10:00 Group Singing (Weinberg)	8:00-9:00 Rhythm & Life (Beginner) (Room 305)	9:30-12:00 +Ribbon/Croch. (Room 207-8)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	9:30-10:30 Zumba Gold (Room 105)	9:00-10:00 Group Singing (Weinberg)	Began 3/2018 (Room 305)	Begins 1/11 (Room 102)
9:00-10:00 Tai Chi (108) (Room 305)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:15-10:30 Miryo Danc(Beg) (Room 105)	Began 2012 (Room 105)	9:30-10:45 Solo Ukulele II (Room 202)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	10:30-12:00 Rhythm & Life (Beginner I) (Room 305)	9:30-11:30 *Sumie (Room 209)	9:00-10:30 Rhythm & Life (Adv. IV) (Room 305)	Begins 1/18 (Room 202)
10:00-10:30 R&L Chair Exer. (Room 105)	Closed.	10:15-11:45 Beginner's Line Dancing II (Weinberg)	Closed	10:00-10:30 R&L Chair Exer (Room 105)
10:15-12:00 Rhythm & Life (Adv. IV)	10:45-11:45 Soroban (Room 209)	Begins 1/23 (Room 209)	9:30-11:00 Beg. Line Dnc. for Health (Weinberg)	10:00-11:00 Tai Chi for Arthritis (Weinberg)
Closed.	11:30-1:00 Zumba/PiYo (Weinberg)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)	Began 5/2018 (Weinberg)	11:00-12:00 Solo Ukulele I Begins 1/18 (Room 202)
12:00-1:00 Beginner's Buyo & Enka (Weinberg)	12:00 - 2:30 Citizenship (Room 202)	10:00 - 10:45 Rhythm & Life Niko Niko Genki Taisoo (Room 305)	9:30-10:30 Brain Training (Room 202)	12:00-1:30 Rhythm & Life (Adv. III) (Room 305)
1:00-3:00 Buyo & Enka (Weinberg)	12:00-1:45 Karaoke (Room 209)	11:00-12:30 Rhythm & Life (Intr. I) (Room 305)	Closed.	Closed.
5:45 - 6:45 +Spec. Aerobics Begins 1/28 (Room 305)	12:00-1:00 Kenbu Senbu Shigin (Room 207)	12:00-2:00 Ohana Karaoke (Room 209)	12:00-2:30 Citizenship (Room 202)	
	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	12:00 - 2:00 Kitsuke (Weinberg)	1:00-2:30 Line Dancing (Room 105)	
			Reminder: No class the last Thur. of the month.	
			1:00 - 2:00 Zenidaiiko (Weinberg)	Saturday
			2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	9:30 - 11:00 +Adult Huia Auana (Room 105)
			2:30 - 3:30 Zenidaiiko Beginners (Weinberg)	9:30 - 12:00 +Jpns/Okwn Doll Making & Oshie (Room 207-8)

**FAYE'S GENKI TAISOO.** MSC's own Faye Murata's Exercise Program is showing on OLELO, channel 54 every Thursday at 8:00 a.m. Her exercise program has been on the air for the last 3 years. If you have a chance, watch it and enjoy the morning exercises. Call Faye Murata at 735-1323, if you have any questions.

The Kapiolani Ballroom Dancers of Honolulu Lions Club will begin the New Year with a six week Beginning Salsa dance class on January 8, 2019, Tuesday nights from 7:00 p.m. - 8:00 p.m., MCC, Room 105. The Salsa dance originated in Cuba and moved to the United States in the 1970s. It became popular in New York City among the Latino communities. The movements are combinations of the cha-cha, mambo, and other dances. You will be able to dance the Salsa at socials, other parties, and on cruises. The instructor is Peggy Frey. The cost for the six-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.



Honolulu Community Action Program

# Kupuna Independent Life Series Fall 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 Friday from 8:30am—12:30pm  
September 7—December 14, 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

Sept 5 - Dec 15, 2018

DISTRICT: Leahi

SITE: HCAP Leahi District - Fall 2018

HEART HEALTH, EXERCISE & MOBILITY

Date	Health Workshops	Social Workshops	Support Group Topics
9/7/2018	ER Nurses/Exercise & Mobility	Social Security Admin.	What do you think the best age to be is? Why?
9/14/2018	ER Nurse/ Blood Pressure	UH Manoa CTARR - Cooperative Ext. Svc.	Who is someone who inspires you? How so?
9/21/2018	Public Health Nurses	MOA Hawaii	What is the best advice your parents gave you? Did you listen to it?
9/28/2018	ER Nurse/ Urinary Incontinence	Legal Aid Hawaii	What's something in your life that you are really good at?
10/4/2018	I Ola Lahui Behavioral Health	Premiere Benefit - Medicare/Medicaid	At what moment in your life do you remember laughing the hardest
10/5/2018	Alzheimer's Association	Blue Zone Hawaii	What is the hardest lesson you have ever learned?
10/19/2018	Public Health Nurses	Project DANA	What are you the most proud of in your life?
10/26/2018	HPD	KCC Kupuna Educ - Arthritis & Fall Prevent	What do you hope people remember about you?
11/2/2018	Mountain Pacific - Diabetes/ The Human Bod	Chaminade Students/ Nutritions	What moment in history do you most vividly remember?
11/9/2018	Mountain Pacific - Diabetes/Risk Factors Of T Hep Free Hawaii		What are the most difficult and most rewarding things about growin
11/16/2018	Mountain Pacific - Diabetes/ Monitoring you	Chaminade Students/ Nutritions	What are the three best things about you?
11/20/2018	Mountain Pacific - Diabetes/Physical Activity		Anger, resentment, jealousy, hate. How should we deal with negative
12/7/2018	Mountain Pacific - Diabetes/ Meal Planning		If you could travel to any country where would it be? Why?
12/14/2018	Mountain Pacific - Diabetes warning and signs		List 3 goals you have for the next 5 years.