



# Kaleidoscope

February 2020  
Vol. XXXI No.2

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:

It's time to renew your MCC membership. If you haven't done so, please do so as soon as you can. 2020 membership fee is \$40 for individuals and family members living in the same household.

### **Live Jazz Music Peace Concert**

Tuesday, February 11

10:30 a.m. - 12:30 p.m. MSC, room 105

Enjoy the late morning/early afternoon listening to live jazz music.

Mihoko Maier on vocals, Mark Hazzard on piano, Bob Hernandez on Bass, and Chris Pangaribuan on drums.

**REMINDER:** It has come to our attention that class punctuality needs to be stressed. We are truly grateful to all of our volunteer instructors for teaching to numerous participants and we try to accommodate them as much as we can. We have several classes where students can join in at anytime during the class period and there is no problem. However, there are a few classes where instructions are given throughout the entire class. If participants come in late, there may be problems because of the disruptions. An instructor may feel that students should be turned away and not allowed to enter the class once it has started. To avoid this, please be in class on time. If you have a problem, please speak with your instructor before or after class.

**VOLUNTEERS WANTED:** Moiliili Senior Center is turning 50 years old next year, we are in need of a committee of volunteers to help us plan this momentous event. If interested, see Rachel in the senior office.

**EXCURSION PEOPLE...** help us, help you. When paying for excursions, please be sure that the staff marks you "PAID". Sometimes, staff are handling many different things at once, especially when we are short handed. Please do not feel offended if we ask you if you'd like to make a payment and you have already done so. If you are marked "PAID", then we would not need to ask about payments. Thank you for your assistance.

### **Manoa Lion's Club**

**Senior Health Fair for MSC Participants,  
Family & Friends at Moiliili Community  
Center**

Tuesday, February 25

8:30 a.m. - 11:30 a.m.

Ground Floor & Courtyard

Take the morning off, stop by before or after class, or just stop by MCC's Health Fair. Walk around and get your blood pressure checked out, find out about first aid and CPR, sit in the Diabetes/Heart seminar, and pick up information and goodies.

**WAIVERS** - MCC/MSD has a new insurance company and **ALL** participants must fill them out. We ask that students and instructors turn the forms in as soon as possible. If you received a waiver form and turned it in to the MSD office, you do not need to fill another one out for another class. Forms are in your attendance folders and in the senior office. Thank you for your cooperation.

**Be Careful!!!!** Last year several participants fell and hurt themselves. Please be aware of yourself and know 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.

**REMINDER:** Please check your name off in the attendance folder for each and any class you attend. We need to do reports every month and we ask that you be counted. This will help us reach our contract goals. Thank you for your cooperation.

Moiliili Community Center shirts are for sale in the main office for \$10. If you would like to purchase a shirt, please see the

staff in the main office.

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

\*Shiyukai members @ Maunalani Nursing & Rehab

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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.

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**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.

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**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. Thank you for your cooperation.

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**OUCH!!!** Please be careful and aware. One of our members got a \$130 ticket while crossing, in the crosswalk, on South Beretania Street by the Triangle Park and Burger King. She said there were no cars on the street but the light said not to cross. She and another person walked across and they both got ticketed. Please obey all traffic signs and signals.

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**REMINDER!!!!** No one from MCC is allowed to park on the 2<sup>nd</sup> level, above Down to Earth. If MSC/MCC members park upstairs, their vehicles will be towed. There is a camera installed to monitor vehicles. Thank you for your attention pertaining to this matter.

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**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 Workshops**

Join Lei 'Ilima Club in celebrating Girl's Day by making a cute Bobble Head Girl's Day Doll. Please bring glue and scissors. Sign up by the end of February in the senior office so the instructors will have enough supplies for everyone.

Date: Tuesday, March 3

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

Place: MSC, room 202

**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.

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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.

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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 \$40.00 for calendar year 2020. Your participation as MCC members helps support our endeavors to continue to offer classes, activities and services. MCC member's benefits include: 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 2020. Mahalo for your support of the Center.

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**"PLEASE KOKUA!"**

If you would like to borrow MCC's office phone to call for your ride pick up or an emergency, PLEASE limit your calls to a maximum of 3 minutes. The office phone is for the Center's business use and we need to have available open lines.

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**JUST A REMINDER...**

We have no problem making copies for MSC program class use. However, we would appreciate any "personal" copies (\$.10 ea.) be limited to 1 to 5 copies at a time. We need to be careful on the usage of the copier so we don't go over our service contract totals. Mahalo!

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.

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.

**MOIILILI SENIOR CENTER WISH LIST:**

- 1) Volunteer instructors for the following:
  - Educational classes/workshops
  - Japanese language
  - Painting
  - English language
  - Yoga

**Moiliili Senior Center** is always in search of teachers or group leaders to expand our program. Do you have a special talent and are 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: **MOIILILI 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 Kookua**, 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 \$40.00 for 2020.

**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:**

**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.

**THE MOIILILI BOOK REPRINTING PROJECT.** New pages added and other pages updated. Everything (almost everything) you ever wanted to know about Moiliili. \$35. Books are available for purchase in the main office or in the Thrift Store.

**VACATIONS HAWAII.** Help "Moiliili Community

Center” earn travel credit by booking your travel with Vacations-Hawaii Custom Packages Department. When you’re ready to travel, contact Vacations-Hawaii at 591-4700. When making a booking, refer to our Loyalty Rewards #2464 or say “Moiliili Community Center”.

**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. **When paying, please be sure that you are marked “PAID”.**
- \*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.

Our wishes to our *January* birthday participants.

ABE, FRED  
 AKITA, SHARLENE  
 ARAKI, PAUL  
 CHONG, LOIS  
 CHUN, MA-JA  
 EBESU, GERTRUDE  
 FUJIKAKE, DANA  
 FUJIWARA, NOBUKO  
 HATA, SHARON  
 HORIKAMI, SETSUKO  
 ISHIDA, VIRGINIA

KAGENO, HIEU  
 KAUKALI, JOHN  
 KOGA, HISAKO  
 LOCK, SHARON  
 LYAU, RAYMOND  
 MATSUMOTO, PATRICIA  
 MIIKE, CAROLYN  
 MIURA, CARLTON  
 MIYAHARA, DOROTHY  
 MIYASATO, GEORGE  
 MIYOI, NANCY

**MOVIE: “ALADDIN” (2019)**

(2-hr. & 8-mins., DVD, Adventure, Family, Fantasy.  
 Rated PG for some action/peril.)

Starring Will Smith & Mena Massoud. A kind-hearted street urchin and a power-hungry Grand Vizier vie for a magic lamp that has the power to make their deepest wishes come true.

Date: Friday, February 21  
 Place: MSC, room 202

Time: 12:15 p.m.  
 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. Class is taught by Lily Nakao’s students.

Date: Saturday, February 1 & March 7

Time: 9:00 a.m.

Place: MCC, 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, February 6 (Adv)

Thursday, February 13 (Beg)

Time: 9:00 a.m.

Place: MSC, room 209

Cost: Supplies

**SEMINAR: CANCER CARE**

Representatives from Attention Plus Care, Inc. will speak on cancer care.

Date: Tuesday, February 18

Time: 9:00 a.m.

Place: MSC, room 105

Cost: Donation

**EXCURSION: CHERRY BLOSSOMS IN WAHIAWA**

Join us as we take our annual trek to Wahiawa in search of cherry blossoms. Even if we miss the blossoms, we are still going out to Wahiawa to buy pies from Tanya’s Pies and Grill. This is where they sell the famous Sunnyside Pies which

MORI, THELMA  
 NIIMI, KIMIYO  
 OKAZAKI, DORIS  
 OMAN, MIU-LAN  
 OTA, FRED M.  
 OWA, SUMIKO  
 POHLABEL, TOMI  
 ROBELLO, PAMELA  
 SAITO-FUKUHARA, FAYE  
 SHIBASAKI, SANDRA  
 SHON, DOREEN  
 STONER, MARLIS  
 SUENAGA, VIVIAN

SUNADA, KENNETH  
 SUZUKI, MITSUKO  
 TAKAHASHI, SHIGEKO  
 TAKAHASHI-VIVEIROS,  
 MIRIAM  
 TAKAMORI, LILY  
 TENGAN, BETTE  
 TERAMAE, KYOKO  
 TINIUS, BARBARA  
 UYEDA, RAYMOND  
 YAMASHITA, EILEEN  
 YOUNG, LILY

we have been picking up for more than 20 years. If you would like to order pies, please place your orders with the senior office by noon Friday, February 14. Lunch on your own at Mililani Towne Center.

Date: Thursday, February 20

Departure Time: 8:15 a.m. Return Time: 12:45 p.m.

Cost: Suggested Transportation Donation: \$5.00

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## **CLASS/ACTIVITY ANNOUNCEMENTS:**

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

**NEW CLASS: SCRABBLE.** Instructor: Henri Kikuta. Join the fun playing Scrabble to enhance and enrich your vocabulary skills. We will learn to build our mental skills through mind games to continue active and useful lives. Scrabble has the benefits of lowering blood pressure, improving memory function through word recall and instilling a sense of happiness. Wednesdays, 9:00 a.m. - 10:30 a.m., Room 104. Class began January 8.

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**CITIZENSHIP CLASS,** Tuesdays & Thursdays, Noon - 2:30 p.m., room 202. Class meets for 10 sessions. Class is geared for those wanting to take the citizenship exam to become an American citizen. Instructor: Mitzi Moore. January/February session is cancelled. Next session may be in August.

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**NEW CLASS: KUPUNA TALK STORY: Show, Share and Tell.** Group leader, Grace Kashiwa would like to start this Kupuna Talk Story group. The group would meet once a month for about an hour. This would be a chance for people to get together to share information or just to talk stories. Group meetings will start in March or April. Limit: 10 participants. Sign up in the senior office, if interested. Day and time to be determined.

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### **LOST & FOUND:**

\*Found - a beautiful shawl that was left at the Pagoda Ballroom when Rhythm & Life classes had their Christmas party in December, 2018. If the shawl is not claimed soon, we will sell it at our next rummage sale.

\*Found - Designer sunglasses

If any of the above mentioned items are yours, please claim them in the senior office, room 203.

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**CARD GAMES.** 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 - Monday, 9:00 - 10:30 a.m., room 202.

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**MODIFIED GAMES.** Instructor, Glen Yasuoka focuses on **HAND-EYE COORDINATION.** He has modified bowling, corn hole toss and darts to keep our hand-eye coordination strong. Join Glen as he starts off his class with simple hand-eye coordination exercises and then play modified games to sharpen your skill. The coordination of hand and eye movements involves processing visual input-size, shape, direction, movement and energy needed for the hands to perform these tasks. Studies show that as we get older, the ability to perform these tasks, reaction time, dexterity (skills performing task, especially with the hands), and perceptual motor skills decline (The ability to interpret to become aware of something through the senses). Simply, your brain slows down. Fortunately, there are ways to prevent further decline. One of the ways is to come to the hand and eye coordination exercises and modified games class. Thursdays, 8:00 - 9:00 a.m., room 202. Glen Yasuoka has modified the game for seniors. Feel free to come and try it out.

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**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, class will meet in room 207-8. Please check monthly calendar.

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**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.

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\***Adult Hula Auana** with Kumu Hula April Chock. New session begins 2/8, 10 weeks, Saturdays, 9:30 a.m. - 11:00 a.m., room 105. Learn modern hula. Wear loose clothing. Suggested Donation: \$20 - MSC seniors; \$35 - MCC members.

\***Japanese/Okinawan Doll Making & Kimekomi** with Masako Ogawa. 6-week class begins, Saturdays, 2/15, 9:30 a.m. - noon, room 207-8 and begins Wednesday, 2/19, 10:00 a.m. - 12:30 p.m. An impressive array of projects to choose from. Bring: pins & scissors. Supplies/kit payable to instructor the first day of class. Suggested Donation: \$35 - MSC seniors; \$40 - MCC member. Need to pre-register.

\***Ribbon/Crochet Lei Making** with Coryn Tanaka. New session begins 2/7, 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. Suggested Donation: \$20 - MSC seniors; \$30 - MCC members. Sorry, class is

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FULL at this time. If interested, please put your name on the waitlist.

**\*Specialized Aerobics** with Faye Fukuhara. Mondays, 5:45 p.m. - 6:45 p.m., room 305, 10-week session. New session began 11/4. 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 Suggested Donation: \$30 - MSC & MCC members. Class will resume on 2/3/20.

**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.

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### LUNCH PROGRAM AT MCC

Lanakila Meals on Wheels serves hot and nutritious meals at the Center Mondays through Fridays, at 11:00 a.m. Participants must be registered and members of the Moiliili Community Center. 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. To register for this program, see Gerath in room 105.

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### 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.

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### 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.

**LOOKING FOR SOMEONE ...** who is interested in Hawaiian quilting. Someone has donated an unfinished Hawaiian quilt and wanted to give it to someone who would finish it. She also donated all the supplies too; hoops and batting. If you are interested in finishing the quilt for yourself, please stop by the senior office and inquire.

**FAYE'S GENKI TAISO.** 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.

**51<sup>ST</sup> SENIOR CITIZEN'S ANNUAL VALENTINE DANCE, *Love Will Keep Us Together*,** Tuesday, February 11, 9:00 a.m. - 12:00 p.m., NBC, Exhibition Hall. FREE Admission. For more information, please call 768-3045. Sponsored by Department of Parks and Recreation in cooperation with Bank of Hawaii.

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Solo Classical Guitar Concert, Saturday, February 22, 2:00 p.m. - 2:45 p.m., Aina Haina Public Library. Yale graduate and classical guitarist Aaron Cardenas will present a mixed program that spans genres, including Baroque, Brazilian and contemporary music.

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The Kapiolani Ballroom Dancers of Honolulu Lions Club will continue the West Coast Swing class with a 6-week West Coast Swing II class beginning 2/25 and ending 3/31. Class meets Tuesday nights from 7:00 p.m. - 8:00 p.m., MCC room 105. West Coast Swing is a partner dance with roots in the Lindy Hop. The dance allows for both partners to improvise steps while dancing together, putting West Coast Swing in a short list of dances that emphasize improvisation. The instructor is Peggy Frey. She has knowledge in all dances, especially West Coast Swing. The cost for the 6-week session is \$24 per person and \$12 per person for Lions Club members.

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**EAST-WEST FEST 2020,** Sunday, April 5, 2:00 p.m. - 6:00 p.m., University of Hawaii, Imin International Conference Center (Jefferson Hall). East-West Fest is an annual celebration of the many diverse communities that make up the East-West Center 'ohana. This family friendly community event is free and open to the public. Festival offerings will include cultural booths representing twenty countries and cultures of the Asia Pacific region, along with dance and music performances.

Honolulu Safety Tips for Adults  
**ALWAYS THINK PREVENTION  
ON THE TELEPHONE**

- \* If you receive an obscene or nuisance telephone call, do not say anything and hang up immediately.
  - \* If you are alone and receive a telephone call from someone you do not know, never indicate that you are alone.
  - \* Do not give any information to "wrong number" callers who ask you what number they dialed.
  - \* Never give out personal or financial information over the telephone.
  - \* If you continue to be bothered by nuisance or obscene calls, you may want to change your phone number.
- (Honolulu Police Department Safety Tips for Adults Brochure, 11/06, [www.honolulu.gov](http://www.honolulu.gov))



# Moiliili Senior Center Class Schedule February 2020

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	9:00-11:00 No class 5th W. (Room 202)	8:00-9:00 Modified Games (Room 202)	8:30-10:30 Hanafuda (Room 209)
8:00-9:00 Beg. Tai Chi (Room 305)	8:30-10:30 Crochet/Knit (Room 209)	9:00-10:00 Tai Chi (108) (Room 305)	8:00-9:00 Ukulele (Beg) (Room 105)	9:00-12:00 Drawing & Painting (Room 207-8)
9:00-10:30 Card Games (Rm 202)	9:00-10:30 Rhythm & Life (Adv. II) (Room 305)	9:00-10:00 Group Singing (Weinberg)	9:00-10:30 Rhythm & Life (Beginners) (Room 305)	9:30-12:00 + Ribbon/Croch. Begins 2/7 FULL (Room 102)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	Closed.	9:00 - 10:30 Scrabble (Room 104)	9:00-10:30 Ukulele Prac. (Room 105)	9:30-10:45 Solo Ukulele II (Room 202)
9:00-10:00 Tai Chi (108) (Room 305)	9:30-10:30 2/1, 18 & 25 (Room 207-8)	9:30-10:30 Bon Odori (Room 105)	9:30-11:00 Beg. Line Dnc. for Health (Weinberg)	10:00-10:30 R&L Chair Exer (Room 105)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	10:00-11:15 Okinawan Dnc. (Studio)	9:30-11:30 *Sumie (Room 209)	9:30-10:30 Brain Training (Room 202)	10:00-11:00 Tai Chi for Arthritis (Weinberg)
10:00-10:30 R&L Chair Exer. (Room 105)	10:30-12:00 Rhythm & Life (Beginner I) (Room 305)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	10:30-12:00 Rhythm & Life (Adv. V) (Room 305)	11:00-12:00 Solo Ukulele I (Room 202)
10:15-12:00 Rhythm & Life (Adv. IV) (Room 305)	10:45-11:45 Soroban (Room 209)	10:00-12:30 + Jpns/Oknwn Doll Making & Kimekomi (Room 207-8)	Closed.	12:00-1:30 Rhythm & Life (Adv. III) (Room 305)
Closed.	11:30-1:00 Zumba/PIYo (Weinberg)	Begins 2/19 (Room 207-8)	12:00-2:30 Cancelled	
12:00-1:00 Beginner's Buyo & Enka (Weinberg)	No class 5th Tue.	10:00 - 10:45 Rhythm & Life (Room 105)	1:00-2:30 Line Dancing (Room 105)	
1:00-3:00 Buyo & Enka (Weinberg)	12:00 - 2:30 Cancelled	11:00-12:30 Rhythm & Life (Inter. I) (Room 305)	Reminder: No class the last Thur. of the month.	
5:45 - 6:45 +Spec. Aerobics (Room 305)	1:00-2:00 Kenbu Senbu Shigin (Room 207)	12:00 - 2:00 Ohana Karaoke (Room 209)	1:00 - 2:00 Zenidaiko (Studio)	
Began 11/4. Resumes 2/3.		12:00 - 2:00 Ohana Karaoke (Room 209)	2:30 - 3:30 Zenidaiko (Studio)	
+Suggested donation classes. Walk-in requested donation \$5.	<i>"Kaleidoscope" is published monthly, written/edited by the senior staff. Director, Rachel Yamashita; Program Staff - Paula Regidor, Judy Nakamoto, Sukil Suh, &amp; Gerath Fukuya.</i>			
*DOE class - Sumie is provided by McKinley Community School for Adults - \$60		12:00 - 3:00 Kitsuke (Weinberg)	Begins 2/15 (Room 207-8)	

**AARP TAX-AIDE SITES:** No appointments needed at sites listed below. Be sure to take all necessary papers (last year's tax papers, bank statements, all income forms, etc.) to any of the following:

- \*Catholic Charities, 1822 Keeaumoku St., Sat.: 9:00 a.m. - 1:00 p.m. Open Sat., 2/15 - 4/11. Closed 3/14.
- \*St. Elizabeth Episcopal Church, 720 N. King St., Tue.: 8:30 a.m. - 1:00 p.m., Thu.: 11:00 a.m. - 4:00 p.m. Open Tue., 2/4 - Thu. 4/9. Last person in at noon. Closed
- \*Susannah Wesley Community Center, 117 Kaili St., Sat.: 9:00 a.m. - noon. Open Sat., 2/8 - 4/11. Closed 2/22.
- \*Aina Haina Public Library, 5246 Kalaniana'ole Hwy., Sat.: 10:30 a.m. - 3:00 p.m.. Open Sat., 2/1 - 4/4. Closed 2/15. Last person in at 2:30 p.m.
- \*Hawaii Kai Public Library, 249 Lunalilo Home Road, Sat.: 9:00 a.m. - noon. Open Sat., 2/1 - 4/4. Closed 2/15.