



# Kaleidoscope

January 2020  
Vol. XXXI No.1

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 Healthy New Year 2020! Welcome back. The senior staff wishes you a safe and healthy year.*

2020 is the year of the Metal Rat. This year is going to be a strong, prosperous, and lucky year for almost all Chinese zodiac signs. Everyone will show determination regarding their goals, aspirations, and even their hobbies. This is a great year for founding and evolving. Those who plan to buy real estate, to start a business or to invest money in a long-term project have great chances of being satisfied in the future. But, beware! This type of initiatives will only be successful if they are carefully planned. (<https://www.thechinesezodiac.org/horoscope-2020/>)

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.

Thank you to the volunteers who worked at MSC's Everything & Anything Sale in December. During December, we held 2 craft sales and collected over \$1700. Thank you to all our talented crafters who donated traditional and unique items for our sales.

**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 the 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.

**THANK YOU** to the 16 volunteers who gave up time during the winter break to volunteer to label shell leis for the PacTeleCom conference. From cutting ribbons, stringing labels and finally tying them to 1800+ shell leis, these great people finished the project in 2 days.

Thank you to Pauline Sumida who donated a CD player and Theresa Henderson who was willing to donate a CD player to the senior program. We appreciate your thoughtfulness and generosity.

**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 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.

**WAIVERS -** MCC/MSA 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 MSA 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.

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

\*Heels 'n Harmony & Na Kupuna O Moiliili members @ Maunalani Nursing & Rehab

\*Niko Niko Genki Taisoo members @ Hilo Hospital Extended Care Division & Life Care Center of Hilo

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.

**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. Thank you for your cooperation.

**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.

**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.

**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**

January 21 & February 4 - Golden Venture Folding - Celebrate Chinese New Year by learning how to create a simple sculpture utilizing this Chinese paper folding technique. There will be two session for this workshop. You must be able to attend both days in order to start and complete the project.

\*Part One - (Tuesday, January 21) - learn to fold the paper

\*Part Two - (Tuesday, February 4) - assemble the folded paper

Scheduled workshops are in Room 202 from 9:30 - 11:30 a.m. Please sign up in the senior office if you would like to attend.

**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.

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.

**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 van (No CDL) and 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 \$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.

***Upcoming Class from Temari Hawaii with MCC Senior Center***

***"Sashiko Free Form"***

***Sunday, January 19 and 26***

***9:00 a.m. - 11:00 a.m.***

***MCC, room 105***

***Class Fee: \$40***

***Supply Fee: \$10***

***Details forthcoming. In partnership with Temari Hawaii. When signing up for class, please write in your phone number and email address.***

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.

**MOILIILI 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: **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. 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 MOILILI 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

Our wishes to our *January* birthday participants.

ARAFILES, JONI  
ARAKAKI, EMMA  
AWAYA, GAIL  
BOMBACH, DIETRICH  
CASTILLO, GINNIE  
COLLINS, EMILIA  
EUN, YOUNG-SOOK  
FUJIHARA, ELLEN  
HAMAJI, JANE  
HANAOKA, LYNETTE  
HAYAKAWA, FUSAE  
HILLEN, HARUMI

ITO, JEAN  
ITO, MICHIO  
IZUO, KAREN  
KASAMOTO, JOCELYN  
KAWAKAMI, JEANETTE  
KAWASAKI, KAZUKO  
KOBAYASHI, GALE  
KOIKE, PHYLLIS  
LEE, JEANNE  
LEE, NANCY  
LUM, EDITH  
MIURA, ROY

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.

**MOVIE: “THE UPSIDE” (2017)**

(2-hr. & 6-mins., DVD, Comedy, Drama. Rated PG-13 for suggestive content and drug use.)

Starring Kevin Hart, Bryan Cranston & Nicole Kidman. A comedic look at the relationship between a wealthy man with quadriplegia and an unemployed man with a criminal record who’s hired to help him.

Date: Friday, January 24

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. Classes will be taught by Lily Nakao's students.

Date: Saturday, January 4 & February 1

Time: 9:00 a.m.

Place: MCC, room 202

Cost: Supplies

NAKAGAWA, BETTY  
NAKAO, LILY  
NARAHARA, WALTER  
NASHIRO, NANCY  
OGINO, SADAKO  
OKADA, RENEE  
OTA, FRED  
OTA, SUZANNE  
OYAMA, JANE  
PABRO, JERRY  
SAITO, STELLA  
SAKAKIBARA, TADASHI  
SATO, MIEKO

SHIBATA, MICHIKO  
SHIMAMURA, RITSUKO  
SOTO, LEONA  
TAKARA, TERUKO  
TAMANAHA, TOYOKO  
TENGAN, YURIKO  
TERADA, KINUE  
TOBITA, GRACE  
TRENT, YURI  
USAMI, HIDEKO  
WAKI, YOKO  
WHITMAN, NANCY  
WONG, ROLAND

### **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.** Classes will resume in January.

Date: Thursday, January 9 (Adv)

Thursday, January 16 (Beg)

Time: 9:00 a.m.

Place: MSC, room 209

Cost: Supplies

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### **SEMINAR: ADULT PROTECTIVE SERVICES**

Attend this informative seminar and find out what is Adult Protective Services (APS). You will also learn about what the criteria for APS are to intervene in assisting abused/neglected seniors and how to report to APS. Seminar will be conducted by a representative from the Dept. of Human Services, Adult Protective & Community Services, Oahu Adult Intake Unit.

Date: Tuesday, January 28

Time: 9:30 a.m.

Place: MSC, room 105

Cost: Donation

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### **EXCURSION: ALOHA TOFU FACTORY**

Join us as we take a guided tour of Aloha Tofu Factory. The tour will include a short video on how tofu is made, sampling of soy milk and tofu, time for questions, and shopping. Note: All participants must be able to climb up and down stairs. Lunch on your own at KAM shopping Center

Date: Thursday, January 23

Departure Time: 9:00 a.m.

Return Time: 12:30 p.m.

Cost: Tour Fee - \$5.00

Suggested Transportation Donation: \$3.00

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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 begins January 8.

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**CITIZENSHIP CLASS,** Tuesdays & Thursdays, Noon - 2:30 p.m., room 202. Class begins Tuesday, 1/28 and meets for 10 sessions. Class is geared for those wanting to take the citizenship exam to become an American citizen. Instructor: Mitzi Moore.

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**SOLO UKULELE I & II;** Classes begins Friday, January 17. Classes are in a 20-week session, room 202. SUI - 11:00 - 12:00 p.m.; SUII (must complete SUI and instructor must approve advancement.) - 9:30-10:45 a.m. Inst: Allen Tanabe. Learn to read music and play the melody. Participant acceptance will close after the first 2 meetings. Must have own ukulele & dedication to practice. Cost: \$25 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. Minimum: 3 students per class

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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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**CLASSNAME CHANGE: DARTS-MODIFIED** has changed to **MODIFIED GAMES.** Instructor, Glen Yasuoka focuses on **HAND-EYE COORDINATION.** He has modified bowling, ping-pong 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.

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**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.

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

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**Specialized Aerobics** with Faye Fukuhara. Mondays, 5:45 p.m. - 6:45 p.m., room 305, 10-week session. New session began 1 1/4. 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 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. There is no charge for meals. 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.

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**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.

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**HIC's NEW YEAR MOCHITSUKI FESTIVAL 2020, Saturday, January 11, 9:00 a.m. - 2:00 p.m., Honbushin International Center.** Get your family blessed for a healthy and wonderful 2020. Family mochi experience limited to the first 100 families, \$20 donation accepted and families receive a family amulet. Activities include: Food Booths; Live Entertainment; and Games for the Family.

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**NEW YEAR'S OHANA FESTIVAL,** Sunday, January 12, 10:00 a.m. - 4:00 p.m., Japanese Cultural Center of Honolulu/Moiliili Field. Celebrate the year of the rat at the 27<sup>th</sup> Annual new Year's Ohana Festival. The event is the state's largest festival celebrating Japanese New Year traditions. This event features a craft fair, food vendors, games, entertainment and demonstrations.

# Moiliili Senior Center Class Schedule January 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	8:00-9:30 Minyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	No classes 1/17 & 1/24
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 Modified Games (Room 202)	8:30-10:30 Hanafuda (Room 209)
9:00-10:30 Card Games (Rm 202)	9:00-10:30 Rhythm & Life (Adv. II) (Room 305)	No class 5th W. (Room 202)	8:00-9:00 Ukulele (Beg) (Room 105)	9:00-12:00 Drawing&Painting (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)	9:00-10:30 Rhythm & Life (Beginners) (Room 305)	9:30-12:00 +Ribbon/Croch. Lei Making (Room 102)
9:00-10:00 Tai Chi (108) (Room 305)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:00 - 10:30 Scrabble	Began 3/2018 (Room 305)	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)	Begins 1/8 (Room 104)	9:00-10:30 Ukulele Prac. (Room 105)	Begins 1/17 (Room 202)
10:00-10:30 R&L Chair Exer. (Room 105)	10:45-11:45 Soroban (Room 209)	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)
10:15-12:00 Rhythm & Life (Adv. IV) (Room 305)	11:30-1:00 Zumba/PIYo (Weinberg)	No classes 1/15 & 1/22	No classes 1/16 & 1/23	10:00-11:00 Tai Chi for Arthritis (Weinberg)
Closed.	Resumes 1/14 (Weinberg)	9:30-11:30 *Sumie (Room 209)	9:30-10:30 Brain Training (Room 202)	11:00-12:00 Solo Ukulele I (Room 202)
12:00-1:00 Beginner's Buyo & Enka (Weinberg)	No class 5th Tue.	Begins 1/22 (Room 305)	10:30-12:00 Rhythm & Life (Adv. V) (Room 305)	Begins 1/17 (Room 202)
1:00-3:00 Buyo & Enka (Weinberg)	12:00 - 2:30 Citizenship (Room 202)	10:00-12:30 Doll Making & Kimekomi (Room 207-8)	Closed.	12:00-1:30 Rhythm & Life (Adv. II) (Room 305)
5:45 - 6:45 +Spec.Aerobics (Room 305)	Begins 1/28 (Room 202)	Begins 2/19 (Room 207-8)	12:00-2:30 Citizenship (Room 202)	Closed.
Began 1/14. Resumes 2/3.	1:00-2:00 Kenbu Senbu Shigin (Room 207)	10:00 - 10:45 Rhythm & Life (Room 105)	Begins 1/28 (Room 202)	
	No class in Dec (Room 207)	Niko Niko Genki Taisoo (Room 305)	1:00-2:30 Line Dancing (Room 105)	
		11:00-12:30 Rhythm & Life (Inter. I) (Room 305)	Resumes 1/16 (Room 105)	
		12:00 - 2:00 Ohana Karaoke (Room 209)	Reminder: No class the last Thur. of the month.	
		12:00 - 3:00 Kitsuke (Weinberg)	1:00 - 2:00 Zenidaiko (Weinberg)	
			2:30 - 3:30 Zenidaiko (Weinberg)	
			Begins (Weinberg)	
				<b>Saturday</b>
				9:30 - 11:00 +Adult Hula Auana (Room 105)
				Begins 2/8 (Room 105)
				9:30 - 12:00 +Jpns/Oknwn Doll Making & Kimekomi (Room 207-8)
				Begins 2/15 (Room 207-8)

"Kaleidoscope" is published monthly, written/edited by the senior staff. Director, Regidor, Judy Nakamoto, Sukil Suh, & Gerath Fukuya.

+Suggested donation classes.  
 Walk-in requested donation \$5.  
 \*DOE class - Sumie is provided by McKinley Community School for Adults - \$60

The Kapiolani Ballroom Dancers of Honolulu Lions Club will begin the New Year improvisation. West Coast Swing II will start on 2/25 and end on 3/31. Instructor with a 6-week West Coast Swing class on January 7, Tuesday nights from 7:00 p.m. Peggy Frey is a well-known dance instructor. She is known among ballroom - 8:00 p.m., MCC room 105. West Coast Swing is a partner dance with roots in the dancers in Honolulu for her knowledge in all dances, especially West Coast Swing. Lindy Hop. The dance allows for both partners to improvise steps while dancing. The cost for the 6-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 together, putting West Coast Swing in a short list of dances that emphasize members.

**Moiliili Senior Center  
Schedule of Special Events  
January 2020**

Days to remember in January

1 - New Year's Day - CENTER CLOSED 25 - Chinese New Year

20 - Martin Luther King Day Observed - CENTER CLOSED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>HOLIDAY!</b> New Year's Day Center Closed.			<b>Craft:</b> Chigiri-e 9 am Rm 202
*National Glaucoma Month * Eye Care Month * * Hot Tea Month * Oatmeal Month * * Soup Month * Cervical Health Month *			1		2	3
5	6	7	8	<b>Craft:</b> Kumihimo - Adv 9 am Rm 209		
New Year's Ohana Festival 10 am - 4 pm JCCH/Moiliili Field				<b>Craft:</b> Kumihimo - Beg 9 am Rm 209		11
12	13	14	15		16	17
Temari Hawaii Workshop: Day 1 Sashiko Free Form 9 am - 11 am Rm 105	<b>HOLIDAY!</b> Martin Luther King Day Observed Center Closed.	Leilima Club Craft Project: Day 1 Golden Venture Folding 9:30 am Rm 202			<b>Excursion:</b> Aloha Tofu Factory 9 am	<b>Movie:</b> "Upside" 12:15 pm Rm 202
19	20	21	22		23	24
Temari Hawaii Workshop: Day 2 Sashiko Free Form 9 am - 11 am Rm 105		Seminar: Adult Protective Service 9:30 am Rm 105				Chinese New Year
26	27	28	29		30	31

Note: Classes resume the week of January 6, 2020. Individual classes may have different start dates.