



Kaleidoscope

October 2018
Vol. XXIX No.10

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:

Aloha & Mahalo!

MSC is sad to announce that Akira Goto, Program Assistant, has left MSC. We want to thank him for his service to the seniors. We wish him well.

Thank you to all who purchased and donated crafts at our craft sale and thank you to those who attended our fabric sale. Combined, we made just over \$2000.

PARKING ALERT! Children will be at the center for all day care October 8 - 12 and most of the covered parking area will be blocked off to accommodate them. The following week (October 15 & 16) we will be having our rummage sale in the back of the covered parking lot. Very limited parking will be available. Please carpool, be dropped off, take the bus or walk. We appreciate your cooperation.

MSC Rummage Sale

Monday, October 15 & Tuesday, October 16
9:00 a.m. - Noon Parking Garage

Find bargains galore! Kitchen ware, clothes, books, fabric and more. Volunteers needed to help with set up, selling, and break down. Sign up in the senior office.

REMINDER: BRING YOUR OWN BAGS.

Thank you to all the performers who performed at the senior fair and the volunteers who helped man the MCC booth. All of you represented MCC with the utmost class and grace. We appreciate your support.

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/MSK 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!

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 3rd floor women's restroom key has been missing for several weeks. Participants who have classes on the 3rd floor, please check your bag to see if you have mistakenly taken home the key. The key has been replaced but we would like the missing key back.

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.

Lei 'Ilima Club Craft Project

Snappy Bag Workshop

We will complete our snappy bags and also make a fabric pyramid finger pin cushion on Tuesday, October 2 from 9:30 - 11:30 a.m., Room 202. Please bring your unfinished project and also needle and any color thread to hand stitch a multicolored pin cushion.

There will be no craft workshop in November. We will resume in December with a Holiday Workshop on Tuesday, December 4 from 9:30 - 11:30 a.m. We will be making a variety of party favors and table top ornaments including an origami tree, a paper roll reindeer, and more. Please sign up for both workshops at the senior office.

HELP WANTED: Looking for a volunteer to answer and/or call participants in our Telephone Reassurance Program on

Wednesdays. The hours are from 7:45 a.m. - 9:00 a.m. If you have some spare time before class and would like to volunteer, please see Rachel in the senior office.

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.

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:

*Halau Apelila Hula members at the senior fair.

*Line Dancing members (under the direction of Virg Pabro) at the senior fair.

*Niko Niko Genki Taisoo members at the senior fair.

*Shiyu Kai members at Maunalani Nursing & Rehab Center

*Zenidaiko members at the senior fair.

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 2nd 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.

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. **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.**

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.

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.
- *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: "A QUIET PLACE" (2018)
(1-hr. & 30 mins., DVD, Drama, Horror, Sci-fi. Rated PG-13 for terror and some bloody images.)
Starring Emily Blunt & John Krasinski. In a post-apocalyptic world, a family is forced to live in silence while hiding from monsters with ultra-sensitive hearing.
Date: Friday, October 26 Time: 12:00 p.m.
Place: MSC, room 202 Cost: Donation

CRAFT WORKSHOP: CHIGIRI-E
The Japanese style of doing a collage picture by tearing washi paper to form. Workshop for all ages and levels. LIMIT: 12.
Date: Saturday, October 6 & November 3
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, October 4 (Adv)
 Thursday, October 11 (Beg)
Time: 9:00 a.m. Place: MSC, room 209
Cost: Supplies

SEMINAR: HUMANA MEDICARE PLAN 2019
Mel Fujimoto, from Insurance Options Hawaii, will be informing you on what is being offered through the Humana Plan and the benefits available.
Dates: Tuesday, October 16 & November 13
Time: 9:00 a.m. & 12:00 p.m. Place: MSC, room 104

WORKSHOP: GRATITUDE ROCKS
Since November is right around the corner, it is a time of reflection and thanksgiving. Anne Chipchase, from 'Ohana Health Plan, is going to lead a session on what we are grateful for while participants each create a unique piece of art representing what each individual is most grateful.
Date: Friday, October 19 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: FINANCIAL SAFETY
Mathew Yamamoto, Financial Consultant, from AXA Advisors, will talk to you about avoiding scams and fraud. He will also go over general financial literacy so you can get a better understanding about financial matters.
Date: Tuesday, October 30 Time: 9:30 a.m.
Place: MSC, room 105 Cost: Donation

RESCHEDULED EXCURSION REMINDER:
HAWAII PLANTATION VILLAGE
Lunch on your own at Waipahu Shopping Plaza.
Date: Thursday, October 4
Departure Time: 9:15 a.m. Return Time: 1:30 p.m.
Cost: Admission Fee: \$8.00 & Transportation Donation: \$5.00

EXCURSION: IOLANI PALACE
The Iolani Palace is registered as a National Historic Landmark since 1962 and the only royal residence in the United States. Join us as we take a guided tour of the palace. You will see original furnishings and artifacts that have been recovered, restored, and replicated. Lunch to be determined.
Date: Tuesday, October 23
Departure Time: 9:00 a.m. Return Time: 1:00 p.m.
Cost: Admission Fee: \$8.00 & Transportation Donation: \$2.00

CLASS/ACTIVITY ANNOUNCEMENTS:
Sign up Senior Office, rm. 203
CARD GAMES AND DARTS. Instructor Glen Yasuoka is

back! Card Games class favorites - Kings Corner, Paiute, Black jack, and even Hanafuda. With one of a kind card games by yours truly. And tryout the Magnetic Dart Game Thursday mornings before the enjoyable Brain Training Class.

TAI CHI FOR ARTHRITIS. Instructor Ken Koike will be on vacation. He has arranged a substitute teacher to cover his Monday classes but Friday classes are cancelled. Friday class will resume October 12.

CITIZENSHIP CLASS with Mitzi Moore. Tuesdays & Thursdays, 12:00 - 2:30 p.m., room 202, 5 -week session. Class began Tuesday, September 25. This class is for people who need to take the exam for American Citizenship.

NEW CLASS: BEGINNER'S LINE DANCING for HEALTH, Fridays, 8:30 - 9:30 a.m., Weinberg Studio. **Class began July 6.** Line Dancing is: fun; healthy; something new and different; and live. Note: bring bottled water; wear comfortable shoes; memorize dance steps; rely on yourself; relax and enjoy the music and dancing; and no need worry. Your brain and foot work will eventually come together. Instructor: Amy Toba.

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

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.

Zenidaiko-Beginners, Thursdays, 2:30 - 3:30 p.m., Weinberg Studio. Zenidaiko is Japanese folk dancing with sticks. More students welcome. Inst: Miekko Sato.

***Adult Hula Auana** with Kumu Hula April Chock. Began 9/22, 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.

Our wishes to our **October** birthday participants.

BILMES, PONGSUWAN	KAMA, EVA
CHONG, AILEEN	KIM, RHONDA
CHOY, KAZUKO	KITAGAWA, ETHEL
CUBA, LOUISE	KITAGAWA, HIROKO
DOI, MATSUKO	KOBAYASHI, LOIS
FUJII, JENNIE	KOBAYASHI, MYRTLE
FUJIMORI, ANNAS.	MEIER, CAROL
FUJIMOTO, CATHERINE	MINATO, SUSAN
FUTA, YOKO	MOGI, CAROL
INOUE, TOSHIKO	MORITSUGU, JEAN
KAGAWA, ATSUKO	MURATA, HELEN
KAKU, FAYRENE	NAGANO, CAROL

***Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class begins Wednesday, 10/31, 10:00 a.m. - 12:30 p.m., room 207-8 and Saturday, 11/3, 9:30 a.m. - noon. An impressive array of projects to choose from. Bring: pins & scissors. Supplies/kit payable to instructor the first day of class. Class Cost: \$35 - MSC seniors; \$40 - MCC member. Need to pre-register.

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Begins 10/19, 10 weeks, Fridays, 9:30 a.m. - noon, room 102. Bring sharp pair of scissors, ruler, container, and ballpoint pen. Supplies payable to instructor. New students must register before the session starts. Class Cost: \$20 - MSC seniors; \$30 - MCC members.

***Specialized Aerobics** with Faye Fukuhara. Mondays, 5:30 p.m. - 6:30 p.m., room 305, 10-week sessions began Monday, 9/17. Excellent class for all ages, focuses on cardio exercise, muscle tone, range of motion, warm-ups and floor exercise and cool downs. Bring towel & water. Class Cost: \$30 - MSC & MCC members.

CLASS REMINDER: Do not enter the classroom until the previous class has vacated. Those in class, gather your belongings & exit quickly to allow for the next class to set up. Visit with friends outside, not in the classroom.

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.

NAGANO, DORIS	SAIGUSA, SACHIE
NAKAGAWA, ANN	SHEROD, CASSANDRA
NAKASONE, KAREN	SHIKADA, BETTY
NAKATA, IKUKO	SHIROMA, JANE T.
NISHIYAMA, DOROTHY	SUEISHI, SUMIE
NODA, DORIS	SUKITA, LISA
OGAI, MASAOKO	TILTON, RUBY
OGASAWARA, DIANE	TOLEDO, TERIE
OTAGURO, KAREN	TONG, CARL
PABRO, VIRG	WONG, JOYCE
REMUS, GERD	WONG, AMY
RIKER, WILHELMINE	YOUNG, GERALDINE
SAGARA, AKIKO	

**Moilili Senior Center
Schedule of Special Events
October 2018**

Days to remember in October:
 8 - Discoverers' Day
 16 - Boss's Day
 24 - United Nations Day
 31 - HALLOWEEN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 Lei Ilima Craft Workshop: Snappy Bag (Cont'd) 9:30 am Rm 202	2	3	4 Craft Workshop: Kumihimo - Adv 9 am Rm 209 Excursion: Hawaii Plantation Village 9:15	5 HCAP's Kupuna Independent Life Series 8:30 a.m. Rm 104	6 Craft: Chigiri-e 9 am Rm 202
7	8	9 Seminar: Humana Medicare Plan for 2019 9 am & 12 pm Rm 104	10	11 Craft Workshop: Kumihimo - Beg 9:00 AM Rm 209	12 HCAP's Kupuna Independent Life Series 8:30 a.m. Rm 104	13	
14	15 MSC Rummage Sale 9 am - 12 pm MSC Garage	16	17	18	19 HCAP's Kupuna Independent Life Series Gratitude Rocks 9:15 am Rm 105 Workshop:	20	
21	22	23 Excursion: Iolani Palace 9 am	24	25 * Halloween Safety Month * * National Breast Cancer Awareness Month * * Crime Prevention Month * * Energy Awareness Month * * Five Prevention Month * * Dental Hygiene Month *	26 Movie: "A Quiet Place" 12 pm Rm 202	27	
28	29	30 Seminar: Financial Safety 9:30 am Rm 105	31 <i>Happy Halloween!</i>				

Moliiili Senior Center Class Schedule October 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 8:30-10:30 Crochet/Knit (Room 209)	8:00-9:30 Mingyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	Began 7/6 (Weinberg)
Began 2/2018 (Room 305)	9:00-10:30 Rhythm & Life (Room 209)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Darts-Modified (Room 202)	8:30-10:30 Hanafuda (Room 209)
8:00-9:00 Beg. Tai Chi (Room 305)	9:00-10:30 Rhythm & Life (Adv. II)	9:00-10:00 Tai Chi(108) (Room 305)	8:00-9:00 Rhythm & Life (Beginner) (Room 305)	9:00-12:00 Drawing&Painting (Room 207-8)
Began 2014 (Room 305)	Closed.	9:00-10:00 Group Singing (Room 305)	Began 3/1 (Room 305)	9:30-12:00 +Ribbon/Croch. Lei Making (Room 102)
9:00-10:30 Card Games (Rm 202)	9:30-10:30 Zumba Gold (Room 105)	9:00-10:00 Tai Chi(108) (Room 305)	Began 3/1 (Room 305)	Begins 10/19 (Room 102)
9:00-12:00 Haw'n Quilt Bee (Rm 209)	10/2, 9, 16 & 23 (Room 207-8)	9:15-10:30 Mingyo Danc(Beg) (Room 105)	Began 2012 (Room 105)	9:30-10:45 Solo Ukulele II (Room 202)
9:00-10:00 Tai Chi (108) (Room 305)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:30-11:30 *Sumie (Room 209)	9:00-10:30 Rhythm & Life (Adv. IV) (Room 305)	Began 7/6 (Room 105)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	10:30-12:00 Rhythm & Life (Beginner I) (Room 305)	Began 9/19 (Room 209)	Closed	10:00-10:30 R&L Chair Exer (Room 105)
10:00-10:30 R&L Chair Exer. (Room 105)	Closed.	10:15-11:45 Beginner's Line Dancing II (Weinberg)	9:00-10:30 Ukulele Prac. (Room 105)	10:00-11:00 Tai Chi for Arthritis (Weinberg)
10:15-12:00 Rhythm & Life (Adv. IV) (Room 305)	11:30-1:00 Zumba/Pyo (Weinberg)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)	9:30-11:00 Beg. Line Dnc. (Room 105)	11:00-12:00 Solo Ukulele I (Room 202)
Closed.	12:00 - 2:30 Citizenship (Room 202)	Begins 10/31 (Room 207-8)	Began 5/2018 (Weinberg)	None
12:00-3:00 Buyo & Enka (Weinberg)	Began 9/25 12:00-1:45 Karaoke (Room 209)	11:00-12:30 Rhythm & Life (Inter. I) (Room 305)	9:30-10:30 Brain Training (Room 202)	12:00-1:00 Beginner's Buyo & Enka (Weinberg)
5:30 - 6:30 +Spec. Aerobics Began 9/17 (Room 305)	12:00-1:00 Kenbu Senbu Shigin (Room 207)	12:00 - 2:00 Ohana Karaoke (Room 209)	10:30-12:00 Rhythm & Life (Adv. V) (Room 305)	12:00-1:30 Rhythm & Life (Adv. III) (Room 305)
+ Tuition based classes. Walk-in fee \$5.	2:00 - 3:30 Aerobic/Toning w/ Muriel (Room 305)	12:00 - 3:00 Kitsuke (Weinberg)	Closed.	Closed.
*DOE class - Sumie is provided by McKinley Community School for Adults - \$60		1:00 - 2:00 Kara-Exercise for Good Health (Room 305)	12:00-2:30 Citizenship (Room 202)	
		Began 6/6 (Room 305)	1:00-2:30 Line Dancing (Room 105)	
			Reminder: No class the last Thur. of the month.	
			1:00 - 2:00 Zenidako (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 Zenidako Beginners (Weinberg)	9:30 - 12:00 +Jpns/Okwn Doll Making & Oshie (Room 207-8)

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

Moliiili HONGWANJI'S OPEN HOUSE & FOOD FAIR.

Saturday, October 6, 9:00 a.m. - 1:00 p.m., 902 University Avenue. Featuring Temple, Preschool, Project Dana, Food Items, Bake Sale, Treasures, Crafters, Plants & Produce, and Entertainment. Something for everyone! For more information call the temple office at 949-1659. Parking available at Kuhio School.

MAKIKI CHRISTIAN CHURCH'S 2018 FESTIVAL OF THANKSGIVING.

Saturday, October 6, 9:00 a.m. - 1:00 p.m., 829 Pensacola Street. Treasure Ark, Prayer Requests, Games and Crafts for Kids, Crafty Creations, A Taste of Makiki, The Green Thumb, Ikayaki, and Tempura.

SOCIAL DANCE CLASS.

The Kapoliani Ballroom Dancers of Honolulu Lions Club will begin a six weeks WALTZ class on October 9. Class meets every Tuesday from 7:00 until 8:00 p.m. in room 105. The instructors are Richard and Ruby Kazunaga. The cost for the 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:

Moiliili 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 CTARRH - 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 C	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.