



Kaleidoscope

October 2016
Vol. XXVII 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:

Thank you to all the people who performed at the senior health fair at NBC in September. MSC was well represented. Special thanks to Frances Miike for helping us man MCC's information booth.

PARKING ALERT! Children will be at the center for all day care October 10 - 14 and most of the covered parking area will be blocked off to accommodate them. The following week (October 17 - 21) we will be having our rummage sale in the parking lot using most of the stalls against the fence. Very limited parking will be available. Please carpool, be dropped off, take the bus or walk. We appreciate your cooperation.

MSC RUMMAGE SALE

October 17 - 21, 2016

9:00 a.m. - noon MSC Garage

Find bargains galore! Kitchen ware, clothes, books, fabric and more. Volunteers needed daily to help with set up, selling and break down. Sign up in the senior office. **REMINDER: BRING YOUR OWN BAGS.**

ARE YOU INTERESTED IN TAKING A CONVERSATIONAL ENGLISH CLASS OR DO YOU KNOW OF SOMEONE WHO IS? We may possibly have a volunteer to teach English but she would like to know what people would like to learn. If interested, see program staff in the senior office.

From Japan, Moiliili Senior Center presents...

A Performance by the Furusato Sister

Friday, October 28

12:00 - 1:00 p.m. Room 105

Join us for an afternoon of entertainment. They are delighted to play good old Japanese songs arranged in various genres for everyone. One sister sings, one sings and plays the piano and the other dances hula.

UH WOMEN'S VOLLEYBALL TICKET DRAWING. This is your chance to win 2 tickets to a UH Women's Volleyball game. We have received a generous donation of senior citizen tickets. If you are interested in attending the games, enter your name in the drawing. Participants may

enter in every game drawing (6). Deadline to enter is October 11. First game is October 14.

Exercise Workshop:

R&L Chair Exercise With Kikuchi Taiso

Friday, November 4

9:00 a.m. - 11:30 a.m. Room 305

First time in Hawaii! R&L Chair Exercise teachers have invited "Kikuchi Taiso" Japanese Exercise teachers from Japan to hold a 1-day exercise class. Everyone is invited to participate. If you have any questions, Call Faye Murata at 735-1323.

Per your suggestion, we have started a "SUPER SENIOR" section in our newsletter. If you know of a senior who you think is "SUPER", fill out our nomination form and with the consent of the senior, we will feature the person in "Kaleidoscope". Forms are available in class attendance folders and in the senior office.

"SUPER SENIOR"

CYNDIMOTOOKA submitted by anonymous
She has shown and gained the respect and admiration of the seniors as well as being a very organized employee.

CYNDIMOTOOKA submitted by anonymous
Cyndi brings love, kindness and sunshine to the program. She is a wonderful friend to everyone. She serves selflessly and cheerfully and always willing to help.

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

Moiliili Senior Center is always in search of teachers or group leaders to expand our program. Do you have a special talent and 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

membership, please **DO NOT** include your donation to the Senior Center on the same check. Please write **two** separate checks and note in the "memo" if you are making a donation to the Senior Center or paying for membership. If you are making a donation to the Community Center, then your membership and donation can be on one check. Reminder - **ALL** checks must be written to: **MOIILILI COMMUNITY CENTER**, not the senior center. Returned checks will be assessed a \$25.00 fee. Mahalo.

Thank you all for your continued participation in our Senior Center Program. We continue to partnership with the Moiliili Community Center (MCC), as we are one program under MCC. Please become members of the Community Center. The annual membership fee is \$30.00 for a calendar year. Your participation as MCC members help support our endeavors to continue to offer classes, activities and services. For MCC members, there is a new benefit: One Plus One Drive Inn will offer a 10% discount on a purchase of \$5 or more and Subway - Moiliili will offer a 10% discount on any sandwich/salad. Some exclusions apply to both places. Just show your 2016 MCC Membership Card to receive your savings. Offers are valid through the end of this year. Mahalo for your support.

Fire & Lockdown Drills: MCC will hold periodic fire and lockdown drills. Listen to staff for instructions. Thank you.

DONATION POLICY: Donations are welcomed to help balance our budget: \$2.00 suggested per activity, or \$20.00 per month. REMEMBER, this is a suggested amount and is a donation, so if you are unable to, don't worry. Subsidy monies are available for those interested in participating and find it difficult to pay; see Director. All Senior Center participants are asked to pay the MCC membership fee of \$30.00 for 2016.

MAHALO! MAHALO! MAHALO! to performers:

- *April Chock's Beginners Ukulele players and Hula dancers at the senior fair
- *Heels n' Harmony members at senior fair
- *Line Dancers at senior fair
- *Niko Niko Genki members at senior fair
- *Rhythm & Life members at Kuakini
- *Zumba members at senior fair

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.

Attention all class participants: It is **YOUR** responsibility **TO CHECK YOURSELF IN THE CLASS ATTENDANCE FOLDER AND CHECK FOR ANY FLIERS OR ANNOUNCEMENTS**, which include last minute notices or other information. All participants **MUST** be registered with the senior office.

MCC NEWS:

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

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.

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: "POLICE STORY: LOCKDOWN" (2015)

(1-hr. & 50-min., DVD, Action, Crime, Drama. Rated R- for strong violent content.)

Starring Jackie Chan. A man looking for the release of a long-time prisoner takes a police officer, his daughter and a group of strangers hostage.

Date: Friday, October 21 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.

LIMIT: 12.

Date: Saturday, October 8 & November 5

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, Oct. 6 (Adv) & Oct. 13 (Beg)

Time: 9:00 a.m. Place: MSC, room 209

Cost: Supplies

CRAFT WORKSHOP: CREATIONS BY AMY

This month's projects are Plastic Canvas Halloween Pumpkin ornament, Hawaiian Fabric Folding Pineapple Ornament and a Mini Photo album. Samples available in the senior office. Instructor: Amy Toba.

Date: Thursday, Oct. 20 & 27 Time: 9:00 a.m.

Place: MSC, room 209 Cost: Supplies

ACUPUNCTURE by Heijiro Ikeda

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

Date: Tuesdays Time: 9:00 - 11:00 a.m.

Place: MSC, room 207 Cost: Donation

SEMINAR: HMSA ADVANTAGE

Dennis Vanairsdale, consultant from Premier Benefit Consultants, will give you information on HMSA's Advantage health insurance plan.

Date: Monday, October 17 Time: 9:30 a.m.

Place: MSC, room 202

SEMINAR: END-OF-LIFE CARE

Caring for a loved one living with terminal illness involves physical, emotional and spiritual knowledge. Ivani Phillips, RN and Client Service Supervisor of Attention Plus Care, will share ways to increase your loved one's comfort, including pain and symptom management. Special guest speaker; Sean Reeks, Community Liaison from Islands Hospice will discuss the importance of focusing not on when life ends, but the quality of life for the time that remains for our loved ones. Sponsored by Attention Plus Care.

Date: Tuesday, October 18 Time: 9:00 a.m.

Place: MSC, room 105

SEMINAR: UNITED HEALTH CARE

Questions about United Health Care. Get answers! Open enrollment is this time of the year when you can enroll in or change your Medicare plan. Attend a seminar and find out if this plan can help you. Seminars conducted by representatives from Financial Benefits Insurance Co.

Date: Wednesday, October 19, November 9, 23 & 30

Time: 9:00 a.m. Place: MSC, room 104

SEMINAR: PART 1 - DENTAL PROBLEMS**SENIORS FACE****PART 2 - BENEFITS OF BEING****ABLE TO CHEW**

Dr. William Fung, DDS will hold a 2-part seminar on dental issues. In Part 1, he will discuss dental problems that seniors may face. In Part 2, you will learn the benefits of being able to chew and what types of physical issues that you may encounter without proper chewing and treatment options.

Date: Monday, October 24 - Part 1

Monday, October 31 - Part 2

Time: 9:00 a.m.

Place: MSC, room 105

Cost: Donation

SCREENING: MEDICATION REVIEW

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

Date: Tuesday, October 25

Time: 9:00 a.m.

Place: MSC, room 105

SEMINAR: FALL PREVENTION

Anne Chipchase from Ohana Health Plan has a sign on her desk that reads "Falling down is part of life; getting back up is living!" That DOES NOT mean physically. Anne will

talk about ways we can work to reduce falls and their often devastating results. Lighting, proper footwear, reducing clutter, regular eye exams and more all go into making our home a safer place. Attend this seminar and learn how to keep yourself and your home a safer place.

Date: Friday, October 28 Time: 9:15 a.m.
Place: MSC, room 105 Cost: Donation

SEMINAR: UNITED HEALTH CARE

David Bennett from SeniorHealth.Pro will lead a group presentation about Medicare and the plan choices available to you. Bring: Questions; Medicare ID card; and other health care coverage documents to help you compare your choices.

Date: Friday, November 4 Time: 10:00 a.m.
Place: MSC, room 104

EXCURSION: LIVING ART MARINE CENTER

Take a tour of this facility located near the airport and learn about various sea creatures they have. Their mission is to teach people about the marine environment in a hands-on and interactive way. Join us on this educational tour. Lunch on your own at Moanalua 99. Limit: 13

Date: Thursday, October 20
Departure Time: 8:50 a.m. Return Time: 12:45 p.m.
Cost: \$7.95 - Admission & \$4.00 - Donation for Trans.

EXCURSION: MANOA CHOCOLATE FACTORY TOUR (KAILUA)

Join us as we learn about the world of chocolate. You will find out about the chocolate process by learning what happens before the chocolate gets to the factory, the equipment used and how chocolate is made. As part of the tour, you will be able to taste chocolate too. Lunch on your own in Kailua. LIMIT: 13

Date: Thursday, October 27
Departure Time: 8:50 a.m. Return Time: 12:25 p.m.
Cost: \$7.00 - Admission & \$5.00 - Donation for Trans.

CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

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

***ZUMBA/PIYO**, Tuesdays, 11:30 a.m.- 1:00 p.m., Weinberg Studio. Zumba Class began September 15. Grace is adding on PIYO which is Pilates and Yoga combined. PIYO will be from 12:30 - 1:00 p.m. A great combination of fun and fitness as you dance your way to a healthier you. Instructor: Grace Hada. Accepting more students.

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

***Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class began Saturday, 9/10, 9:30 am - noon and Wednesday, 9/7, 10 am - 12:30 pm, room 207-8. An impressive array of projects to choose from. Bring: pins & scissors. Supplies/kit payable to instructor the first day of class. Class Cost: \$35 - MSC seniors; \$40 - MCC member. Need to pre-register.

***Ribbon/Crochet Lei Making** with Coryn Tanaka. Began 9/30, 10 weeks, Fridays, 9:30 am - 12 noon, room 102. Bring sharp pair of scissors, container, and ballpoint pen. Supplies payable to instructor. New students must register before the session starts. Cost: \$20 - MSC seniors; \$30 - MCC members.

***Specialized Aerobics** with Faye Fukuhara. Mondays, 5:30 - 6:30 p.m., room 305, 10-week session begins Monday, 10/3. Excellent class for all ages, focuses on cardio exercise, muscle tone, range of motion, warm-ups and floor exercise and cool downs. Bring towel & water. Cost: \$30 - MSC & MCC members.

***Citizenship Class** with Mitzi Moore. Tuesdays & Thursdays, noon - 2:30 p.m., room 209, 6-week session. Begins 10/4. Class is geared for those applying for U.S. Citizenship.

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

BILMES, PONGSUWAN
CHONG, AILEEN
CHOY, KAZUKO
CHRISTIANSEN, KATHY
CHUN, SHIRLEY
CUBA, LOUISE
DOI, MATSUKO
FUJIMORI, ANNA S.
FUJIMOTO, CATHERINE
FUJIMOTO, ELLA
INOUE, TOSHIKO

KAGAWA, ATSUKO
KAKU, FAYRENE
KAMA, EVA
KIM, RHONDA
KINOSHITA, MUSUE
KITAGAWA, ETHEL
KITAGAWA, HIROKO
KOBAYASHI, LOIS
KOBAYASHI, MYRTLE
LEE, SHON-NING
MEIER, CAROL

MINATO, SUSAN
MOGI, CAROL
MORITSUGU, JEAN
NAGANO, CAROL
NAKASONE, KAREN
NAKATA, IKUKO
NISHIYAMA, DOROTHY
NODA, DORIS
OGAI, MASAKO
OGASAWARA, DIANE
OGAWA, CHARLEEN
OTAGURO, KAREN
PABRO, VIRG

RIKER, WILHELMINE
SAGARA, AKIKO
SAIGUSA, SACHIE
SEO, GRACE
SHIKADA, BETTY
SHIROMA, JANET.
TAKAHASHI, YOSHIKO
TILTON, RUBY
WONG, JOYCE
YAMAOKA, KAREN

**Moiilili Senior Center
Schedule of Special Events
October 2016**

*Days to remember in October:
16 - Boss's Day*

31 - Halloween

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Craft: Chigirl-e 9 am
2		3 Acupuncture 9 am Rm 207	4 Acupuncture 9 am Rm 207	5 Craft Workshop: Kumihimo - Adv 9 am Rm 209	6 Craft Workshop: Kumihimo - Beg 9 am Rm 209	7
9	10 Seminar: HMSA Advantage 9:30 am Rm 202	11 Acupuncture 9 am Rm 207 Seminar: End-of-Life Care 9 am Rm 105	12 Seminar: United Health Care 9 am Rm 104	13 Craft Workshop: Creations by Amy 9 am Rm 209 EX: Living Art Marine Center 8:50 am	14 Movie: "Police Story: Lockdown" 12:15 pm Rm 202	15
16	* Moiilili Senior Center * Rummage Sale * Monday - Friday * 9:00 am - noon * MCC, Garage *					
	17 Seminar: Part 1 - Dental Problems Seniors Face 9 am Rm 105	18 Acupuncture 9 am Rm 207 Screening: Medication Review 9 am Rm 105	19	20 Craft Workshop: Creations by Amy 9 am Rm 209 EX: Manoa Chocolate Factory Tour (Kailua) 8:50 am	21 Seminar: Fall Prevention 9:15 am Rm 105 Performance: The Furusato Sisters 12 pm Rm 105	22
23	24 Seminar: Part 2 - Benefits of Being Able to Chew 9 am Rm 105	25	26	27	28	29
30	* Crime Prevention Month * Dental Hygiene Month * Energy Awareness Month * * Five Prevention Month * Healthy Lung Month * Liver Awareness Month * * Lupus Awareness Month * Pizza Month * Stress Awareness Month *					
31						

Moiiliili Senior Center Class Schedule October 2016

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)	8:30-10:30 Hanafuda (Room 209)
8:00-9:00 Beg. Tai Chi (Room 305)	FULL	8:00-9:30 Minyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	9:00-12:00 Painting (Room 207-8)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	8:30-10:30 Crochet/Knit (Room 209)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Ukulele (Beg) (Room 105)	9:00-10:00 Tai Chi for Arthritis (Weinberg)
9:00-10:00 Tai Chi (108) (Room 305)	9:30-11:00 Rhythm & Life (Int. II) (Room 305)	9:00-10:00 Tai Chi(108) (Room 305)	9:00-10:30 Rhythm & Life (Adv. I) (Room 305)	9:30-12:00 +Ribbon/Croch. Lei Making (Room 102)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	10:45-11:45 Soroban (Room 209)	9:15-10:00 Group Singing (Weinberg)	Closed	Began 9/30 Solo Ukulele II (Room 303)
10:00-10:30 R&L Chair Exer. (Room 105)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:15-10:30 Minyo Danc(Beg) (Room 105)	9:00-10:30 Ukulele Prac. (Room 105)	Closed
10:15-12:00 Rhythm & Life (Adv. I) (Room 305)	11:30-1:00 Zumba/PiYo (Weinberg)	9:30-11:30 *Sumie (Room 209)	9:30-10:30 Brain Training (Room 202)	10:00-10:30 R&L Chair Exer (Room 105)
1:00-3:00 Buyo & Enka (Weinberg)	12:00-1:30 Kenbu Senbu Shigin (Room 207)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	12:00-2:30 Citizenship (Room 202)	Closed
5:30 - 6:30 +Spec. Aerobics Begins 10/3 (Room 305)	12:00 - 2:30 Citizenship (Room 202)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)	Reminder: No class the last Thur. of the month. 2:30-3:30 Zenidaike (Weinberg)	12:00-1:30 Rhythm & Life (Int. I) (Room 305)
12:00-2:30 Karaoke (Room 209)	12:00-2:30 Karaoke (Room 209)	Began 9/7 Rhythm & Life (Beg.) (Room 305)		
		12:00 - 2:00 Ohana Karaoke (Room 209)		
		12:30 - 3:00 Kitsuke (Weinberg)		
				Saturday 9:30 - 11:00 +Adult Hula Auana (Room 105)
				9:30 -12:00 +Jpns/Okwn Doll Making & Oshie (Room 207-8)

*DOE class - Sumie is provided by McKinley Community School for Adults - \$60

+Tuition based classes. Walk-in fee \$5.

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.

LANAKILA MEALS-ON-WHEELS AT MCC

LMOW serves hot and nutritious meals at the Center Mondays through Fridays, at 11:00 a.m. There is no charge for meals. 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 ANNOUNCEMENT:

HAWAII PARKINSON WALK, Sat., October 22, 9 am - noon, Honolulu Hale Civic Grounds - Sky Gate. Featuring a 3k walk, resource fair food booths, akeki zone and on going activities for all ages and abilities. Registration is free at www.hawaiiparkinsonwalk.org.

"Kaleidoscope" is published monthly, written/edited by the senior staff. Director, Sunday Kamal-Regidor & Akira Goto.