

MOA HAWAII
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MOA Wellness Center

Office Hours

Mon-Fri 9:00am-5:00pm

Sat. 9:00am-3:00pm

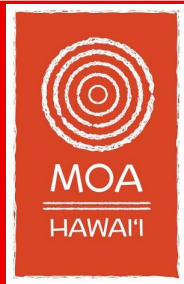
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MOA Hawai'i Newsletter

VOLUME 6, ISSUE 1

JANUARY 2019

Maui Nō Ka 'Oī!

This month we spotlight our MOA members on the island of Maui.

On December 8, Maui members held a flower circle at the Chrysanthemum Festival. Approximately 300 people attended the event and about 80 people took part in the flower circle. The Chrysanthemum Festival is in its 65th year and is sponsored by the Maui Sons and Daughters of the Nisei Veterans. The goal of the Festival is to raise funds for scholarships and to preserve the historical programs of its sponsors.

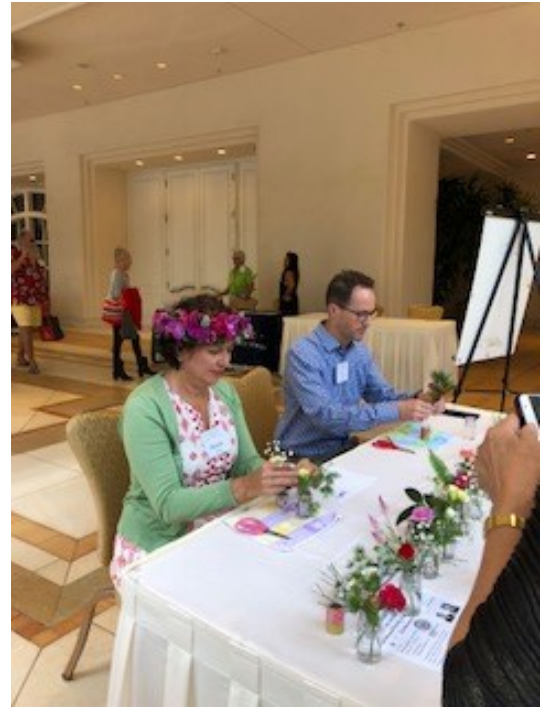


Maui County's 17th Annual Family Caregivers Conference



Some Maui members spent November 16th at the Grand Wailea offering to about 160 people flower circle. Comments received were “we always look forward to the flowers every year,” “the flowers brighten up the place,” and “the flowers make me very happy.”

As November was National Caregiver Month, MOA was one of the 30 exhibitors at this resource fair. The event featured speakers discussing subjects such as “Living Well with Dementia,” “Transfer and Movement Strategies,” and “Basic Wound Care.”



A shout-out to our MOA members on the Big Island, Maui, Kauai, and Molokai, if you know of any upcoming event or recent past event that you think would interest other MOA members, please send the information by emailing us at info@moahawaii.org or mailing us at 600 Queen Street C-2, Honolulu, HI 96813. We'll try to get it in the next newsletter.

Message from the Executive Director

Thank you all for your continued support for our organization and what we stand for. While pondering your new year's resolution please consider the following from Mokichi Okada who spoke about improving one's self.

“The genuine way of living should be a life of endeavor to approach perfection, step by step—that is, in what is called “character building”, and “one's endeavors to approach that ideal, step by step, are definitely most precious and noble as a person. This kind of human being should definitely be called a person of genuine happiness who is living a meaningful life.”

“This thing called the “beauty of human beings” also mean beauty is not genuine if the inside of one's body does not become clean. Ultimately, if the inside of one's body becomes beautiful—in other words, when the physical body is made beautiful—the mind also becomes beautiful and one will naturally like beautiful things.”

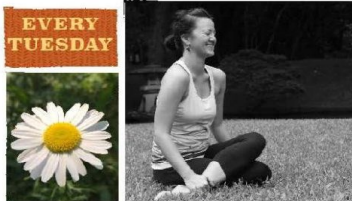
“Since human beings are formed and exist from the dual elements of spirit and body, the reason human beings live and move is spirit and body correspond closely and are united in perfect harmony, and spirit is moving body. Spirit takes on the same form as the physical body. The mind exists in the center of the spirit, and the soul exists in the center of the mind. The activities of this trinity—spirit-mind-soul—become the manifestations of will and thought. This invisible spirit—will and thought—is the ruler of the physical body. Therefore, spirit is principal or primary, and body is subordinate or secondary. That is, spirit precedes body.”

Aloha and Happy New Year,

Norman Oshiro

Start off the New Year by making a change to your lifestyle! Two classes currently being offered at the MOA Wellness Center is Yoga and Mindful Movement (a non-MOA class). Yoga is held after hours on Tuesdays at 5:30pm and Mindful Movement is held on Mondays at 11:00 am and Wednesdays at 9:00 am.

EVERY TUESDAY



YOGA WITH MALLORI

MOA Wellness Center
Tuesdays 5:30pm - 6:30pm

Join us for 60 minutes of Hatha flow yoga sequenced to balance, strengthen, and stretch the body through movement, meditation and breath.

By donation. All levels welcome!

Contact Mallori with questions: MLJIMCHOY@GMAIL.COM

Yoga with Mallori
Every Tuesday
5:30-6:30 p.m.
MOA Wellness Center

MINDFUL MOVEMENT LESSONS
Simple | Easy | Change



Wednesdays 9:00 am

MOA Wellness Center
600 Queen Street, #C2
Honolulu, Hawaii

No registration required – just stop by!
Classes just \$20

 **MEMBERSHIP** 

Just a reminder to those who haven't paid their yearly membership dues. Dues are \$25 for an individual member and \$50 for a family membership (2 or more within the household). Benefits of joining include discounts on Okada Purifying Therapy (OPT), flower or tea therapy, consultation with the MOA doctor, healthy food seminars, nature garden seminars, kohrinka flower classes, bowerwork sessions, calligraphy (shodo) classes, and MOA massage sessions. Use the Supporter



**The MOA
Supporter
System**

We cordially invite you to be a part of our MOA Supporter System. MOA Supporters contribute a vital piece to the overall development and expansion of all our outreach and community activities. Together, we will make a difference for the welfare of society.

Questions: please contact us at:
(808) 952-6900
Email: info@moahawaii.org
Website: www.moahawaii.org

Name(s) _____

Address _____

City _____ State ____ Zip Code _____

Telephone () _____

Fax () _____

Cell Phone () _____

Email _____

TYPE

- \$25 Individual
 \$50 Family (2 or more individuals)

PAYMENT

- Check enclosed
 Charge my credit card
 VISA MC Discover JCB

Name _____

Card no _____

Exp. Date _____

Security code _____

Signature _____

Make checks payable to: **MOA Hawaii**.
Pledges and gifts for higher amounts can

ADDRESS CHANGES

To keep us up-to-date on your current address, please complete the MOA supporter form if you've moved. The newsletter is also on-line at www.MOAHawaii.org

CORRECTIONS

Send MOA Hawaii newsletter corrections via U.S. mail to the MOA Wellness Center at 600 Queen Street, C-2, Honolulu, HI 96813 or email us at info@moahawaii.org

MEMBERSHIP

MOA membership dues are paid on an annual basis. Being a member gives you discounts on the Okada Health and Wellness programs, Nutrition classes, Calligraphy classes, flower arranging (Kohrinka) classes and various other classes offered.

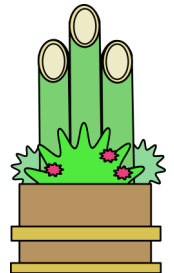
Upcoming Events at the MOA Wellness Center unless noted otherwise:

- January 8, 15, 22, 29, Tuesdays, 10:00 am to 12:00 noon, "Dr. Garcia Consultations," Cost \$25 for non-members, \$20 for members
- January 5, Saturday, 10:00 am to 12:00 noon, "Flower Arranging (Kohrinka) Class w/Yoshiko Morimoto," Cost for first class is \$25 Annual Membership + \$10 per session + \$5 for flowers + \$20 for textbook
Location: **Toho No Hikari Social Hall**
- January 18, Friday, 11:00 am to 12:30 pm, "Nutrition Class," Cost is \$15 for non-members, \$10 for members
- January 18, Friday, 3:00 pm to 4:30 pm, "Introduction to MOA," a small \$5 donation is helpful
- January 19, Saturday, 10:00 am to 11:00 am, "Calligraphy (Shodo) Class w/ Yoshiko Morimoto," Cost is \$13 for non-members, \$12 for members, \$10 for students K to 12th grade
Location: **Toho No Hikari Social Hall**
- January 20, Sunday, 10:30 am to 2:00 pm, "**Annual Membership Meeting and Volunteer Appreciation Day,**"
Location: **Toho No Hikari Social Hall**
- January 21, Monday, Martin Luther King Day, The Wellness Center is Closed**
- January 21, Monday, 6:00 to 8:30 pm, "Flower Arranging (Kohrinka) Class w/ Norman Oshiro," Cost for first class is \$25 Annual Membership + \$10 per session + \$5 for flowers + \$20 for textbook
- January 24, Thursday, 9:00 am to 1:00 pm, "OHWP Lifestyle Improvement Program, includes OPT, doctor consultation, tea and flower therapy, lunch and exercise – Extended Session," Day 1, Cost for both Thursday and Friday is \$60
- January 25, Friday, 9:00 am to 11:30 am, "OHWP Lifestyle Improvement Program, includes OPT, doctor consultation - Extended Session," Day 2
- January 26, Saturday, 9:00 am to 3:00 pm, "OHWP Lifestyle Improvement Program, includes OPT, doctor consultation and lunch - Intensive Session," Cost for this one day session is \$70
- January 30, Wednesday, 9:30 am to 11:00 am, "New Beginning" seminar, a small \$5 donation is helpful

Please call (808) 952-6900 to reserve your seat at any of the events listed above.

2019

happy new year



MOA Hawaii!
600 Queen Street, C-2
Honolulu, HI 96813

