

Events Happening in October, 2023, thru the next few months -
~ **FREE** and nearly free ~

~ **FIRE season** ~
~ **2023 hurricane season** ~

because of all the fires around our beloved Maui .. please make sure that you always keep your gas tank FILLED in your car .. or ... do not let your gas gauge below one-half tank ..

also .. make sure that you have your 'go bag' with all of your important papers and medications .. OR .. if not .. make sure your important papers are in a fire-proof container .. again .. don't forget your medications !!

also .. if you have clothing .. personal care items .. canned food .. Hope Chapel in Kihei is receiving donations .. every day except Monday .. their 'distribution hub' is well organized .. all for those displaced by the Lahaina / Kula fires ..

make sure you check out our website .. Vice Queen Sassy Sandi has been working very hard to update the site ..

www.redhotmamasofmaui.com

The following are NOT cancelled ..

- | | | | |
|---|------------------------|---|--------------------------|
| o | sunshine | o | music |
| o | summer | o | dancing (alone) |
| o | love | o | kindness |
| o | naps | o | conversations |
| o | reading | o | hope |
| o | phone calls to friends | o | laughter (laughter yoga) |
| o | gardening | o | exercise |

right now .. we ALL need lots and lots of HUGS .. remember .. a minimum of twelve (12) hugs a day for maintenance !!

HUGGING .. the perfect cure for all what ails you ..

- o no moveable parts
- o no periodic checkups
- o high energy field
- o no monthly payments
- o theft-proof
- o non-polluting
- o hugging is healthy
- o combats depression
- o improves blood circulation
- o it's rejuvenating
- o generates good will
- o hugging is nothing less than a miracle drug !
- o one needs a minimum of twelve (12) hugs a day for maintenance !
- o no batteries to wear out
- o low energy consumption
- o inflation-proof
- o no insurance requirements
- o non-taxable
- o fully returnable
- o hugging relieves tension
- o reduces stress
- o it's invigorating
- o elevates self-esteem
- o no unpleasant side effects

Recent restaurant openings: The Beach Club - makai side of South Kihei Road .. across from the Hilton Time-shares (old Maui Lu property) .. hours of operation: 12:00 noon to 7:00 p.m. (parking available across the street) .. gate will open automatically ..

Leis Family Class Act - UH-MauiCollege

"World Plate" - UH-Maui College - Pa`ina Building
open-Monday thru Thursday-11:00 a.m. until 12:50 p.m.
reopening sometime in the fall ...

Fuego's Argentinean Steakhouse (formerly The Dunes at Maui Lani)

AmiAmi @ Maui Coast Hotel is now .. Kihei Caffe

Makawao Steak House will be: Makawao Public House

Raising Cane - Kahului

Sonic (a drive-in) .. Kahului

Momona Bakery and Coffee Shop - Kahului

Lemongrass Asian Cuisine in Kahului

Casanova-Deli - Makawao - Coffee Shop

o Regency Theatre Kihei Cinemas - has announced their Indie and Foreign Film Series .. every Saturday at 10:30 a.m. and every Wednesday at 7:00 p.m. .. for further information on films - call 891 1043 .. go online to: regencymovies/maui.com

IF YOU HAVE MEN'S CLOTHES, WOMEN'S LARGER CLOTHES AND/OR TOILETRIES .. THE FAMILY LIFE CENTER ON KANE STREET IN KAHULUI (ACROSS FROM FOODLAND IN KAHULUI) .. WILL ACCEPT DONATIONS EVERY SATURDAY FROM 12:30 P.M. TO 1:30 P.M. ..

LIVE THEATER IS BACK ON MAUI !!!!

o check out "Maui Coffee Attic" .. located in Wailuku .. lots of great entertainment .. during day and evening hours .. mauicoffeeattic.com

o check out all the listings for **ProArts Maui** - located in Azeka Makai .. lots of new - and live - events .. for more information .. go to: ProArts Maui .. or call: 463 6550 ..

o check out Maui On Stage at the Iao Theater .. their website: mauion-stage.com .. or call: 242 6969 .. awesome upcoming shows !

o Every Sunday in October - "Maui Sunday Market" - returns to the Kahului Shopping Center .. **FREE** .. event starts at 4:00 p.m. until 8:00 p.m. .. always great fun .. with lots of food trucks, crafters, purchase local-made products, vendors and entertainment .. this event will be held every Sunday at this location .. fun for the entire ohana .. for more information .. call: 888 948 6382 ..

NEW INFORMATION ..

o Did you know that the American Red Cross is offering to install smoke alarms in your home (maximum of three) for **FREE .. please call Jenny Worth - the manager for the American Red Cross on Maui .. her phone number is: 264 8785 ...**

AARP is offering **FREE technology series on 'zoom' .. to register .. call: 1 877 926 8300**

the below listed events are ALL on ZOOM ! ..

o Friday, October 13 - starting at 9:00 a.m. .. "Protect Your Personal Information Online ..

o Friday, October 20 - starting at 9:00 a.m. .. "Introduction to Twitter"

o Friday, October 27 - starting at 9:00 a.m. .. "Introduction to YouTube"

o Friday, November 3 - starting at 9:00 a.m. .. "Streaming & Smart TV's"

o Friday, November 10 - starting at 10:00 a.m. .. "Food Delivery Apps"

o Friday, November 17 - starting at 10:00 a.m. .. "Fitness Apps"

o Tuesday, October 10 - 6:00 p.m. .. AARP has a FREE movie night at the Regal Maui Mall Megaplex .. the movie is: "My Big Fat Greek Wedding III" . registration required .. call .. 1 877 926 8300 ..

- o Sunday, October 15 - 2:00 p.m. to 4:00 p.m. - AARP is offering a **FREE** "Reach Out & Play".. a fun board game event with refreshments at Kaunoa Senior Center in Paia ... to sign up....call Kaunoa .. 270 7308 ..

- o Thursday, October 26 - 9:30 a.m. to 11:30 a.m. - AARP is offering a **FREE** event entitled: "Explore the Human & Animal Connection" at the Cameron Center in Wailuku registration required .. call .. 1 877 926 8300..

- o Saturday, October 28 - 8:00 a.m. until 11:00 a.m. .. AARP is offering a **FREE** paper shredding event .. Access on Eha Street in Wailuku .. for more information .. contact Queen Diva Dell-Luscious .. 879 9964 ..

- o Friday, November 3 - Saturday, November 4 - annual "Made in Maui" Festival at the Maui Arts & Cultural Center .. small fee to attend ..

- o Saturday, November 18, 2023, the MEO Annual Senior Fair will be held at the Maui Mall .. starting at 7:30 a.m. .. until 12:00 noon .. this event is always **FREE** with lots and lots of interesting information for the seniors ! .. do not miss this event !

- o September 19-21, 2024 - Red Hat Convention at Orleans Hotel in Las Vegas .. Hawaiian-themed event !! .. let's learn a hula !!!

- o Kaunoa Senior Center is offering many **FREE** online classes ... for more information .. call: 270 7308 .. UPDATE....Kaunoa is OPEN .. call them..check out all the classes .. activities .. you will LOVE it !!

o AARP is offering many upcoming webinars .. all **FREE** .. go to: aarp.org/hi and check out the upcoming events .. cooking demonstrations .. movies for grownups ... trivia games .. are among the fun things to check out ..

o Are you wondering why you are not receiving your monthly "Kaunoa News" newsletter? It is now 'virtual' .. if you have not received yours via your email .. please call them .. 270 7308 .. and give them your email address...they have a lot of 'virtual' activities going on .. for **FREE** !!

o Are you feeling lonely ... depressed ... upset about the covid stuff .. needing someone to love YOU .. cuddle with you .. then you just might qualify for a 'fur baby' .. call the Maui County Office on Aging .. 270 7774 .. and tell them you wish to talk to someone about a fur baby .. if you are unable to qualify for fur baby .. go to: joyforall.com and check out those fur babies .. IF you decide to order one .. you can get a discount .. just type in .. maui15 !! the fur babies are life-like .. purring .. barking .. heart-beat..snoring ! .. you don't need to feed them .. they run on batteries !!

o Do you go to the Makena beaches for sun and fun ? Did you know that as a 'local' .. you can park in their parking lots for **FREE** .. tourists must pay a \$10 fee - per car .. and a \$5 per head charge ! ..

o Every Tuesday - Organic Wailea Village Farmer's Market - located at 100 Wailea Alanui Drive .. from 8:00 a.m. to 12:00 noon .. over 80 varieties of organically-grown vegetables, herbs, greens and local fruits .. they accept cash and credit cards !! **FREE!**

o Every Wednesday and Sunday - Kihei/Wailea Gift Fair - under the tents at the corner of Keonekai and South Kihei Road .. from 8:00 a.m. to 12:00 noon ..

o Every Saturday - at the Kukui Mall in Kihei (in the back) from to 8:00 a.m. to 12:00 noon .. a Farmers Market .. great local produce !! **FREE!**

o Every Saturday .. the Swap Meet next to UH-Maui College has re-opened .. starting at 7:00 a.m. until 12:00 noon .. seventy-five cents (75) to get in .. produce .. crafts .. gifts ..

o looking for something to do on your computer ? ... go to:

“The Crazy Coupon Lady”

check out this website .. there are amazing coupon values .. you can spend hours checking this out ! .. enjoy !

o if you are tired of ‘sitting’ at home .. you can either ‘google’ “kupuna in motion” or go to: youtube and look up: “kupuna in motion” .. (this is sponsored by the Maui County Office on Aging) .. lots and lots of exercise programs .. for sitting and standing .. and .. also .. check out Akaku .. channels 53, 54 and 55 .. there will be exercise programs for you to watch .. all of this is **FREE !!**

o do you have some extra **FREE** time ? if so .. “Project Vision” is looking for volunteers to go into schools to assist with their mission to check the vision of all students .. and to provide glasses-if necessary .. this vision check for the students - and glasses - is a **FREE** service to the community ! for more information .. contact: ashley@projectvisionhawaii.org ...

***** Please note that many of these events are cancelled for the time being...will keep you updated as we know more ..**

o The County of Maui - Kaunoa Senior Services - offers **FREE** meetings for seniors .. meetings always have guest speakers, games, fun and a nutritious lunch is served for \$2.00 !! .. meetings and dates are located at:

o Kihei Center at Kihei Community Center - 879 8966
every Tuesday and Friday - 8:30 a.m. to 11:30 a.m.

o Kahului Union Church Center - 101 W. Kamehameha Avenue
Tuesday and Thursday - 8:30 a.m. to 11:30 a.m.
270 6150

o Wailuku Community Center - 395 Waena Street - 270 6146
Monday and Wednesday - 8:30 a.m. to 11:30 a.m.

o every Sunday - at 1:00 p.m. at Keolahou Church (the little green church on South Kihei Road - near the Kihei Youth Center) - 177 South Kihei Road .. celebrates hula...all ladies are invited to attend .. no experience necessary ! .. every month you will learn a new hula ! .. you are welcome to come and learn ! **FREE** to everyone !

o every month - third Thursday - in Wailuku - "Picnic for Poki" - on the grounds of the Historic Kaahumanu Church - (under the monkeypod tree) 103 High Street - Wailuku - across from the County Building .. **FREE** ! .. music is from 11:00 a.m. to 12:30 p.m. .. be sure to bring your lunch and enjoy a cup of coffee and fresh-baked cookies from Roselani Place .. be sure to bring a chair/blanket and enjoy the music

***** Please note that many of these events are cancelled for now .. but will keep you updated as they open up ...**

o Friday, October 6 - "First Friday" in Wailuku - starts at 6:00 p.m. = along Market Street .. **FREE** !

o Friday, October 13 - "Third Friday" in Makawao - **FREE** event - to be held at the Eddie Tam Memorial Park - 6:00 p.m. to 9:00 p.m. ..

o Friday, October 27 - "Fourth Friday" in Kihei .. starting at 6:00 p.m. in the Azeka Mauka parking lot .. lots great entertainment .. awesome food trucks and lots of hand-made goodies .. **FREE** .. **THIS EVENT OCCURS EACH MONTH** ..

o If you (or a friend or relative) have issues with vision impairment and blindness .. "Vision Impairment and Blindness Education and Peer Support Group" (VIBES) is an education and peer support group that meets the last Wednesday of each month .. 1:00 p.m. to 2:30 p.m. at the University of Hawaii Maui Campus - Laulima Building - Room 107 .. upcoming meeting date: October 25 and is **FREE** !! all meetings are sponsored by Aloha Independent Living Hawaii .. for more information .. call .. Kathleen at 866 4690

This event is on hold until _____, 2024 ..

University of Hawaii Manoa Extension Present the "2024- Brain Health Series" - **FREE** !! .. topic is: "Brain Health: _____" .. to register: Heather Greenwood-Junkermeier - 269.7396 - heather8@hawaii.edu ...

"Free Stuff" around the Island

"Hats Up"

o Every Saturday at the Maui Nui Botanical Gardens - located at 150 Kanaloa Avenue in Kahului - **FREE** admission ! .. the Gardens open at 8:00 a.m. - until 4:00 p.m. .. check it out .. a great display of native plants .. for more information .. call: 249 2798 ..

o Every Monday night at Moose McGillycuddy's in Kihei (next to Fred's) .. there is **FREE bingo** .. starting at 7:30 p.m. .. get there early .. as happy hour is pau at 7:00 p.m. .. you must order food/drinks! ... can win lots of goodies !

***** Some of these events MAY be cancelled .. before attending .. please make a phone call to see if the event is still happening ..**

o "Tuesdays at the Pond" - Kealia Pond National Wildlife Refuge .. every Tuesday from October thru March..there will be a **FREE** guided bird walk tour - starting at 9:00 a.m. .. bring binoculars, water & good walking shoes! for more information .. call .. 875 1582 .. all the 'critters' in this nationally recognized migratory pond are exciting to watch .. this event takes place at the Kealia Pond Visitor Center - Milepost 6 - Mokulele Highway .. if you are planning to attend .. call first to make sure the tour is happening .. bird walks MAY be cancelled if the water is too high in the Pond ..

o Self-guided tours of Kealia Pond National Wildlife Refuge .. Monday thru Friday .. 7:30 a.m. to 5:00 p.m. ..

o Second Wednesday of each month from 5:00 p.m. to 6:00 p.m. at Maui Memorial Medical Center .. Nutrition Education Room (inside the Cafeteria) .. there is a "Diabetes Education Support Group" .. for more information, call: 442 5773 .. Ms. Jolly Uclaray is the Diabetes Coordinator .. **FREE** ! they provide education, skills and other resources to diabetes patients and their families ! ..

o Every Thursday night .. at Keolahou Church (the little green church in Kihei next to the Kihei Youth Center) .. bring your ukulele .. and your voice .. strum and sing-a-long (the music is provided) .. **FREE** !!..starts at 6:45 p.m. .. until 8:00 p.m. .. no experience required !

o Pacific Cancer Foundation offers many FREE events .. to get the latest program information and news .. go to:

www.pacificcancerfoundation.org/connect

Events Happening at The Shops At Wailea

The Shops at Wailea are open again for **FREE** entertainment ! ..

o every Monday .. from 2:30 p.m. to 3:30 p.m. .. lei po`o making ..

o every Tuesday and Thursday .. from 2:30 p.m. to 3:30 p.m. .. coconut husking ..

o every Tuesday .. from 5:30 to 6:30 p.m. .. Polynesian show ..

o every Wednesday .. from 1:30 p.m. to 2:30 p.m. .. lei po`o making ..

o every Thursday .. from 4:30 p.m. to 5:30 p.m. .. coconut frond weaving ..

o every Thursday .. from 5:30 p.m. to 6:30 p.m. .. Polynesian show ..

o every Friday .. from 4:00 p.m. to 5:00 p.m. .. Papa hula ..

DID YOU KNOW ?

o Aloha United Way .. their call center is open from 7:00 a.m. to 10:00 p.m. .. are you in need of 'SNAP' (food stamps) .. help with rent, utility assistance .. corona virus questions .. covid-19 vaccine questions .. please give Aloha United Way a call .. their phone number: 211 ..

o The County of Maui - Water Department is offering - to those who live in a single-family home - a **FREE** 'ultra-high efficiency toilet replacement program .. go to the "waterresources.mauicounty.gov" .. and check this out ! .. go to: 'Toilet Replacement Program - Online Application'

o The County of Maui - Water Resources Department - located on the ground floor of One Main Plaza (the building in back of Maui Medical in Wailuku) has **FREE** goodies .. call first .. 463 3110 (Laurie) .. they offer - one per household:

- o hose nozzles
- o aerators for both kitchen and bathroom faucets
- o low flow shower heads
- o hose timer for sprinklers (for your yard)
- o tablets for the toilet (for leaks)
- o tank bags (to save water in your toilet)
- o toilet replacement program (must fill out a form)
- o 50-gallon rain barrels (must have rain gutters) and need to fill out a form and take pictures of your gutters

o pepper spray is available on Maui in both Wailuku and Kihei !! .. if you are interested .. in Wailuku: Maui Ammo and Gun - phone number: 244 1626 .. they are located at 851 Eha Street in the Wailuku Industrial Park .. cost starts about \$13 .. in Kihei .. at Handley's Gun Supply - (located near Eskimo Candy) .. location: 155 Halekuai .. phone number: 874 9457 .. ask for Angie !

o If AARP has already done their 'shredding' event this year .. have learned that "Access" (821 Eha Street - Wailuku) offers the shredding service only on Tuesdays from 8:30 a.m. to 4:00 p.m. .. you MUST call to make an appointment .. 808 673 3200 .. their fee: \$65 for three (3) banker boxes OR the first fifty (50) pounds .. IF you have more than three (3) banker boxes .. the charge is \$7.75 per box .. OR thirty-six (36) cents per pound after the first fifty (50) pounds ..

o The County of Maui offers **FREE** e-cycling (ReThink ReCycling Center) .. located at 301 Hansen Road - in Puunene .. near Pulehu Road .. they will accept .. computers .. laptops .. printers .. monitors and televisions .. and are open every Tuesday from 1:00 p.m. to 5:00 p.m. and every Saturday from 9:00 a.m. to 1:00 p.m. .. if you have further questions .. please call: 808 - 280 6460 .. or email: ecyclingmaui@icloud.com

o The State of Hawaii has a 'Slow Down - Move Over' law .. when you see a flashing blue light (police car), emergency responders or tow truck on the side of the road .. you MUST move over one lane .. NO EXCEPTIONS !

o if you want to know how much your prescription costs .. go to: goodrx.com .. type in the name of your 'drug' .. this website will help you save lots of money on your prescription and will give you 'coupons' to use .. and will give you the name of a local pharmacy !!

o You can ride the "Maui Bus" for \$1.00 (one way...one time) .. if you show your 'Medicare' card .. and if you want a one-day pass to ride anywhere the "Maui Bus" goes .. it is \$4.00 !! .. such a deal !!

o Hawaii residents can now request social security and medicare card replacements online .. for more information about this new online service, go to: <https://www.ssa.gov/myaccount/replacement-card.html>

o Do you have unused medications and don't know what to do with them? fyi .. Long's Drugs / CVS has stepped up and their stores offer **FREE** collection sites .. in Kahului .. in South Maui .. and Lahaina ..

o There is a **FREE** dental clinic at UH-MC .. (they are located in the Noi'i Building on campus) .. call .. 984 3772 for an appointment .. there is always a dentist on duty to assist the hygienists .. the Clinic is open ..

1:00 p.m. to 5:00 p.m. - Tuesdays

8:30 a.m. to 12:00 noon - Wednesdays

1:00 p.m. to 5:00 p.m. - Wednesdays

5:30 p.m. to 8:30 p.m. - Thursdays

you will receive a **FREE** cleaning and a **FREE** set of x-rays ! .. they have twelve (12) chairs to assist their patients ! .. they are always looking for patients to work on ! .. give them a call if you need dental help !

o Are you wondering about the prescription drugs you are taking? did you know that every prescription drug that you take has a number on it.. did you know that you can go to: [drugs.com](https://www.drugs.com) and type in the number of the pill..and the site will tell you all about the medication .. try it out ! .. it works!

o Do you need to have 'surgery' ? did you know that you can google: surgerycenterok.com/pricing .. once you find the site .. there will be a body that appears .. click on the part of your body where you will be having surgery .. and you will then know the real cost of the surgery ! .. try it ! it works !

o Do you have an alarm system? Is it 'registered' with the Maui County False Alarm Reduction Program ? if not .. call .. 1 866 902 7110 .. there is a \$25 fee for two years .. (this is to prevent a charge to you IF you have a 'false alarm' at your home) !!

o UH-MC - AMT (Automotive Technology Program) offers 'synthetic' oil changes (oil lasts longer in your car), oil filter changes, other 'under the hood stuff' for your car .. charge is \$35 per hour! .. such a deal! .. must call for an appointment .. 984 3236 .. work is done on Monday and Wednesday .. Tom Hussey is the AMT Program Coordinator .. (work is done by students) ..

o UH-MC - Auto Body Shop - 984 3214 - Mr. Kelly Lai - if you need 'body work' done on your car .. give them a call .. work is done by students and they are good ! ..

o Did you know that if you need to remove a ring from your finger..try Windex on your finger ! .. the ring will come off - easily !! amazing !

o Do you have 'restless legs' at night ? .. did you know that there is a 'holistic' method to stop this ?? what is it, you ask ? .. purchase a bar of DIAL soap (the orange one) .. unwrap it .. put the bar of Dial soap at the foot of your bed..underneath your top sheet .. your 'restless legs' will stop ! .. no kidding ! .. try it ! .. fyi .. do not ever wash the soap ! ..

o Medicare fraud .. Hawaii seniors have received their new medicare cards .. we have learned that fraud is already occurring regarding these cards .. AARP Fraud Watch Network has a toll-free number you can call .. if you need to talk to someone about medicare fraud .. their toll-free number is.. 877 908 3360..if you have a computer .. you can also visit .. www.aarp.org ... OR .. you can call Medicare .. 1 800 633 4227 ..

o MEO offers a “Low Income Home Energy Assistance Program” .. this program assists low income households and provides energy assistance or crisis payments once a year .. for either electric or gas bill payment assistance OR energy crisis intervention to those low income eligible households whose electric or gas has been or will be shut off .. for more information..contact MEO at 249 2970 ..

o MEO assists low income individuals - 60 years of age and older - who have income at or below the federal poverty level .. this program assists individuals achieve economic security through supportive services which include subsidizes for hearing aids, glasses, scooters and dental work .. for more information .. contact MEO at 249 2970 ..

o If you have lots of paper to be recycled .. Office Max offers to take care of your paper .. bring in your bankers boxes .. call Office Max at 877 9448 and ask if their bin is full .. they charge .99 cents a pound...the paper is placed in a locked box until the paper shredder company picks up the paper.

o All libraries on Maui - which are operated by the Hawaii State Public Library System - offer **FREE** events throughout the month...even movies .. with popcorn .. just check their website .. go to: librarieshawaii.org .. you will need to show your library card .. if you don't have one .. can get one..for **FREE** .. from any library .. the card is good for five years .. when it expires .. then you renew..for another five years !!

o If you want to know why and how so many 'homeless' are making it to Maui .. check out .. www.squattheplanet.com .. it gives anyone information about all the free stuff that is available .. around the planet ! .. amazing !!

o You do not have to stand in line at the Kahului DMV (department of motor vehicle) offices any more ! .. you can now make an 'appointment' on line for your drivers' license renewal .. go to the County of Maui website... www.co.maui.hi.us .. then go to: Community .. then scroll down to: Motor Vehicle & Licensing .. then look at: DMV Wait Times .. you will then see: "Get In-Line On-Line" .. to make your appointment .. then on the day of your appointment .. go into their new offices located on Ho`okele Street in Kahului .. 'sign in' via computer .. and your number will be called ! .. this makes getting your driver's license renewal so much easier ! .. try it .. you'll like it !!

o When you receive your yearly "Notice of Registration Renewal" from the County of Maui for your automobile .. did you know that you can take the registration .. go to a local Safeway..and get your new registration renewal .. in less than two minutes ! there is a DMV 'kiosk' at your local Safeway! amazing !!

o IF you go and get your driver's license renewed .. make sure you do NOT travel until you get your new driver's license ! .. the DMV issues you a temporary driver's license - with an expiration date.. and TSA will give you a pat-down (and up)..and go thru ALL of your luggage .. even if you are a TSA pre-check ! .. ask the Queen if you need more details !!

o There is a prescription discount program .. the State of Hawaii is part of a national discount prescription drug program called .. "Live Healthy" .. which has been helping consumers save on their prescription medication purchases .. anyone can apply for a discount card online at nacorx.org ... there are no annual limits, no extensive forms to fill out .. no waiting periods .. no age or income requirements and no medical condition restrictions .. think of the card as a prescription drug coupon .. the discount card is FREE and there is no fee to join ! .. and .. this card is good for pets !

o Apply for FREE medications .. through the "Partnership for Prescription Assistance Program" (pparx.org) .. qualified patients can get help .. check this out ! .. found the information thru the AARP newsletter !

o if you are planning to go to Haleakala for sunrise .. you are required to make a reservation .. to make this reservation..go to .. www.recreation.gov .. the cost is \$1.50 per car .. you can make reservations up to 60 days before your sunrise visit .. to enter the Summit District between 3:00 a.m. and 7:00 a.m., the reservation holder must be present and show both the one-day sunrise reservation receipt and a photo ID .. the park entrance fee is separate and payable by credit card on the day of your visit ...

o Did you know that if you are a member of Costco .. you can receive a **FREE** hearing test ? the test lasts one hour and is given by a certified hearing specialist .. you must make a reservation ahead of time .. to make an appointment .. call .. 877 5248 ..

o Did you know that the County of Maui offers a "Maui County Emergency Alert System" .. to sign up for the Maka`ala notification service .. go to the Maui County website at .. www.mauicounty.gov, click on "Emergency Services" located on the left side of the website and then click on the "Maka`ala Maui County Emergency Alert System" link ..

o Maui Economic Opportunity (MEO) offers a **FREE** "red card" .. if you are sixty (60) years of age and older you qualify !! .. need to fill out a form .. you then get the `red card' .. the value of the `red card' .. you do not have to pay the tax ! .. there are many businesses on Maui who support the `red card' .. for more information .. call MEO at 249 2970 ..

o Did you know that Jack In The Box offers a ten percent (10%) discount on food purchases for seniors !! .. thank you, Jack !!

o Did you know that SONIC offers a ten percent (10%) discount for seniors on food purchases OR a free drink (check before ordering) ..

o Did you know that Raising Cane has a brand loyalty program .. you can sign up for **FREE** .. and when you sign up for this membership .. you get a **FREE** meal ... try it out !!!

***** If you are planning to go to any of these activities .. please call first to make sure they are still happening ..**

o Every Wednesday - starting at 6:00 p.m. SHARP - at the Fairmont-Kea Lani Hotel in Wailea .. there is a **FREE** tour of the Dale Zarrella sculptures .. the tour is guided by the world-renowned sculpture..Dale Zarrella .. the tour lasts for about one hour .. do not be late !!!

o The Grand Wailea Resort offers a cultural tour every Wednesday at 8:00 a.m. .. it is **FREE** !! just show up and report to the 'mermaid' on the main level ..

o "Heritage Hall" - which is the new cultural center for the Portuguese and those from Puerto Rico - is open from 9:00 a.m. until 4:30 p.m. - Monday thru Friday .. one room is dedicated to the history of the Portuguese on Maui .. another room is dedicated to the Puerto Rican history on Maui .. Heritage Hall is located on Baldwin Avenue .. in Upper Paia .. 243 - 0065 .. **FREE** admission !!

o Nisei Veterans Memorial Center - located at "Go For Broke Place" off of Lower Kahului Beach Road - (665 Lower Beach Road) .. open daily from 12:00 noon to 4:00 p.m. (call first) .. **FREE** ! tour their education center which is dedicated to World War II history and the Japanese-American nisei (a 2nd generation Japanese-American) ... for more information .. call .. 244 6862 ..

o When you go to the movie theater at the Maui Mall (Regal Theaters) .. did you know that you can save money when you purchase a small soda and a small popcorn .. yes .. just show the snack people your AARP card and you will save \$3.00 !! .. so instead of \$11 .. you only pay \$8 .. the same cost as the movie ticket !! such a deal !!

o Did you know that at the Regal Theater in the Maui Mall .. if you are hard of hearing .. you can 'borrow' (at no cost-**FREE**) 3-D type glasses .. and once the movie starts .. the spoken words in the movie appear in the glasses ! .. all you do is ask about them at the ticket office .. give them your driver's license for 'security' .. and take the 3-D type glasses into the theater .. Our Queen tried them .. amazing ! .. what next ???!

o Are you interested in going to the Island of Lanai for a fun day of adventure? We have a friend on the Island .. her name is: Alberta deJetley..phone number is: 808 649 0808 .. we can take the Maui Bus to Lahaina .. jump on the Ferry .. and MEO can pick us up at the Harbor on the Island of Lanai.. Alberta is willing to share her Island with the Red Hot Mamas of Maui ...

FYI ..

You can check the legitimacy of a charity by going online:

www.charitywatch.org

Did you know that you can talk to an attorney for **FREE??**

o If .. you have a legal question that you want answered sooner and you are unable to wait to see an attorney .. did you know that you can email your question to an attorney .. for **FREE** .. thru HOP (Hawaii Online Pro-Bono) .. and you will receive a quick response .. the email address is ..

Hawaii.FreeLegalAnswers.org

this is a new service offered to residents of the State of Hawaii .. you need to fill out a couple of questions on line...and if you qualify .. you are entitled to three (3) legal questions per year ! .. This service is offered thru the American Bar Association..however .. local Hawaii attorneys are the 'pro bono' (**free**) attorneys that are helping ..

o Did you know that if you are sixty (60) years of age or older .. you can call the Senior Legal Hotline .. located within the Legal Aid Society .. this is a **FREE** service ! .. they have an office on Maui .. located at 24 N. Church Street - Suite 401 - Wailuku .. to make an appointment .. call .. 244 3731 x 1231 .. or .. 1 888 536 0011 ..

o If you have a legal question and not sure what to do .. there is a "Self Help Center" on Maui .. call them .. 808 909 2841 ..they are available from 10:00 a.m. to 1:00 p.m. every Monday and Thursday .. it is a **FREE** service and the attorneys promise to call you back that day .. and they are Maui attorneys . .

o Do you have school supplies just lying around your house and you want to share them with our Maui public schools? .. please call .. Jill Kaiser @ 357 2998 .. she has a list of 'needs' .. and is willing to make sure they are picked up from your home and delivered to our schools ! ..

o If you are a member of AARP and you are not getting your AARP magazine and other information about happenings on Maui .. please call - toll-free .. 1 888 687 2277 ..

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