



Proudly Serving the Waikiki Community Since 1978

310 Paoakalani Avenue • Honolulu, HI 96815
808 923-1802 • www.waikikicomunitycenter.org

A Message from Our President . . .

“You is kind. You is smart. You is important.” — Kathryn Stockett, *The Help*

The quote above is from the book/movie *The Help*, a story about African Americans working in white households in Mississippi in the 1960s (highly recommend it if you have not read/seen it). It is a mantra that the narrator, Aibileen, regularly recites to the little girl she cares for as her nanny. The thing that strikes me about this part of the story is that Aibileen recites it to the little girl all the time, over and over, and after a while, she can’t help but adopt it as her truth.

Believing you have control is critical to our health. One psychologist observed an orphanage where the children received minimal care based on the workers’ schedules and not in response to their cries. The babies learned that things happened to them randomly and nothing they did could affect the outcome. As a result, these children became “sad lumps” who did not react to any stimuli. However, when the psychologist taught volunteers to interact with these children, they quickly started responding and became so engaging that many were adopted.

Dr. Kien Vuu is an oncologist who learned the power of our thoughts from his patients. One 43-year-old man with a terminal diagnosis in particular had an extremely positive outlook. Dr. Vuu asked him how he could remain so optimistic and the man said he decided with the little time he had left he was going to spread love and positivity. This patient inspired Dr. Vuu to change his own outlook and he has since spread his message about whole-person wellness to help thousands of others.

All of these stories inspired me to see that we have so much more power than we think. Imagine what would have happened if one of the workers in that orphanage decided to start changing the babies’ diapers when they cried instead of when it was scheduled or if Aibileen told the little girl she was ugly and stupid or if Dr. Vuu’s patient chose to default to self-pity and hopelessness?

We have about 80,000 thoughts per day, the majority of them negative. Dr. Vuu says that our thoughts naturally default to negative as a survival mechanism. As early humans we had to constantly think about what could go wrong in order to avoid dangerous situations. However, this natural tendency was meant to keep us alive, not happy or fulfilled. Therefore, *we must consciously make choices in our thinking* or we will default to the negative.

We don’t control our circumstances but we do control our focus. We may not control what we have, but can choose to focus on what we do have rather than what we don’t. We may not control what we’re able to do, but we can choose to focus on what we can do rather than what we can’t.

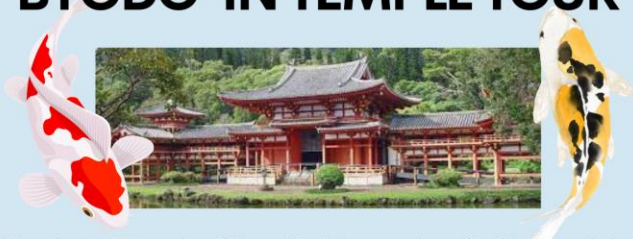
In 2023, I hope that we all know how powerful we are. We can influence not only our own thoughts and actions, but those of others. Let’s start by choosing to focus most of our 80,000 daily thoughts on optimism, joy, gratitude, forgiveness and empathy.

We have some wonderful things happening in 2023 and our team is excited to spend another year with you! Hau‘oli makahiki hou!

Aloha,

Caroline Hayashi

BYODO-IN TEMPLE TOUR



Byodo-In (Temple of Equality), located at the Valley of the Temples in Kaneohe is the half-sized replica of the Temple in Uji near Kyoto, Japan built in 1502. The Phoenix Hall, 9-ft. statue of the golden Lotus Buddha and three ton sacred bell are prominent features of this exquisite site.

THURSDAY, JANUARY 12, 2023

Check-in at WCC at 8:30am / Return to WCC at 1:00pm

\$30 BeST* / \$40 General Public*

No-host lunch at Gyu-Kaku Japanese BBQ

Maximum capacity is 25. Deadline to register is January 5.

*all fees include transportation and are non-refundable.

To register with WCC office call 808 923-1802 or register online at <https://www.waikikicommunitycenter.org>

Participants must be able to enter/exit transportation and walk the tour site on own.

OPENING DAY AT THE LEGISLATURE

Witness the welcoming and swearing in of newly elected officials followed by a visit to the offices of Senator Sharon Moriwaki and Representative Adrian Tam.



WEDNESDAY, JANUARY 18, 2023

8:45am Meet promptly at the State Capitol - Beretania Street entrance - look for WCC logo

There is no fee for this group visit. Advance registration is required by calling the WCC office at 808-923-1802 or online at <https://www.waikikicommunitycenter.org>

Please note that the schedule for office visits may be revised. Any updates will be posted in the January newsletter.

The Silver Foxes

in concert at Waikiki Community Center



THURSDAY, JANUARY 19, 2023

1:00 pm - 2:00 pm

Free - Auditorium

Please register with the WCC office at 808 923-1802 or online at <https://www.waikikicommunitycenter.org>

CHINESE NEW YEAR 2023

CHINESE NEW YEAR

LET'S WELCOME THE YEAR OF THE RABBIT TOGETHER WITH A TRADITIONAL LION DANCE PERFORMANCE BY WAH NGAI LION DANCE ASSOCIATION

**This is a free event for
WCC BeST Members**



**FRIDAY, JANUARY 20, 2023
2:00PM IN THE AUDITORIUM**

MUST RSVP TO ATTEND BY FRIDAY, JANUARY 13TH, 2023
PHONE 808-923-1802

Saturday, January 21st
10:00am to 12:00pm

Workshop Fee
\$50*BeST /
\$60* General Public
includes all
supplies

Terrarium Workshop

#letsgrowtogether



Learn how to design and create your own table top garden in this fun, hands-on workshop guided by plant stylist Heather Brittain.

All materials are included, and the class is open to ages 6-years old and up. Register online at <https://www.waikikicomunitycenter.org> or call 808-923-1802.

Capacity: 20 people

*non-refundable fee



*How to Gather and Arrange Hawai'i's Flora
with Brandi Lelepali of Mei Day Hawaii*

'OHI WORKSHOP

SATURDAY, FEBRUARY 4, 2023
10:30 AM TO 12 NOON

Brandi Lelepali, a stylist with a Honolulu-based floral studio Mei Day Hawaii will show you how to collect and gather readily available flora to create a beautiful home arrangement.

With clippers in hand, we'll roam the grounds of Waikiki Community Center and gather what is blooming and plentiful on the property. Brandi will inspire you to find beauty in everyday plants and teach you how to celebrate the beauty around us to create your floral arrangement.

We will have recycled glass jars, cans, or containers to use as your vase or bring your own vase. Let's get creative and gain confidence in creating our floral story. Meet on the garden lanai.

The inspiration for this class is the book 'Ohi, written by Mei Day founder/owner Tamara Rigney.

\$25 BeST Members | \$35 general public

Class limited to 10 people. Deadline to register is 1/27/23

Register by phone 808-923-1802 or online at [waikikicomunitycenter.org](https://www.waikikicomunitycenter.org)

SCAN THIS CODE TO REGISTER:



KUNG HEE FAT CHOY

**Celebrate the Chinese New Year
of the Rabbit**

Learn the cultural history of Hawaii immigrants, enjoy a walking tour and sample tasty Chinese food.

Lunch on own at Yong's Kitchen or Lee Ho Fook
in the Chinese Cultural Plaza

THURSDAY, FEBRUARY 9, 2023
9:15am - 12noon

Meet at the
Hawaiian Heritage Foundation
1040 Smith Street

\$25 BeST* / \$35 Public*

*non-refundable - deadline to register is January 27, 2023
Transportation on own / Please wear comfortable walking shoes

To register with WCC office call 808 923-1802 or register online at
<https://www.waikikicomunitycenter.org>

Afternoon Tea

AT THE VERANDA



Enjoy Afternoon
Tea surrounded with
victorian elegance
at the beachfront
luxury of the Moana
Surfrider

Friday, February 10
1:45pm - meet in the
lobby at the Moana

\$30 BeST* / \$70 General Public*

Maximum 30 people. Register by February 1 at
<https://www.waikikicomunitycenter.org>
or 808-923-1802

*NON-REFUNDABLE

WORKSHOP:

MAKING POWDER FACIAL CLEANSER

With Keiko Hatano of khstudio hawaii

Saturday, February 25th, 10:30 AM to 1:00 PM



Powder cleansers have long been popular for many reasons:

- They are a gentle, perfect choice for sensitive skin.
- They don't contain harsh ingredients.
- They have fewer irritating preservatives.
- They are less likely to harbor bacterial growth because they don't contain any water.

In this class, you will learn to make a powder face cleanser using environmentally friendly ingredients (organic, non-GMO, certified ethical, cruelty-free) and take home your face cleansing creation.

\$55 BeST members/\$65 general public

Room 203-A (second floor, stair access only)

RSVP by Saturday, February 18th, 2023

Phone: 808-923-1802 or online: www.waikikicommunitycenter.org



SCAN THIS CODE TO REGISTER:
OR CALL 808-923-1802



COCONUT WEAVING CLASS

TUESDAY, FEBRUARY 28
11am - 12noon
Auditorium

\$5 BeST* / \$10 General Public*



Register by February 21 at
<https://www.waikikicommunitycenter.org>
or 808-923-1802

Instructor: Dennis Sallas

***Non-refundable**

"END OF LIFE PLANNING - IT IS TOO SOON UNTIL IT IS TOO LATE"

Learn how having a solid plan in place & communicating it to those who will be implementing our decisions can usher in a sense of resolution and peace of mind.

You will receive tools for thoughtful reflection and communication around the things that matter most to increase our own clarity about end-of-life decisions, and

to build understanding and confidence in those who will be stewarding our wishes at the end of life.

Guest Speaker: Paris Priore-Kim -
Certified End-of-Life Doula



THURSDAY, MARCH 9, 2023

10am - 11am

Auditorium - Free

Please register at <https://www.waikikicommunitycenter.org>
or call the WCC office at 808-923-1802

NA MEA KUPONO

Lo'i Kalo (Taro Farm) - Waialua

Taro patches, or lo'i, are foundational components of sustainability for the Hawaiian people. Modern Hawai'i looks to the practices of the early Native Hawaiians as key to our future sustainability..



At the Na Mea Kupono lo'i in Waialua we will get in the lo'i (feel the mud ooze between our toes) and/or make a cultural craft, hang our feet in the cool natural spring water and receive a get your feet tickled by the minnow.

TUESDAY, MARCH 14, 2023

8:30am check-in at WCC / 1:30pm return to WCC

\$45 BeST* / \$55 General Public*

No-host lunch at Banyan's Island Grill at the Waialua Sugar Mill

Maximum 25 people. Deadline to register is March 3, 2023. Register online at <https://www.waikikicommunitycenter.org> or call the WCC office at 808 - 923 - 1802 *non-refundable

A change of clothes is recommended if you plan to enter the lo'i or natural spring. Foot covers are provided for the lo'i. Wear a hat & sunscreen.

Restrooms are available.

ALIOLANI HALE

King Kamehameha V Hawaii Justice Center



Located in downtown Honolulu and currently used by the Hawai'i State Supreme Court. It is the former seat of government of the Kingdom of Hawai'i and the Republic of Hawai'i. Also known for the gold-leaf statue of Kamehameha the Great in the building's courtyard.

THURSDAY, APRIL 13, 2023
9:30AM - MEET AT THE KING

KAMEHAMEHA STATUE

\$25 BEST* / \$35 GENERAL PUBLIC*

No-host lunch at Podmore on Merchant Street, a four block walk

Please register by March 31 at
<https://www.waikikicomunitycenter.org> or 808 923-1802
Maximum 25 participants

*Non-refundable

HO'OMALUHIA BOTANICAL GARDENS



THURSDAY, MAY 11, 2023

8:15am depart WCC / 1:30pm return to WCC

\$25 BeST* / \$35 General Public*

400 acres in Kaneohe, the Ho'omaluhia Botanical Gardens is a rainforest garden with plantings from major tropical regions around the world with emphasis on Hawai'i and Polynesia. Established in 1982, Ho'omaluhia Botanical Gardens was designed and built for flood protection.

Register by April 29
at <https://www.waikikicomunitycenter.org> or 808-923-1802

Capacity: 25 people / *Non-refundable



Inspired by the true story of the first Chinese woman to arrive in America. The Chinese Lady, follows Afong May, after she is brought from China to American and put on display for an eager public yearning to learn of the exotic East. Leavened with humor and insight, the play explores the way we see ourselves and others.

SUNDAY, JULY 30, 2023

2:30pm Meet at Manoa Valley Theatre

3:00pm Matinee Begins

\$37 BeST Members* / \$45 General Public*

10 Tickets Available / Register by June 30, 2023 at

<https://www.waikikicomunitycenter.org> or 808-923-1802

*Non-Refundable

The IDA CHANG SCHOLARSHIP



The Ida Chang Scholarship is provided to enable a senior in need the ability to participate in fee-based activities provided by Waikiki Community Center (i.e. tours, classes, etc.)



The Scholarship is based on availability of funds with consideration provided to an applicant who is:

-50+ years of age;

-A permanent Hawaii State resident with a Waikiki or adjoining neighborhood address;

-An existing or past WCC member/participant or Senior Assistance client on record who is able to meet income criteria

Please call Waikiki Community Center at 808-923-1802 or email: jokimura@waikikicomunitycenter.org for more information

Classes Update

New - Begins January 10!!
JAZZERCISE CLASS
Tuesdays
9am - 10am
\$6 BeST / \$9 General Public

BEGINNING TAHITIAN
No class January 6



JAZZERCISE CLASS

BEGINS
JANUARY 10, 2023

TUESDAYS
9:00am - 10:00am
\$6 BeST / \$9 General Public
Auditorium

Instructor: Sheri Yamashita



WATCH FOR IT ...

Beginning

March 2023 ...
plan on attending the

**WCC BEST MEMBER-ONLY
MONTHLY
SOCIAL SHINDIG**

STAY TUNED ...



ZUMBA

with Yumi

SATURDAYS
11:30AM - 12:30PM
\$5 BEST / \$8 GENERAL
AUDITORIUM



BEGINNING

TAHITIAN

DANCE CLASS



FRIDAYS

12noon - 1:00 pm
\$9 BeST / \$15 General
Auditorium

Instructor: Nalini Gauthier of TAHITI MANA

ZUMBA FITNESS

with Miki Mahokey



« **WEDNESDAYS**
6:00 P.M. - 7:00 P.M.
\$5 BeST / \$8 General
Auditorium

GENTLE FLOW YOGA



with Cecilia Brown

Thursdays
10:00 a.m. – 11:00 a.m.
\$5 BeST / \$8 General
Room 205-E

**vinyasa
YOGA** with Carole Shinn

FRIDAYS
11am - 12:15pm
\$5 BeST / \$8 General
Room 202-E
Bring your mat, water & towel

**LINE DANCE
CLASS**
with Lorna & Alex
cha cha, tango, country & more!
FRIDAYS
9:00am - 11:00am
\$4 BeST / \$7 General Public
Auditorium

TAI CHI
with Steve



WEDNESDAYS & SATURDAYS
9:00 am - 10:00 am
\$5 BeST / \$8 General
Auditorium

HULA with NALANI
(Intermediate class)
MONDAYS
9am - 10:15am
\$10 BeST / \$15 General
Auditorium

HULA with NALANI II
(Advanced class)
WEDNESDAY
11am - 12:15pm
\$15 BeST / \$20 General
Auditorium

PILATES I
with Helen Murray



TUESDAYS
9:00 A.M. - 10:00 A.M.
\$5 BeST / \$8 General
Room 202-E

PILATES II
with Helen Murray



FRIDAYS
9:00 a.m. - 10:00 a.m.
\$7 Best / \$10 General
Room 202-E

Rummikub



MONDAYS
12pm - 2pm
\$Free / \$5 General
Lanai



WEDNESDAYS
1pm - 3pm
\$ Free / \$5 General
Lanai



Mahalo for your generous support!

\$100 +

Hikaru Goodwin

\$50 +

Audrey Jeong; Anonymous

Up to \$49

Dennis Whiteherse

VOLUNTEERS

CLASS INSTRUCTORS: Miki Mahokey; Alex Merana;
Lorna Merana; Donna Prather; Carole Shinn

SENIOR SHOPPING DAY: Anthony Urbi



WCC is recipient of \$10k donation from
WAIKIKI SPAM JAM 2022



Pictured L-R: Barbara Campbell, Founder & President of Spam Jam Foundation and WCC Board Member;
Caroline Hayashi, WCC President and
Simeon Miranda, WCC Board President

Congratulations, Merle!



WCC Consultant, Merle O'Neill, received a Kupuna Champion Award from the Kupuna Collective at their year-end celebration for her dedication and commitment to serving kupuna and her contributions in building a more age-friendly Hawai'i. The Kupuna Collective is a group of more than 130 organizations serving seniors in Hawai'i.

Waikiki Community Center
is awarded the

2022 Pacific Edge Magazine
BUSINESS ACHIEVEMENT
AWARD
for **NON-PROFIT IMPACT OF**
THE YEAR



Pictured with award:
Caroline Hayashi, WCC President

FREE!
**PERSONAL DOCUMENT
SHREDDING**
Paper Documents (up to 100 sheets per visit)
TUESDAY thru FRIDAY*
10am - 2pm / WCC office
***except holidays**
This service is provided in partnership with AARP Hawaii for the prevention of fraud and identity theft of senior individuals

**SENIOR ASSISTANCE
COORDINATION**
Available to individuals 60 years of age and above.
Offering information & referrals on:
**Functional Mobility, Social Engagement, Housing, Nutrition
and other referrals as needed**
Available Monday thru Friday
from 8:30am - 3:00pm,
except holidays & special events
To schedule an appointment, please call 808 - 923 - 1802
Priority of service provided to residents of Waikiki and neighboring areas

VIRTUAL LIVE WEEKLY CLASSES with ROBIN BUSH (via Zoom)

ZUMBA GOLD with ROBIN BUSH

Thursday at 10:00am (HI time zone)

To register for Zoom link, contact Robin at 808-949-2161 or pcrobin@gmail.com

SENIOR STRONG with ROBIN BUSH

Thursdays from 11:00am (HI time zone)

To register for Zoom link, contact Robin at 808-949-2161 or pcrobin@gmail.com

ZUMBA GOLD and GOLD TONING COMBO with ROBIN BUSH

Sundays at 11:00am (HI time zone)

To register for Zoom link, contact Robin at 808-949-2161 or pcrobin@gmail.com

K-POP PILATES with ROBIN BUSH

Saturdays at 1:00pm (HI time zone)

To register for Zoom link, contact Robin at 808-949-2161 or pcrobin@gmail.com

WCC PRESCHOOL

Offering innovative, service learning curriculum by licensed and caring staff.
Enrollment application for ages 18 months to 5 years is being accepted for school year 2022-2023.
Contact Charlyn Moore at 808 922-2098 or cmoore@waikikicomunitycenter.org

**WCC
EMERGENCY FOOD PANTRY**

**TUESDAYS
1pm - 2pm**
Ohua Avenue side of the Auditorium
Participants must provide a government photo ID and proof of need document at time of pick up