



Proudly Serving the Waikiki Community Since 1978

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



Want more fun at WCC
on a tight budget?

Did you know...

Socialization improves mood, cognition, memory recall and encourages healthy behavior like exercise.

IDA CHANG FUND

A Scholarship for Seniors In Need Covering WCC Activity Fees

ARE YOU...*

- ✓ 50+ years of age
- ✓ Permanent HI resident
- ✓ WCC member or senior assistance client

*You may be eligible to receive an Ida Change scholarship if you meet the income criteria. The scholarship helps cover WCC activity fees such as tours, classes and workshops.

FOR MORE INFORMATION

call Waikiki Community Center
808.923.1802



flower play lei po'o workshop WITH CELIA

\$25 BEST MEMBERS / \$35 NON-MEMBERS

Thursday SEPTEMBER 28 OR **Thursday NOVEMBER 16**
12 pm to 2 pm **12 pm to 2 pm**
 deadline to register September 21, 2023 deadline to register is November 9, 2023

All skill levels are welcome.

Anyone interested in experimenting and continuing their lei-making journey can join us -because making lei together is so much fun!

And, if you've never made a lei po'o (floral crown), we will teach you how in this fun and relaxed workshop.

Everything you need will be provided to make one lei po'o, including an assortment of fresh foliage & flowers.

WORKSHOPS ARE LIMITED TO 12 PEOPLE

Register online: www.waikikicommunitycenter.org/Register or by phone 808 923-1802

PLANNING FOR DISASTER

A seminar on disaster risk reduction and risk management

El Nino Weather conditions places Hawaii at high risk for natural disasters. It is important that residents of Hawaii prepare for natural hazards for the short and long term. This talk will cover natural hazard risk (hurricane and tsunami), how to gather your emergency supplies, emergency/evacuation planning and reducing the risk of damage to your property from a hurricane.

THURSDAY, AUGUST 10
1pm to 2pm
Free - Auditorium

SPEAKER: DENNIS HWANG IS A FACULTY MEMBER AT THE UNIVERSITY OF HAWAII SEA GRANT COLLEGE PROGRAM, A PART OF NOAA

Register online at www.waikikicommunitycenter.org/register or call 808-923-1802



Honolulu Police Department
 District 6 Community Policing Team
 Presents

ONLINE SAFETY AWARENESS

Come learn about how to keep safe in cyberspace! We will be covering a variety of topics and have a focus on how to protect children and yourself from online predators.

TUESDAY, AUGUST 22, 2023
10:30am - 11:30am (morning session)
5:00pm - 6:00pm (evening session)
WCC Auditorium - Free

Register to attend by calling WCC at 808 923-1802

AN EXCLUSIVE WCC BEST MEMBER EXPERIENCE

Wellness Kitchen Tour



WEDNESDAY, NOVEMBER 1, 2023
10am check-in at WCC / 1pm return to WCC
\$65.00 non-refundable

Experience the unique opportunity to participate in a demonstration of how to make delicious and healthy food by Registered Dietitian Lisa Matsunaga of Wellness Kitchen Hawaii. Of course, we will eat the food upon completion of the demonstration.

Menu

Baba Ganoush Dip served with Pita Bread | Veggie & Chicken Sausage Frittata Muffins | Healthy Fruit Crisp, topped with Ice Cream



Capacity: 6 participants (BeST Members only)
 Register your spot today by calling the wcc office: 808 923-1802
 Deadline to register is October 20, 2023

Exclusively for BeST members only

THANKSGIVING LUNCH

at Duke's Waikiki

WEDNESDAY, NOVEMBER 22, 2023

11:15am - meet at Duke's Waikiki

Outrigger Waikiki Beach Resort
2335 Kalakaua Avenue

\$50 per BeST member*

inclusive of traditional Thanksgiving meal with dessert, beverage, tax & gratuity

Join us for the delicious food, outstanding view and fabulous, fun conversations

18 seats available.

Deadline to register is November 8, 2023

Register by calling WCC at 808-923-1802

*Fees are non-refundable

WCC hosts: Mary Moran & Merle O'Neill



A WCC PRIVATE CHARTER TOUR

HOLIDAY LIGHTS TOUR

TUESDAY, DECEMBER 5, 2023

5:15pm check-in at WCC / 8:00pm return to WCC

\$30 BeST* / \$40 Guests*

A WCC holiday tradition returns with the open-air trolley ride to Honolulu Hale to view Honolulu City Lights and Santa with Tutu Mele. Festive Christmas carols also included.

Capacity is 30 participants. Reserve your seat early.

Register by phone: 808 - 923-1802 or

online: www.waikikicommunitycenter.org/register

*fees are non-refundable

All participants must be able to board and disembark transportation and walk on their own

WATERCOLOR PAINT CLASS

12-Week Course

TUESDAYS, August 22 - November 7

11:30am - 12:30pm - Lanai

This class is for beginners or those who would like to give it another try. In 12-weeks, you will learn basic techniques & build a toolbox of knowledge and skill to paint in the style and subject you wish to pursue.

INSTRUCTOR: DAWN YOSHIMURA

Quality materials are provided by the instructor for 12-week course

\$305 BeST* / \$345 General Public*

*non-refundable

Minimum 6 students required. Deadline to register is August 1

Register in advance online at <https://www.waikikicommunitycenter.org> or in-person at the WCC office

Cacao Farm

21 DEGREES ESTATE

A charming, family-owned cacao farm in Kaha'u'u



Thursday, August 24

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

8:45am Check-in at WCC /
2:30pm Return to WCC

No-host lunch at Uahi Island Grill

- Participants must be able to enter/exit transportation and walk the tour site independently.
- This tour is limited to 25 people.

Register by August 14, 2023 / *Fees are non-refundable

Book Now
808-923-1802

Or Book Online
www.waikikicommunitycenter.org/register



Coffee Cupping

Traditions Roastery in Kailua, Hawai'i and No-host sandwiches from Kono's

Friday, September 8, 2023

\$45 BeST /\$55 General Public

Check in: 8:45 AM | Return 1:00 PM

Traditions Coffee Roastery, founded by a retired NY Firefighter Lieutenant, is family owned and loved. The beans are meticulously chosen based on their quality and flavor profile, and the roaster supports local farmers using organic and sustainable methods. Roasting small-batch coffee showcases the beauty of global variations and ensures the freshest roast possible.

Traditions Coffee Roaster will teach you how aroma, taste, and feel impact your senses and perception of coffee. Learn how the flavor and aroma are created during roasting and get a behind-the-scenes look at how your morning cup of joe is crafted. Find out what makes good coffee, how to brew your best cup, and bask in the smell and taste of freshly roasted coffee.

"Coffee Cupping"

Coffee cupping is a sacred ritual in the coffee world. It is a globally standardized method for assessing the coffee's fragrance, aroma, and flavor.

Please register by Monday, August 28, 2023 | Tour capacity is 20 people
Register by phone 808-923-1802 or online www.waikikicomunitycenter.org/register
non-refundable fees

SWEETLAND FARM Tour in Waialua

Love of goats, land, cheese and a passion for food security.

FRIDAY, OCTOBER 13, 2023

8:45am Check-in at WCC

2:00pm Return to WCC

\$50.00 BeST Members*

\$60 General Public*

No Host Lunch at The Smoking Boar & The Coconut

Learn about the award-winning goat cheeses and how they are produced.

"At Sweet Land Farm we believe that the most magical ingredient to delicious cheese starts with the land. That's why we work the soil ourselves to grow and harvest fresh high-quality forage and cultivate our wide-open pastures for grazing. The land and its soil are the foundation for healthy goats, outstanding fresh milk, and amazing cheese. Sweetland is a family-owned business and a part of the sustainable Hawaii movement."

Capacity is 25 people

Wear comfortable clothes and covered footwear.

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

*Tour fees are non-refundable.



DEADLINE TO REGISTER ONLINE OR BY PHONE IS OCTOBER 5, 2023

www.waikikicomunitycenter.org/register

808-923-1802

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, programs, 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 for more information

Want to BUILD Emergency Savings?

What is BUILD?

BUILD helps working families & seniors become more financially stable

- BUILD matches your savings 1:1 up to \$1,000
- We help you access resources to avoid drawing from savings.

Am I eligible?*

- Do you work and still struggle to make ends meet? [See WCC website for income eligibility.]
- Do you have regular earned income?
- Are you a Hawaii/Oahu Resident?

Apply Today!

- Complete a BUILD Program application on our website www.waikikicomunitycenter.com/BUILD
- Someone will contact you to discuss your application

Questions?

Contact: Pamela Seelig, BUILD Program Manager
pseelig@waikikicomunitycenter.org
808-923-1802, ext. 107

Funded in part by the Aloha United Way ALICE initiative





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 or email Shaun Stone at: ssone@waikikicommunitycenter.org
Priority of service provided to residents of Waikiki and neighboring areas



Working together to help you maintain a healthy lifestyle

Good Eating MEAL PROGRAM



Enjoy affordable, fresh & healthy meals with home-cooked flavors

No prep, no mess - just heat & enjoy

3-Meals provided each week with weekly new menus

\$30 inclusive each week includes 3 meals

Each meal includes entree, vegetables and starch

All pre-ordered meals will be available for pick-up at WCC on Wednesdays at 11:30am

Cost of meals may be subsidized, based upon eligibility.

If you would like to order meals or inquire about subsidized service, contact:

Jill Okimura at jokimura@waikikicommunitycenter.org or 808-923-1802

Waikiki Community Center will be closed on

FRIDAY

AUGUST 18, 2023

in observance of Statehood Day



Emergency Food Pantry



Tuesdays from 1pm - 2pm
except holidays

Ohua Avenue side of the Auditorium

Participants must provide a government photo ID and documentation of proof of need at time of pick-up.

WAIKIKI COMMUNITY CENTER
administrative office, senior assistance office, preschool and classes

WILL BE CLOSED ON
FRIDAY,
SEPTEMBER 22

while we work at

WAIKIKI LIGHTS

A GALA BENEFIT
FOR WAIKIKI COMMUNITY CENTER

CELEBRATING 45 YEARS OF CARING FOR KUPUNA, KEIKI AND COMMUNITY OF WAIKIKI.

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@waikikicommunitycenter.org



Mahalo for your generous support!



INDIVIDUAL DONORS

\$100 +
University of Hawaii

Up to \$49
S. Todani; D. Whiteherse

VOLUNTEERS

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

Neighborhood Board Meeting

EVERY 2ND TUESDAY OF MONTH

6:00 pm - 8:30 pm

Auditorium

Free!

PERSONAL DOCUMENT SHREDDING

Paper Documents
(up to 100 sheets per visit)



MONDAY- 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

CLASS UPDATES

JAZZERCISE

NO CLASS
TUESDAYS
thru August 1

KAZAXE

NO CLASS
SATURDAYS
July 22, 29 and
August 5

TAI CHI with Steve

NO CLASSES
WEDNESDAY, 8/2
and
SATURDAY, 8/5

INTERMEDIATE
TAI CHI

NO CLASS
FRIDAY, 8/4

HULA WITH NALANI

NO CLASS -
MONDAY
May 22 & May 29

Gentle Flow Yoga



with Cecilia Brown

THURSDAYS

10 am - 11 am

\$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




**BEGINNING
TAHITIAN**

FRIDAY
12NOON - 1PM

\$9 BeST /
\$15 GENERAL PUBLIC
AUDITORIUM

Instructor: Nalini Gauthier of TAHITI MANA
(<http://tahitimana.net>)



HULA with NALANI
(Intermediate class)

MONDAYS
9am - 10:15am

\$10 BeST / \$15 General
Auditorium

KAZAXE

Instructor: Shannon Ashe



SATURDAYS
10:30am - 11:30am

\$6 BeST / \$9 General Public
Auditorium

Kazaxe is a cardio & dance fitness workout class. Easy to follow moves to high energy music.



HULA with NALANI II
(Advanced class)

WEDNESDAY
11am - 12:15pm

\$15 BeST / \$20 General
Auditorium

ZUMBA FITNESS
with Miki Mahokey



WEDNESDAYS
6:00 P.M. - 7:00 P.M.

\$5 BeST / \$8 General
Auditorium



Zumba
with Yumi

THURSDAYS
6:30pm - 7:30pm

SATURDAYS
12noon - 1pm

\$5 BeST / \$8 General Public
Auditorium



**LOW
IMPACT**

TUESDAYS
9:00am - 10:00am

\$6 BeST / \$9 General
Auditorium

Instructor: Sheri Yamashita



**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

TAI CHI
with Steve
Intermediate Class

FRIDAYS
9am - 10am
\$7 BeST / \$10 General Public
Room 205-E

MAT PILATES
Following the Joseph Pilates' Original Program

SATURDAY
11am - 12noon
\$7 BeST / \$10 General Public
Room 205-E



Instructor: Adina Corduneanu

Rummikub



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

PILATES I



with Helen Murray

MONDAYS
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

SOCIAL CRAFTING




A non-instructional class*
Craft your own project in the company of others. Feel free to bring your lunch.

TUESDAYS
10am - 2pm
\$Free to BeST / \$5 General Public
Lanai

*You provide your own project and supplies
Instructors are not available



SCRABBLE



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

**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

Mahalo!