

Proudly Serving the Waikiki Community Since 1978

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



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



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

Thursday
SEPTEMBER 28
12 pm to 2 pm

deadline to register September 21, 2023 Thursday NOVEMBER 16 12 pm to 2 pm

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



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

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

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 ear 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



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

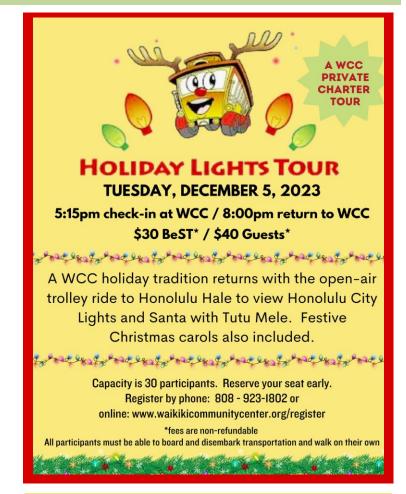
Quality materials are provided by the instructor for 12-week course

\$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





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



Or Book Online www.waikikicommunitycenter.org/register



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 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.waikikicommunitycenter.org/registe non-refundable fees

da 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 Asssistance client on record who is able to meet income criteria

Please call Waikiki Community Center at 808-923-1802 for more information

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



808-923-1802

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 <u>access resources</u> 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 <u>www.waikikicommunitycenter.com/BUILD</u>
- Someone will contact you to discuss your application

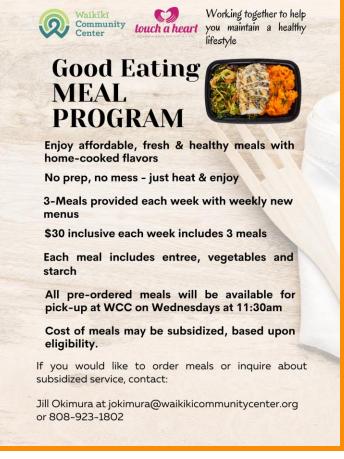
Questions?

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

Funded in part by the Aloha United Way ALICE initiative







Waikiki Community Center will be closed on

FRIDAY AUGUST 18, 2023

in observance of Statehood Day









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

CLASS UPDATES

JAZZERCISE

NO CLASS TUESDAYS thru August 1 NO CLASS

SATURDAYS
July 22, 29 and
August 5

KAZAXE

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

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





vinyasa **voc**a

with Carole Shinn



11am - 12:15pm \$5 BeST / \$8 General Room 202-E

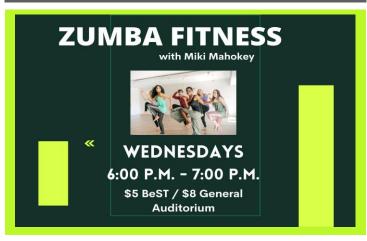
Bring your mat, water & towel



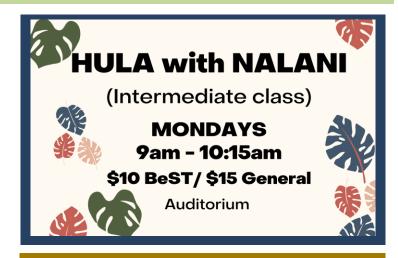










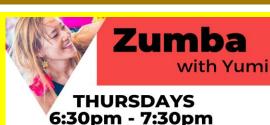




(Advanced class)

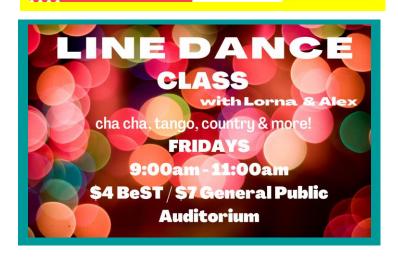
WEDNESDAY 11am - 12:15pm

\$15 BeST / \$20 General



SATURDAYS 12noon - 1pm

\$5 BeST / \$8 General Public
Auditorium



















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