



Proudly Serving the Waikiki Community Since 1978

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



Check out all that's happening at WCC!

Photo: Genki ball making/throwing with WCC kupuna, keiki, Kapiolani Community College & Genki Ala Wai Project

#StongerTogether

Grants for Seniors

Waikiki Community Center has funds to provide financial support for medical, health, housing, transportation and care giving costs such as rent, medical co-pays, dental bills, glasses, home health care, and other qualifying expenses.

Deadline to request for assistance is May 15, 2023, or when funds are depleted, whichever is first.

Up to \$500 in financial assistance*

- 70+ years old
- in financial need
- Hawaii Resident

*Payments made directly to vendors.



For more information

Shaun Stone, Senior Assistance Manager
sstone@waikikicomunitycenter.org
808-923-1802, ext. 106




Exhibit: Awakening

THURSDAY, MAY 4TH, 2023, 9:45 AM
 \$20.00 BEST MEMBERS / \$35 GENERAL PUBLIC
 NO-HOST LUNCH AT THE MUSEUM CAFE
 CHECK IN AT WCC 9:45 AM RETURN AT 1:30 PM
 tour is limited to 13 people, please register by Tuesday, April 11, 2023
 register online at <http://www.waikikicomunitycenter.org/register>
 or call 808-923-1802

This tour is one of our series of sustainable, earth-friendly programs to celebrate nature and help us be more aware and kinder to our earth.

This Honolulu installation by British artist Rebecca Louise Law utilizes more than a million flowers. Law drew from her own collection of dried plants recycled from previous exhibitions around the world while also incorporating new Hawai'i botanicals and found materials. Over 50,000 flowers were gathered or donated by the Hawai'i community.

Law works with sustainability in mind, hoping that these "contemplative" spaces adorned with such laboriously and meticulously preserved, strung and hung blooms are opportunities for viewers to slow down and reflect on the fragility of nature and the ultra-fast pace of modern consumerist culture.

"Awakening" is an ode to and celebration of the power of flowers: the way they can help us tap into ourselves, make us feel something, and remind us of the connections that exist between our hearts, our bodies, our minds, and the many other brilliant creations in this natural world all around us.

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

U.S. CUSTOMS AND BORDER PROTECTION



AGRICULTURE CANINE DEMO

WEDNESDAY, MAY 3, 2023, 10 AM TO 11 AM
AUDITORIUM

The U.S. Customs & Border Protection (CBP) detector dogs are a vital tool for screening passengers and cargo to prevent the introduction of harmful plant pests and foreign animal diseases from entering the U.S.

Beagles and beagle mixes are the preferred dog breed at the airport because of their keen sense of smell, non-threatening size, high food drive, and gentle disposition with the public.

In addition to their essential detection work, agriculture canine teams make the public aware of agriculture's important role in CBP's overall mission and the U.S. economy.

Our local Agriculture canine teams will be on-site at WCC to give us a demo and teach us how these fantastic beagles work with their human partners.

After the demo, we will have a meet and greet with these pups and the opportunity to pet them!

Free Presentation, Limited to 25 participants (must be a BeST member to attend)
RSVP by Wednesday, April 26, 2023
Register by phone : 808-923-1802 or st WCC office

Saturday, May 6, 2023
10:30 AM to Noon

Terrarium Class

for Kids

Class fee \$50 per child includes all materials

Join us for a workshop to make kid-friendly, DIY terrariums!



Each child must be accompanied by a parent or guardian.

We'll provide all the tools, plants, glass jars, substrates, moss, mini-plants, and FUN for this terrarium class for kids ages 5 to 17 years.

Our instructor will guide the keiki through creating the terrarium and caring for it once they take their magical mini-forest home.

Terrarium vessels and components may vary. Light refreshments and snacks will be provided.

The workshop will be held at Waikiki Community Center Backyard and taught by Heather Brittain. Capacity is 20 participants.

Register online at: www.waikikicomunitycenter.org/register or by phone at 808-923-1802 / Fees are non-refundable

Waikiki Community Center | 310 Paokalani Ave | Honolulu HI 96815

HO'OMALUHIA BOTANICAL GARDENS



THURSDAY, MAY 11, 2023
8:15am meet at 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.

No-host lunch at Don Goyo's (Mexican & Honduran cuisine)

Register by April 29

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

Capacity: 25 people / *Non-refundable

Participants must be able to walk without assistance

Workshop: Make Your Own Greeting Cards



Join us for fun, relaxing morning of crafting together. We'll share simple techniques for creating beautiful handmade greeting cards using collage.

Customize your cards for any occasion you like – thank you notes, birthday cards, anniversaries – you get the idea! We'll provide a greeting card kit with five blank cards and envelopes, various papers, and a few embellishments and surprises.

We'll also have all the tools you'll need scissors, a glue stick, and a ruler. You are welcome to bring any collage materials (newspapers, magazines, decorative papers) and craft supplies (marker pens, stickers, washi tape, etc.) you have on hand.

Friday, May 19th, 2023
11 am to 1 pm
Room 203A (stair access only)

Please feel free to bring your own lunch.

Instructor: Mary Moran

Cost is \$15 BeST / \$25 General

Fee includes a card making kit and all materials to make 5 greeting cards.

Please RSVP by Friday, May 12, 2023 / Class capacity: 12 participants
To register call 808-923-1802 or
online www.waikikicommunitycenter.org/register

Sumida Watercress

FARM TOUR
Thursday, June 8, 2023

\$25 BeST/\$35 General public

8:45 AM check in / 1:30 PM return

**No Host Lunch : Restaurant Hughley's
Southern Cuisine**

The Sumida Watercress Farm is a 4th generation farm built by Makiyo and Moriichi Sumida, immigrants from Hiroshima, Japan. The Sumidas initially came to Hawaii to work on the sugar plantations and saved to buy their own farm.

For over 100 years, the Sumida Watercress Farm has been a model of food sustainability in Hawaii. The Farm is fed by the spring water of Kalauao Springs. A recent multi-disciplinary study by the University of Hawaii confirmed that the spring water that flows through the farm is still clean and pure enough to drink from the source in the midst of urbanization. The ike wai study confirmed the positive cultural and environmental impact the Kalauao Springs and the Sumida Farms have on the community.

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



Deadline to register is June 1, 2023 Fees are non-refundable

Register [www.https://www.waikikicommunitycenter.org/register](https://www.waikikicommunitycenter.org/register) or 808 923-1802

POST- RETIREMENT Financial Management

Just because you're retired doesn't mean you can retire from money management. Minor tweaks or a situation needing a major change may arise. Spend an hour to learn valuable insight on post-retirement money management. Don't let your finances remain on autopilot.

THURSDAY, JUNE 15, 2023
1pm - 2pm
Free - Auditorium

Please register with the WCC office by June 13: 808 923-1802

Presented by Emari Hunn -

VP/Branch Manager of First Foundation Bank in Honolulu

IMPORTANCE OF PELVIC AND BLADDER HEALTH



WOMEN & MEN LEARN TO:

- Connect to your body on a deeper level,
- Build the foundation to a stronger core,
- Help bladder issues, balance, and mobility.

Monday, June 19, 2023
11:00am - 12:30pm
Free - Auditorium

Register by June 14: 808 923-1802
or online: www.waikikicommunitycenter.org/register



Jenna Mullen is a Doctor of Physical Therapy and pelvic floor specialist. Jenna is passionate about helping women/men of all ages connect to their bodies and be free from bladder issues and common aches and pains. She has over ten years of professional experience working with people with pelvic floor issues and a lifetime of personal experience.

WCC **Summer** CONCERT WITH
NICK SIERRA

*By Special Request -
 Returning to Waikiki Community Center!*



Wednesday, June 21, 2023
 1pm - 2pm
 Auditorium - Free to public

Register online at
<https://www.waikikicomunitycenter.org/register> or
 call 808 923-1802

*Prepare to enjoy the music and have a good time!
 See you there!*

FLOWER PLAY
**LEI PO'O
 WORKSHOP**

WITH CECILIA BROWN



Learn to make a simple yet beautiful lei po'o (floral crown). The class is fun and relaxed; you'll learn how to weave a lovely floral crown to keep or gift to someone special. We will provide all materials to make one lei po'o - you bring an open heart and mind!

We will provide all materials to make one lei po'o - you bring an open heart and mind!



THURSDAY, JUNE 22, 2023
 11:30am - 1:00pm
 Lanai

\$20* BeST /
 \$30* General Public

*non-refundable

Deadline to register is June 15, 2023
 Register online:
<https://www.waikikicomunitycenter.org/Register>
 or phone 808-923-1802



ALOHA FRIDAY
 PAU HANA WINE TASTING AT

**Oeno
 Wine
 Making**

In 2011, evidence of winemaking and fermentation jars from about 6,000 years ago were found in a cave in Armenia. The world's oldest non-grape alcoholic beverage of rice, honey, and fruit was found in China, dating back about 7,000 years. Evidence of grape-based wines has been found in Georgia, Persia, Armenia, and Italy.

Oeno Wine Making is Hawaii's only winery named after the Greek goddess of wine. Oeno Wine uses the Italian technique, resulting in little or no sulfites. This process produces a fresh, vibrant wine that finishes clean and silky.



FRIDAY, JULY 14, 2023
 2:15 PM CHECK-IN AT WCC / 8:00 PM RETURN TO WCC
 BEST \$55 / GENERAL PUBLIC \$65
 NO-HOST DINNER TO FOLLOW AT BACI BISTRO IN KAILUA


*Participants must be at least 21 years of age. Non-members are asked to sign waivers.
 Fees include wine tasting and transportation only.

RSVP by July 7, 2023
 To register: 808-923-1802 or online at www.waikikicomunitycenter.org/register
 Capacity: 24 participants / Fees are non-refundable

Waikiki Community Center | 310 Paoakalani Avenue | Honolulu HI 96815

**Getting Affairs
 in Order**

PRESENTER: KAREN O'NEIL, CERTIFIED WELLNESS COUNSELOR



If someone had to make sense of your financial matters without your help, would they know what you owned, where you kept your most important documents, or even who would care for your pet?

Karen O'Neil takes the scary out of this important task. Do yourself - and your family - a big favor and get organized.

THURSDAY, JULY 20, 2023
 10:00am - 11:00am
 Free - Auditorium

Register by July 14
 online: www.waikikicomunitycenter.org/register
 or phone: 808-923-1802

Waikiki Community Center

PLANT SALE

SATURDAY, JULY 22, 2023 | 2-4 PM

MANOA VALLEY THEATRE PRESENTS
THE CHINESE LADY
JULY 13-30

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

WATERCOLOR PAINT CLASS

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.waikikicomunitycenter.org> or
in-person at the WCC office

Cacao Farm

21 DEGREES ESTATE
A charming, family-owned cacao farm in Kahalu'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.waikikicomunitycenter.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 Waiialua

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



TI LEAF MAKING MEMORIAL DAY

APRIL SESSIONS

SATURDAY, APRIL 29 - 11AM TO 1PM

MAY SESSIONS

SATURDAY, MAY 13 - 11AM TO 1PM

SATURDAY, MAY 20 - 11AM TO 1PM

LAST LEI MAKING SESSION - THURSDAY, MAY 25

**LEI MAKING 10AM TO 12 PM
POT LUCK 12 PM TO 1 PM**

Every year Waikiki Community Center members & friends work together to make some 38,000 lei to place upon every gravesite at Punchbowl for Memorial Day.

Last year we made over 900 ti leaf lei to contribute towards this effort, and we'd love to invite anyone who wants to make lei to join us on any of our lei-making days. Experience is optional - if you need to learn to make lei, we'll show you how.

If you're an experienced lei maker, we'd love to have you help us and even teach us anything you'd like to contribute!

REGISTRATION FOR LEI SESSIONS ARE REQUIRED.

PHONE 808-923-1802

ONLINE AT

WWW.WAIKIKICOMMUNITYCENTER.ORG/REGISTER

10:00 AM to 12:00 PM LEI MAKING

12:00 PM TO 1:30 PM POTLUCK*

THURSDAY, MAY 25

Join us for our last day of lei making!

TI LEAF LEI MAKING & POTLUCK

Thursday, May 25 is the last day of our lei-making activities for Memorial Day. We'll make ti leaf lei followed by a pot luck. Please bring a dish to share with other members if you are staying for the pot luck.

***Participants do not need to make lei in order to attend the pot luck lunch.**

**PLEASE REGISTER WITH WCC OFFICE TO ATTEND
808-923-1802**

Capacity is limited to 30 people.

Activity will be held on the lanai & auditorium



VIRTUAL - English Language Acquisition (ELA)



ELA CONVERSATION GROUP

Instructor: Donna Prather

4-Week Course

THURSDAYS / 10am - 11am (HI Standard time)

May 4, 11, 18, 25

\$12 BeST* / \$27 General Public*

***non-refundable**

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

**VIRTUAL CLASSES
ENGLISH LANGUAGE ACQUISITION (ELA)
and ELA CONVERSATION GROUP**

Instructor: Donna Prather



4-Week On-line ELA CLASS:

TUESDAYS May 2, 9, 16, 23

10am - 11am Hawaii standard time

4-Week On-line ENGLISH CONVERSATION GROUP:

THURSDAYS May 4, 11, 18, 25

10am - 11am Hawaii standard time

**\$56 BeST / \$68 General
non-refundable**

Please register in advance online at <https://www.waikikicomunitycenter.org> or in person at the WCC office

**THURSDAY, MAY 11, 2023
6:00PM
ALA WAI GOLF COURSE CLUBHOUSE**

**TOWNHALL
MEETING**

**WITH HONOLULU
MAYOR RICK BLANGIARDI**

**Want to BUILD
Emergency Savings?**



What is BUILD?

...a new Waikiki Community Center program that helps working families & seniors become more financially stable.

- \$1,000 Matched Savings - We will match your monthly savings deposits 1:1 up to \$1,000.
- Resources/Support - We help you access resources & services to avoid drawing from savings during the year.

Am I eligible?*

- Are you ALICE [Asset Limited Income Constrained Employed]?
 - Working families who still struggle to make ends meet. See WCC website for income eligibility.
 - Have regular earned income (wages/salary)
 - Hawaii (Oahu) Resident
- *Preference given to working families & working adults age 50+



Apply Today!

- Space is limited!
- Complete a BUILD Program application on our website
- Someone will contact you to discuss your application



Questions?

For more information:
www.waikikicomunitycenter.com/BUILD
Contact: Pamela Seelig, BUILD Program Manager
pseelig@waikikicomunitycenter.org
808-923-1802, ext. 107



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



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: ssstone@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



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.

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



WCC will be closed on MONDAY, MAY 29, 2023

★★★★★

in observance of the Memorial Day holiday

Neighborhood Board Meeting

EVERY 2ND TUESDAY OF MONTH

6:00 pm - 8:30 pm

Auditorium




Mahalo to Hilton Grand Vacations for assembling Easter gift bags for 100 community senior adults.

CLASS UPDATES

<p>NEW EVENING CLASS ZUMBA with YUMI \$5 / \$8 6:30pm - 7:30pm Auditorium</p>	<p>NEW SATURDAY CLASS MAT PILATES 11am - 12noon \$7 / \$10 - Room 205E <i>Bring own mat & water</i></p>
<p>New Class - Begins May 5 INTERMEDIATE TAI CHI with Steve Fridays 9am to 10am \$7 BeST / \$10 General Public Room 205E</p>	<p>New Class SOCIAL CRAFTING Tuesdays - 10am - 2pm - Lanai BeST @ Free / \$5 General Public</p>
<p>New Class - Begins May 6 KAZAXE Saturdays 10:30am - 11:30am \$6 BeST / \$9 General Public Auditorium</p>	<p>HULA WITH NALANI (Intermediate) NO CLASS - MONDAY May 1, May 22 & May 29</p> <p>HULA WITH NALANI II (Advanced) NO CLASS - WEDNESDAY, May 3 and May 17 thru May 31</p>

 **Mahalo** for your generous support! 

\$100 +
Anonymous (for Genki Ball); T. Lilker

\$50 +
L. Akana

Up to \$49
A. Rollins (for Genki Ball); D. Whiteherse

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

SENIOR SHOPPING DAY
Anthony Urbi, Ryan Chun

EASTER GIFT BAGS
Hilton Grand Vacations

NEW - Begins May 5

TAI CHI

with Steve

Intermediate Class

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

KAZAXE

Instructor: Shannon Ashe



BEGINS MAY 6

SATURDAYS
10:30am - 11:30am
\$6 BeST / \$9 General Public
Auditorium

Kazaxe is a cardio & dance fitness workout class. Easy to follow moves to highly energetic music.

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


BEGINNING



TAHITIAN

DANCE CLASS

FRIDAYS
12noon - 1:00 pm
\$9 BeST / \$15 General
Auditorium
Instructor: Nalini Gauthier of TAHITI MANA



LINE DANCE CLASS

with Lorna & Alex

cha cha, tango, country & more!

FRIDAYS
9:00am - 11:00am
\$4 BeST / \$7 General Public
Auditorium

ZUMBA FITNESS

with Miki Mahokey



« **WEDNESDAYS**

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

**\$5 BeST / \$8 General
Auditorium**

Zumba

with Yumi



**SATURDAYS
12noon - 1pm**

**\$5 BeST / \$8 General Public
Auditorium**



**LOW
IMPACT**

TUESDAYS

9:00am - 10:00am

\$6 BeST / \$9 General

Auditorium

Instructor: Sheri Yamashita

Zumba

with Yumi



THURSDAYS

6:30pm - 7:30pm

**\$5 BeST / \$8 General Public
Auditorium**

Gentle Flow Yoga



with Cecilia Brown

THURSDAYS

10 am - 11 am

**\$5 BeST / \$8 General
Room 205-E**

TAI CHI

with Steve



WEDNESDAYS & SATURDAYS

9:00 am - 10:00 am

**\$5 BeST / \$8 General
Auditorium**

vinyasa YOGA

with Carole Shinn

FRIDAYS

11am - 12:15pm

**\$5 BeST / \$8 General
Room 202-E**

Bring your mat, water & towel

MAT PILATES

Following the Joseph Pilates' Original Program

SATURDAY

11am - 12noon

**\$7 BeST / \$10 General Public
Room 205-E**



Instructor: Adina Corduneanu

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.



WEDNESDAYS

1pm - 3pm

\$ Free / \$5 General

Lanai

Rummikub



MONDAYS

12pm - 2pm

\$Free / \$5 General

Lanai

FREE!

PERSONAL DOCUMENT SHREDDING

Paper Documents (up to 100 sheets per visit)

MONDAY 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

**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!