

#### **Proudly Serving the Waikiki Community Since 1978**

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

#### **CHALLENGE**

Spring is a time of renewal and growth – spring cleaning, starting fresh, flowers blooming! I've been thinking about the idea of challenging myself – doing things that are uncomfortable – to keep growing as a person. Challenging oneself is important for those of all ages and as we age it can help keep us healthy and engaged. Our brains are like muscles – use them or lose them! New/different situations are great for creating new neural connections and it's never too late. Following are some tips for challenging oneself I adapted from a website called Sixty & Me.

Learn Something New: The Association for Psychological Science says engaging in an unfamiliar activity can invigorate us mentally and socially. Whether it's learning to dance or paint, trying a new form of exercise, or learning a new technology, stimulating our brains is good for us!

Do Something That Scares You: Maybe just reading this phase is making you nervous. We're not suggesting risking any lives. Many of us have a fear of failure or rejection, for example. What would you do if you knew you could not fail? Maybe it's starting a conversation with someone in a class or learning to draw. It's empowering just to face the fear, even if you're not successful on the first try. Your drawing may be awful but you did it!

Have a Long Overdue Conversation: Is there someone that you have not been in touch with for a while or maybe you see someone all the time but have not told the person something you've been wanting to say? This is a good opportunity to really connect with the people in your life you care about. Whether the conversation is something positive or something more challenging, coming from a place of kindness and love is important. Don't wait for a perfect time – it will likely never come.

Abandon an Old Story: Most of us have things that have happened in our past that deeply affected us, which is understandable and human, and can even be used as a source of strength. However, sometimes we get negative/hurtful narratives stuck in our heads that don't benefit us. For example, your mother may have died at a young age and you've told yourself you don't know how to cook because she wasn't there to teach you. That painful memory may have stopped you from learning to cook. Cooking is a critical part of healthy eating so that narrative is not serving you well. Let go of these harmful stories and don't let them define you.

The overall message is you have the power to define who you are! Stretching ourselves bit by bit, going just a little outside of our comfort zones is an investment in our current and future holistic well-being. The woman who has the Sixty & Me website and YouTube Channel, Margaret Manning, is an example of doing something challenging in a later stage in life. With a quarter million followers, she's probably making a good living off doing it, too. But you don't have to create a YouTube channel to challenge yourself. Start small. Think of just one thing you can do that is challenging for you. At WCC, we have a lot going on in the next few months with many opportunities to step a little outside the familiar. Hope to see you here and thank you for being part of our community!

Caroline Hayashi

WAIKIKI COMMUNITY CENTER PRESENTS

#### **IN CONCERT**

Makana is a singer, composer, and master of the Hawaiian Slack Key Guitar tradition. Esquire Magazine calls him "the greatest living player," and The New York Times calls him "dazzling." As a child, he learned directly from the legends of the art form, including Bobby Moderow, Raymond Kaleoalohapoina'oleohelemanu Kāne, and Sonny Chillingworth. Join us for a rare performance with Makana and Miss Aloha Hula, 1980 Ka'ula Kamahele, at Waikiki Community Center. This performance is a WCC-exclusive event you don't want to miss!

#### PREMIUM SEATING : \$20 MEMBERS | \$25 GUESTS

#### Price Includes:

- Reserved/unassigned table seats in the first six rows (first come/first served)
- One mini bento & non-alcoholic beverage from Hula Grill.

#### **GENERAL SEATING: \$10 MEMBERS | \$15 GUESTS**

#### Price Includes:

• Reserved/unassigned table seating in the general seating area (first come/first served)

#### DOOR TICKET SALES (BASED ON AVAILABILITY)

Premium Seating \$25 Member/Guests General Admission \$20 Member/Guests

PARKING AT 310 PAOAKALANI AVENUE AND AT JEFFERSON SCHOOL LOT ON WAI NANI WAY

# WCC AUDITORIUM 16 MARCH 2024 310 PAOAKALANI AVE START FROM 5:00 PM - 6:30 PM



PURCHASE TICKETS BY PHONE OR ONLINE:

WWW.WAIKIKICOMMUNITYCENTER.ORG/REGISTER

808-923-1802

Scan me

This concert is part of a our Kukula Ola Program to nurture Hawaiian culture in the community, and is partially funded by the Hawaii Tourism Authority.

### **Celebrate Earth Month**

**SATURDAY** April 20, 2024 1:30pm - 3:30pm

REGISTER TODAY!



808-923-1802



www.waikikicommunity center.org/register



SCAN 🕞

This Activity is open to 40 participants

#### What are Genki Balls?

Genki balls are tennis ball-sized mud balls made of clay soil, rice bran, molasses, water, and Effective Microorganisms.

Genki balls digest and oxygenate sludge, consume harmful gases, and contain foul odors that pollute the canal. Using bioremediation technology, we aim to help make the Ala Wai Canal fishable and swimmable within seven years.



#### FAQs & Recommendations:

- We'll be working/playing with mud! But, don't worry, we'll have gloves and all ingredients are natural and non-toxic.
- All participants must be able to make their way from WCC to the Ala Wai Canal (the distance is approximately two blocks away).
- Parent(s) must accompany all children ages 3 - 17.
- · Wear sun protection (a hat, sunscreen), comfortable shoes, and bring water.

Waikiki Community Center | 310 Paoakalani Ave | Ph: 808-923-1802

#### SOME KEY FACTS:

Plastic takes more than 450 years to decompose

Less than 10% of the plastic used around the world is recycled

12 million tons of plastic are poured into the ocean every year

Plastic waste breaks down into smaller particles called microplastics, which can be ingested by marine organisms, leading to internal damage, starvation and even death.

Microplastics also enter the soil in which food is grown. Plastic pollution is a big health threat to plants and animals - including humans.

#### WE NEED TO REDUCE

## PLASTIC POLLUTION

LET'S LEAD THE WAY

Please remember to bring your refillable water bottle to classes and activities



#### Lei Making Series : Ti Leaf



TI LEAF MAILE STYLE SATURDAY, FEBRUARY 17 10:30 AM TO 12:30 PM FEE: \$15 WCC MEMBERS \$25 GUESTS\*

**CAPACITY: 15 STUDENTS** 

TI LEAF HAKU (BRAIDED) SATURDAY, MARCH 16 10:30 AM TO 12:30 PM FEE: \$20 WCC MEMBERS \$30 GUESTS\*

**CAPACITY: 8 STUDENTS** 

The making and giving of Lei is significant to Hawaiians and all who call Hawai'i home. To celebrate the art of lei making, we want to share some of the most accessible types of Ti Leaf Lei to make in two different ways - Maile and ti leaf haku (braided) styles.

All supplies are included in the class fee. Sorry, registration fee is non-refundable.3

Leialoha Makuha, an educator, hula dancer, and cultural practitioner, shares her knowledge of lei-making techniques in this TI Leaf Lei Making Series at Waikiki Community Center.

Classes will be on the lanai at Waikiki Community Center - 310 Paoakalani Avenue

These classes are part of a series for our Kukula Ola Program to nurture Hawaiian culture in the community, and is partially funded in part by the HAWAII TOURISM.



REGISTER TODAY BY PHONE: 808-923-1802
OR ONLINE AT: WWW.WAIKIKICOMMUNITYCENTER.ORG/REGISTER

#### LAU NIU ART (Coconut Weaving)

Instructor: Dennis Sallas

Join a skilled weaver and learn the traditional Hawaiian craft of transforming palm fronds into beautiful and functional creations.

> Wednesday, March 20 (1:00pm - 2:30pm)

\$10 BeST/General Public



maximum 12 participants

Please register: online at

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

These classes are sponsored by HAWAI'I TOURISM

#### Offered exclusively for BeST members

Enjoy 30-minutes of free pampering with a

## MANICURE + Hand Massage

Friday February 23, 2024 203A (2nd floor) 9:30 am - 12 pm by appointment only



Services provided by Honolulu Nails & Aesthetics Academy. Work is done by students under instructor supervision

Schedule your appointment with the WCC office at 808 923-1802.

Limited to 20 BeST member appointments

### Genki Ball Make & Toss





A community event In support of Genki Ala Wai Project



Join Wair COLD OUT

with coremediation tech (a) balls").

We'll gather in the WCC Auditorium and make Genki balls, which takes about 1.5 hours. After we clean up, we'll leave the WCC parking lot and walk to the Ala Wai to throw genki balls into the water.

What to wear: comfortable clothes and footwear you don't mind getting dirty.

What to bring: A hat, sunscreen, and a reusable water bottle.

SATURDAY FEBRUARY 24, 2024 1:30p - 3:30p

40 participants capacity

\$5 suggested donation

Waikiki Community Center 310 Paoakalani Ave Phone 808-923-1802

To register, call 808-923-1802 or sign up online at www.waikikicommunitycenter.org/register

# Step Taculars



Returning to perform at Waikiki Community Center

THURSDAY, MARCH 7 10:30am - 12pm Free - Auditorium

Deadline to register is March 1, 2024 by phone: 808 923-1802 or online: www.waikikicommunitycenter.org/register

Age Awesomely -Lifestyle Rebook

Join the conversation and explore the four pillars of active aging: prevention, physical activity, embracing adventure, and social connection.

By following these principles, we can live our lives to the fullest.

> Monday, March 18, 2024 1pm - 2pm Auditorium - Free

This presentation will be facilitated by Merle O'Neill, graduate nurse, and educator who practices the principles of active aging and embraces the active aging lifestyle. She has been a part of the WCC 'ohana for the past 6 years, providing programs to help older adults to be socially engaged and active.

Register by March 11, 2024
Call the WCC office at 808 923-1802
or online at www.waikikicommunitycenter.org/register
Capacity: 25 participants





#### Learn how to create your own culinary HERB WREATH!

A beautiful and functional addition for your kitchen

Join us for a fun workshop with Grace Fong. She'll teach you how to make your very own herb wreath to use in your cooking and as a beautiful decoration.

Don't miss out on this unique experience!

All materials are included.

Reserve your spot today!



- THURSDAY, MARCH 28, 2024
- 10:30 am to noon
- Room 203-A (2nd floor, stairs only)
- \$10 BeST Members/
- \$20 guests (non-refundable)
- Open to 10 participants

Please register by: 03/14/24

Register by phone: 808-923-1802

register online:

www.waikikicommunitycenter.org/register

**JOIN US FOR A** 

#### BOKASHI COMPOSTING WORKSHOP

WITH EM HAWAII

THURSDAY, APRIL 4, 2024 10:00 AM TO NOON GARDEN LANAI \$5 DONATION





#### Scan to registe

#### WHAT IS BOKASHI? HOW TO USE IT?

Dive into the art of fermenting organic waste with effective microorganisms, learning the secrets of Bokashi composting that can transform kitchen scraps into nutrient-rich soil.

Participants are encouraged to make a suggested \$5 donation to support the community center and continue promoting eco-friendly initiatives.

Don't miss this chance to cultivate a healthier planet while connecting with like-minded individuals in the heart of Waikiki.

Register by March 28, 2024

Phone: 808-923-1802

On line: www.waikikicommunitycenter.org/register

Waikiki Community Center | 310 Paoakalani Ave | ph 808-923-1802

### Repurpose, Recycle, and Upcycle Old Jewelry



DATE: FRIDAY, APRIL 5, 2024

TIME: 11 AM TO 1 PM

COST: \$15 MEMBERS / \$25 GUESTS

LOCATION: ROOM 203-A (2ND FLOOR, STAIRS ACCESS)

REGISTER BY: MARCH 29, 2024 CAPACITY: 10 PARTICIPANTS

Bring an old necklace, broken earrings, or a piece of jewelry you no longer wear, and we'll help you turn it into a new jewelry creation with our assistance.

We'll have beads and findings to add to your old jewelry so you can turn that piece into something that you'll love to wear.

What to bring? Bring loose beads or broken jewelry pieces from home that you want to incorporate into your class project. The workshop fee includes beads and various findings.

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

PRESENTED BY FIRST FOUNDATION BANK -

**EMARI HUNN, VP/BRANCH MANAGER** 

## EFFECTIVE STRATEGIES TO SAVE MONEY

BE PROVIDED WITH SOME USEFUL MONEY-SAVING TIPS AND RESOURCES:

- Discover how to save money on utilities, cell phones, and household goods
- Learn about resources that offer free or low-cost food
- Find out about services that are available for free or at a discounted rate
- Get some helpful banking tips

TUESDAY, APRIL 9, 2024 11:00am - 12noon Free - Auditorium



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



#### English Language Conversation Group

WCC's English Language Conversation Group is much more than a class. Participants from Korea, Japan, China, Germany, and France have been welcomed into the classes, held via Zoom.

Classes began as a way to get together with an instructor and talk in English about any topic - food, weather, movies, children, hobbies, work. One member of the group began when visiting Honolulu and continues to participate after returning to Japan!

Being a part of the English Language Conversation Group is more than a class. It is a "place" of friendship, encouragement and resource.



Between the <mark>6-</mark>week courses, participants often choose to get together for lunch, sometimes welcoming back a visiting, former classmate.

#### NEW!

#### **VIRTUAL - English Language Acquisition (ELA)**



#### ELA CONVERSATION GROUP

Instructor: Donna Prather

6-Week Course - THURSDAYS 10am - 11am (HI Standard time) April 11, 18, 25, May 2, 9, 16, 2024 \$20 BeST\* / \$35 General Public\* \*non-refundable

A minimum of two participants required for this course.

Deadline to register is April 4, 2024

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

#### Native Plant Terrarium workshop with Maoli Farms



# SATURDAY, APRIL 27, 2024 10:30 AM TO NOON \$35 FOR MEMBERS\* / \$45 FOR GUESTS\* GARDEN LANAI

Register by April 6, 2024 - Available to 15 participants

Join us and learn how to create and maintain a terrarium featuring unique and beautiful native plants. Guided by Tristin Manuel, a native farmer and owner of Maoli Farms.

Open to ages 10 and up. Children under 18 must be accompanied by a parent or guardian. \* All material is included with fee. Fees are non-refundable.

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

This workshop is part of a series of our Kukula Ola Program to nurture Hawaiian culture in the community, and is partially funded by the HAWAII TOURISM.



#### PLANT SALE SATURDAY, MAY 11, 2024

2:00 pm to 4:00 pm

There will be people who say you buy too many plants. Those are not your people.

We are.



#### COCONUT ISLAND 2-HOUR GUIDED WALKING



#### TO MOKU O LO'E (COCONUT ISLAND)

THURSDAY, JULY 25, 2024 Meet at WCC 7:15 am / Return to WCC by 12pm \$40\* BeST /\$50\* guests

(fee includes all transportation and a snack bag)

\*non-refundable

In this guided 2-hour walking tour, we'll hear legends of the He'eia area, learn the island's unique Hawaiian and Western history, visit the invertebrate observation/touch table, shark enclosures, coral reef research, and see other lab facilities at the University of Hawai'i's graduate research facility.

This tour is excellent for anyone who wants to explore a unique Windward Oahu location inaccessible to the general public. Limited to 32 participants.

Participants must be able to board & disembark ground transportation & catamaran dock independently and walk for up to 2 hours on an unpaved walkway. Bring own water, hat & sunscreen.

#### Register by July 11, 2024 online or phone

www.waikikicommunitycenter.org/register Phone 808-923-1802

This tour is part of a series for our Kukula Ola Program to nurture Hawaiian culture in the community, and is partially funded by the

AUTHORITY

### For Sale

#### BEACH CRUISER BIKES



INFINITY beach cruiser bikes, unisex never used. Retail at \$570

5 Bikes Available: @ \$50 each or best offer

contact:

Jill Okimura at jokimura@waikikicommunitycenter.org

### **BUILD** AN EMERGENCY **SAVINGS**

Contribute to retirement savings

**ACCOUNT** 

Prepare yourself for unforeseen expenses

#### What is BUILD?

**BUILD** is a savings program through Waikiki Community Center, specifically for working adults. BUILD can provide you with \$1,000 matched savings (that's FREE money)!

#### Who is eligible?



- Any adult who is a Hawai'i resident
- Is currently employed
- Meets BUILD income guidelines

or for more information, contact: Pamela Seelig pseelig@waikikicommunitycenter.org 808-923-1802 ext. 107 www.waikikicommunitycenter.org/BUILD



#### 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: sstone@waikikicommunitycenter.org

Priority of service provided to residents of Waikiki and neighboring areas





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







Introducing the New BeST Permanent ID Card and Attendance System.

If you are a BeST member, please stop by the WCC office to receive your new and permanent ID card. Say goodbye to paper cards, as this new card will be imprinted with your own barcode for ease in scanning attendance for all WCC classes & events. No more signing in on paper. Simply scan in on the iPad, pay if applicable, and participate!

In addition to this new feature, we'll also be introducing new online tools for easy access to the latest news and updates.

Of course, if you need any help along the way, the WCC staff is always available to provide in-person assistance.





For more information, please contact
Jill Okimura in the WCC office or:
jokimura@waikikicommunitycenter.org
or 808 923-1802



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





### Mahalo for your generous support! INDIVIDUAL DONORS



\$100 +

Marion Leong; Naoko Mercer; Susan Todani

Up to \$49 Sarah Kim

Up to \$49 Dennis Whiteherse

**VOLUNTEERS** 

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















































