



**Proudly Serving the Waikiki Community Since 1978**

310 Paoakalani Avenue • Honolulu, HI 96815  
808-923-1802 • [www.waikikicomunitycenter.org](http://www.waikikicomunitycenter.org)



**Happy 2022 & Hau`oli makahiki hou!**

I hope everyone had a joyful and peaceful holiday season, despite some challenges that remain in our community. As a continuation of my GOOD NEWS message in December, following is an update on some of the happenings at the Center this month.

Bathroom Construction

We are excited to finally be starting construction on our new ADA bathrooms, starting this week. We apologize for the brief shut down and disruption to some of the classes and activities during the 'demolition' phase, which we expect to last a few weeks. We understand that it would have been ideal for demolition to take place during the holiday break. However, due to the fact that many partners are donating their labor and time to make this project happen and given some pandemic-related issues with supplies/parts/shipping, this is the timing that worked. Looking on the bright side, construction is scheduled to be completed in a few months, when we hope timing will match the reduction of the Omicron surge. We are excited to welcome more of you back in the spring with new activities and shiny new accessible bathrooms!

Communications/Keep an Eye on Your Email!

In an effort to better communicate with you, we would like to once again start sending out more regular updates. Sometimes we have short announcements, timely news or just fun things to share that don't necessarily require a whole newsletter. We will be sending these updates via email and need to redo our email mailing list. The email company we use is requiring us to take everyone off our mailing list and add only those who "opt-in" by completing a short form with your name and email address. If you'd like to receive this type of email communication from us, you must submit this form. You can do this in two ways: 1) look for a welcome email/invitation to 'opt-in' in the coming weeks or 2) go onto our website [www.waikikicomunitycenter.org](http://www.waikikicomunitycenter.org) and complete the form from there (click the button 'read more' under '2022 updates' on the home page).

Gratitude

Sometimes it's hard to keep your spirits up amongst all the craziness of the pandemic and other challenging issues in our community. We've heard that some of you, like some of us, have been struggling. I want to go back to something I've talked about quite a bit over the years as a way to stay positive/happy and that is practicing gratitude. The staff and I have re-committed ourselves to being grateful several times over the years. We write down five things we're grateful for every day. Sometimes if we're feeling down, we may start with writing the same thing over and over five times. But eventually, we're able to expand and think of a few more things. I encourage you to try this if you are struggling – it's helped me and many of the staff. We are as always, very grateful for all of you – for your support and everything you do for one another and our community.

We are looking forward to seeing all of you much more often in 2022!

*Caroline Hayashi*

## A Message of Aloha – February 2022



### **BeST PROGRAM REGISTRATION (formerly known as “membership”)**

In preparation for the return of more in-person activity, we are opening registration to individuals who would like to be a part of our BeST (Be STRONG TOGETHER) Program. Like the former membership, an annual registration will entitle you to the published discounted class/activity fees.

#### **Re-Opening Special!**

The registration fee for 12-months is \$40 per person. WCC is extending a re-opening special rate of \$20 for 12-months, if registered by March **31**, 2022. Please consider taking advantage of this 50% discount!

Until our online payment system is available, please feel free to register via email ([jokimura@waikikicomunitycenter.org](mailto:jokimura@waikikicomunitycenter.org)) or in-person during business hours. If in-person, please call the office at 808-923-1802 to be sure we are open during construction (demolition).

### **UPDATE - WCC RESTROOMS & ENTRANCE RENOVATION**

Beginning January 25, 2022 construction will be occurring on the Ewa side of the auditorium. This will affect the restrooms and WCC parking on the Ohua Avenue side of the property. There will not be walk-through access on WCC property between Paoakalani and Ohua Avenues for the duration of construction.

Construction will occur Monday thru Friday (except holidays) from 7:00 a.m. to 3:00 p.m. Demolition of the restrooms will occur between January 25 thru mid-February. Demolition will include drilling and other noise that may be sizeable and may be heard and felt throughout our property. WCC will not have classes/activities during the demolition period. The WCC office may be closed to in-person contact during the demolition phase. WCC staff may be working remotely during this time, but will be available through email or office voicemail.

Construction is anticipated to be completed by mid-to late March 2022 when we will unveil the long-awaited and much-needed new restrooms for WCC class participants and tenants.

### **WHAT TO EXPECT WHEN AT WAIKIKI COMMUNITY CENTER (during COVID-19)**

Please kokua by following a few requirements and guidelines while at WCC:

- **Wear a face mask at all times, fully covering your nose and mouth, while on WCC property (indoor & outdoor).**  
[Note: The U.S. Centers for Disease Control and Prevention is now recommending people opt for the highly-protective N95 or KN95 masks over cloth masks to ward off the highly-contagious omicron variant and slow the coronavirus spread.];
- **Abide by temperature checks prior to entering the space where your class/activity will occur. Please understand that you will not be allowed into the activity space or remain on WCC property if your temperature registers 100.4 °F or higher;**
- **WCC requires proof of full vaccination against COVID-19. You are considered fully vaccinated following at least two (2) doses of Pfizer or Moderna vaccines or 2 weeks following a single dose of the Johnson & Johnson vaccine;**
- **Remain a distance of at least 6 ft. from other participants;**
- **Please bring your personal filled bottle of water (water fountains are not available at this time);**
- **Eating is not allowed in any of our spaces during activity – outdoor and indoor;**
- **There will be a 10-minute arrival and departure window for every activity. Please refrain from socializing prior to or following your activity.**

Mahalo!

**LOOKING TO THE NEAR FUTURE**

We are very excited to provide the line-up of WCC classes and activities that will be rolling out between February thru spring and beyond. Additional information is provided in this newsletter.

Mahalo to the instructors and activity leaders who continue to support, as well as the new instructors who will bring their talent and experience to the Center. Mahalo to the WCC community for your patience and understanding during this unprecedented and unusual period of our lives. We have missed all of you.

Pilates I & Pilates II with Helen Murray

Senior Moves with Trish

Gentle Flow Yoga with Cecilia Brown ***New!***

Tai Chi with Steve

Zumba Gold

Zumba Fitness

Beginning Tahitian Dance with Nalini from Tahiti Mana

Hula with Nalani & Hula with Nalani II

Line Dance with Lorna & Alex ***New!***

Beginning Ukulele with Colette Young-Pohlman ***New!***

Garden Club

Rummikub

Social Painting

Scrabble

Tours

Community Presentations

Shred-It ***New!***

Emergency Food Pantry

Within the next few weeks, we will provide you the capability to register and pay online for various activities, tours, registration, etc. We hope you will take advantage of the added convenience.

## TOUR!



Visit America's first aviation battlefield of World War II. See artifacts, read personal stories of the impact & response to the attack on December 7, 1941 and the Pacific battles that followed. Most importantly, honor those who have defended our freedom.

**Wednesday, March 16, 2022**

8:00 am check-in at WCC

1:30 pm return to WCC

**\$35 BeST / \$45 General**

non-refundable

Lunch on own at the Museum Cafe (vegetarian options not available)

**Please register with WCC office by March 1, 2022.**

Maximum participants: 24

GOVERNMENT PHOTO ID & PROOF OF FULL COVID-19 VACCINATION WILL BE REQUIRED  
AT TIME OF REGISTRATION WITH WCC AND AT ENTRANCE TO FORD ISLAND -  
MONITORED BY THE DEPARTMENT OF DEFENSE

Participants must be able to enter/exit transportation independently or with the aid of a dedicated companion who accompanies the participant.

## TALK STORY with PETER APO



**"WAIKIKI WAS, IS, AND WILL ALWAYS BE HAWAIIAN"**

-George Kanahele

Much of Waikiki was swampland, including the neighboring valleys of Manoa and Palolo. Old Waikiki was the setting for one of Hawaii's historic battles in 1794.

Learn about this and much more from an expert in Hawaiian culture, Peter Apo.

**Wednesday, March 9, 2022**

1pm - 230pm

Free

Auditorium

Deadline to register is March 3, 2022

Call 808-923-1802

Attendees must show proof of full COVID-19 vaccination & government photo ID prior to entrance

## TIPS FOR SUCCESSFUL AGING



A presentation by Dr. Greg Yuen on tips about brain function, diet, exercise, sleep and overall longevity

**Wednesday, March 23, 2022**

**1:30 pm - 2:30pm**

Free

Auditorium

Deadline to register with WCC office is March 16, 2022  
Call WCC office at 808-923-1802

Attendees must show proof of full COVID-19 vaccination & government photo ID prior to accessing this presentation

## Tai Chi with Steve



**Saturdays**

**9:00 a.m. - 10:00 a.m.**

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

Auditorium

**RETURNING 2/26**



## SENIOR MOVES with Trish



**MONDAYS**  
9:00 a.m. – 10:00 a.m.  
Auditorium  
Free!

**THURSDAYS**  
1:00 p.m. – 2:00 p.m.  
Auditorium  
Free!

CONTINUING FROM 2/28

## GENTLE FLOW YOGA

*with Cecilia Brown*

**Thursdays**  
10:00 a.m. – 11:00 a.m.  
\$5 BeST / \$8 General  
Room 202-E

BEGINS 2/24

## PILATES I with Helen Murray



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

RETURNS 3/7

## PILATES II with Helen Murray



**FRIDAYS**  
9:00 A.M. – 10:00 A.M.  
\$7 Best / \$10 General  
Room 202-E

RETURNS 3/4

*Returning Thursdays  
Spring 2022 (In-Person)*

## **ZUMBA GOLD** WITH ROBIN BUSH

*In the interim, please continue to  
stay fit with Robin via Zoom*

Thursdays

**Zumba Gold at 10:00 a.m.**

**Senior Strong at 11:00 a.m.**

[https://us02web.zoom.us/j/113256734?](https://us02web.zoom.us/j/113256734?pwd=MGI4WEgvZGszQWwvOVM4WXRIQ0RSdz09)

[pwd=MGI4WEgvZGszQWwvOVM4WXRIQ0RSdz09](https://us02web.zoom.us/j/113256734?pwd=MGI4WEgvZGszQWwvOVM4WXRIQ0RSdz09)

Saturdays

**Zumba Gold & Gold Toning Combo at 10:00 a.m.**

**K-Pop Pilates at 11:30 a.m.**

[https://us02web.zoom.us/j/306161834?](https://us02web.zoom.us/j/306161834?pwd=anVOK2Z6MXNXVW8zdIF0ekplYkVWUT09)

[pwd=anVOK2Z6MXNXVW8zdIF0ekplYkVWUT09](https://us02web.zoom.us/j/306161834?pwd=anVOK2Z6MXNXVW8zdIF0ekplYkVWUT09)

## **LINE DANCE CLASS**

with Lorna & Alex

cha cha, tango, country, & more!



**Fridays**

**9:00 a.m. – 11:00 a.m.**

**\$4 BeST / \$7 General**

**Auditorium**

**BEGINS 3/11**

## **ZUMBA FITNESS**

with Miki Mahokey



**WEDNESDAYS**

**6:00 P.M. – 7:00 P.M.**

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

**RETURNS 2/23**

BEGINNING

## **TAHITIAN**

DANCE CLASS



**FRIDAYS**

**12noon – 1:00 pm**

**\$9 BeST / \$15 General  
Auditorium**

**Instructor: Nalini Gauthier of TAHITI MANA**

**RETURNS MARCH 2022**

## **BEGINNING UKULELE**

WITH COLETTE YOUNG-POHLMAN

8-Week Course  
February 22- April 12, 2022



Tuesdays  
10:00 a.m. – 11:00 a.m.  
\$48 BeST / \$64 General  
(8-weeks)  
Room 205-E

Pre-registration required with WCC office  
Participants must have own ukulele  
Proof of COVID-19 full vaccination is required

## **FREE! SHRED-IT TUESDAY**

### **DOCUMENT SHREDDING**

Paper Documents (up to 100 sheets per month)  
Credit Cards  
CDs



First TUESDAY of each month  
9am - 12noon  
Auditorium

*This service is provided in partnership with AARP Hawaii for the  
prevention of fraud and identity theft of senior individuals*

CONTINUING FROM 3/1

## **HULA with NALANI** (intermediate class)

**MONDAY**  
**9am - 10:15am**  
Auditorium

**Returning late spring**  
stay tuned!

## **HULA with NALANI II** (advanced class)

**WEDNESDAY**  
**10:30am - 11:45am**  
Auditorium

**Returning late spring**  
stay tuned!



## **SOCIAL PAINTING**

**Non-instructional  
Provide your own supplies**

**TUESDAYS**  
**10am – 2pm**  
\$4 BeST / \$6 General  
Lanai

CONTINUING FROM 2/22



### **WEDNESDAYS**

**1pm - 3pm**  
\$3 BeST / \$5 General  
Lanai

Great mind & memory booster  
Enrich your vocabulary

CONTINUING FROM 2/23

## **Rummikub**



**MONDAYS**  
**12pm - 2pm**  
\$3 BeST / \$5 General  
Lanai

Rummikub is a tile-based game combining  
elements of rummy, the card game &  
mahjong - involving strategy and luck

HAVE FUN! KEEP YOUR BRAIN ACTIVE!

CONTINUING FROM 2/28



## UPCOMING ACTIVITY SCHEDULE

CLASS	DAY	TIME	CLASS FEE (BeST/General)	ROOM	NOTES
Pilates I	Monday	9a-10a	\$5 / \$8	202-E	Returns 3/7
Pilates II	Friday	9a-10a	\$7 / \$10	202-E	Returns 3/4
Gentle Flow Yoga	Thursday	10a - 11a	\$5 / \$8	202-E	Begins 2/24
Tai Chi with Steve	Saturday	9a-10a	\$5 / \$8	Auditorium	Returns 2/26
Tai Chi with Steve	Wednesday	9a-10a	\$5 / \$8	Auditorium	Returns 3/16
Senior Moves with Trish	Monday	9a-10a	Free	Auditorium	Continuing from 2/28
Senior Moves with Trish	Thursday	1p - 2p	Free	Auditorium	Continuing from 3/3
Zumba Gold	Thursday	9a-10a	\$6 / \$9	Auditorium	Returns spring 2022
Zumba Fitness	Wednesday	6p - 7p	\$5 / \$8	Auditorium	Returns 2/23
Line Dance	Friday	9a - 11a	\$4 / \$7	Auditorium	Begins 3/11
Hula with Nalani (intermediate)	Monday	9a - 10:15a	tba	Auditorium	Begins late spring
Hula with Nalani II (advanced)	Wednesday	10:30a - 11:45a	tba	Auditorium	Begins late spring
Beginning Tahitian Dance	Friday	12p - 1p	\$9 / \$15	Auditorium	Begins March 2022
Beginning Ukulele (8-wk course)	Tuesday	10a - 11a	\$48 / \$64	205-E	2/22 - 4/12
Garden Club	Monday & Saturday	open	\$ Donation / \$10 monthly	Lanai	waitlist to join
Rummikub	Monday	12p - 2p	\$3 / \$5	Lanai	Continuing from 2/28
Scrabble	Wednesday	1p - 3p	\$3 / \$5	Lanai	Continuing from 2/23
Social Painting	Tuesday	10a - 2p	\$4 / \$6	Lanai	Continuing from 2/22
Shred-It (for fraud prevention)	1st Tues. each mo.	9a - 12p	Free	Office Entryway	Continuing from 3/1
Emergency Food Pantry	Tuesday	1p - 2p	based on need	Ohua side of WCC	tba



## VIRTUAL Activity Bulletin Board

### WCC FREE VIRTUAL LIVE WEEKLY (via Zoom) & SPECIAL CLASSES (via Zoom)

#### **SENIOR MOVES WITH TRISH - Free (Virtual thru February 24, 2022; In-person only classes begin February 28, 2022)**

Gentle chair exercises to help with balance, circulation, posture & fall prevention

To join via Zoom, visit the WCC website: [www.waikikicommunitycenter.org/upcoming-live-virtual-events](http://www.waikikicommunitycenter.org/upcoming-live-virtual-events)

**Mondays – except holidays**

**9:00am – 10:00am (HI time zone via Zoom)**

**Thursdays**

**1:00pm – 2:00pm (HI time zone via Zoom)**

#### **ZUMBA GOLD LIVE WITH ROBIN BUSH**

**Monday, Tuesday, Thursday, Friday & Saturday – except holidays**

**10:00 am (HI time zone)**

To register, contact Robin at: (808) 949-2161 or [pcrobin@gmail.com](mailto:pcrobin@gmail.com)

**ZUMBA GOLD at 10:00 a.m. (HI time zone)**

**SENIOR STRONG at 11:00 a.m. (HI time zone)**

**Thursdays – except holidays**

<https://us02web.zoom.us/j/113256734?pwd=MGI4WEqvZGszQWwrOVM4WXRiQ0RSdz09>

**ZUMBA GOLD & GOLD TONING COMBO at 10:00 a.m. (HI time zone)**

**K-POP PILATES at 11:30 a.m. (HI time zone)**

**Saturdays**

<https://us02web.zoom.us/j/306161834?pwd=anVOK2Z6MXNXVW8zdIF0ekplYkVWUT09>

#### **ORIGAMI WITH CRYSTAL**

**Tuesday – alternating with Crafty Seniors with Donna – please refer to our website for exact dates**

**2:00pm – 3:00pm (HI time zone via Zoom)**

All that's needed is a square paper or dollar bill to create beautiful origami projects.

To join via Zoom, visit the WCC website: [www.waikikicommunitycenter.org/upcoming-live-virtual-events](http://www.waikikicommunitycenter.org/upcoming-live-virtual-events)

#### **CRAFTY SENIORS WITH DONNA**

**Tuesdays – alternating with Origami with Crystal – refer to our website for exact dates**

**2:00pm – 3:00pm (HI time zone via Zoom)**

Make a new craft or participate with your current project. Absolutely no skill necessary.

Let's enjoy a *crafternoon* together

To join via Zoom, visit the WCC website: [www.waikikicommunitycenter.org/upcoming-live-virtual-events](http://www.waikikicommunitycenter.org/upcoming-live-virtual-events)

#### **LETTUCE TALK - A Virtual Lunch & Chat – please refer to our website for more information**

**Wednesdays – except holidays**

**12:00 noon - 1:00pm (HI time zone via Zoom)**

Do you miss having a social lunch with friends? Grab your lunch and please join us.

To join via Zoom, visit the WCC website: [www.waikikicommunitycenter.org/upcoming-live-virtual-events](http://www.waikikicommunitycenter.org/upcoming-live-virtual-events)