



## Proudly Serving the Waikiki Community Since 1978

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

A Message from our President . . .

### **The Science of a Meaningful Life**

“Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.” -Marie Curie

*Trying to approach meaning in life from a scientific perspective, Greater Good* put together the year’s top scientific insights on what gives our lives meaning. The research demonstrates the power of connection and shows us practical ways to grow, be kind, and find meaning in our everyday lives. Here are a few of the insights I thought were useful to share.

**Appreciating the little things can increase our sense of meaning** Thinking about purpose in life can be overwhelming and seem unattainable. But the good news is several new studies have shown that we can find meaning simply by appreciating experiences in our day-to-day lives. In one study, students found a greater sense of meaning by reflecting on small moments like being in nature, having a moment of peaceful solitude, time with loved ones, or the kindness of a stranger. “Our findings suggest that simply appreciating one’s experiences can foster a rich sense of meaning and perhaps shore up confidence that life has been and will be worth living,” wrote the researchers. (*Nature Human Behavior*, Feb 2022)

**Getting out of our comfort zones can lead to growth and fulfillment** We all gravitate towards comfort whether it’s the physical comfort of fuzzy bedroom slippers, the cognitive comfort of hearing from those who share our view points, or the psychological comfort of doing things we know we are good at. But according to a [2022 study](#) published in *Psychological Science*, choosing comfort may be holding us back from personal growth. We feel more fulfilled and purposeful when we are growing, learning and stretching ourselves. In this experiment, people did a variety of personal growth activities such as taking an improve class or learning about opposing political viewpoints. Researchers told some of the participants that the goal was to feel uncomfortable, nervous or even upset. Those who aimed to feel uncomfortable were more engaged, motivated and believed they made more progress.

### **Don’t underestimate the power of kindness**

One study found that kindness is uniquely beneficial for our sense of meaning in life. Researchers compared kindness to oneself and others with other positive behaviors, like being more open-minded, and practicing kindness gave people more self-confidence, more competence, and a greater sense of meaning. In other words, being kind actually benefits us. However, the study also showed that we chronically underestimate how much positive impact we can make by being kind and we also underestimate how much the recipient will appreciate it. These inaccurate assumptions make us less likely to interact with one another with kindness and therefore and reap the benefits ourselves.

At WCC we believe that everyone has something to contribute and everyone’s life has meaning. We hope you find a little inspiration in these practical ways to help you find it.

Mahalo for being a part of our community,

*Caroline Hayashi*

# 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, JUNE 29  
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](http://www.waikikicommunitycenter.org/register) or call 808-923-1802

# IKEBANA 5-Week course

The Japanese art of beautifully arranging cut stems, leaves and flowers



5-Week Course  
Wednesdays

July 26 - August 23  
9:30am - 11:00am  
Room 203A (2nd level)

Instructor: Junko Kim

\$75 BeST / \$85 General Public  
Fees are non-refundable

Supplies required:

Scissors, kenzan (flower holder) - 3" diameter and base - 7" to 8" diameter



Register by July 17, 2023  
online at [www.waikikicommunitycenter.org/register](http://www.waikikicommunitycenter.org/register) or call 808 923-1802

# Sumida Watercross

**FARM TOUR**  
Thursday, June 8, 2023

\$25 BeST/\$35 General public

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

Location: Restaurant Hughley's

... generation farm built by immigrants from Hiroshima, Hawaii to work on the land and their own farm.

For over 100 years, the Sumida Farm has been a model of food sustainability. 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.



**SOLD OUT**

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

Register [www.https://www.waikikicommunitycenter.org/register](http://www.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](http://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.

# EMERGENCY MEDICAL CARE

## A seminar on how to provide emergency care

**Free to the public  
in the WCC Auditorium  
No registration necessary**

**TUESDAY, JUNE 20, 2023**

**10:30am - 11:30am  
and 5pm - 6pm**



Presented by the  
**Honolulu Police Department District 6  
WAIKIKI COMMUNITY POLICING TEAM**

# 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.waikikicommunitycenter.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



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.waikikicommunitycenter.org/Register>  
or phone 808-923-1802

# Oeno Wine Making

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**

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

Register by July 7, 2023  
 To register call 808-923-1802 or online at [www.waikikicomunitycenter.org/register](http://www.waikikicomunitycenter.org/register)  
 Capacity: 24 participants  
 Fees are non-refundable

# 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](http://www.waikikicomunitycenter.org/register)  
 or phone: 808-923-1802

# PLANT SALE

**SATURDAY, JULY 22, 2023 | 2-4 PM**



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

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.

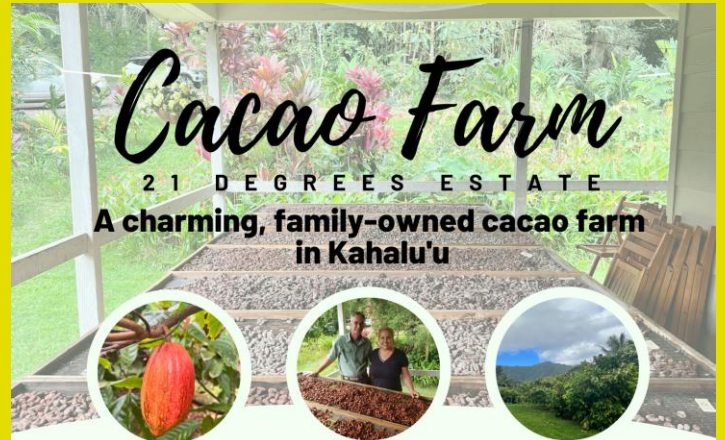
INSTRUCTOR: DAWN YOSHIMURA

**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](http://www.waikikicomunitycenter.org/register)



# Coffee Cupping

Traditions Roastery in Kailua, Hawaii 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](http://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](http://www.waikikicomunitycenter.org/register)



808-923-1802

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

Instructor: Donna Prather



**6-Week On-line ELA CLASS:**  
**TUESDAYS July 11, 18, 25, August 1, 8, 15**  
**10am - 11am Hawaii standard time**

**6-Week On-line ENGLISH CONVERSATION GROUP:**  
**THURSDAYS July 13, 20, 27, August 3, 10, 17**  
**10am - 11am Hawaii standard time**

**\$65 BeST / \$80 General**  
 non-refundable

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

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



**ELA CONVERSATION GROUP**

Instructor: Donna Prather

**6-Week Course**  
**THURSDAYS / 10am - 11am (HI Standard time)**  
**July 13, 20, 27, August 3, 10, 17**  
**\$20 BeST\* / \$35 General Public\***  
**\*non-refundable**

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

**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?**

...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](http://www.waikikicomunitycenter.com/BUILD)  
 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: [ssstone@waikikicommunitycenter.org](mailto: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

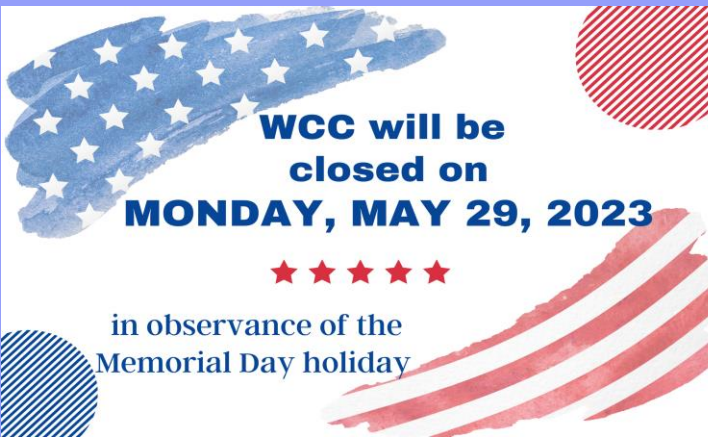
Each meal includes entree, vegetables and  
starch

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](mailto:jokimura@waikikicommunitycenter.org)  
or 808-923-1802




**WCC will be  
closed on  
MONDAY, MAY 29, 2023**

★★★★★

in observance of the  
Memorial Day holiday



*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  
will be closed on**

**MONDAY, JUNE 12**

in observance of the  
King Kamehameha day holiday



**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](mailto:cmoore@waikikicommunitycenter.org)

**CLASS UPDATES**

**HULA WITH NALANI (Intermediate)**  
 NO CLASS - MONDAY  
 May 22 & May 29  
**Class returns June 5**

*ell*

**HULA WITH NALANI II (Advanced)**  
 NO CLASS - WEDNESDAY  
 May 17 thru May 30  
**Class returns May 31**

*Neighborhood Board Meeting*

**EVERY 2ND TUESDAY OF MONTH**

**6:00 pm - 8:30 pm**

**Auditorium**

**kanopy** 

A FREE ONLINE VIDEO STREAMING SERVICE  
 offered by the

 **Hawaii State Public Library System**

Kanopy has more than 30,000 of the world's best movies, documentaries, a children's collection of animated storybooks, and much more.

Access to Kanopy is free with a Hawaii State Public Library System card. A library card is free to residents.

Kanopy can stream from your computer, tablet, phone or smart TV

 **Mahalo for your generosity!** 

**\$500+**  
 Anonymous;  
 R. Arkay

**\$100+**  
 H. Goodwin; N. Mercer; L. Nagata

**\$50+**  
 L. Akana (in memory of Jeffrey Apaka)

**Up to \$49**  
 Anonymous; T. Kanai; W. Kernstock;  
 T. Seelig; D. Whiteherse

**VOLUNTEERS**  
**CLASS INSTRUCTORS**  
 Miki Mahokey; Alex Merano; Lorna Merano;  
 Donna Prather; Carole Shinn

**SENIOR SHOPPING DAY**  
 Anthony Urbi  
 Ryan Chun

**vinyasa**  
**YOGA** with Carole Shinn

**FRIDAYS**

**11am - 12:15pm**

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

**Room 202-E**

Bring your mat, water & towel

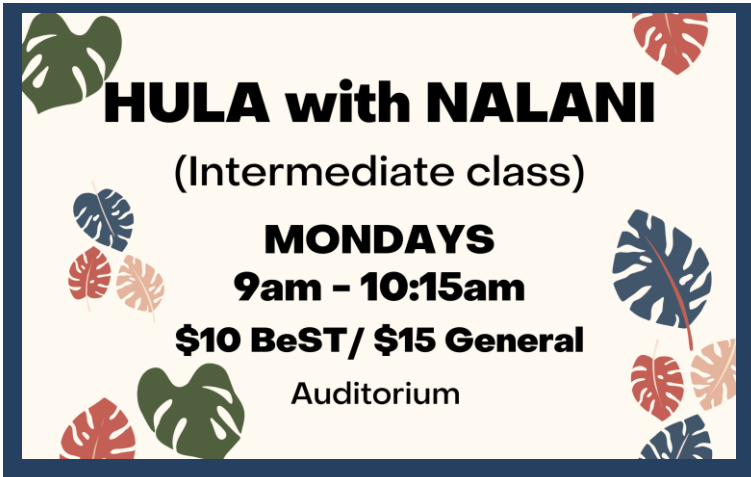
*Gentle Flow*  
**Yoga** 

**THURSDAYS**  
 10 am - 11 am  
 with Cecilia Brown

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

**Room 205-E**






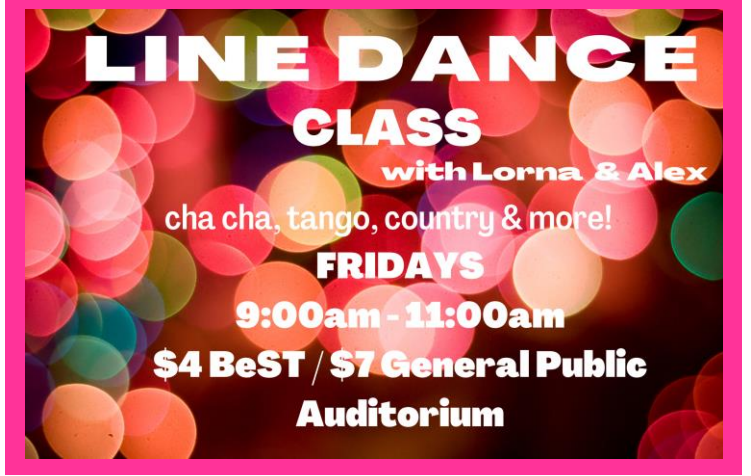
**HULA with NALANI**  
 (Intermediate class)  
**MONDAYS**  
**9am - 10:15am**  
**\$10 BeST / \$15 General**  
 Auditorium



**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**



**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



**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

**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.*

**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**

**Rummikub**



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

**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**



**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



**WCC**  
 Preschool has the special opportunity to greet the detector beagles from the U.S. Customs & Border Protection.

**FREE ADMISSION!**



HAWAII'S 2ND ANNUAL  
**ACTIVE SENIORS**  
**EXPO 2023**

**Friday, June 9th & Saturday, June 10th, 2023**  
 8:30am - 4:00pm • Hawaii Convention Center

**GIVE-A-WAYS! PRIZES! SEMINARS!**

*Servicing and Educating Families and their Kupuna to make informed choices on services they select to give them complete peace of mind knowing that their Kupuna will truly be cared for and have an active healthier life.*

**REGISTER TO ATTEND & RECEIVE A FREE GIFT AT THE DOOR!\***  
 (\*While supplies last) **Scan QR Code to REGISTER**

Support our community — Reserve your booth call (808) 943-1067  
 or go to: <https://brideschoicehawaii.com>  
 Sponsorship info call: (808) 286-3089




**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](mailto: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](mailto: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](mailto: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](mailto:pcrobin@gmail.com)