



## 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 . . .

"In nature, nothing exists alone." - Rachel Carson

Humans exist as a part of the big, interconnected web that is our universe. Just like our ecosystems are connected through groups of complex relationships, so are we to one another. When you Google the meaning of the above quote, attributed to Rachel Carson, who was an influential marine biologist, conservationist and author in the 1950s/60s, it will say, "...one thing can't live by itself because it is interconnected to everything else. It needs support, but it also gives it." I found this description reflective of our human communities. The first words that struck me were "can't" and "need" – having the support of and connection with our fellow humans is not just a nice-to-have. We literally can't survive without others.

We all know needing is different than wanting. When you need something, it can create a power dynamic where one person/group has more power than others. Perhaps that's why our human relationships can be so complicated. We need one another but it's often challenging to get along.

We can again look to nature for guidance, where it is about balance. Symbiosis in nature is defined as a close, prolonged association between two or more species. This relationship can be good, bad or neutral where both parties benefit or only one benefits while one is harmed. (Can't we all think of relationships like these?) But there is another type of symbiosis called *competition*, when several groups compete for limited resources. An example is competition between ocean corals and sponges. Sponges are plentiful in coral reefs but if there are too many, they take food from the corals that make up the reef. Sponges can 'win' by multiplying hugely but if too many corals die, the reef becomes damaged, which in turn kills sponges until the reef is balanced again.

Our relationships also need balance. The interpretation of the quote above notes species not only need support but 'also give.' I believe people want to be contributors/givers just as much as receivers. At WCC we say that everyone needs help sometimes and everyone can give sometimes. Balanced relationships and communities depend upon being able to accept help and giving what you can, when you can.

Mahalo to all of our community members who make up our vast support network, which allows us to provide help when needed. We could not exist without you.

Mahalo,

*Caroline Hayashi*



# New Year Brunch

## At Nami Kaze

Join us for a special brunch at Nami Kaze to celebrate the New Year. Named the "Best New Restaurant of 2023" in Hawaii, this is a unique experience arranged especially for us. The restaurant will prepare a special prix fixe menu of sharable plates featuring their most popular dishes and some surprises.

**THURSDAY, JANUARY 11, 2024**

- \$45 (includes transportation, prix fixe menu, tip & tax)
- Register by January 3, 2024
- Exclusive to WCC BeST registrants / 20 participants
- Fees are non-refundable



**Schedule:**

8:15 am - Check-in at WCC  
8:45 am - Depart WCC  
11:30 am - Return to WCC

Participants must be able to enter/exit transportation independently.

Register by phone:  
**808-923-1802**



**THURSDAY, JANUARY 18, 2024**

# FOSTER GARDENS

## Tour & Lunch

✔ 8:45 am - Meet in the WCC Auditorium
✔ 1:00pm - Return to WCC

✔ \$30 for members | \$35 for guests

After six months and a \$1.26 million renovation, Foster Botanical Garden is welcoming visitors back. Garden highlights include The Conservatory, Outdoor Butterfly Garden, Palm Garden, Orchid and exotic Palms, Prehistoric Glen Cycad Collection, and Exceptional Trees.

Wear comfortable clothes and covered footwear. Participants must be able to enter/exit transportation and walk the tour site independently.

Tour fees are non-refundable. Deadline to register is January 10, 2024.

REGISTER NOW

by phone 808-923-1802 or  
online [www.waikikicommunitycenter.org/register](http://www.waikikicommunitycenter.org/register)





## REGISTRATION IS RE-OPEN

Join us for a BeST Members only Halloween-themed

# Fall Gathering

**& LUNCH**  
IN THE WCC AUDITORIUM



**THURSDAY, OCTOBER 26**  
**12 NOON TO 1:30PM**

\$5 for BeST Members  
Lunch & spooky snacks will be served.  
Costumes are encouraged!



Deadline is October 19 to register  
by phone 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**  
**Location: Home of Demonstration Host**

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 eat 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





*How to create something beautiful using readily available and sustainable materials, emphasizing locally grown flowers.*

## THE POWER OF FLOWERS

*A workshop with Tamara Rigney, founder of Mei Day floral studio*

**FRIDAY, NOVEMBER 3, 2023  
10:30am to 12 noon - Lanai**

Fees include flowers and material. Participants provide their own floral clipper.

Tamara will bring materials and coach each participant in creating two arrangements: one for hospital patients and the other to take home.

You'll learn several tips & tricks from Honolulu's premiere floral designer that you can use when creating your arrangements at home.

**\$25 BeST Members\* | \$35 general public\***

*Class limited to 10 people. Deadline to register is 10/27/23*

Register by phone 808-923-1802 or online at [waikikicommunitycenter.org](http://waikikicommunitycenter.org)

\*Fees are non-refundable

**SOLD OUT**



**SAVE THE DATE**

# PLANT SALE

**SATURDAY, NOV 4**

**Free admission & Free parking**

**OPEN 2 pm to 5 pm**

## Can't hear on the phone? Learn how to get a CapTel phone at no cost to the user

The CapTel Captioned Telephone allows people with hearing loss to listen to their caller and read everything the caller says. Like captions on TV - for your phone! CapTel is available at no cost for those with certified hearing loss, and includes free installation and the no-cost captioning service. No monthly fees or contracts required.



**TUESDAY, NOVEMBER 7, 2023  
10:30am - 11:30am  
Free - Auditorium**

Register by phone 808-923-1802 or online  
[www.waikikicommunitycenter.org/register](http://www.waikikicommunitycenter.org/register)

**"We love to sing & dance and  
make you smile"**

# Silver Foxes



*performing at Waikiki Community Center*

**THURSDAY, NOVEMBER 16, 2023**

**1pm - 2pm**

**Free - Auditorium**

Call to register at 808-923-1802  
or online at

[www.waikikicommunitycenter.org/register](http://www.waikikicommunitycenter.org/register)





# flower play lei po'o workshop

\$25 BeST Members / \$35 non-members

Thursday, November 16, 2023  
12 pm to 2 pm

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.

deadline to register  
Thursday, November 9, 2023

WORKSHOPS ARE LIMITED TO 12 PEOPLE  
REGISTER ONLINE: [WWW.WAIKIKICOMMUNITYCENTER.ORG/REGISTER](http://WWW.WAIKIKICOMMUNITYCENTER.ORG/REGISTER)  
OR BY PHONE 808-923-1802

Waikiki Community Center | 310 Paaakalani Avenue | Honolulu, HI | Phone 808-923-1802



## BEAD BRACELET WORKSHOP

Friday, November 17, 2023  
11 am to 1 pm  
Lanai

\$15 BeST\* / \$25 General Public\*  
Fees include material for 3 bracelets



Choose your favorite words, styles, and embellishments to create a bracelet you'll LOVE to keep for yourself or give away.

This workshop is available to ten participants.

Register by Friday, November 10  
by phone 808-923-1802 or online  
[www.waikikicommunitycenter.org/register](http://www.waikikicommunitycenter.org/register)

\*Fees are non-refundable

Exclusively for BeST members only

# THANKSGIVING LUNCH

at Duke's Waikiki

WEDNESDAY, NOVEMBER 22, 2023

11:15am - meet at Duke's Waikiki

Outrigger Waikiki Beach Resort  
2335 Kalakaua Avenue

**\$50 per BeST member\***

inclusive of traditional Thanksgiving meal with dessert, beverage, tax & gratuity

Join us for the delicious food, outstanding view and fabulous, fun conversations

18 seats available.

Deadline to register is November 8, 2023

Register by calling WCC at 808 923-1802

\*Fees are non-refundable

WCC hosts: Mary Moran & Merle O'Neill



A WCC  
PRIVATE  
CHARTER  
TOUR

## HOLIDAY LIGHTS TOUR

TUESDAY, DECEMBER 5, 2023

5:15pm check-in at WCC / 8:00pm return to WCC

\$30 BeST\* / \$40 Guests\*

A WCC holiday tradition returns with the open-air trolley ride to Honolulu Hale to view Honolulu City Lights and Santa with Tutu Mele. Festive Christmas carols also included.

Capacity is 30 participants. Reserve your seat early.

Register by phone: 808 - 923-1802 or

online: [www.waikikicommunitycenter.org/register](http://www.waikikicommunitycenter.org/register)

\*fees are non-refundable

All participants must be able to board and disembark transportation and walk on their own



PLEASE JOIN US

**Holiday & Tree TRIMMING PARTY**

THURSDAY, DECEMBER 7  
11am to 1pm  
Free - Auditorium

JOIN US FOR LIGHT PUPUS, TREE TRIMMING,  
HOLIDAY TUNES,  
AND GATHERING WITH YOUR FRIENDS  
AS WE WELCOME THE HOLIDAY SEASON AT WCC!

Limited to 25 participants  
Please rsvp by December 1, 2023

Register by phone 808-923-1802  
or online  
[www.waikikicommunitycenter.org/register](http://www.waikikicommunitycenter.org/register)

**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

★ ★ ★  
**WAIKIKI COMMUNITY CENTER**

**WILL BE CLOSED ON**  
**FRIDAY, NOVEMBER 10, 2023**

IN OBSERVANCE OF VETERANS DAY

★ ★ ★

**UPDATES**

**HULA WITH NALANI II (Advanced)**  
**NO CLASS**  
**WEDNESDAY, NOVEMBER 1**

**WCC OFFICE will be closed**  
**THURSDAY, NOVEMBER 2**  
**from 10am - 2pm**  
**As we participate in a staff volunteer event**

*Happy Thanksgiving*

**WAIKIKI COMMUNITY CENTER**  
**WILL BE CLOSED ON**  
**THURSDAY AND FRIDAY**  
**NOVEMBER 23-24, 2023**  
**IN OBSERVANCE OF THANKSGIVING DAY**

**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

## Want to BUILD emergency savings?

### WHAT IS BUILD?

- A savings program for Working Families through the Waikiki Community Center
- \$1,000 MATCHED SAVINGS!

### AM I ELIGIBLE?

- Have regular earned income
- Must be a Hawaii Resident
- Meets ALICE Income Guidelines

APPLY TODAY!

### SPACE IS LIMITED!

### MORE INFO:

- CONTACT PAMELA SEELIG  
PSEELIG@WAIKIKI  
COMMUNITYCENTER.ORG
- 808-923-1802, EXT. 107



WAIKIKICOMMUNITYCENTER.COM/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: [ssstone@waikikicommunitycenter.org](mailto:ssstone@waikikicommunitycenter.org)  
Priority of service provided to residents of Waikiki and neighboring areas



Mahalo for your generous support!

### Individual Donors

\$1,000 +  
Michael Chun

\$500 +  
Anonymous

\$50 +  
Hikaru Goodwin;  
Tahiti Mana

Up to \$49  
Dennis Whiteherse

### VOLUNTEERS

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

## 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)



## 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.





**LOW IMPACT**

**TUESDAYS**  
**9:00am - 10:00am**  
 \$6 BeST / \$9 General  
 Auditorium  
 Instructor: Sheri Yamashita

**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

**THURSDAYS**  
**6:30pm - 7:30pm**

**SATURDAYS**  
**12noon - 1pm**  
 \$5 BeST / \$8 General Public  
 Auditorium

*Gentle Flow Yoga*



**THURSDAYS**  
 10 am - 11 am  
 \$5 BeST / \$8 General  
 Room 205-E  
 with Cecilia Brown

**vinyasa YOGA**  
 with Carole Shinn

**FRIDAYS**  
 11am - 12:15pm  
 \$5 BeST / \$8 General  
 Room 202-E  
 Bring your mat, water & towel

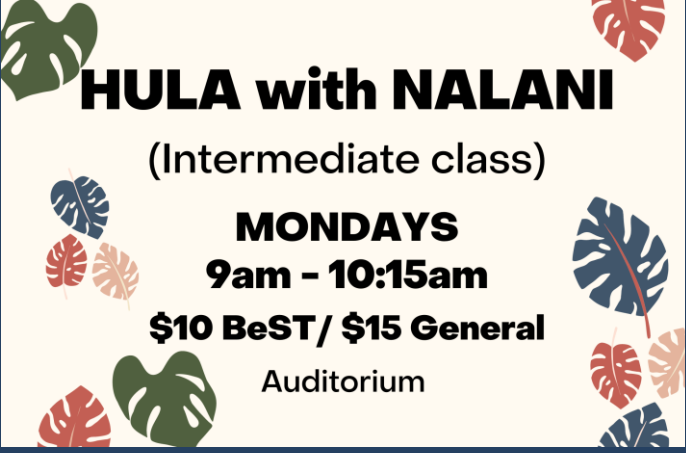
**TAI CHI**  
 with Steve




**WEDNESDAYS & SATURDAYS**  
 9:00 am - 10:00 am  
 \$5 BeST / \$8 General  
 Auditorium

**TAI CHI**  
 with Steve  
*Intermediate Class*

**MONDAYS**  
 9am - 10am  
 \$7 BeST / \$10 General Public  
 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**  
**FRIDAY**  
**12NOON - 1PM**  
 \$9 BeST / \$15 GENERAL PUBLIC  
 AUDITORIUM  
 Instructor: Nalini Gauthier of TAHITI MANA  
 (<http://tahitimana.net>)



**PILATES I** with Adina Corduneanu  
**MONDAYS**  
**9:00 A.M. - 10:00 A.M.**  
**\$5 BeST / \$8 General**  
 Room 202-E



**MAT PILATES**  
 Following the Joseph Pilates' Original Program  
**SATURDAY**  
**11am - 12noon**  
**\$7 BeST / \$10 General Public**  
**Room 205-E**  
 Instructor: Adina Corduneanu



**Pilates II** with Adina Corduneanu  
**FRIDAYS**  
**9:00 a.m. - 10:00 a.m.**  
**\$7 Best / \$10 General**  
**Room 202 - E**  
*Strengthen Your Mind & Body!*



**WEDNESDAYS**  
**1pm - 3pm**  
**\$ Free / \$5 General**  
 Lanai



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





**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

The advertisement features a light blue background with a red border. It includes three small images: a person weaving, a collection of colorful beads, and a person using a power drill. There are also decorative icons of a string of beads and a stylized flower.



*Neighborhood Board Meeting*

**EVERY 2ND TUESDAY OF MONTH**

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

**Auditorium**

The advertisement has a light green background with a dark green border. It features a pink hibiscus flower on the left and a palm tree on the right.

**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)

*Mahalo!*