



Proudly Serving the Waikiki Community Since 1978

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

A Message from our President . . .

“What would life be if we had no courage to attempt anything?”– Vincent Van Gogh

A woman who suffered from depression and anxiety that worsened during the pandemic realizes that she can't rely on her routine to keep her going. She decides to try 100 new things. A year later, she expands her goal to do 365 new things each year and says she's never been happier. The long list of things she's done reveals that many things are simple and some are more involved. They range from watching the movie 'ET' to learning to knit and cook a vegan meal to learning a new dance to draining a radiator to beekeeping.

It can be intimidating to try new things. It is natural to feel nervous about how we might do as a beginner. So sometimes it does take courage to try something new. However, the benefits are well established, especially as we age. Not surprisingly, research has shown that stimulating our brains boosts our overall memory and cognitive processes.

Our brains are like muscles. If we do the same things over and over, our brain does not have to work very hard and is minimally engaged. Learning and experiencing new things forces our brains to create new and strengthen existing neural networks. By making our minds process new information often, we can create what psychologists call “cognitive reserve,” which is just like a savings account. During times when we are not ‘depositing’ as much cognitive effort/ growth, we can draw on this reserve to help counteract cognitive decline. People with low cognitive reserves tend to be at higher risk for early dementia and memory loss. The good news is that once we start establishing these new neural networks, it can become easier to continue learning new things because the basic framework is in place, creating a virtuous cycle.

Our team at the Center has been working hard to provide you with new and exciting experiences and opportunities to learn. We've also been working on the best ways to deliver these experiences, including all the backend and related components needed to make them happen. Examples things that are behind-the-scenes but critical are providing different ways to register, developing multiple modes of communications, gathering data from all sources to monitor our outcomes, and managing/improving the facility to accommodate our growth on a limited budget.

With newness also comes challenge and even a bit of chaos so we appreciate everyone's patience and hope you appreciate what it takes to offer such a wide variety of quality happenings. We've definitely been building our neural networks as we find ways to keep improving our offerings and support systems. We hope you check out the wonderful array of opportunities to experience new things in the coming months.

Mahalo for being a part of our community,

Caroline Hayashi



Be part of the plant sale that gives back to our community!*

Saturday, March 25, 2023
2:00 PM to 5:00 PM

free admission and free parking

Plant Sale

house plants
rare plants
unusual plants
native & endemic plants
medicinal plants
fruit trees
lei making plants
varieties of ti
fresh flowers
fresh produce
and more!

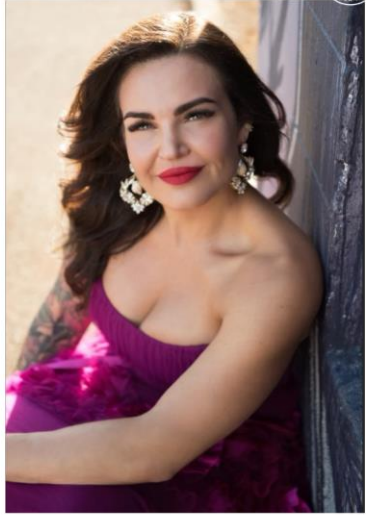
*all proceeds from plant vendor fees will be used to buy hot meals for homebound and low-income seniors.

waikiki community center | 310 paaakalani ave | honolulu, hi | 96815
phone 808-923-1802

WCC BEST MEMBERS' SHINDIG

Leslie Goldman is a resident artist at the Hawaii Opera Theater. She has had the privilege of performing all across America and Europe, but she calls Hawaii her home.

Leslie Goldman



Leslie will sing a few Irish tunes for us at the WCC Shindig for BeST Members, so be sure to join us

Thursday, March 30th, 2023
2:00 PM - 3:00 PM
Auditorium
Free for BeST members

Call 808-923-1802 today to reserve a spot *

*A perk for BeST Members





Upcycled Floral Clip

Make your own living floral hair clip using recycled materials and living flora. Gina Kananipua of Eco Mindful Lei will show you how to create a unique and beautiful floral clip for your hair. All materials are provided.

Class will be held in the auditorium and is limited to 20 people.
Please RSVP by Monday, March 27, 2023.

\$25.00* BeST members/\$35* general public
*fees are non-refundable

MONDAY, APRIL 3RD 10:45 AM - 11:45 AM

808-923-1802 | www.waikikicomunitycenter.org/register

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

FLOWER PLAY: LEI PO'O ✨

Thursday, April 6, 2023
11:30 PM - 1:00PM

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 mind and heart!
Class will be held on the lanai.



**\$20 BEST MEMBERS/
\$30 GENERAL PUBLIC**

Class is limited to 12 people.

April 6, 2023 Thursday | 11:30 AM TO 1:00 PM

RSVP by Thursday, March 30

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



A Free Presentation presented by WCC and Garden and Gully Nursery

Recognizing the significant weed trees of O'ahu

Saturday, April 8, 2023 | 2:00 PM - 3:30 PM
WCC Auditorium



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

Dr. Robert Osgood of Garden and Gully Nursery will share his knowledge on how to recognize weeds in your garden and identify which can become problem weed trees. Question and answer session to follow.

Capacity 50 people, please RSVP by Saturday, April 1, 2023
Register by phone 808-923-1802 or online at <https://www.waikikicomunitycenter.org/register>

Waikiki Community Center - 310 Paoakalani Avenue - Honolulu HI 96815

ALIOLANI HALE

King Kamehameha V Hawaii Justice Center



Located in downtown Honolulu and currently used by the Hawai'i State Supreme Court. It is the former seat of government of the Kingdom of Hawai'i and the Republic of Hawai'i. Also known for the gold-leaf statue of Kamehameha the Great in the building's courtyard.

THURSDAY, APRIL 13, 2023
9:30AM - MEET AT THE KING
KAMEHAMEHA STATUE

\$25 BEST* / \$35 GENERAL PUBLIC*

No-host lunch at Podmore on Merchant Street, a four block walk

Please register by March 31 at
<https://www.waikikicomunitycenter.org> or 808 923-1802
Maximum 25 participants

*Non-refundable

Let's decorate our garden! Upcycle Garden Workshop



Free for BeST Members - Class limit is 10 people

Friday, April 14, 2023, 11:30 AM - 1:00 PM on the Lanai



Help us decorate our garden with collected items (bottle caps, single-use plastic bottles, old pots/pans, mirrors, cans, etc.) Instead of throwing these things into the trash. We'll upcycle them and make fun and colorful accents to brighten our garden. Bring one thing you'd like to upcycle, and we'll also have lots of things to play with and transform.

The key to upcycling is to make the most of what you already have - giving a new purpose to something unused or unloved - the project possibilities are endless!

To register, call 808-923-1802. Deadline to register is April 6, 2023

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



Exhibit: Awakening

TUESDAY, APRIL 25TH, 2023, 10:30AM

\$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

Join us for a workshop to make kid-friendly, DIY terrariums!
Class fee \$50 per child includes all materials



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 Pookalani 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

Sumida Watercross

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 Watercross 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 Watercross 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.waikikicomunitycenter.org/register](https://www.waikikicomunitycenter.org/register) or 808 923-1802

VOLUNTEERS NEEDED FOR *ti leaf harvest* THURSDAY, APRIL 20, 2023

10:30 AM MEET AT THE CENTER
11:00 AM ARRIVE AT CACAO FARM
1:30 PM RETURN TO CENTER

Please register by Thursday, April 13, 2023

21 Degrees Estate Cacao Farm will donate ti leaf for our Memorial Day

Ti Leaf-making service activity, and we need volunteers to help us pick them up from the farm in Kahalu'u.

We need:

1-2 drivers/vehicles to transport the leaves back to WCC
4-8 volunteers to help (no car needed)

After the harvest, we'll have a no-host lunch in the area and then drive back to Waikiki to unload and wash the leaves.

Please call the office if you can drive or help with the harvest and let us know if you can drive or if you're a passenger only.

We are looking forward to a fun harvest day in Kahalu'ul

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



TI LEAF MAKING MEMORIAL DAY

APRIL SESSIONS

SATURDAY, APRIL 22 - 11AM - 1PM
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



Workshop: Make Your Own Greeting Cards



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

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.

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!*

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

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

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



MANOVA 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

12-Week Course
TUESDAYS, August 22 - November 7

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



Coffee Cupping

Traditions Roastery in Kailua, Hawai'i and No-host sandwiches from Kono's

Friday, September 7, 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.waikikicommunitycenter.org/register

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.waikikicommunitycenter.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.waikikicommunitycenter.org>
or in person at the WCC office



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



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
Contact: Pamela Seelig, BUILD Program Manager
pseelig@waikikicomunitycenter.org
808-923-1802, ext. 107



Funded in part by the Aloha United Way ALICE initiative



WCC will be closed
on
MONDAY, MARCH 27
in observance of
PRINCE KUHIO DAY



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@waikikicomunitycenter.org or 808-923-1802

Waikiki Community Center will be closed on

FRIDAY, APRIL 7

in observance of
Good Friday

CLASS UPDATES

ZUMBA WITH YUMI
NO CLASS - SATURDAY, MARCH 25

HULA WITH NALANI
(Intermediate)
NO CLASS - MONDAY
March 20, March 27 & May 1

HULA WITH NALANI II
(Advanced)
NO CLASS - WEDNESDAY, May 1

LINE DANCE CLASS
TAHITIAN DANCE CLASS
PILATES II
VINYASA YOGA
NO CLASS - FRIDAY, APRIL 7

NEW CLASS
Begins Saturday, 4/22
MAT PILATES
11am - 12noon

NEW EVENING CLASS
Begins Thursday, 4/20
ZUMBA with YUMI
630pm - 730pm

**BEGINS
APRIL 22**

MAT PILATES

Following the Joseph Pilates' Original Program

SATURDAY
11am - 12noon
\$7 BeST / \$10 General Public
Room 205-E



Instructor: Adina Corduneanu



ZUMBA with Yumi

SATURDAYS
12NOON - 1PM
\$5 BEST / \$8 GENERAL
AUDITORIUM

2ND CLASS:
BEGINNING APRIL 20
THURSDAYS
6:30PM - 7:30PM
\$5 BEST / \$8 GENERAL
AUDITORIUM



BEGINNING TAHITIAN

DANCE CLASS



FRIDAYS

12noon - 1:00 pm
\$9 BeST / \$15 General
Auditorium

Instructor: Nalini Gauthier of TAHITI MANA

ZUMBA FITNESS

with Miki Mahokey



WEDNESDAYS
6:00 P.M. - 7:00 P.M.
\$5 BeST / \$8 General
Auditorium



LOW IMPACT

9:00am - 10:00am
\$6 BeST / \$9 General
Auditorium

Instructor: Sheri Yamashita

TAI CHI

with Steve



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

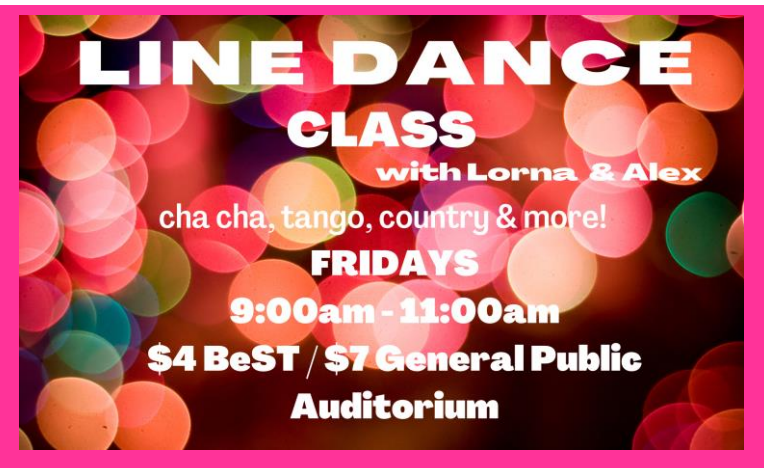


GENTLE FLOW YOGA



with Cecilia Brown

10:00 a.m. - 11:00 a.m.
\$5 BeST / \$8 General
Room 205-E



LINE DANCE CLASS

with Lorna & Alex
cha cha, tango, country & more!

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

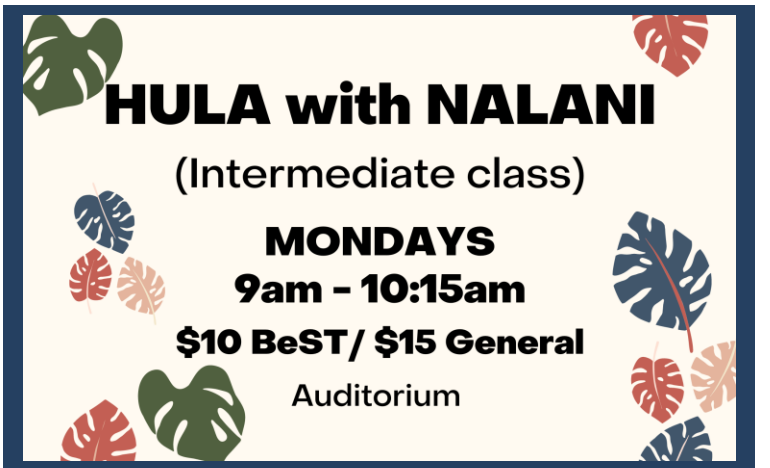


vinyasa YOGA

with Carole Shinn

FRIDAYS
11am - 12:15pm
\$5 BeST / \$8 General
Room 202-E

Bring your mat, water & towel



HULA with NALANI

(Intermediate class)

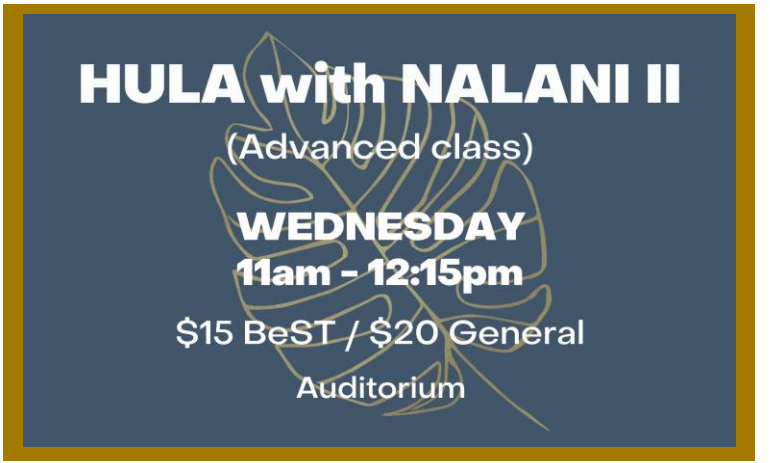
MONDAYS
9am - 10:15am
\$10 BeST / \$15 General
Auditorium



PILATES I

with Helen Murray

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



HULA with NALANI II

(Advanced class)

WEDNESDAY
11am - 12:15pm
\$15 BeST / \$20 General
Auditorium



PILATES II

with Helen Murray

FRIDAYS
9:00 a.m. - 10:00 a.m.
\$7 Best / \$10 General
Room 202-E



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



Mahalo for your generous support!



INDIVIDUAL DONORS

\$1,000 +

Charming Events Hawaii; First Foundation;
L. Rodrigues

\$100 +

E. Sonnenberg; S. Toma

\$50 +

B. Staller (in Memory of Lydia Pai);
Tisbest Philanthropy

Up to \$49

Anonymous; N. Gauthier; S. Nakao;
M. Ramos; D. Whiteherse

VOLUNTEERS

CLASS INSTRUCTORS:

Miki Mahokey; Alex Merana; Lorna Merana;
Donna Prather; Carole Shinn

SENIOR SHOPPING DAY:

Anthony Urbi; Ryan Chun



Emergency Food Pantry



Tuesdays
1pm - 2pm
except holidays

Ohua Avenue side of the Auditorium

**Participants must provide a government photo ID
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

Neighborhood Board Meeting

EVERY 2ND TUESDAY OF MONTH

6:00 pm - 8:30 pm

Auditorium

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!