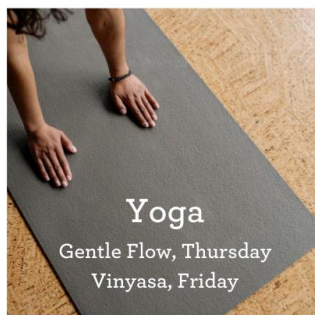
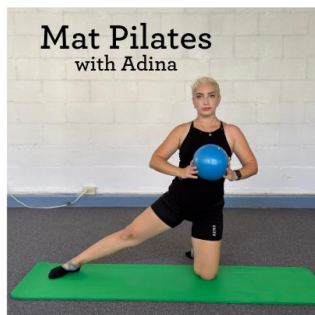




## Proudly Serving the Waikiki Community Since 1978

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

# Try Something NEW!



### Did you know...

- Immediate benefits of physical activity include mood & energy boost, lowering blood sugar (with 1 hour)
- Social connection sharpens memory and cognitive skills, increases happiness & well-being



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**

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

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

\*fees are non-refundable

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

# 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.waikikicomunitycenter.org/register](http://www.waikikicomunitycenter.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

# 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.waikikicommunitycenter.org/register](http://www.waikikicommunitycenter.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.waikikicommunitycenter.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

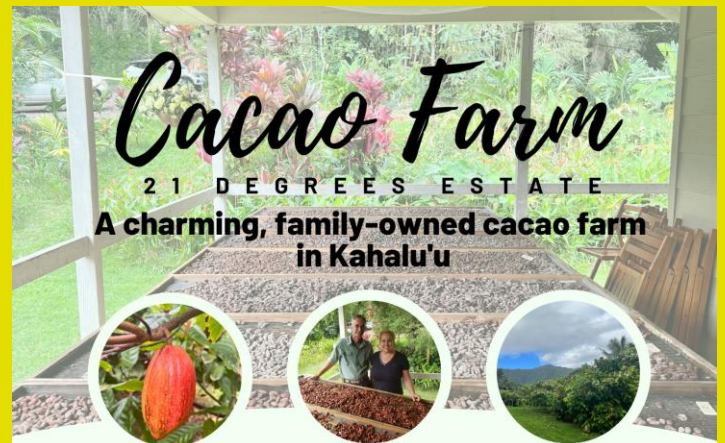
**Quality materials are provided by the instructor for 12-week course**

**\$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, Hawai'i 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.waikikicommunitycenter.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.waikikicommunitycenter.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?

BUILD helps working families & seniors become more financially stable

- BUILD matches your savings 1:1 up to \$1,000
- We help you access resources to avoid drawing from savings.

### Am I eligible?\*

- Do you work and still struggle to make ends meet? [See WCC website for income eligibility.]
- Do you have regular earned income?
- Are you a Hawaii/Oahu Resident?

### Apply Today!

- Complete a BUILD Program application on our website [www.waikikicommunitycenter.com/BUILD](http://www.waikikicommunitycenter.com/BUILD)
- Someone will contact you to discuss your application

### Questions?

Contact: Pamela Seelig, BUILD Program Manager  
[pseelig@waikikicommunitycenter.org](mailto:pseelig@waikikicommunitycenter.org)  
808-923-1802, ext. 107







### 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

In Observance of  
**Independence Day**

**WAIKIKI COMMUNITY CENTER  
WILL BE CLOSED ON  
TUESDAY, JULY 4, 2023**

**Waikiki Community Center** *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  
**FRIDAY**  
**AUGUST 18, 2023**  
in observance of Statehood Day

**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)



15  
Banquet  
Tables



*Mahalo*  
ROTARY CLUB OF WAIKIKI  
*for your generous donations*



Cases of canned  
food for our  
Emergency Food  
Pantry



Mahalo for your generosity!

**\$1,000+**  
Charming Events  
J. Watumull Fund

**\$100+**  
F. Bangert  
A. Scott

**\$50+**  
J. Gusukuma  
M. Suyeoka  
D. Tsutsumi Ota

**Up to \$49**  
Anonymous  
S. Todani  
D. Whiteherse

**VOLUNTEERS**

**CLASS INSTRUCTORS**

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

**SENIOR SHOPPING DAY**

Anthony Urbi; Ryan Chun

**CLASS UPDATES**

**BEGINNING TAHITIAN DANCE CLASS**

**NO CLASS**

**JULY 7 thru JULY 28**

Class returns August 4



**JAZZERCISE**

**NO CLASS**

**July 11 thru August 1**

Class returns August 8

*Neighborhood Board  
Meeting*

**EVERY 2ND TUESDAY OF MONTH**

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

**Auditorium**

**vinyasa  
YOGA**

with Carole Shinn

**FRIDAYS**

**11am - 12:15pm**

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

**Room 202-E**

Bring your mat, water & towel

*Gentle Flow  
Yoga*



with Cecilia Brown

**THURSDAYS**

**10 am - 11 am**

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

**Room 205-E**




**BEGINNING  
TAHITIAN**

**FRIDAY**  
12NOON - 1PM

\$9 BeST /  
\$15 GENERAL PUBLIC  
AUDITORIUM

Instructor: Nalini Gauthier of TAHITI MANA  
(<http://tahitimana.net>)



**HULA with NALANI**  
(Intermediate class)

**MONDAYS**  
9am - 10:15am

**\$10 BeST / \$15 General**  
Auditorium



**TAI CHI**  
with Steve



**WEDNESDAYS & SATURDAYS**  
9:00 am - 10:00 am

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



**HULA with NALANI II**  
(Advanced class)

**WEDNESDAY**  
11am - 12:15pm

\$15 BeST / \$20 General  
Auditorium



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

**FRIDAYS**  
9am - 10am


\$7 BeST / \$10 General Public  
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



**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

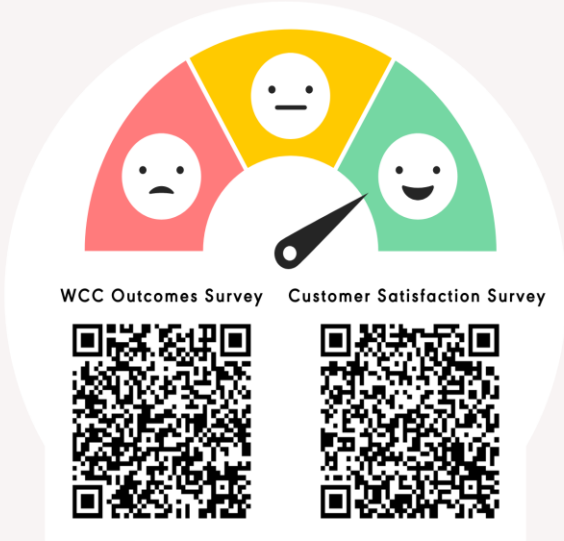






**WEDNESDAYS**  
**1pm - 3pm**  
**\$ Free / \$5 General**  
**Lanai**





WCC Outcomes Survey

Customer Satisfaction Survey

**TAKE OUR SURVEY**

AND HELP US IMPROVE

Please scan the QR code above to answer  
our online survey

**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

**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!*