



Proudly Serving the Waikiki Community Since 1978

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

A Message from our President . . .

“I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do.” – Helen Keller

This quote inspires me when challenges seem overwhelming. Sometimes when big things happen, I freeze. I want to retreat into a protective shell and try not to think about the outside world. Big things are happening now. Tragic things. Our `ohana on Maui is suffering the unimaginable. So many I’ve talked to have said what they are doing feels so small, like it’s not enough. It isn’t enough. Nothing any one person can do is enough. But that doesn’t mean it doesn’t make a difference.

Our community has pulled together time and time again to get through difficult times. At WCC we see examples daily of people working together to make a difference in people's lives. Someone has a medical emergency or about to become homeless and staff, community members, other agencies, businesses come together to assist. We support hundreds of individuals in crisis, one person at a time. Everyone does what they can. Whenever I feel overwhelmed, I look to these examples.

I wanted to leave you with a well-known story appropriate to this moment. It’s about a boy on a beach working on a seemingly impossible task. I hope that the many acts of kindness, generosity and strength in our community inspires you to do what you can. Mahalo nui for being a part of our `ohana.

The starfish story By: Loren Eiseley

One day a man was walking along the beach when he noticed boy picking up and gently throwing things into the ocean. Approaching the boy he asked, “Young man, what are you doing?”

“Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don’t throw them back, they’ll die,” the boy replied.

The man laughed to himself and said, “Do you realize there are miles of miles of beach and hundreds of starfish? You can’t make any difference.”

After listening politely, the boy bent down to pick up another starfish and threw it into the surf. Then, he smiled at the man and said, “I made a difference to that one.”

Mahalo,

Caroline Hayashi

FALL LUMINARIA CRAFTING SOCIAL

Get Ready for the fall holidays!

Join us in creating this beautiful decoration to celebrate Halloween and Thanksgiving.

THURSDAY, OCTOBER 19
10 am to noon
Lanai

**\$5 BeST* members/
\$10 guests***

*price includes all materials and is non-refundable

Register by October 12, 2023



Register by phone 808-923-1802 or online
www.waikikicommunitycenter.org/register



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!

RSVP by Oct. 19. Limited to 25 BeST Members.
Register by phone 808-923-1802



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 own floral clipper.

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

You'll learn invaluable 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

*Fees are non-refundable

**"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



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

*Fees are non-refundable



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

WATERCOLOR PAINT CLASS

12-Week Course

TUESDAYS, August 29 - November 14

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

THANK YOU FOR A GREAT PLANT SALE!



Our latest WCC Plant Sale was fantastic! We had 15 Plant Vendors and together raised \$880 for our emergency food pantry at WCC.

Some new additions to the plant sale were a DJs, "Maximum Joy," playing vinyl records, a Veggidog Foodtruck serving plant-based hot dogs and soft serve ice cream, and a Tea & Boba drink truck with drinks to keep us cool.

Our next plant sale will be:

Saturday, November 4, 2023.



Be sure to save the date for more stellar plants, a couple of food truck surprises, and a good cause. Thank you for all your support!

IKEBANA 5-Week course

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

Instructor: Junko Kim

5-WEEK COURSE

Wednesdays
9:30am - 11:00am
Room 203A (2nd level)



#1: SEPTEMBER 6 - OCTOBER 4
Register by August 28

#2: OCTOBER 11 - NOVEMBER 8
Register by October 2

\$125 BeST / \$135 General Public

Fees include weekly provided fresh flowers & greenery
fees are non-refundable

Supplies required:



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



flower play lei po'o workshop WITH CELIA

\$25 BEST MEMBERS / \$35 NON-MEMBERS

Thursday SEPTEMBER 28
12 pm to 2 pm

deadline to register
September 21, 2023

OR Thursday NOVEMBER 16
12 pm to 2 pm

deadline to register is
November 9, 2023

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.

WORKSHOPS ARE LIMITED TO 12 PEOPLE

Register online: www.waikikicommunitycenter.org/Register or by phone 808 923-1802



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.waikikicommunitycenter.org/register
non-refundable fees

SWEETLAND FARM Tour in Waiialua

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.waikikicommunitycenter.org/register 808-923-1802

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

*fees are non-refundable

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

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

Instructor: Donna Prather



6-Week On-line ELA CLASS:

TUESDAYS October 3, 10, 17, 24, 31, November 7

10am - 11am Hawaii standard time

6-Week On-line ENGLISH CONVERSATION GROUP:

THURSDAYS October 5, 12, 19, 26, November 2, 9

10am - 11am Hawaii standard time

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

A minimum of two participants is required to register.

Deadline to register is September 22, 2023

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)

October 5, 12, 19, 26, November 2, 9

\$20 BeST* / \$35 General Public*

*non-refundable

A minimum of two participants required to register.

Deadline to register is September 22, 2023

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?

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.waikikicomunitycenter.com/BUILD
- Someone will contact you to discuss your application

Questions?

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@waikikicomunitycenter.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@waikikicomunitycenter.org or 808-923-1802



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.

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@waikikicomunitycenter.org



**WAIKIKI COMMUNITY CENTER
WILL BE CLOSED ON**

**MONDAY
SEPTEMBER 4, 2023**

in observance of Labor Day


WAIKIKI
COMMUNITY CENTER
administrative office, senior assistance office, preschool and classes

**WILL BE CLOSED ON
FRIDAY,
SEPTEMBER 22**

while we work at

WAIKIKI LIGHTS
A GALA BENEFIT
FOR WAIKIKI COMMUNITY CENTER

CELEBRATING 45 YEARS OF CARING FOR KUPUNA, KEIKI AND COMMUNITY OF WAIKIKI.



Mahalo for your generous support!


INDIVIDUAL DONORS

\$500 +
Anonymous - Plant Sale

\$100 +
Kimo Adams

Up to \$49
Anonymous (3); D. Whiteherse


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



Free!

**PERSONAL DOCUMENT
SHREDDING**

Paper Documents
(up to 100 sheets per visit)



MONDAY- 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

Neighborhood Board Meeting

EVERY 2ND TUESDAY OF MONTH

6:00 pm - 8:30 pm

Auditorium



Mahalo & Aloha, Helen

Helen Murray has provided class instruction for Pilates, Tai Chi for Fall Prevention & Senior Moves at WCC for 10 years - most of those years as a volunteer. Soon, Helen and Dan will enter the next phase of their life - moving closer to family. Mahalo Helen for your years of support. We wish you all the Best!

CLASS UPDATES

Window renovation in the auditorium will affect the following classes.

JAZZERCISE NO CLASS TUES., 10/3 & 10/10	TAI CHI with Steve NO CLASS WED., 10/4
HULA WITH NALANI NO CLASSES MON., 10/2 & 10/9	HULA WITH NALANI II NO CLASS WED., 10/11
LINE DANCE NO CLASS FRI., 10/6	BEGINNING TAHITIAN NO CLASS FRI., 10/6
RUMMIKUB no class MON., 10/2	SCRABBLE NO CLASS WED., 10/4

Mahalo for your understanding while we undergo improvements to our facility

Gentle Flow Yoga

with Cecilia Brown

THURSDAYS
10 am - 11 am
\$5 BeST / \$8 General
Room 205-E

vinyasa YOGA

with Carole Shinn

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

Bring your mat, water & towel

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.

LOW IMPACT

TUESDAYS
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



TAI CHI
with Steve
Intermediate Class

MONDAYS
9am - 10am
\$7 BeST / \$10 General Public
Room 205-E

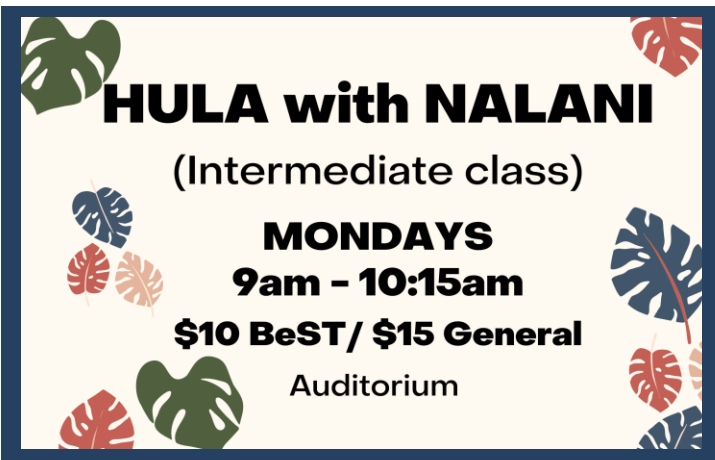
Effective September 11, 2023:
MONDAYS
9am - 10am
\$7 BeST / \$10 General Public
Room 205-E



**BEGINNING
TAHITIAN**

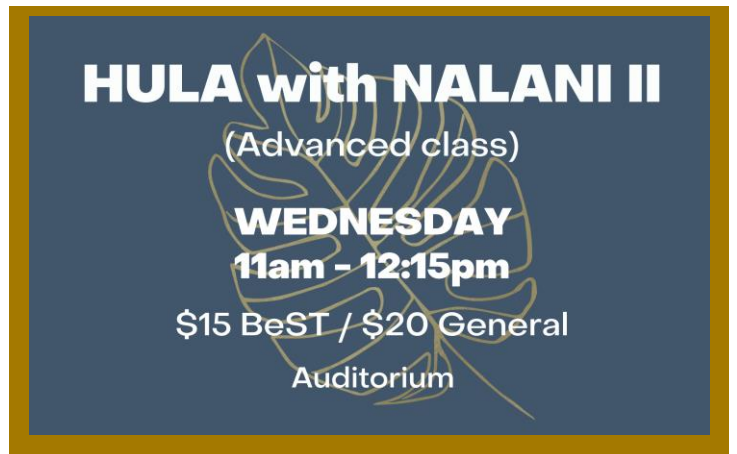
FRIDAY
12NOON - 1PM
\$9 BeST / \$15 GENERAL PUBLIC
AUDITORIUM

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



HULA with NALANI
(Intermediate class)

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



HULA with NALANI II
(Advanced class)

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

LINE DANCE CLASS
 with Lorna & Alex
 cha cha, tango, country & more!
FRIDAYS
9:00am - 11:00am
\$4 BeST / \$7 General Public
Auditorium

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 Adina Corduneanu


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

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.



**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!



During the month of September, if you make a donation to WAIKIKI COMMUNITY CENTER at any Foodland checkout - Foodland and Western Union Foundation will also make a donation to our organization.

HOW TO DONATE

- Shop at Foodland
- Show your Maika'i card at check-out
- Tell the cashier you would like to designate donation to Waikiki Community Center or WCC's code (77892)
- Tell the cashier the amount of your donation (up to \$249)
- Retain your receipt of donation for a tax deduction

THE MATCH

At the end of the Give Aloha Program, Waikiki Community Center will receive 100% of all customer donations designated to us. Additionally, Foodland and Western Union Foundation will match a portion of each donation made.



Our code is: 77892