



Proudly Serving the Waikiki Community Since 1978

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

as·sump·tion

/əˈsəm(p)SH(ə)n/ *noun*

a thing that is accepted as true or as certain to happen, without proof

“When you assume, you make an ‘ass’ out of ‘u’ and ‘me!’” - Oscar Wilde

Before we installed our beautiful new windows in the auditorium, we had decades-old wooden jalousies that were permanently shut on one side and partially open on the other, causing an unfortunate combination of no air flow while still attracting dirt and dust. For the first nine years of my tenure here, I assumed the windows were frozen. Then one day last year, a window contractor came to give us a quote and asked why we didn't open them. We told him they were frozen shut and we had long ago lost the handles to open them. He said all we needed was a standard Allen wrench and he didn't see why they wouldn't open. That afternoon, we opened the windows!

This incident caused me to think about assumptions I make. Our brains are naturally looking for patterns to organize the incredible volume of information we process. Assumptions are patterns that serve as ‘shortcuts’ so we don't have to think through every step for every decision. However, we need to push ourselves to recognize when they don't serve us well. The dangers of assumptions include:

Impeding Connection with Others – Some of the most common assumptions are those about others. They are often well-intentioned, such as assuming others want what we do. If a friend is feeling down you may assume going out and having fun will make them feel better but they actually want quiet time alone. In these situations, if we act according to our assumptions rather than asking/communicating, it can lead to misunderstandings – the other person may feel you don't respect or understand them and you may feel rejected or that the other person is ungrateful.

Hampering Creative Thinking – Einstein said that most assumptions are wrong. Many solutions to problems and great discoveries happened because people challenged basic, long-held beliefs. The city recently put in several all-direction cross walks in congested areas, a successful model adapted from other states. To come up with this solution for traffic bottlenecks, someone challenged the assumption that you had to ‘take turns’ crossing the street for one direction, then the other. In our everyday lives, challenging assumptions can expand our ability to problem solve, opening our minds to other possibilities.

Negative Thinking – Many of us have negative assumptions about ourselves, which can lead to a cascade of negative thinking. Maybe someone you know is a not as talkative as usual and you assume that means they are angry with you. You then anxiously start thinking about what you could have done wrong, leading to a negative spiral.

I encourage you to challenge assumptions you might be making and ask if they benefit you. We wish you a wonderful April and hope to see you at some of the awesome events created for you by our amazing team!

Caroline Hayashi
President

Lei Making Series : Ti Leaf



TI LEAF HILO STYLE
SATURDAY, APRIL 13, 2024
 10:15 AM TO 12:15 PM
 FEE: \$10 WCC MEMBERS
 \$20 GUESTS*
 CAPACITY : 15 STUDENTS
 ALL SKILL LEVELS WELCOME
 DEADLINE TO REGISTER IS 4/6/24

TI LEAF MAILE STYLE
SATURDAY, MAY 4, 2024
 10:15 AM TO 12:30 PM
 FEE: \$15 WCC MEMBERS
 \$25 GUESTS*
 CAPACITY : 12 STUDENTS
 PRE-REQUISITE: HILO STYLE CLASS
 DEADLINE TO REGISTER IS 4/27/24

The making and giving of Lei is significant to Hawaiians and all who call Hawai'i home. To celebrate the art of lei making, we want to share some of the most accessible types of Ti Leaf Lei to make in two different ways - **Hilo Style and Maile Style**.

Leialoha Makuha, an educator, hula dancer, and cultural practitioner, shares her knowledge of lei-making techniques in this Ti Leaf Lei Making Series at Waikiki Community Center.

All supplies are included in the class fee. Sorry, registration fee is non-refundable.*
 Classes will be on the lanai at Waikiki Community Center - 310 Paookalani Avenue

These classes are part of a series for our Kukula Ola Program to nurture Hawaiian culture in the community, and is partially funded in part by the HAWAII TOURISM AUTHORITY.



REGISTER BY PHONE : 808-923-1802 OR ONLINE AT:
WWW.WAIKIKICOMMUNITYCENTER.ORG/REGISTER

Lei Making Class : Ti Leaf Haku Headpiece



TI LEAF HAKU (BRAIDED)
THURSDAY, MAY 16, 2024
 10:15 AM TO 12:30 PM
 FEE: \$20 WCC MEMBERS | \$30 GUESTS*
 CAPACITY : 8 STUDENTS
 PRE-REQUISITE:
 STUDENTS REQUIRED TO COMPLETE OUR HILO
 OR MAILE STYLE LEI MAKING CLASS.

Join us for a special lei-making workshop where we'll learn how to create a ti leaf haku (braided) style headpiece under the guidance of Leialoha Makuha, an educator, hula dancer, and cultural practitioner.

*All supplies are included in the class fee.
 Sorry, registration fee is non-refundable.**

Classes will be on the lanai at:
 Waikiki Community Center | 310 Paookalani Avenue

These classes are part of a series for our Kukula Ola Program to nurture Hawaiian culture in the community, funded in part by the HAWAII TOURISM AUTHORITY.



DEADLINE TO REGISTER IS MAY 9, 2024
 REGISTER TODAY BY PHONE : 808-923-1802
 OR ONLINE AT: WWW.WAIKIKICOMMUNITYCENTER.ORG/REGISTER

lei making fun

LEARN HOW TO MAKE A MONEY LEI

THE DETAILS:

Date: Friday, 05/03/2024
Time: 11 am to 1 pm
Location: ROOM 203-A
 (stair access only)
Capacity is 10 students

HOW TO MAKE A Money lei

CLASS FEE:

Member Price: \$ 15
 Guest Price: \$ 25

Register by April 26, 2024

Phone: 808-923-1802
 Online:
www.waikikicommunitycenter.org/register
 or by scanning the QR code

Scan me

PUANA:

HAWAIIAN PRONUNCIATION WORKSHOP

with Maluhia States

About this workshop:

Learn the importance and intricacies of Hawaiian vowels and vowel combinations in this fun and interactive workshop.

Whether you were born in Hawaii, are a long-time resident, or are new to the islands, Maluhia will help you become more confident in pronouncing Hawaiian words, names and phrases.

When:
 Saturday, 25 May 2024

Time: 1:30 pm to 3:00 pm

Cost:
 \$35.00 per person or
 \$50.00 per family (includes up to two adults and children - same family)*
*ages 8 and older

Where:
 WCC Auditorium
 310 Paoakalani Avenue

Deadline to register is May 18, 2024

phone: 808-923-1802
 online thru eventbrite: www.eventbrite.com

Take Charge of Your Wellness LEARN HOW TO SPEAK TO YOUR DOCTOR

Five Ways to Make the
Most of Your Doctor
Visit

1. Learn how to prepare for your visit
2. Take notes and seek clarity
3. Create a relationship with your doctor and make decisions that meet your needs
4. Be sure you are getting the message
5. Be certain you are heard



No matter your phase in life, aging is something we experience daily - We
DO NOT NEED TO BE POWERLESS in the process.

MONDAY, MAY 6, 2024
1PM - 2PM
AUDITORIUM - FREE

Register by April 29, 2024
by phone: 808 923-1802
or online: www.waikikicommunitycenter.org/register

Presenter: Merle O'Neill, graduate nurse & educator
Information delivered in this session serves as guidance only.
All medical information must be interpreted by a certified medical practitioner.

Celebrate Earth Month

WITH WAIKIKI COMMUNITY CENTER'S

SATURDAY
April 20, 2024
1:30pm - 3:30pm

REGISTER TODAY!

808-923-1802

www.waikikicommunitycenter.org/register

\$5
Suggested
Donation

**SCAN
ME**

This Activity is open to 40 participants.



FAQs & Recommendations:

- We'll be working/playing with mud! But, don't worry, we'll have gloves and all ingredients are natural and non-toxic.
- All participants must be able to make their way from WCC to the Ala Wai Canal (the distance is approximately two blocks away).
- Parent(s) must accompany all children ages 3 - 17.
- Wear sun protection (a hat, sunscreen), comfortable shoes, and bring water.

What are Genki Balls?

Genki balls are tennis ball-sized mud balls made of clay soil, rice bran, molasses, water, and Effective Microorganisms.

Genki balls digest and oxygenate sludge, consume harmful gases, and contain foul odors that pollute the canal. Using bioremediation technology, we aim to help make the Ala Wai Canal fishable and swimmable within seven years.

Waikiki Community Center | 310 Paoakalani Ave | Ph: 808-923-1802

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)



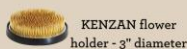
MARCH 27 - APRIL 24

Register by March 13, 2024

\$125 BeST / \$135 General Public

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

Supplies required:



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

Learn how to create your own culinary HERB WREATH!

A beautiful and
functional addition
for your kitchen

Join us for a fun
workshop with Grace
Fong. She'll teach you
how to make your very
own herb wreath to use
in your cooking and as a
beautiful decoration.

Don't miss out on this
unique experience!

All materials are included.
**Reserve your
spot today!**



- THURSDAY, MARCH 28, 2024
- 10:30 am to noon
- Room 203-A (2nd floor, stairs only)
- \$10 BeST Members/
- \$20 guests (non-refundable)
- Open to 10 participants

Please register by: 03/14/24

Register by phone: 808-923-1802
or

register online:
www.waikikicommunitycenter.org/register

JOIN US FOR A

BOKASHI COMPOSTING WORKSHOP

WITH EM HAWAII

THURSDAY, APRIL 4, 2024
10:00 AM TO NOON
GARDEN LANAI
\$5 DONATION
CAPACITY: 12 STUDENTS



Waikiki
Community
Center



Scan to register

WHAT IS BOKASHI? HOW TO USE IT?

Dive into the art of fermenting organic waste with effective microorganisms, learning the secrets of Bokashi composting that can transform kitchen scraps into nutrient-rich soil.

Participants are encouraged to make a suggested \$5 donation to support the community center and continue promoting eco-friendly initiatives.

Don't miss this chance to cultivate a healthier planet while connecting with like-minded individuals in the heart of Waikiki.

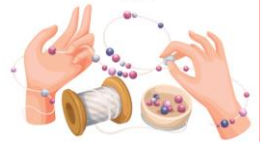
Register by March 28, 2024

Phone: 808-923-1802

Online : www.waikikicomunitycenter.org/register

Waikiki Community Center | 310 Paoakalani Ave | ph 808-923-1802

Repurpose, Recycle, and Upcycle Old Jewelry



DATE: FRIDAY, APRIL 5, 2024

TIME: 11 AM TO 1 PM

COST: \$15 MEMBERS / \$25 GUESTS

LOCATION: ROOM 203-A (2ND FLOOR, STAIRS ACCESS)

REGISTER BY: MARCH 29, 2024

CAPACITY: 10 PARTICIPANTS

Bring an old necklace, broken earrings, or a piece of jewelry you no longer wear, and we'll help you turn it into a new jewelry creation with our assistance.

We'll have beads and findings to add to your old jewelry so you can turn that piece into something that you'll love to wear.

What to bring? Bring loose beads or broken jewelry pieces from home that you want to incorporate into your class project. The workshop fee includes beads and various findings.

Register online : www.waikikicomunitycenter.org/register

Register by phone: 808-923-1802

PRESENTED BY FIRST FOUNDATION BANK -

EMARI HUNN, VP/BRANCH MANAGER

EFFECTIVE STRATEGIES TO SAVE MONEY

BE PROVIDED WITH SOME USEFUL MONEY-SAVING TIPS AND RESOURCES:

- Discover how to save money on utilities, cell phones, and household goods
- Learn about resources that offer free or low-cost food
- Find out about services that are available for free or at a discounted rate
- Get some helpful banking tips

TUESDAY, APRIL 9, 2024

11:00am - 12noon

Free - Auditorium



to register, call 808 923-1802 or online at www.waikikicomunitycenter.org/register

Vision Mapping

What aspirations do you have on your bucket list for 2024?

Picture this: an art project where you get to create your lifestyle reboot with cutouts from magazines and inspiring quotes that make you feel good! That's a vision map, a magical collage of things that ignite your passions and speak to your soul.

Whether it's adventure, to be physically stronger, cultivate more friendships, or just a feeling of pure joy, you can bring it to life on your vision map.

Goals

facilitated by
Merle O'Neill

2-PART PROJECT

Wednesay, April 10 and
Wednesday, April 17
10am - 2pm
Room 201E (2nd floor)
\$10 BeSt / \$20 General
Public

Capacity is 10 participants
Fee is non-refundable

Register by April 2, 2024

Phone 808 923-1802

or online at www.waikikicomunitycenter.org/register

VIRTUAL - English Language Acquisition (ELA)



ELA CONVERSATION GROUP

Instructor: Donna Prather

6-Week Course - THURSDAYS
10am - 11am (HI Standard time)
April 11, 18, 25, May 2, 9, 16, 2024
\$20 BeST* / \$35 General Public*
***non-refundable**

A minimum of two participants required for this course.

Deadline to register is April 4, 2024

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

Native Plant Terrarium workshop with Maoli Farms



SATURDAY, APRIL 27, 2024

10:30 AM TO NOON

\$35 FOR MEMBERS* / \$45 FOR GUESTS*


GARDEN LANAI

Register by April 6, 2024 - Available to 15 participants

Join us and learn how to create and maintain a terrarium featuring unique and beautiful native plants. Guided by Tristin Manuel, a native farmer and owner of Maoli Farms.

Open to ages 10 and up. Children under 18 must be accompanied by a parent or guardian. * All material is included with fee. Fees are non-refundable.

Register online : www.waikikicomunitycenter.org/register
Register by phone: 808-923-1802

This workshop is part of a series of our Kukula Ola Program to nurture Hawaiian culture in the community, and is partially funded by the 



PLANT SALE
SATURDAY, MAY 11, 2024

2:00 pm to 4:00 pm

There will be people who say you buy too many plants. Those are **not your people**. We are.

Free Admission. Free Parking. Always the best plant vendors!

Waikiki Community Center
310 Paoakalani Avenue | 808-923-1802
[@waikikicomunitycenter](https://www.waikikicomunitycenter.org)



COCONUT ISLAND
2-HOUR GUIDED WALKING

TOUR

TO MOKU O LO'E (COCONUT ISLAND)

THURSDAY, JULY 25, 2024

Meet at WCC 7:15 am / Return to WCC by 12pm

\$40* BeST / \$50* guests

(fee includes all transportation and a snack bag)

***non-refundable**


In this guided 2-hour walking tour of the He'eia area, learn the island's unique history, and observe the island's unique geology, and other natural resources. Research, and see other interesting sites.

This tour is exclusively for anyone who wants to explore a unique Windward Oahu location inaccessible to the general public. Limited to 32 participants.

Participants must be able to board & disembark ground transportation & catamaran dock independently and walk for up to 2 hours on an unpaved walkway. Bring own water, hat & sunscreen.

Register by July 11, 2024 online or phone

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

This tour is part of a series of our Kukula Ola Program to nurture Hawaiian culture in the community, and is partially funded by the 



APRIL 2024

SPRING

into AUCTION

**An online fundraiser for
WAIKIKI COMMUNITY CENTER**

**April 9 - 18,
2024**

**Watch for the auction link in
early April**



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



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

BUILD AN EMERGENCY SAVINGS ACCOUNT

Contribute to retirement savings

Prepare yourself for unforeseen expenses

What is BUILD?

BUILD is a savings program through Waikiki Community Center, specifically for working adults. **BUILD** can provide you with \$1,000 matched savings (that's FREE money)!

Who is eligible?

- Any adult who is a Hawai'i resident
- Is currently employed
- Meets **BUILD** income guidelines



APPLY TODAY
or for more information, contact: Pamela Seelig
pseelig@waikikicomunitycenter.org
808-923-1802 ext. 107
www.waikikicomunitycenter.org/BUILD



Thrive by 5

Affordable Preschool Initiative



DENIED STATE TUITION ASSISTANCE?

NEED HELP PAYING FOR PRESCHOOL?

Starting April 2024, Waikiki Community Center Preschool monthly tuition will be \$550/month for qualified families!

No application form needed!
To apply, you only need to provide your Hawaii state tax return.

Interested? Email Ms. Char at cmoore@waikikicomunitycenter.org

To qualify, you must:

1. Be a full-time Hawaii resident and work in the state
2. Meet ALICE* income guidelines

ALICE Income Guidelines

Household Size	Monthly Income Limit
1 Person	\$6,117
2 People	\$6,988
3 People	\$7,863
4 People	\$8,970
5 People	\$10,518
6 People	\$12,065

*Asset Limited, Income Constrained, Employed

WCC PRESCHOOL



Offering innovative, service learning curriculum by licensed and caring staff.

Enrollment application for ages 2 to 5 years is being accepted.

Contact Charlyn Moore at 808 922-2098 or cmoore@waikikicommunitycenter.org

Waikiki Community Center
will be closed on
TUESDAY, MARCH 26, 2024
in observance of
Prince Kuhio Day holiday

Waikiki Community Center
will be closed on
FRIDAY, MARCH 29
in observance of
Good Friday

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.

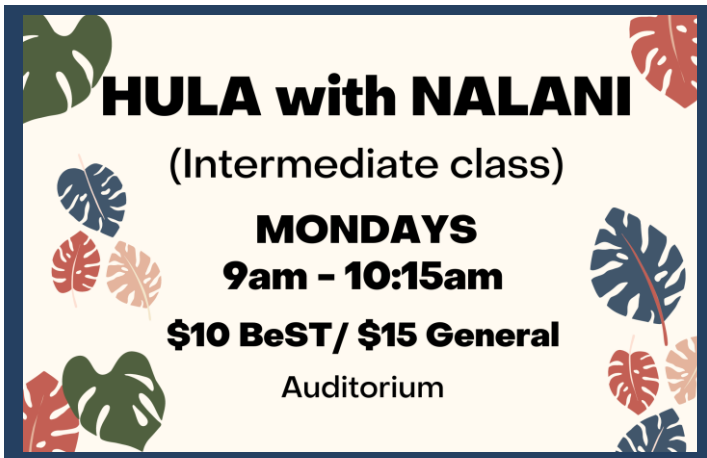
UPDATES

VINYASA YOGA
will be on hiatus

No Classes
APRIL 5, 12 & 19, 2024

TAHITIAN
No Class
MARCH 22

HAPPY EASTER



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



**TAHITIAN
 BEGINNING CLASS**
FRIDAY
12NOON - 1PM
 \$9 BeST /
 \$15 GENERAL PUBLIC
 AUDITORIUM
 Instructor: Nalini Gauthier of TAHITI MANA
 (<http://tahitimana.net>)




JAZZERCISE **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



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



Gentle Flow Yoga
 with Cecilia Brown
TUESDAYS 8am - 9am
THURSDAYS 10am - 11am
\$5 BeST / \$8 General
 Room 205-E



TAI CHI
 with Steve
Intermediate Class
MONDAYS
9am - 10am
\$7 BeST / \$10 General Public
 Room 205-E

Vinyasa Yoga

with Carole Shinn

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

Bring mat, water & towel



Zumba

with Yumi

THURSDAYS
6:30pm - 7:30pm

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

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!

MAT PILATES

Following the Joseph Pilates' Original Program

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

Instructor: Adina Corduneanu



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
1030am - 2pm
\$Free to BeST /
\$5 General Public
Lanai

*You provide your own project and supplies
Instructors are not available

