



Proudly Serving the Waikiki Community Since 1978

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

Let Go & Move On

Hau`oli Makahiki Hou! The new year is an opportunity for a fresh start. I heard a story on the radio about a middle school whose credo is “Let Go & Move On,” and I thought it was a great credo to think about as we welcome 2024. The school principal said their focus used to be on grit and perseverance but they found that emotional wounds were affecting students’ learning. She said middle schools are “mistake factories” and students aren’t always able to put those mistakes in perspective. I would add to their credo the idea of learning – that we learn, let go and move on. Although many of us may no longer be students, we should not stop thinking of ourselves as lifelong learners. The more we open ourselves to learning from every experience, good and bad, the richer our lives become. Continual learning is also a pillar of successful aging.

Let Go – Forgiveness

One key idea in letting go is forgiving both yourself and others. The principal said students would often hold onto what went wrong in their day for weeks or even years instead of giving themselves or others a second chance. Now when kids do something wrong or there’s a conflict, they learn from it and say ‘tomorrow is a new day.’ No one is defined by one action. What a great message that we don’t have to be defined by our mistakes. As adults when children do something wrong, we usually tell them to take responsibility for their actions, make it right and go forward having learned a lesson. We should take our own advice. Forgive yourself. Let go of past mistakes. Tomorrow is a new day.

Forgiving Others - One of the students gave a great analogy for holding a grudge. They said holding a grudge is like holding onto hot coals and expecting the other person to get burned. It’s not very useful! Imagine carrying a backpack filled with all the weight of past grievances, regrets and resentment. How much lighter could you feel without that burden? Letting go of resentment is a powerful act of self-liberation. It doesn’t mean forgetting the past, but rather releasing the grip it has on your present and future.

Move On - “A journey of 1,000 miles begins with a single step.” (Lao Tzu)

I find this well-known proverb useful when moving on seems overwhelming or scary. It can be easier to hang on to negative past experiences as an excuse to stay where it’s safe, even if it’s not a place we want to be. Changing the way we think about our future is something we can control. Rather than thinking about what we don’t have, let’s appreciate everything we have. Rather than dwelling on what could have been, let’s focus on what can be. That first step can be the most challenging. Let’s have the courage to take that single step towards the person we aspire to be. The rest will follow!

Mahalo nui for being a part of our community and we look forward to a wonderful 2024!

Caroline Hayashi

Lei Making Series : Ti Leaf



HILO (TWIST) STYLE

SATURDAY, JANUARY 20
10:30 AM TO 12:00 PM
FEE: \$10 WCC MEMBERS
\$20 GUESTS*
CAPACITY: 20 STUDENTS



TI LEAF MAILE STYLE

SATURDAY, FEBRUARY 17
10:30 AM TO 12:30 PM
FEE: \$15 WCC MEMBERS
\$25 GUESTS*
CAPACITY : 15 STUDENTS



TI LEAF HAKU (BRAIDED)

SATURDAY, MARCH 16
10:30 AM TO 12:30 PM
FEE: \$20 WCC MEMBERS
\$30 GUESTS*
CAPACITY : 8 STUDENTS

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 three different ways - **the Hilo (Twist), Maile, and ti leaf haku (braided) styles.**

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

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.

Classes will be on the lanai at Waikiki Community Center - 310 Paoakalani 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



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

FRIDAY, FEBRUARY 9, 2024
2:00 P.M. TO 3:30 P.M.

Celebrate the Year of the Dragon!

LIVE LION DANCE
 • BY WAH NGAI LION DANCE ASSOCIATION •

We'll enjoy a late Chinese lunch at 2 p.m.
 At 3 p.m. our preschool keiki will come over to watch an exciting lion dance with us in the Auditorium.

We'll provide red envelopes for you to gift the lion for good luck in 2024!

\$20 FOR BeST / \$30 FOR GUESTS
 fees are non-refundable



RSVP BY FRIDAY, FEBRUARY 2, 2024
 CALL 808-923-1802

Vision Mapping

facilitated by
Merle O'Neill

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

2-PART PROJECT
 Thursday, February 8 and
 Thursday, February 15
 10am - 2pm
 Room 203A (2nd floor)
 \$10 BeST / \$20 General Public
 Capacity is 10 participants
 Fee is non-refundable

Register by February 1, 2024
 Phone 808 923-1802
 or online at www.waikikicomunitycenter.org/register

Join Our Valentine's Day Flower Workshop!

Merle O'Neill will guide you through creating a beautiful floral arrangement this Valentine's Day. We'll get an assortment of flowers and foliage for you to experiment with.

Suitable for all levels of experience.
 All materials will be supplied.



WEDNESDAY
FEBRUARY 14, 2024
 10:30 am to 12:00 pm
 Room 203A (2nd floor)
 Limited to 10 students
 \$10 BeST* /
 \$20 Guests*
 *non-refundable

To register, call
 808-923-1802
 or register online: www.waikikicomunitycenter.org/register



LAU NIU ART (Coconut Weaving)

Instructor: Dennis Sallas

Join a skilled weaver and learn the traditional Hawaiian craft of transforming palm fronds into beautiful and functional creations.

Wednesday, January 17 (1:00pm - 2:30pm)
 Wednesday, February 21 (1:00pm - 2:30pm)
 Wednesday, March 20 (1:00pm - 2:30pm)
 Class fee: \$10 per class



maximum 12 participants per class
 Please register:
 online at
<https://www.waikikicomunitycenter.org/register>
 or with the WCC office at 808 923-1802

These classes are sponsored by 

Offered exclusively for BeST members

Enjoy 30-minutes of free pampering with a

MANICURE + Hand Massage

Friday
February 23, 2024
203A (2nd floor)
9:30 am - 12 pm
by appointment only



Services provided by Honolulu Nails & Aesthetics Academy. Work is done by students under instructor supervision

Schedule your appointment with the WCC office at 808 923-1802.

Limited to 20 BeST member appointments

WATERCOLOR PAINT

12-Week Course

TUESDAYS

January 23 - April 16*

11:30am - 1:00pm

This course is for beginners or those who would like to improve their skills. In 12-weeks, you will learn or enhance 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 the 12-week course

\$305 BeST / \$345 General Public

all fees are non-refundable

Minimum 6 students required.

Deadline to register is January 12, 2024

*no class March 26

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

Genki Ball Make & Toss

A community event in support of Genki Ala Wai Project



BE PART OF THE SOLUTION TO RESTORE THE WATERS OF THE ALA WAI CANAL.

Join Waikiki Community Center in our efforts to make the Ala Wai Canal fishable and swimmable within seven years using bioremediation technology ("Genki balls").

At 9:30 am, we'll gather in the WCC Auditorium and make Genki balls, which takes about 1.5 hours. After we clean up, we'll leave the WCC parking lot and walk to the Ala Wai to throw genki balls into the water.

What to wear: comfortable clothes and footwear you don't mind getting dirty.

What to bring: A hat, sunscreen, and a reusable water bottle.

**SATURDAY
FEBRUARY 24, 2024
9:30 am to 11:30 am**
40 participants capacity
\$5 suggested donation

Waikiki Community Center
310 Paoakalani Ave
Phone 808-923-1802

To register, call 808-923-1802 or sign up online at www.waikikicomunitycenter.org/register

Age Awesomely - Lifestyle Reboot

Join the conversation and explore the four pillars of active aging: prevention, physical activity, embracing adventure, and social connection.

By following these principles, we can live our lives to the fullest.

Monday, March 18, 2024

1pm - 2pm

Auditorium - Free

This presentation will be facilitated by Merle O'Neill, graduate nurse, and educator who practices the principles of active aging and embraces the active aging lifestyle. She has been a part of the WCC 'ohana for the past 6 years, providing programs to help older adults to be socially engaged and active.


Register by March 11, 2024

Call the WCC office at 808 923-1802

or online at www.waikikicomunitycenter.org/register

Capacity: 25 participants





New Year Brunch *At Nami Kaze*


Join us for a special brunch at Nami Kaze to celebrate the 2023... Named the "Best... 2023"... popular dishes... 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

SOLD OUT

After six months, the Foster Botanical Garden is welcoming visitors. The tour includes The Conservatory, Outdoor Butterfly 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

Do you feel happiest when crafting up a storm? Then, we've got the ultimate crafting squad for you! Join our Social Crafting group, where the energy is positive and the fun never ends.



Get ready to unleash your creativity and let the joy flow!

Social Crafting

TUESDAYS
10am - 2pm on the lanai
Free to BeST members / \$5 General Public



Craft your own project in the company of others. Feel free to bring your lunch.

WHAT'S UP IN 2024!



sample images

Introducing the New BeST Permanent Plastic ID Card and Attendance System.

Starting January 22, 2024, BeST members can receive the new permanent plastic ID card from the WCC office. Say goodbye to paper cards, as this new card will be equipped with its own unique barcode.

But that's not all! Beginning on February 1, 2024, you will use your new card to scan on an iPad to log your attendance at any class or event. No more tedious paperwork; simply scan and participate!

In addition to this new feature, we'll also be introducing new online tools for easy access to the latest news and updates.

Of course, if you need any help along the way, the WCC staff is always available to provide in-person assistance.

VOLUNTEERS NEEDED

Everyone deserve the freedom to live with grace and independence, while choosing where to call home as long as it suits them.



BECOME A VOLUNTEER TO IMPROVE YOUR COMMUNITY
If you are over the age of 55, we encourage you to consider volunteering on a semi-regular basis to make a positive impact on your community. As a volunteer, you may also have the chance to earn a non-taxable hourly stipend.

Contact Shaun Stone, WCC Senior Assistance Manager, at 808 923-1802 or ssone@waikikicommunitycenter.org for more information or to enroll into a volunteer program.

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

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: ssone@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



Mahalo for your generous support!

Individual Donors

\$5,000 +

Jennifer Lim

\$1,000 +

Ashlynn Pai (in memory of Lydia Pai);
Bob & Kay Hampton; Kenneth Pai; Linda Rodrigues

\$500 +

Ernest Abrams; Richard Egged; Simeon Miranda

\$100 +

Foodland Give Aloha Program; Hikaru Goodwin;
Kaori Isomura; Meloney Joyce; Ponolani Tuinei;
Sharon Moriwaki

\$50 +

Cecilia Brown; Felicia Sinca

Up to \$49

Dennis Whiteherse; William Kernstock; Yoshimi Okubo

VOLUNTEERS

CLASS INSTRUCTORS:

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

Mahalo!



Mahalo to the Missions Committee of Manoa Valley Church for generously donating 31 gift cards, valued at \$720, to help make the holidays brighter for our kupuna

For their Keiki Building Community project, WCC Preschool classroom Honu collected and donated canned food for our Emergency Pantry




Waikiki Community Center will be closed

MONDAY,
DECEMBER 25, 2023
in observance of Christmas Day




HAPPY NEW YEAR


Waikiki Community Center will be closed

MONDAY,
JANUARY 1, 2024
in observance of New Year's Day

2024

Waikiki Community Center will be closed on

MONDAY
JANUARY 15, 2024



in observance of
Martin Luther King Jr. Day

UPDATES

BEGINNING TAHITIAN CLASS
No Classes
FRIDAYS
DECEMBER 29, 2023 and JANUARY 5, 2024

JAZZERCISE
No Classes
TUESDAYS
DECEMBER 26, 2023 and JANUARY 2, 2024

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

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



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.

Neighborhood Board Meeting

EVERY 2ND TUESDAY OF MONTH
6:00 pm - 8:30 pm

Auditorium




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



LOW IMPACT

TUESDAYS
9:00am

NO CLASSES December 26 and January 5


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




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

TAHITIAN
BEGINNING CLASS



NO CLASSES DECEMBER 29 AND JANUARY 5

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



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

MAT
PILATES
Following the Joseph Pilates' Original Program

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



Instructor: Adina Corduneanu

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

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.*

Mahalo!

VIRTUAL LIVE WEEKLY CLASSES with ROBIN BUSH (via Zoom)

ZUMBA GOLD with ROBIN BUSH

SENIOR STRONG with ROBIN BUSH

ZUMBA GOLD with ROBIN BUSH

ZUMBA GOLD TONING with ROBIN BUSH

RECOVER, STRETCH, THRIVE with ROBIN BUSH

TABATA FOR ACTIVE OLDER ADULTS with ROBIN BUSH

BARRE with ROBIN BUSH

Please visit:

<https://www.pcrobin.com/schedule-of-classes>

for the full schedule and class descriptions