

SEPTEMBER 2022



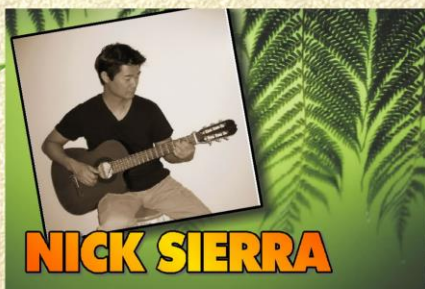
Proudly Serving the Waikiki Community Since 1978

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

Plant lovers united at our recent,
first-but-not-last
WCC PLANT SALE
on August 20 in our auditorium



WCC Presents a
SUMMER CONCERT
WITH



NICK SIERRA

A professional musician, entertainer/singer & dance teacher, Nick's music performance will include songs spanning the '50s (Frank Sinatra, Burt Bacharach) to current (Michael Buble, Bruno Mars). Dancing is welcome!

WEDNESDAY, SEPTEMBER 14, 2022

1:30PM - 2:30PM

FREE - AUDITORIUM

Please register by calling the WCC office at 808 923-1802
or online at <https://www.waikikicomunitycenter.org>

paint paina

*be the artist at a Hawaiian-style
paint & sip party*

Includes 12"x16" canvas, paints, brushes, apron, 2
beverages (wine or soft drink) and instruction to paint
"Diamond Head"

SATURDAY, SEPTEMBER 17, 2022

3pm - 5pm

\$50 BeST* / \$60* General / *non-refundable
Garden Lanai



"Diamond Head"

Register online at:

<https://www.waikikicomunitycenter.org>
or call the WCC office at 808-923-1802

Deadline to register is September 9 / Maximum 24 participants



MANOA HERITAGE CENTER

A legacy to Sam & Mary Cooke, the Manoa Heritage Center is a 3.5-acre living classroom dedicated to promoting an understanding of Hawaii's cultural and natural heritage. The tour will include Kuka'o'o Heiau, the only reconstructed ancient Hawaiian temple in the ahupua'a of Waikiki and its surrounding gardens of rare Native Hawaiian plants. Step back in time and explore living connections to Hawaii's past.

No-host lunch at Da Spot (healthy food & juices)

FRIDAY, SEPTEMBER 23, 2022

8:30am Check-in at WCC /

12:30pm Return to WCC

\$30 BeST* / \$40* General Public

*non-refundable

Participants must be able to enter/exit transportation
and walk the tour site on own.

Deadline to register is September 12, 2022.

To register, call the WCC office at 808 - 923-1802
or online at <https://www.waikikicomunitycenter.org>

FOREST BATHING

a healing experience

Forest bathing was popularized in Japan in the 1950's, proving the power of nature as a health benefit to mind & body. A certified forest therapy guide will lead us through this unique opportunity.

The guided walk through Lyon Arboretum will be approximately 2-hours in duration for almost 1-mile. Participants must be able to walk independently.

TUESDAY, AUGUST 30, 2022

8:30am Check-in at WCC / 12pm Return to WCC

\$45 BeST* / \$60 Guest *

No-host lunch at Feast in Manoa

*non-refundable / \$80 value

Deadline to register is August 16 / maximum 13 people

Proof of COVID vaccinations is required at site. Note these recommendations: wear light-weight, long-sleeved shirt, long pants, socks covering ankles, hat & sunglasses. Also suggested, is sunscreen, fragrance-free mosquito repellent, poncho/rain jacket, small towel & water.

Register online at

<https://www.waikikicomunitycenter.org>
or call the WCC office at (808) 923-1802


NEW Course schedule!
BEGINNING - INTERMEDIATE
UKULELE
 WITH COLETTE YOUNG-POHLMAN
8-Week Course
October 4 - November 22



Tuesdays
11:00 am - 12:00 noon
\$48 BeST / \$64 General
(8-weeks)
Auditorium

Pre-register with WCC office at 808-923-1802 or online at
<https://www.waikikicommunitycenter.org>
 Participants must have own ukulele
 Course fee is non-refundable

A lighthouse in the storm.
Where will you go when the lights turn off?




COMMUNITY RESILIENCE HUB
For Vulnerable and At-Risk Neighbors
 sponsored & presented by the:
 COMMUNITY RESILIENCE HUB RESEARCH HUI
 (UH Manoa/C&C of Honolulu Office of CCSR / Kapi`olani Community College)

WEDNESDAY, SEPTEMBER 21
1:30 - 2:30pm Presentation/Workshop
2:30 - 3:30pm - Neighborhood Networking
Auditorium - Free

Participate in a great opportunity to learn about the new "HUB" model for disaster planning, currently used and being developed across our nation. Resilience HUBS can provide a place to come together when neighbors need each other the most.

Please register by calling the WCC office at 808-923-1802 or online at
<https://www.waikikicommunitycenter.org>

Please help to support
Waikiki Community Center thru



give aloha
 Foodland's Annual Community Matching Gifts Program

Make a donation to WCC at any Foodland, Sack N Save and Foodland Farms stores statewide from
SEPTEMBER 1 - 30, 2022.

Show your Maika`i Card * at check-out to make a donation up to \$249 per organization. Foodland, and the Western Union Foundation will match a portion of donations made through your Maika`i Card account.

Customers without a Maika`i Card may establish an account @ no charge at checkout.

WCC CODE IS: 7 7 8 9 2

Give Aloha Program is from September 1 - 30, 2022

Give Aloha donations are tax deductible to the full extent of the law.

VIRTUAL CLASSES
ENGLISH AS A SECOND LANGUAGE (ESL) and ENGLISH CONVERSATION GROUP
 instructor: Donna Prather


NEW On-line Session - 6 Weeks

ESL - Tuesdays
 September 6, 13, 20, 27, October 4, 11, 2022 / 10am - 11am (HI standard time)
 and

ENGLISH CONVERSATION GROUP - Thursdays
 September 8, 15, 22, 29, October 6, 13, 2022 / 10am - 11am (HI standard time)

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

Please register in advance online at <https://www.waikikicommunitycenter.org>
 or in-person at the WCC office



VIRTUAL
ENGLISH CONVERSATION GROUP
 with Donna Prather



Spoken English classes provides extra support with your conversation skills. Participants must be able to form simple sentences.

6-Week On-line Course:
September 8, 15, 22, 29, October 6, 13, 2022
THURSDAYS from 10:00am - 11:00am (HI standard time)
\$20 BeST* / \$35 General* / *non-refundable

Please register in advance online at <https://www.waikikicommunitycenter.org> or in person at the WCC office

GENTLE FLOW YOGA



with Cecilia Brown

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

TAI CHI
with Steve



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

PILATES I
with Helen Murray



On hiatus from
August 29.
Return date
tba

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

**vinyasa
YOGA** with Carole Shinn

FRIDAYS
11am - 12:15pm
\$5 BeST / \$8 General
Room 202-E
Bring your mat, water & towel


PILATES II
with Helen Murray



On hiatus
from
September 2.
Return date
tba

FRIDAYS
9:00 A.M. - 10:00 A.M.
\$7 BEST / \$10 GENERAL
Room 202-E

ZUMBA FITNESS
with Miki Mahokey



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

LINE DANCE CLASS

WITH ALEX & LORNA

COUNTRY, DISCO, TANGO, CHA CHA & MORE!

FRIDAYS

9:00am - 11:00am

\$4 BeST / \$7 General

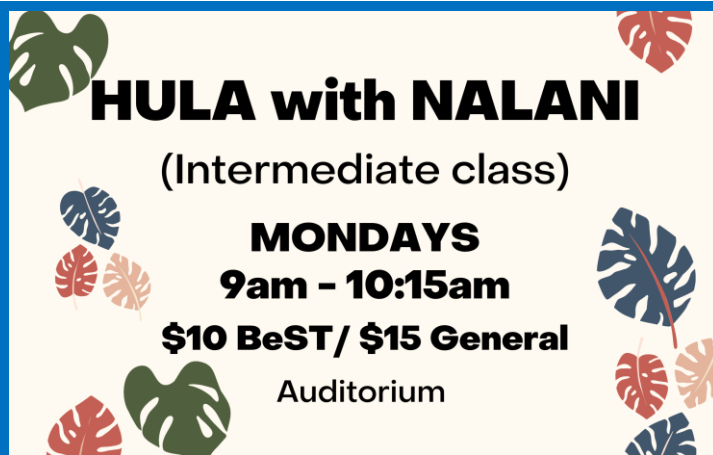
Auditorium

"Everyone feels welcomed"

"The more the merrier"

"It's a party in a class"





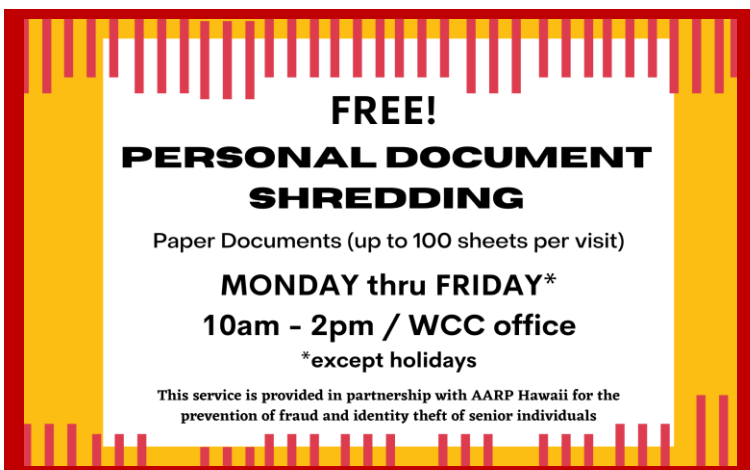
HULA with NALANI
(Intermediate class)
MONDAYS
9am - 10:15am
\$10 BeST / \$15 General
Auditorium



NO CLASS SEPTEMBER 7
HULA with NALANI II
(Advanced class)
WEDNESDAY
11am - 12:15pm
\$15 BeST / \$20 General
Auditorium



BEGINNING
TAHITIAN
DANCE CLASS
FRIDAYS
12noon - 1:00 pm
\$9 BeST / \$15 General
Auditorium
Instructor: Nalini Gauthier of TAHITI MANA



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



Rummikub
MONDAYS
12pm - 2pm
\$Free / \$5
Lanai



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



SOCIAL PAINTING
Non-instructional
Provide your own supplies
TUESDAYS
10am - 2pm
Lanai
\$Free / \$6 General
*On hiatus.
Returning
October 18*



Garden Club
at Waikiki Community Center

**SIGN UP FOR
WAITLIST TO JOIN**

Meets Monday & Saturday
Free - Donation BeST/
\$10 monthly General



classes - activities on break

HULA with NALANI II (Advanced class)
no class September 7

SOCIAL PAINTING
no classes June 28 thru October 4 - returning October 18

PILATES I
no classes from August 29 - returning date to be advised

PILATES II
no classes from September 2 - returning date to be advised

ZUMBA GOLD
no classes thru September - return date tba

**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

Priority of service provided to residents of Waikiki and neighboring areas

The 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, 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
or email: jokimura@waikikicomunitycenter.org for more information



Mahalo for your generous support!

\$1,000+
Anonymous

Up to \$49
Hika Goodwin
Irene Liu
Naoko Mercer
Merle O'Neill

VOLUNTEERS
Miki Mahokey (class instructor); Alex Merana (class instructor)
Lorna Merana (class instructor); Donna Prather (class instructor)
Carole Shinn, (class instructor)



Waikiki Community Center will be closed in observance of the following holidays and special event.

MONDAY, SEPTEMBER 5
in observance of the Labor Day holiday

MONDAY, SEPTEMBER 26
WCC staff will be at our benefit golf tournament -
"Waikiki Lights on the Greens" at Pearl Country Club

MONDAY, OCTOBER 10
in observance of the Discoverers' Day holiday

**METHODS OF PAYMENT
at Waikiki Community Center**

All WCC classes are payable by CASH only

Activities and tours requiring pre-registration and pre-payment may be payable by cash, credit/debit card or check.

**PARKING PASSES while at Waikiki
Community Center**

Daily or Monthly Parking Passes are required while you attend classes or conduct business at Waikiki Community Center.

Parking Passes may be obtained at the WCC office.

Any vehicle parking at WCC without a valid Parking Pass is subject to tow at the owner's expense.

Parking while attending class or doing business with WCC is available on a first-come basis at the Paoakalani lot only.

The Ohua Avenue lot is reserved for Waikiki Health customers & WCC staff only. All other vehicles will be towed by Waikiki Health at the owner's expense.

Aloha & Mahalo, Trish!

A big mahalo to Trish Lowry, who is moving out of state. Trish was largely responsible for developing the Senior Assistance Coordination (SAC) program into what it is today. She has made a difference in the lives of so many seniors. We wish her a warm aloha!



WCC EMERGENCY FOOD PANTRY



TUESDAYS

1pm - 2pm

Ohua Avenue side of the Auditorium

Participants must provide a government photo ID and proof of need document at time of pick up

WCC PRESCHOOL



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

Enrollment application for ages 2 to 5 years is being accepted for school year 2022-2023.

Contact Pamela Seeling at 808 922-2098 or pseelig@waikikicommunitycenter.org for information

WCC VIRTUAL LIVE WEEKLY CLASSES (via Zoom)

ZUMBA GOLD with ROBIN BUSH

Thursdays 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

WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am - 10am PILATES I \$5 / \$8 202E (ON HIATUS - begin 8/29/22. Return date tbd)	10am - 2pm SHRED-IT Document Shredding for Fraud Prevention \$ Free WCC Office	9am - 10am TAI CHI with STEVE \$5 / \$8 Auditorium	10am - 2pm SHRED-IT Document Shredding for Fraud Prevention \$ Free WCC Office	9am - 10am PILATES II \$7 / \$10 202E (ON HIATUS - begin 9/2/22. Return date tbd)	9am - 10am TAI CHI with STEVE \$5 / \$8 Auditorium
9am - 10:15am HULA with NALANI (Intermediate) \$10/ \$15 Auditorium	10am - 2pm SOCIAL PAINTING \$ Free / \$6 Garden Lanai (ON HIATUS - returning October 18)	10am - 2pm SHRED-IT Document Shredding for Fraud Prevention \$ Free WCC Office	10am - 11am GENTLE FLOW YOGA w/Cecilia \$5 / \$8 205E	9am - 11am LINE DANCE Auditorium \$4 / \$7	10am - 2pm GARDEN CLUB Garden Lanai Free- Donation BeST / \$10 monthly General (waitlist to join)
10am - 2pm SHRED-IT Document Shredding for Fraud Prevention \$ Free WCC Office	1pm - 2pm EMERGENCY FOOD PANTRY Ohua Avenue side of auditorium	11am - 12:15pm HULA with NALANI II (Advanced) \$15 / \$20 Auditorium		10am - 2pm SHRED-IT Document Shredding for Fraud Prevention \$ Free WCC Office	
1030am - 1230pm GARDEN CLUB Garden Lanai Free-Donation BeST/ \$10 monthly General (waitlist to join)		1pm - 3pm SCRABBLE \$ Free / \$5 Lanai		11am - 1215pm VINYASA YOGA \$5 / \$8 202E	
12n - 2pm RUMMIKUB \$ Free / \$5 Garden Lanai		6pm - 7pm ZUMBA FITNESS \$5 / \$8 Auditorium		12noon - 1pm BEGINNING TAHITIAN DANCE \$9 / \$15 Auditorium	

Tues., August 30	FOREST BATHING TOUR, A healing experience at Lyon Arboretum (8:30am check-in / 12oon return, \$45 / \$60)
Wed., September 14	SUMMER CONCERT with NICK SIERRA (1:30pm - 2:30pm, Free, Auditorium)
Sat., September 17	PAINT PAINA - HAWAIIAN-STYLE PAINT & SIP PARTY (3:00pm - 5:00pm, \$50/\$60, Garden Lanai)
Wed., September 21	COMMUNITY RESILIENCE HUB PRESENTATION/WORKSHOP (1:30pm - 3:30pm, Free, Auditorium)
Fri., September 23	MANOA HERITAGE CENTER TOUR (830am check-in / 12:30pm return to WCC, \$30 / \$40)
Tuesdays, October 4 thru November 22	BEGINNING-INTERMEDIATE UKULELE (8-week course, \$48 / \$64, Auditorium) <i>Advance registration is required</i>
September 6 thru October 13	ESL & ENGLISH CONVERSATION GROUP COMBO - Virtual Only (6-week course, \$65 / \$80) <i>Advance registration is required</i>
September 8 thru October 13	ENGLISH CONVERSATION GROUP - Virtual Only (6-week course, \$20 / \$35) <i>Advance registration is required</i>