



## Proudly Serving the Waikiki Community Since 1978

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

### *A Message from Our President . . .*

#### The Benefits of Aging

While the view that aging means the loss of many things is pervasive, there are actually benefits to getting older and many people feel more positive about their lives as they age.

#### People Are Happier

A survey of 2,000 adults by the Good News Network found that 75% of respondents agreed aging is not something to fight but an opportunity to live a more fulfilling and emotionally healthy life. In addition, 71% have seen areas of their lives improve with age such as confidence, better sense of self and relationships with family and friends. In fact, most people reported that they felt more fulfilled (69%) and satisfied (71%) with their lives today than they did in their 20s.

Stanford psychologist Laura Carstensen conducted a study that followed people ages 18 to 94 for a decade and found that they got happier as they aged. Negative emotions such as sadness, anger and fear decreased.

#### We Get Better!

Research has shown people do improve as they age. For example, emotional and social intelligence improve as we age, according to Dr. Davangere Deyanand, director of geriatric psychiatry at Columbia University. "Older people have less emotional volatility and a better understanding of relationships and have figured out strategies for different situations—what we call wisdom."

Scientists are also finding the mind can get sharper in a number of ways, contrary to the popular belief that all of our minds decline. In a University of Illinois study, older air traffic controllers excelled at their cognitively demanding jobs, despite some losses in short-term memory. They were expert at navigating, juggling multiple aircraft simultaneously and avoiding collisions. Experience matters!

People also learn to manage social conflicts more effectively as they age. Researchers at the University of Michigan found that when presented with problems, people in their 60s were better than younger participants at imagining different points of view, thinking of multiple resolutions and suggesting compromises.

Here at WCC, we are focused on leveraging our individual and collective strengths at every age. We reject the belief that everything 'goes downhill' as our chronological age advances. While there may be some things that work differently than before, we choose to celebrate and take full advantage of the things that are getting better.

We look forward to seeing you all at the Center!

*Caroline Hayashi*

# WAIMANALO COUNTRY FARM TOUR

Enjoy a day at the farm! Breathe fresh air in the pumpkin patch, see the beautiful sunflower fields and have a no-host lunch at the Country Market & Grub Stand.

**TUESDAY, OCTOBER 25, 2022**

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

**8:30am Check-in at WCC - 1:00pm Return to WCC**

*\*non-refundable*



Deadline to register is October 18

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

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

# SCAM, FRAUD, FAKE

**WEDNESDAY, NOVEMBER 2**



**1:00pm - 2:00pm**

**Free - Auditorium**



## DIFFERENT TYPES OF SCAMS:

Imposter, Health, Romance, Financial

## HOW TO AVOID A SCAM

## WHAT TO DO IF YOU ARE SCAMMED

## DIFFERENCE BETWEEN SCAMS & FRAUD and More

## Q&A to follow

**Presenter:** Emari Hunn of First Foundation Bank, Honolulu

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

# Celebrate Fall MAKE A SCARECROW



**MAKE & TAKE A 12" DECORATIVE SCARECROW IN TIME  
FOR UPCOMING FALL OCCASIONS**

**TUESDAY, OCTOBER 18**

**10am - 12noon**

**Lanai**

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

*\*non-refundable*

**All material will be provided. No skill needed.**

**Maximum attendance: 12**

**Deadline to register is October 10**

Register with the WCC office at 808 923-1802 or  
online at <https://www.waikikicommunitycenter.org>

**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>



**BEGINNING  
OCTOBER 22**




**ZUMBA®**  
**WITH YUMI gold**

**SATURDAYS  
11:30am - 12:30pm**

**\$6 BeST / \$9 General**

**Auditorium**

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: 77892**

Give Aloha Program is from September 1 - 30, 2022

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



**BEGINNING  
TAHITIAN**  
DANCE CLASS

**FRIDAYS  
12noon - 1:00 pm**


**\$9 BeST / \$15 General**

**Auditorium**

Instructor: Nalini Gauthier of TAHITI MANA




**GENTLE FLOW YOGA**



*with Cecilia Brown*

**Thursdays  
10:00 a.m. – 11:00 a.m.**

**\$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

## 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"



## ZUMBA FITNESS

with Miki Mahokey



**WEDNESDAYS**

6:00 P.M. - 7:00 P.M.

\$5 BeST / \$8 General  
Auditorium

## TAI CHI

with Steve



**WEDNESDAYS & SATURDAYS**

9:00 am - 10:00 am

\$5 BeST / \$8 General  
Auditorium

## 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 Helen Murray



On hiatus.  
Return date  
tba

**MONDAYS**

9:00 A.M. - 10:00 A.M.

\$5 BeST / \$8 General  
Room 202-E

## PILATES II

with Helen Murray



On hiatus.  
Return date  
tba

**FRIDAYS**

9:00 A.M. - 10:00 A.M.

\$7 BEST / \$10 GENERAL  
Room 202-E



**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 General  
Lanai



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

**SOCIAL  
PAINTING**

Non-instructional  
Provide your own supplies

*On hiatus.  
Returning  
October 18*

**TUESDAYS**  
**10am - 2pm**  
Lanai  
\$Free / \$6 General

*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**

**SOCIAL PAINTING**  
currently on hiatus - returning October 18

**PILATES I**  
currently on hiatus - returning date to be advised

**PILATES II**  
currently on hiatus - returning date to be advised

**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!



**\$500 +**

Manoa Valley Church; Anonymous

**\$100 +**

Charmaine Oshiro; Anonymous

**\$50 +**

Violet Ajimine

**Up to \$49**

Jane Beldin; Jo DeCarlo; Teresina Mitchell; Naoko Mercer;  
Dawn Ward; Anonymous

### VOLUNTEERS

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

## 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**

## 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.

## 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 Charlyn Moore at 808 922-2098 or  
[cmoore@waikikicommunitycenter.org](mailto:cmoore@waikikicommunitycenter.org)



will be closed in observance of the following  
special event & holidays

**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

**FRIDAY, NOVEMBER 10**

in observance of the Veterans' Day holiday

**NOVEMBER 24 - 25**

in observance of the Thanksgiving holiday

## **WCC VIRTUAL LIVE WEEKLY CLASSES (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)

*See next page for Weekly Schedule*

## WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am - 10am <b>PILATES I</b> with Helen \$5 / \$8 202E (ON HIATUS - Return date to be announced)	10am - 2pm <b>SHRED-IT</b> Document Shredding for Fraud Prevention \$ Free WCC Office	9am - 10am <b>TAI CHI with STEVE</b> \$5 / \$8 Auditorium	10am - 2pm <b>SHRED-IT</b> Document Shredding for Fraud Prevention \$ Free WCC Office	9am - 10am <b>PILATES II</b> with Helen \$7 / \$10 202E (ON HIATUS - Return date to be announced)	9am - 10am <b>TAI CHI with STEVE</b> \$5 / \$8 Auditorium
9am - 10:15am <b>HULA with NALANI</b> (Intermediate) \$10/ \$15 Auditorium	10am - 2pm <b>SOCIAL PAINTING</b> \$ Free / \$6 Garden Lanai (ON HIATUS - returning October 18)	10am - 2pm <b>SHRED-IT</b> Document Shredding for Fraud Prevention \$ Free WCC Office	10am - 11am <b>GENTLE FLOW YOGA</b> w/Cecilia \$5 / \$8 205E	9am - 11am <b>LINE DANCE</b> with Alex & Lorna Auditorium \$4 / \$7	10am - 2pm <b>GARDEN CLUB</b> Garden Lanai Free- Donation BeST / \$10 monthly General (waitlist to join)
10am - 2pm <b>SHRED-IT</b> Document Shredding for Fraud Prevention \$ Free WCC Office	1pm - 2pm <b>EMERGENCY FOOD PANTRY</b> Ohua Avenue side of auditorium	11am - 12:15pm <b>HULA with NALANI II</b> (Advanced) \$15 / \$20 Auditorium		10am - 2pm <b>SHRED-IT</b> Document Shredding for Fraud Prevention \$ Free WCC Office	<b>NEW!!!!</b> <b>BEGINS OCT. 22</b> 11:30am - 12:30pm <b>ZUMBA GOLD</b> with Yumi \$6 / \$9 Auditorium
1030am - 1230pm <b>GARDEN CLUB</b> Garden Lanai Free-Donation BeST/ \$10 monthly General (waitlist to join)		1pm - 3pm <b>SCRABBLE</b> \$ Free / \$5 Lanai		11am - 1215pm <b>VINYASA YOGA</b> with Carole \$5 / \$8 202E	
12n - 2pm <b>RUMMIKUB</b> \$ Free / \$5 Garden Lanai		6pm - 7pm <b>ZUMBA FITNESS</b> \$5 / \$8 Auditorium		12noon - 1pm <b>BEGINNING TAHITIAN DANCE</b> \$9 / \$15 Auditorium	

Wed., September 21 **COMMUNITY RESILIENCE HUB PRESENTATION/WORKSHOP** (1:30pm - 3:30pm, Free, Auditorium)

Tue., October 18 **MAKE A SCARECROW - Craft Activity** (10am - 12noon, \$10 / \$15, Lanai)

Sat., October 22 **ZUMBA GOLD with Yumi begins** (Saturdays, 11:30am - 1230pm, \$6 / \$9, Auditorium)

Tue., October 25 **WAIMANALO COUNTRY FARM TOUR** (8:30am check-in / 1:00pm return, \$30 / \$40)

Wed., November 2 **SCAM, FRAUD, FAKE - Presentation** (1pm - 2pm, Free, Auditorium)

Closed for Registration - **BEGINNING/INTERMEDIATE UKULELE** (Tues., 11am - 12pm, \$48/\$64, Auditorium) Oct. 4-Nov. 12

Closed for Registration - **ESL & CONVERSATION PACKAGE** (Tues., 10am - 11am, \$65/\$80, Online) Sept. 6 - Oct. 11

Closed for Registration - **ENGLISH CONVERSATION GROUP** (Thur., 10am - 11am, \$20/\$35, Online) Sept. 8 - Oct. 13