Proudly Serving Community Since 1978

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

What Actually Makes Us Happy

A Yale psychology professor, Laurie Santos, set out to answer one of the most deceptively simple questions: *If humans are so smart, why are we so bad at knowing what will actually make us happy?*

In 2018, she launched a course at Yale called The Science of Well-Being. It became the most popular class the university had offered in its 300-year history.

Here's what she found. The things we spend much of our lives going after — more money, a bigger house, more status, have almost no lasting effect on how we feel day to day. Not because they are bad things to want, but because the brain was never made to get lasting happiness from external circumstances.

There's even a name for it: hedonic adaptation. The brain always returns to its baseline happiness. Whether good or bad – win the lottery, lose your arm – eventually, you're back to baseline. Santos called it the "satisfaction treadmill." The happiness you're running toward always stays exactly the same distance ahead of you.

Depressed yet? Here's the more encouraging part of her research. Santos also found that the things that actually create sustained wellbeing are things people don't often prioritize – strong social connection, acts of kindness, physical movement, being present in the moment, and deliberately practicing gratitude, among others. The research shows the brain is designed to feed on these types of inputs to create lasting happiness.

The good news is that anyone can do things and they cost little to nothing. In fact, what we do at WCC encourages all of these!

Although anyone can do these things, I know it's not always easy. So let's challenge ourselves with mid-year reset. If you're feeling a bit unmotivated, low energy or just a little 'blah,' recharge by feeding your mind, body and/or spirit. Connect with your fellow humans, try a new exercise class, tell a friend why you're grateful for them or show kindness to someone just met.

Let's start prioritizing the things that really matter.

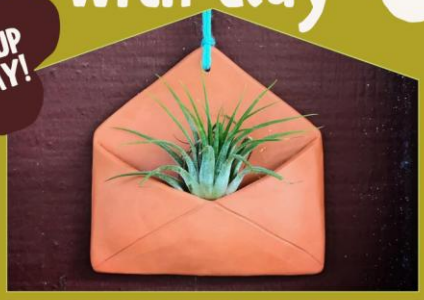
Thank you for being part of our WCC `ohana. Wishing you a wonderful end of summer!

With aloha,

Caroline Hayashi

LOVE LETTER with clay

SIGN UP TODAY!



MAKE TWO ENVELOPE PLANTERS WITH DEE OLIVA

hand-build with clay · make 2 planters · all materials provided

Unwide, get creative, make something beautiful.

$75 per person
Sorry, no refunds

Saturday, August 29
11 AM to 1:30 PM
All materials are included
Limited to 14 students
Room 203-A (stair access only)
Call 808-923-1802 to register by phone

SCAN ME

Waikiki Community Center | 310 Paoakalani Avenue | Honolulu HI 96815
Phone 808-923-1802

BEADING WORKSHOP

Waikiki Community Center

with Elaine Imoto

MAKE A KEYCHAIN / BAG CHARM

with carefully curated purple hues of beads

THURSDAY
SEPTEMBER 10, 2026
10:30 AM to 12:30 PM

ROOM 203A
(STAIR ACCESS ONLY)

CLASS FEE:
$10 PER PERSON
(NON-REFUNDABLE)

CLASS SIZE:
LIMITED TO
6 STUDENTS

OPTION 1:
WITH HANDSEWN SILK BALLS

Create your charm with silk balls stuffed (you will have to sew these yourself—please know how to do a running stitch).

OPTION 2:
BASIC CHARM WITHOUT SILK BALLS

Create a more basic charm without the handsewn silk balls.

WHAT'S INCLUDED:
A curated mix of purple hues of beads and findings
All materials and instruction are included.

SIGN UP TODAY!
Call our office at 808-923-1802
or visit our website
bit.ly/WCCworkshops

KOKEDAMA WORKSHOP

with Ellise Uyema
OF LIVE LONG AND PLANT

Waikiki Community Center

In this hands-on class, you'll learn how to craft your very own kokedama—a traditional Japanese "moss ball" planter that transforms any plant into a stunning piece of living art.

No experience needed—just bring your creativity and love for plants, and we'll provide the rest.

Workshop Includes:

- Step-by-Step Instruction – Learn kokedama techniques from start to finish.
- All Materials Provided – Plants, moss, soil, and twine are ready for you.
- Eco-Friendly Fun – Create with sustainable, natural materials.
- Take Home Your Creation – A unique plant masterpiece for your home or office.

Capacity is 20 students. Sorry, no refunds.

Saturday
September 12, 2026
11:00 AM to 12 NOON

To Register: Scan QR code or call our office at 808-923-1802

SCAN ME

Fee: $55 (all materials included)
*sorry, fees are non-refundable.

Waikiki Community Center Room 203-A (stair access only)

Phone : 808-923-1802 | 310 Paoakalani Avenue, Honolulu HI | 96815 | www.waikikicommunitycenter.org

LIVING MOSS AND HOUSE PLANT TERRARIUM

Waikiki Community Center

with Ellise Uyema
OF LIVE LONG AND PLANT

Create a miniature world that looks straight out of a fairytale. In this hands-on terrarium workshop, you'll build a lush, living ecosystem featuring real moss, miniature houseplants, and natural materials.

One of the signature elements of this workshop is crafting a slate stone staircase—a beautiful, dimensional focal point that winds between plants and moss. This small architectural feature transforms your terrarium into a little enchanted landscape!

What's Provided
All supplies are included: glass container, substrate layers, slate stones, mosses, miniature plants, tools, and decorative accents. You'll take home your completed terrarium—ready to admire, gift, or display.

Why We Love This
Terrarium building is calming, creative, and surprisingly immersive. It's part gardening, part art, and part storytelling. You'll leave relaxed, inspired, and with your own tiny world in a glass jar.

Capacity is 20 students. Sorry, no refunds.

Saturday,
September 12, 2026
1:00 PM to 2:00 PM

To Register: Scan QR code or call our office at 808-923-1802

SCAN ME

Fee: $*65 (all materials included)
*sorry, fees are non-refundable.

Waikiki Community Center Room 203-A (stair access only)

Phone : 808-923-1802 | 310 Paoakalani Avenue, Honolulu HI | 96815 | www.waikikicommunitycenter.org

AUGUST | SEPTEMBER 2026

Thriving in Hawai'i

Simple, practical help for you and your family—no financial background needed.

- **Saturday, September 12, 2026**
- **1:00 PM to 4:00 PM | WCC Auditorium**
- **$10 per person (workbook included)**
- **Call 808-923-1802 or scan the QR code to register**
- **Registration deadline: Tuesday, September 8**
- **Limited to 60 participants**

Save your seat!

SCAN HERE

Let's have a friendly and informative conversation about:

- Making a financial plan that fits real life
- Understanding Medicare and Social Security
- Preparing for retirement at your own pace
- Protecting your family and what matters to you

Presented by Hawaii-based Stadia Financial, this educational workshop offers simple, practical information to help you make informed choices for yourself and your family.

Waikīkī Community Center | 310 Paoakalani Avenue | Honolulu HI 96815 | 808-923-1802

Pottery Pau Hana

WITH ARTIST/INSTRUCTOR APRYL BINUYA

SCAN ME

SATURDAY, SEPT. 12, 2026
5:00 PM TO 7:30 PM
$60 PER PERSON Sorry, no refunds.

Reserve your seat by calling 808-923-1802 or scan the QR code to register online.

Choose one of 10 functional pottery projects (see photos below) and make it uniquely yours!

Using a provided template, you'll cut the clay, assemble your piece, decorate it, and glaze it. Personalize your creation using stencils, predesigned transfers, freehand painting, and your own creativity.

Pick up your fired piece within two weeks of the workshop.

Bring a friend—or come on your own and meet some new people!

Enjoy a relaxing evening of pottery and snacks on WCC's garden lanai.

Never touched clay before? Not to worry—Apryl will guide you through the process!

Optional: Bring a store-bought snack to share!

What will you make?

WAIKIKI COMMUNITY CENTER | 310 PAOAKALANI AVENUE | HONOLULU HI 96815 | PHONE 808-923-1802

TOUR: St. Anthony's Retreat Center

- Friday, September 18, 2026
- $35 per person* (includes transportation, guided tour & picnic lunch)
- Check-in time: 8:45 AM at WCC
- Return to WCC by 1:30 PM

Deadline to Register:
Monday, September 14, 2026
Limited to 14 guests

Step away from the hustle and enjoy a peaceful morning exploring one of Honolulu's hidden treasures.

Join your host, Pamela Seelig, for a guided tour of the beautiful St. Anthony's Retreat Center, led by Sister Ivy, who will share the fascinating history of this special place, once an orphanage, as you stroll through its serene grounds.

After the tour, relax with a picnic lunch surrounded by the quiet beauty of the retreat center before returning to Waikīkī.

Important Notes:

- 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.

REGISTER BY PHONE, ONLINE OR SCAN OUR QR CODE:

808-923-1802 www.waikikicommunitycenter.org

WAIKĪKĪ COMMUNITY CENTER PRESENTS

A SPECIAL THEATRE OUTING

Ocean Music Action and Hawaii Theatre present

Carnival of the Nearly Extinct Animals

Experience endangered animals from across the globe through live music, dance, and puppetry.

WORLD PREMIERE
SATURDAY
SEPTEMBER 19, 2026

MEET YOUR HOST
Pamela Seelig

WHEN & WHERE
Meet at Hawai'i Theatre at 2:15 PM
Show begins at 3:00 PM

TICKET $30
LIMITED TO 11 PEOPLE
$14.50 TICKET + $3 SERVICE/PRO FEE
$8 RESTORATION FEE + $4.50 TICKETING FEE
ALL FEES CHARGED BY HAWAI'I THEATRE

AN UNFORGETTABLE JOURNEY INTO THE NATURAL WORLD

Experience music, dance, and puppetry woven together to tell the stories of some of our planet's most remarkable—and endangered—animals at historic Hawai'i Theatre Center.

CALL THE WCC OFFICE TO PURCHASE TICKETS
808-923-1802

ALL TICKET SALES ARE FINAL • NO REFUNDS

AUGUST | SEPTEMBER 2026

Waikiki Community Center

ART CARD
Card Making Workshop

Create 3 beautiful art cards to share from the heart.

3 CARDS INCLUDED!

DATE: THURSDAY, SEPT. 24, 2026

TIME: 9:30 AM – 11:30 AM

CLASS DESCRIPTION
Make 3 pre-cut art cards to use for sympathy, congratulations, or birthday. The inside of each card is white so you can write your own special message.

TEACHER
Mrs. Taffy Kino is a retired DOE teacher and super crafter! Taffy is donating her time & supplies!

ASSISTANT
Elaine Imoto will be assisting to help.

SUPPLIES
Each student receives a kit for 3 individual art cards: pre-cut paper, tape, ribbon

PRICE: $15 NO REFUNDS

CLASS SIZE: #6 MAX.

WHAT TO EXPECT
Learn a new paper craft! Colorful paper art cards! Express your sincere feelings in your own creation!
Kits for 3 individual cards provided.

REQUIREMENTS
- Good eyesight (or glasses) ha ha
- Manual dexterity
- Each student is expected to cut #32 pieces of magic tape into 1/8" x 3/8" rectangles and accurately place the tape pieces onto #24 pre-cut paper patterns.

CALL 808-923-1802 TO REGISTER BY PHONE OR ONLINE USING https://bit.ly/wccevent

Yarn and yap
with @with_love_lala

We're making a pikake lei

Saturday Sept 26

11:00 AM to 3:00 PM
Room 203A
(stair access only)

$60 per person*
(all materials provided)

Call 808-923-1802 to register by phone
or
scan QR to register online --------->

Learn to create a pikake lei while relaxing, chatting, and connecting with others. All materials, tools, and step-by-step instruction are provided—no experience needed. Bring your own water bottle! Limited to 10 guests. *Sorry, no refunds.

waikiki community center | 310 paoakalani ave | honolulu 96815
Phone 808-923-1802

Waikiki Community Center

HAWAIʻI STATE JUDICIARY HISTORY TOUR

With Your Host
Merle O'Neill

TUESDAY, SEPTEMBER 29, 2026
MEET AT 9:15 AM
KING KAMEHAMEHA STATUE
S. King St., across from ʻIolani Palace

TOUR: 9:30 AM–11:15 AM

$30 PER PERSON
All fees are non-refundable

Registration deadline: September 20, 2026
Limited to 20 guests

The Hawai'i State Judiciary is the official name of the judicial system of Hawai'i. Based in Honolulu, the Hawai'i State Judiciary is a unified state court system that functions under the Chief Justice of the Hawai'i State Supreme Court.

Prior to 1840, the laws were a kapu and chief-based system. In 1840, a formal Constitution and the judiciary was established. This tour will take us through the historical events of the Judiciary.

REGISTER | Call 808-923-1802 | Online: bit.ly/WCCworkshops

Yarn and yap
with @with_love_lala

We're making an anthurium!

Saturday Oct 10

11:00 AM to 3:00 PM
Room 203A
(stair access only)

$60 per person*
(all materials provided)

Call 808-923-1802 to register by phone
or
scan QR to register online --------->

Learn to create an anthurium flower while relaxing, chatting, and connecting with others. All materials, tools, and step-by-step instruction are provided—no experience needed. Bring your own water bottle! Limited to 10 guests. *Sorry, no refunds.

waikiki community center | 310 paoakalani ave | honolulu 96815
Phone 808-923-1802

AUGUST | SEPTEMBER 2026

WAIKIKI COMMUNITY CENTER GENKI BALL MAKE + TOSS

COMMUNITY EVENT

OCTOBER 10, 2026

SATURDAY, 1:00 PM TO 4:00 PM

$10 PER PERSON

JOIN US FOR AN EXCITING, HANDS-ON COMMUNITY SERVICE WORKDAY. WE WILL MAKE AND TOSS GENKI BALLS* TO HELP RESTORE THE WATERS OF THE ALA WAI CANAL.

***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.
We work in partnership with the Genki Ala Wai Project.

- 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 walk from WCC to the Ala Wai Canal (approximately 2 blocks).
- Parent(s) must accompany all children ages 8-17.
- Wear a hat, sunscreen, comfortable shoes, and bring water.
- 25 participants welcome.
- Free parking on premises.

SCAN QR CODE

$10 TO REGISTER – FEES HELP PAY FOR MATERIALS
SCAN QR CODE OR CALL 808-823-1802 TO REGISTER

WAIKIKI COMMUNITY CENTER | 310 PAOAKALANI AVEN| HONOLULU HI 96815 | Phone 808-923-1802

WCC will be closed for holiday observance:

FRIDAY, AUGUST 21
(Statehood Day)

THURSDAY, AUGUST 27 - FRIDAY, AUGUST 28
("Waikiki Lights" - WCC's annual gala fundraising event)

MONDAY, SEPTEMBER 7
(Labor Day)

EASY YOGA

for Every Body

with Kumiko

WEDNESDAY
1:00pm - 2:00pm
Auditorium
No $Fee

Class Hiatus Schedule (No Classes):
August 5, 12, 19, 26
September 30
October 7, 14
November 11, 18, 25

Lifestyle Medicine

Wellness Series simple steps toward better health

JOIN US - Small lifestyle changes can lead to lasting improvements in health and well-being. Come learn, share, and support each other on the journey toward better health.

THURSDAYS
130pm - 215pm
Room 203A (2nd level) / No Fee

Facilitated by:
Carolyn Riederer Annerud, MD, FACEP, DipACLM, Board-Certified Emergency Physician, Diplomate, American College of Lifestyle Medicine

This workshop provides educational information on lifestyle and wellness practices and is not a substitute for medical advice, diagnosis, or treatment.

CHAIR *yoga* WITH MARLUZ

MONDAYS
10:45AM - 11:30AM
AUDITORIUM
$ NO FEE

Chair Yoga can Improve:
Balance, Strength, Flexibility, Posture, Muscle Tone, Mental Clarity and More

AUGUST | SEPTEMBER 2026

HULA with NALANI

MONDAYS
9am - 10:15am
$12 per class
Auditorium

BEGINNING TAHITIAN

FRIDAY
12:00PM - 1:00PM
$12 PER CLASS
AUDITORIUM

Instructor: Nalini Gauthier of TAHITI MANA

TAI CHI with Steve

TUESDAY, WEDNESDAY & SATURDAY

9:00am - 10:00am
$7.00 per class
Auditorium

Intermediate TAI CHI with Steve

MONDAY
9:00am - 10:00am
$9 per class
205-E

Vinyasa Yoga with Carole

FRIDAY
11am - 12:15pm
$7 per class
Room 202-E

Bring a mat, water & towel

Gentle Flow Yoga with Marluz

MONDAY
9:30am - 10:30am
Room 202E / $8

WEDNESDAY
10am to 11am
Room 205E / $8

SATURDAY
10am to 11am
Room 205E / $8

YOGA-LATES with Debbie

On a chair or mat, with a ball - A low-impact fitness class combining the core-strengthening, controlled movements of Pilates with the flexibility, balance & mindful breathing of yoga.

1:00pm - 2:00pm
$8 / Auditorium

A well-rounded workout that improves posture, builds muscle, & promotes relaxation by blending two practices into one session.

Mat PILATES WITH MARLUZ

WEDNESDAYS
11:30am - 12:30pm
205E / $7

SATURDAYS
11:30am - 12:30pm
205E / $7

AUGUST | SEPTEMBER 2026

LOW IMPACT ZUMBA with Debbie

MONDAY
12noon - 1:00pm
$7 per class
Auditorium

ZUMBA FITNESS WITH MIKI

WEDNESDAY
6:00pm - 7:00pm
$7 per class
Auditorium

ZUMBA with Erin

THURSDAY
6:00pm - 7:00pm
$7 per class
Auditorium

ZUMBA with MJ

SATURDAY
11:00am - 12:00pm
$7 per class
Auditorium

LINE DANCE CLASS

with Alex & Lorna

cha cha, tango, country & more!

A Party in a Class!

FRIDAY
9:00am - 10:30am
$5 - Auditorium

Rummikub

MONDAYS
1:30pm - 3:30pm
Lanai
$ No Fee

Rummikub is a tile-based game combining elements of rummy, the card game & mahjong - involving strategy and luck

INTERMEDIATE & ADVANCE MAHJONG

中

TUESDAY
10:30am - 12:30pm
Lanai / $4

SCRABBLE

WEDNESDAYS
10:30am - 12:30pm
Lanai - $ No Fee

AUGUST | SEPTEMBER 2026

SEQUENCE and MEXICAN TRAIN DOMINOES

FRIDAYS
1:00pm - 3:00pm
Auditorium - $ No Fee

STORIES, CONNECTION, INSPIRATION

Host: Merle O'Neill

A weekly gathering where community share memories and personal stories. This meetup fosters meaningful connections, offering a space for shared experiences and inspiration. Join us for uplifting conversations and fresh perspectives, where everyone is welcomed and encouraged to share.

Thursdays
2:30pm - 3:45pm
Lanai - $ No Fee

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: sstone@waikikicommunitycenter.org

Priority of service provided to residents of Waikiki and neighboring areas

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 an Oahu resident
- Is currently employed
- Meets BUILD income guidelines

1 person: $73,400 | 2 people: $83,850 | 3 people $94,350
4 people: $104,800 | 5 people: $113,200

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

EMERGENCY FOOD PANTRY

OPEN TUESDAYS

1 PM TO 2 PM

310 PAOAKALANI AVE
ON THE OHUA AVENUE SIDE OF THE AUDITORIUM
Documentation of need for assistance and government photo ID may re requested

Neighborhood Board Meeting

2ND TUESDAY OF EACH MONTH

6:00 pm - 8:30 pm

Auditorium

NEED A RIDE? CHECK OUT HUI CAR SHARE RIGHT HERE AT WAIKIKI COMMUNITY CENTER!

HUI is a car-sharing service that makes getting around super convenient- no signup fees. Gas & insurance is included, and you can rent by the hour or day.

With two HUI vehicles parked on-site at WCC, you can drive off in minutes to make an appointment, run an errand or explore the island.

For questions about HUI Car Share, please visit the website:

https://www.drivehui.com

Please note that Waikiki Community Center does not operate or manage the HUI Car Share program and is unable to assist with rental or questions.

Mahalo!