



Proudly Serving Community Since 1978

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

Future You

As we look toward a new year, I've been thinking a lot about this idea of a *future self*. It keeps popping up in surprising places, and each time it makes me pause and think a little differently about what lies ahead.

The first time I heard this term was in a podcast about resilience. A psychologist explained that when we fear we won't be strong enough to handle something hard, we forget one important thing: **our future self will know what to do**. Our future self will have more knowledge, more lived experience, and more practice.

One guest talked about caring for her ill mother and feeling overwhelmed by the thought of eventually losing her. A friend gently told her, "Your future self will be able to handle it. She'll have more experience, more strength, and more understanding than you do today." I found that deeply comforting. We grow into the person who can carry what life gives us.

The second idea of "future self" is a little more practical (and a little funny): doing things now that your future self will be so grateful for. Someone called it "honoring your future self"—as in, making decisions today that elicit a future, "Oh thank goodness I did that." It's a way to motivate ourselves to do uncomfortable or inconvenient things now for a benefit later. It turns out this is actually a real scientific concept. Our brains have what's called "present bias"—we naturally prioritize immediate benefit. I thought I was just being undisciplined, but apparently, I have a biological excuse!

A third version of this concept is more about self-improvement: "When you don't know what to do, ask yourself, 'What would the person I want to be do in this situation?' Then do that." (Thank you, Drew Dudley.) It's an idea that nudges us to step into possibility—to act from the version of ourselves we're becoming.

There's an interesting "Future You" research project from MIT, where young people communicate with an older version of themselves using AI. The results were remarkable—less anxiety, more motivation, and a stronger sense of connection to who they're becoming. I wanted to try it... but discovered that my "older self" was only a few years ahead. Apparently, the "older" self is set at age 60.

Still, it sparked something for me: a desire to think of my future self in a more concrete way and to imagine what's possible, for me and for all of us.

So what might all our future selves be doing in 2026? I picture us working together—still building a vibrant, caring community where everyone is welcome, safe, and supported. A place where we contribute what we can, when we can, and receive what we need, when we need it. That's the community I see ahead of us, and my future self is excited to meet yours there.

From all of us at WCC, Hau'oli Makahiki Hou—see you in 2026!

Caroline Hayashi, President

LAUHALA BRACELET

WITH LEIALOHA MAHUKA

Join us for a hands-on workshop where you'll learn to weave lauhala into a beautiful, one-of-a-kind bracelet. Instructor Leialoha Mahuka will guide you through traditional weaving techniques while sharing cultural knowledge and practice.

All materials are provided — including lauhala that is personally harvested, cleaned, and prepared by Leialoha, ensuring cultural integrity and respect for the craft. Each student will complete one bracelet to take home. All skill levels are welcome, from first-time weavers to returning students.

This workshop is offered at \$10 per student, though our regular price is \$35 per person. Thanks to support from the Hawai'i Tourism Authority's Kūkulu Ola Program, we are able to make this authentic Hawaiian cultural experience more accessible to our community and visitors.

This class is part of our Hawaiian Culture Experience Program, which brings participants together in a welcoming setting to learn, create, and deepen appreciation of Hawaiian cultural traditions.

Limited to 16 students.
Sorry, classes are non-refundable.



the details

Saturday, January 3, 2026
10:30 AM to 12:30 PM

WCC, Room 203-A (stair access only)

\$10 fee per person* (all materials included)

*sorry, fees are non-refundable.

Free parking on site for workshop students

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

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



LAUHALA EARRINGS

WITH LEIALOHA MAHUKA

Join us for a hands-on workshop where you'll learn to weave your own pair of lauhala earrings. Lauhala weaver, Leialoha Mahuka, will guide you step-by-step through the traditional weaving techniques.

All materials are provided — including lauhala that is personally harvested, cleaned, and prepared by Leialoha. All skill levels are welcome, from first-time learners to returning students.

This workshop is offered at \$10 per student, though our regular price is \$35. Thanks to support from the Hawai'i Tourism Authority's Kūkulu Ola Program, we are able to make this authentic cultural experience accessible to both residents and visitors.

This class is part of our Hawaiian Culture Experience Program, bringing people together in a welcoming community setting to learn, create, and deepen appreciation of Hawaiian culture.

Limited to 16 students.
Sorry, classes are non-refundable.

Thursday
January 15, 2026
1:30 PM to 3:30 PM



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



Fee: \$*10 (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.waikikicomunitycenter.org

LIVING MOSS & HOUSE PLANT TERRARIUM

with *Ellise Uyema*
OF LIVE LONG AND PLANT

Join Ellise and Fay of Live Long and Plant for a hands-on terrarium workshop where you'll design a living ecosystem using fresh moss, miniature houseplants, and natural elements.

You'll learn how to layer soil, choose plant companions, create humidity balance, and decorate with stones and accents — including building a mini slate staircase to add structure and charm to your terrarium.

The result is a beautiful, self-contained terrarium you can proudly take home.

Terrariums are perfect for brightening up your desk, gifting to a friend, or simply adding some peaceful greenery to your space. No experience needed — just bring your curiosity and creativity!

Capacity is 16 students. Sorry, no refunds.

Saturday
January 31, 2026
10:30 AM to 11:30 AM

Fee: \$*65 (all materials included)

*sorry, fees are non-refundable.

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

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



KOKEDAMA WORKSHOP

with *Ellise Uyema*
OF LIVE LONG AND PLANT

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.
- Cultural Connection — Discover the Japanese origins of this 1,000-year-old art.
- Eco-Friendly Fun — Create with sustainable, natural materials.
- Take Home Your Creation — A unique plant masterpiece for your home or office.

Capacity is 16 students. Sorry, no refunds.

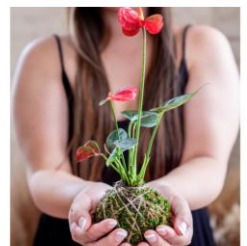
Saturday
February 28, 2026
1:00 PM to 2:00 PM

Fee: \$55 (all materials included)

*sorry, fees are non-refundable.

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

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



TOUR: Iconic Churches of Hawai'i with Merle O'Neill



Date: Monday, April 13, 2026

Fee: \$40 per person/non-refundable

Check-in time: 8:45 AM meet at WCC

Return to WCC: 12:30 PM

RSVP by: March 30, 2026 / 20 seat capacity

Register at WCC Office or by phone: 808-923-1802

Join us for a guided visit to two of Hawai'i's most fascinating immigrant-founded churches, each deeply shaped by the homelands of their congregations: China and Japan.

Stop 1: The First Chinese Church of Christ (1929)

Designed by renowned architect Hart Wood in the distinctive "Hawaiian Architecture" style, this church masterfully blends Eastern and Western traditions.

Stop 2: Makiki Christian Church

Founded in 1904 by Rev. Takie Okumura, this church stands alone as the only Christian church in the United States modeled after a 16th-century Japanese castle of the Edo period.

Mobility Notes

Participants must be able to walk comfortably and board & disembark transportation independently.

Waikiki Community Center | Phone 808-923-1802 | www.waikikicomunitycenter.org

Forest Bathing Tour

A WCC Experience in the private estate of the Kahalu'u Gallery & Gardens



Saturday, January 24, 2026

Meet at Waikiki Community Center by 7:45 AM

Departure: 8:00 AM

Walk begins at 9:00 AM

Return to WCC: approximately 12:30 PM

Cost: \$50 per person (includes round-trip transportation from WCC to Kahalu'u and back.)*

Register by: January 15, 2026

Call 808-923-1802 to register by phone

Capacity: limited to 13 guests

SCAN ME!



*This tour is non-refundable.

Step into an extraordinary morning of deep rest, sensory connection, and quiet wonder inside the private gardens of the Kahalu'u Gallery & Gardens—a rarely accessed sanctuary created by the late Hawai'i artist Hiroshi Tagami. With only 13 guest spots, this is a special intimate WCC experience.

Guided by Rhonda Cook, Hawai'i's first and most experienced certified forest therapy guide, you'll move slowly through curated pathways, lush gardens, and a forested gully—immersed in a series of gentle "invitations" designed to help you reconnect with nature, your senses, and yourself.

Forest bathing (shinrin-yoku) is a 40-year research-backed wellness practice known to support relaxation, mental clarity, and overall well-being.

Mobility Notes

Although not a hike, participants must be able to:

- ✓ Sit on the ground
- ✓ Raise and lower themselves without assistance
- ✓ Stand comfortably for up to 15 minutes

Minimum age: 18 years and older

Rain Plan

The walk continues rain or shine using covered outdoor spaces.

Bring rain gear—forest bathing in gentle rain can be magical.

Guide will notify us if hazardous weather requires rescheduling.

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Charm School

A BEAD WORKSHOP WITH ELAINE IMOTO

Get ready for sparkle, laughs, and big personality in this special beaded keychain workshop with the unforgettable Elaine Imoto. She's a character—in the best possible way—funny, real, and an absolute wealth of bead knowledge.

Elaine curates special bead kits just for her students, hand-selecting beautiful beads from her incredible collection. In class, you'll create your own custom beaded keychain, and you'll also go home with an extra take-home kit—a little creative gift from Elaine, free of charge.

This workshop is intentionally small—only 6 spaces available—so sign up early if you want to join the fun!

No experience necessary - Elaine will walk you through all the steps. You'll leave feeling accomplished and proud of your gorgeous creation.

When: Thursday, January 29, 2026

Time: 10:30 AM to 12:30 PM

Where: Room 203-A (stair access only)

Cost: \$10 per person (all materials included)*

*Sorry, no refunds

Register by: Wednesday, January 28, 2026

Class is limited to 6 students

Register by phone: 808-923-1802 or scan QR code:

SCAN ME!



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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@waikikicomunitycenter.org

808-923-1802 ext. 107

www.waikikicomunitycenter.org/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: ssstone@waikikicommunitycenter.org

Priority of service provided to residents of Waikiki and neighboring areas



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

UPCOMING WCC CLOSURES

Winter Holiday Break:
THURSDAY, DECEMBER 25, 2025
THRU
THURSDAY, JANUARY 1, 2026

MONDAY, JANUARY 19, 2026
in observance of
Martin Luther King Jr. Day

TAI CHI with Steve

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

CHAIR *yoga* with Cecilia

THURSDAYS
11:30AM - 12:30PM
AUDITORIUM
\$ NO FEE

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



Easy Yoga for every body with Kumiko

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



ZUMBA FITNESS WITH MIKI

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



Vinyasa Yoga with Carole

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

Bring a mat, water & towel



ZUMBA® with Erin

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



Gentle Flow Yoga

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

THURSDAY
10am to 11am
Room 205E / \$8
Instructor: Cecilia

SATURDAY
10am to 11am
Room 205E / \$8
Instructor: Marluz



ZUMBA® with MJ

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



DEEP RESET: YOGA NIDRA & SOUND BATH

- This calming weekly class blends:
- ★ Yoga Nidra - a deeply relaxing guided meditation (no movement required)
 - ★ Sound Bath - soothing sounds from crystal bowls to clear your mind and calm your body.

Bring: A yoga mat, water, and anything cozy (like a pillow or blanket) to help you feel fully relaxed.

SATURDAY
1 pm to 2 pm
\$15 - 205E

LINE DANCE CLASS

with Alex & Lorna
cha cha, tango, country & more!

FRIDAY

9:00am - 10:30am

\$5 - Auditorium

A Party in a Class!

Mat PILATES

WITH MARLUZ

Room 205E / \$7



MONDAY
11am - 12pm

WEDNESDAY
11am - 12pm

SATURDAY
11:30am - 12:30pm

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.

MONDAYS

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



social crafting

A non-instructional class

TUESDAY

11am - 1:00pm

\$ No Fee / Lanai



Craft your own project in the company of others

Rummikub



MONDAYS

12pm - 2pm

\$ No Fee
Lanai



WEDNESDAYS

1pm - 3pm

\$ No Fee
Lanai



MAHJONG

for Beginners

TUESDAY

1:30pm - 3:30pm

Lanai
No \$Fee

SEQUENCE and MEXICAN TRAIN DOMINOES

FRIDAYS

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



JANUARY 2026



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

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!