

Proudly Serving Community Since 1978

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

It's Been...Annoying Lately

I've been feeling annoyed a lot lately. I mean, *a lot* more than usual. So many things have been getting on my nerves. I'm not talking about big, earth-shattering problems — just day-to-day stuff, like someone driving under the speed limit in front of me when I'm in a rush (or even when I'm not — still annoying!). Apparently, Google's been eavesdropping on my attitude, because a man popped up on my social media feed talking about how to "take control of annoyance."

Now, I have no idea who this guy is or what his qualifications are, but even though parts of his talk annoyed me (naturally), a few things stuck. He said no one has the power to annoy me because the annoyance is actually *in me*. Which, he added, is good news — it means I can change it.

According to "neuroplasticity 101," every time I let myself get annoyed, I'm training my brain to get annoyed *more easily* next time. Keep that up, and I'll become **that person** — the one no one wants to sit next to. That part hit home. We all know someone who's always complaining, everything sets them off, and nothing makes them happy. I don't want to be that person!

So, I listened to his four steps for mastering my perspective and attitude. Here they are — with my honest commentary. Even if some didn't work for me, maybe one will for you.

- 1. **Put your hand on your heart.** Supposedly this releases oxytocin and shifts you out of fight-or-flight mode into "relational" mode. Nope, didn't work for me.
- 2. **Smile (even a fake one).** When your face and your feelings are out of sync, your brain can't stay annoyed. This one kind of worked mostly because I looked so ridiculous it distracted me. But fair warning: best done in private. Too creepy for public spaces.
- 3. **Zoom out.** Ask yourself, will this matter in 10 minutes? 10 days? 10 years? I've tried versions of this before. Works sometimes, depending on the level of annoyance.
- 4. **Appreciate.** Think of three things you're grateful for. Turns out it's hard to stay irritated while focusing on appreciation. Not foolproof, but definitely the winner for me.

You may have been wondering how a message about my bad attitude fits into November — the season of thankfulness. That's where number 4 comes in. I've discovered it's nearly impossible to stay annoyed while thinking about what I appreciate (aka what I'm thankful for).

Life can be hard. It can also be amazing. Let's focus on the amazing part. All of us at WCC are truly thankful for you being part of our community. Wishing you an (annoyance-free) November full of gratitude.

Caroline Hayashi

President



SUCCULENT



Come join us at the Waikiki Community Center for a hands on workshop where you'll learn all the tips and tricks to create your very own stunning succulent wreath!

Elevate your home decor and nurture your inner green thumb with our Succulent Wreath Workshops! Discover the art of crafting stunning, handmade succulent wreaths that bring a touch of natural beauty to any space.

- Our workshop covers:

 Hands-on Succulent Wreath Creation: Take home your very own 6" handmade succulent wreath masterpiece! Succulent Care Essentials: Learn the basics to keep
- your succulents thriving and happy.
 DIY Home Decor Inspiration: Get creative and take your home decor to the next level with your new succulent wreath.
- All-Inclusive: All materials and expert instruction are included in the workshop fee.

Perfect for: Plant enthusiasts, DIY lovers, and anyone seeking a unique and fun experience.
Capacity is 20 students. Registration closes November 1st.

Saturday November 15, 2025 11:00 AM to 12:00 PM

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



♦ Fee: \$45* (all materials included)

Waikiki Community Center Room 206-E (stair access only)

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

CHRISTMAS TREE



with Ellise Unema

OF LIVE LONG AND PLANT

Create Your Own Christmas Tree Kokedama: Festive Moss-Ball Workshop with Ellise Uyema from @livelongandplant

- Workshop Highlights:
 Hands-on creation: Craft your own living mini
 Christmas tree nestled in a moss ball the perfect blend of green artistry and holiday spirit. Festive embellishments: Decorate your tree with
- charming ornaments and delicate string lights to illuminate your creation. Plant-love 101: Get easy, practical tips to keep your Christmas Kokedama healthy and glowing throughout

Why You'll Love It:
A unique, living holiday centerpiece to brighten your home or gift to a loved one. Relaxing, creative, and perfect for DIY enthusiasts, plant lovers, or anyone seeking a whimsical, hands-on holiday experience.

This is a perfect Holiday gift for someone – made by you! All supplies are included—just bring your festive self! Capacity is 20 students. Registration closes November 1.

Saturday November 15, 2025 1:00 PM to 2:30 PM 3:30 PM to 4:30 PM

Fee: \$65* (all materials included)

Waikiki Community Center Room 206-E (stair access only)

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To Register: Scan QR

code or call our office at 808-923-













- Saturday, November 22, 2025 | 10:30 AM 12:30 PM
- Waikiki Community Center, Room 203-A (stair access)
- Fee: \$45* *non-refundable

Free parking on site for workshop students

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





Join us for a festive, hands-on workshop to create your very own fabric Christmas stocking! Under the guidance of instructor Bonnie Leong, you'll stitch up a custom holiday stocking using beautiful fabrics, just in time to deck the halls or gift to someone special

Included in the Workshop:

- 1 All fabric and sewing supplies provided
- Expert instruction in a fun and relaxed setting

Some basic sewing machine knowledge is required—this class is not a beginner's sewing course. Class size is limited to 8 students. RSVP by 15 November

Spaces are limited and fill quickly-secure your seat today and bring your holiday creativity to life!







Scan OR code



WITH LEIALOHA MAHUKA

traditional Hawaiian weaving in this Half-Wrap Lauhala Bangle Workshop with Leialoha Mahuka, a skilled lauhala weaver and cultural practitioner.

In this hands-on workshop, you'll learn to weave two elegant half-wrap lauhala bangles, creating a contemporary look while honoring the time-honored art of lauhala weaving. Leialoha takes care of the hard workharvesting, cleaning, and prepping the lauhala-

so you can fully enjoy the weaving experience. Come weave, learn, and leave with a beautiful handmade treasure! Capacity is 12 students.

Saturday November 29, 2025 10:30 AM to 12:30 PM

Fee: \$35* (all materials included)

Waikiki Community Center Room 203-A (stair access)







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

HOLIDAY WREATH LEI VASE WORKSHOP

with ceramic artist Dee Oliva



DECEMBER 6, 2025 SATURDAY, 1 PM TO 3 PM ROOM 203–A (Stair access only) To Register: Call 808-923-1802 or scan OR code: RSVP BY DECEMBER 3 2025

Build a beautiful white lei vase inspired by holiday wreaths -the perfect way to dress up your table or showcase fresh flowers. No clay experience? No problem!

This beginner-friendly class is all about joy, creativity, and making something meaningful for the season.

Keep your vase as a treasured addition to your home, or gift it as a truly special holiday present for someone you love.

You can even gift the class itself for a unique experience they'll never forget. Dee will glaze and fire your piece after class; you'll return to pick it up the following week. Children ages 10+ are welcome (students 16 and under must be accompanied by an adult). Capacity limited to 12 students.

WAIKIKI COMMUNITY CENTER | 310 PAOAKALANI AVE | HONOLULU HI 96815 | WWW.WAIKIKICOMMUNITYCENTER.ORG

LET'S SEW A

Join us for a festive, hands-on workshop to create your very own fabric Christmas stocking! Under the guidance of instructor Bonnie Leong, you'll stitch up a custom holiday stocking using beautiful fabrics, just in time to deck the halls or gift to someone special

Included in the Workshop:

All fabric and sewing supplies provided

Expert instruction in a fun and relaxed setting

Some basic sewing machine knowledge is required—this class is not a beginner's sewing course. Class size is limited to 8 students. RSVP by November 29

Spaces are limited and fill quickly-secure your seat today and bring your holiday creativity to life!







Scan QR code to register

the details

- Saturday, December 6, 2025 | 10:30 AM 12:30 PM
- Waikiki Community Center, Room 203-A (stair access)
- Fee: \$45* *non-refunda

Free parking on site for workshop students

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The Japanese Cultural Center of Hawai'i presents the exhibition tour

OKAGE SAMA DE ...

"I am what I am because of you"



Discover the profound impact of and explore the multi-generational story of Japanese Americans. A cultural story that resonates across all ethnicities and generations experience it for yourself!







Friday, December 12, 2025 9:00 am check-in at WCC 12:30pm return to WCC



\$35 per person, includes roundtrip group transportation Participants must be able to board/disembark bus transportation on own. Tour fee is non-refundable.





CLASS NOTICES

MAT PILATES with MARLUZ No Classes October 22 - 29

GENTLE FLOW YOGA with MARLUZ No Class October 25

YOGA NIDRA & SOUND BATH with Marluz No Class October 25

> VINYASA YOGA No Classes November 7 - 28

Waikiki Community Center will be closed

Tuesday, November 11 (Veterans' Day holiday)
Wednesday, November 12 (Annual Benefit Gala)
Thursday, November 13 (Annual Benefit Breakdown)
November 27 - 28 (Thanksgiving holiday)

BUILD AN EMERGENCY SAVINGS

Contribute to retirement savings

Prepare yourself for unforeseen expenses

What is BUILD?

ACCOUNT

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?

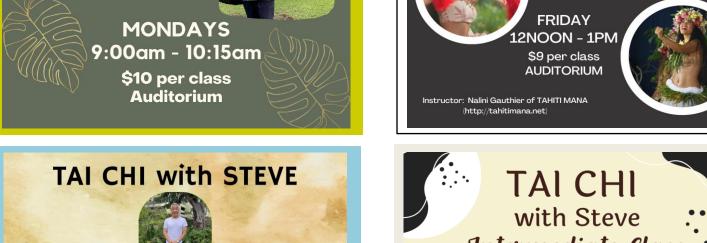
- Maikity.
- Any adult who is an Oahu resident
- Is currently employed
- Meets BUILD income guidelines

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







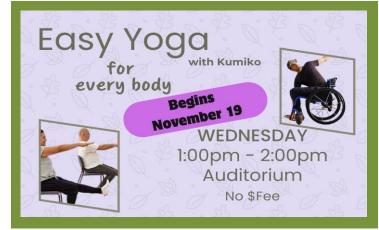


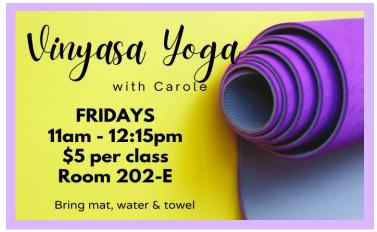




TAHITIAN

BEGINNING CLASS







with Erin

THURSDAYS 6:00pm - 7:00

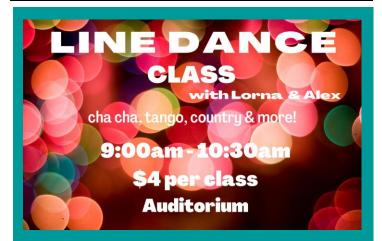
> \$5 per class **Auditorium**

ZUMBA

with MJ

SATURDAYS 11:00am - 12:00noon

> \$5 per class **Auditorium**



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.



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

MONDAYS





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

Room 205E / \$7

MONDAY 11am - 12pm **WEDNESDAY** 11am - 12pm

SATURDAY 11:30am - 12:30pm



A non-instructional class

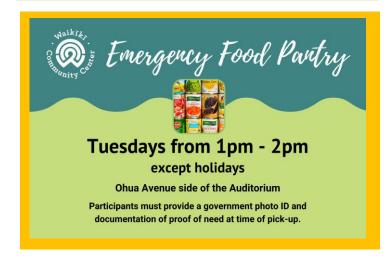
TUESDAYS 11am - 2:30pm \$ No Fee / Lanai

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















Mahalo!