



Proudly Serving Community Since 1978

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

Waikiki Community Center

Halloween

PIZZA LUNCH + COSTUME PARTY

Wednesday, Oct 29 • 11 AM TO 1 PM
IN THE AUDITORIUM



Join us at Waikiki Community Center for a fun, low-key afternoon! Enjoy pizza with friends, take part in the costume contest (if you'd like!), and just relax in good company. No pressure—just food, fun, and festive vibes!

- **Pizza Lunch**
- **Fun Games + Prizes**
- **Costume Contest**

\$7 per person (non-refundable)

Call 808-923-1802 to register
RSVP deadline October 27, 2025

Waikiki Community Center

SUCCULENT WREATH

with *Ellise Uyema*

OF LIVE LONG AND PLANT



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

Fee: \$45* (all materials included)
*sorry, fees are non-refundable.

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

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

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

SCAN ME



Waikiki Community Center

CHRISTMAS TREE KOKEDAMA

with *Ellise Uyema*

OF LIVE LONG AND PLANT

2nd Session Added!

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 the season.

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)
*sorry, fees are non-refundable.

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

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SCAN ME



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Waikiki Community Center

November Session

LET'S SEW A CHRISTMAS STOCKING!

WITH INSTRUCTOR: BONNIE LEONG

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

Note:
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!




THIS IS BONNIE!

the details

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

Register by phone : 808-923-1802 or Online: <https://bit.ly/wccevent>

Scan QR code to register



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

THE ART OF *anthurium* edition LAUHALA

WITH LEIALOHA MAHUKA



Discover the perfect blend of modern style and 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 work—harvesting, 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)
*sorry, fees are non-refundable.

Waikiki Community Center
Room 203-A (stair access)

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



LET'S SEW A CHRISTMAS STOCKING!

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Included in the Workshop:

- All fabric and sewing supplies provided
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Note:

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!



THIS IS BONNIE!

the details

Saturday, December 6, 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

Register by phone : 808-923-1802 or Online: <https://bit.ly/wccsevent>

Scan QR code
to register



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

\$70 ALL MATERIALS PROVIDED
FEES ARE NON-REFUNDABLE

To Register:
Call 808-923-1802 or
scan QR 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 PAOOKALANI AVE | HONOLULU HI 96815 | WWW.WAIKIKICOMMUNITYCENTER.ORG

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 Japanese immigration on Hawai'i and explore the multi-generational story of Japanese Americans. A cultural story that resonates across all ethnicities and generations - experience it for yourself!

Tour Host:
Merle O'Neill



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.

Lauhala Christmas Ornament

Workshop with Leiafoha

- **CLASS FEE:** \$25* (INCLUDES ALL MATERIALS)
- **SATURDAY, DECEMBER 13, 2025**
- **TIME:** 10:30 AM – 12:30 PM
- **LOCATION:** ROOM 203A (STAIR ACCESS ONLY)
- **CLASS SIZE:** 15 STUDENTS
- **REGISTER BY:** DECEMBER 12, 2025

Learn how to create a variety of adorable lauhala ornaments to decorate your tree or to give away. You can make as many ornaments as you'd like during the workshop!

What's Included:

All materials are provided, including carefully harvested, cleaned, and prepped lauhala.

*Sorry, classes are non-refundable.

REGISTER BY PHONE, WEB OR QR CODE



SCAN ME



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)



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



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



HULA with NALANI



MONDAYS
9:00am - 10:15am
\$10 per class
Auditorium



TAHITIAN BEGINNING CLASS

FRIDAY
12NOON - 1PM
\$9 per class
AUDITORIUM



Instructor: Nalini Gauthier of TAHITI MANA
(<http://tahitimana.net>)

TAI CHI with STEVE



WEDNESDAYS & SATURDAYS
9:00am - 10:00am
\$5 per class
Auditorium

TAI CHI with Steve *Intermediate Class*

MONDAYS
9am - 10am
\$7.00 per class
Room 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

**Begins
November 19**



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

ZUMBA FITNESS with Miki Mahokey



WEDNESDAYS
6:00 P.M. - 7:00 P.M.
\$5 per class
Auditorium

Vinyasa Yoga with Carole

FRIDAYS
11am - 12:15pm
\$5 per class
Room 202-E

Bring mat, water & towel

ZUMBA

with Erin

THURSDAYS
6:00pm - 7:00

\$5 per class
Auditorium

Gentle Flow Yoga



THURSDAYS
10am to 11am
Room 205E / \$5
Instructor: Cecilia

SATURDAYS
10am to 11am
Room 205E / \$5
Instructor: Marluz

ZUMBA

with MJ

SATURDAYS
11:00am - 12:00noon

\$5 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 Lorna & Alex

cha cha, tango, country & more!

9:00am - 10:30am

\$4 per class
Auditorium

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

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

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



Rummikub



MONDAYS
12pm - 2pm
\$ No Fee
Lanai



WEDNESDAYS
1pm - 3pm
\$ No Fee
Lanai



MAHJONG for Beginners

THURSDAYS
1:00pm - 3:00pm
Room 201E

(2nd floor above preschool - Stair Access Only)
No \$Fee

SEQUENCE and MEXICAN TRAIN DOMINOES

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



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

Mahalo!