



Proudly Serving the Waikiki Community Since 1978

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

A Message from Our President...

"There are far better things ahead than any we leave behind." – C.S. Lewis

Change can be uncomfortable and sometimes downright terrifying. Change management expert Rosabeth Moss Kanter says that if change feels like walking off a cliff blindfolded, people will reject it at all costs, even if the current situation is awful...better the 'devil you know than the devil you don't know.' So much has changed in the past several years, in ways we would not have chosen. Now we long to get back to the comfort of "normal" but we feel things are different and have a nagging suspicion that much has permanently shifted. We are trying to figure out how to adjust to the changes, many of which feel undefined. What is the same and what is different? Which changes will be permanent and which are just taking a while to get back to normal? What does 'normal' even mean anymore?

It's not hard to understand how all of this uncertainty is making many of us feel unsettled. To me, this year has felt a lot like swimming in thick, murky water or wading through mud blindfolded. We're moving a lot slower than we'd like in directions that are not always totally clear. At times we feel we know where we'd like to get to but are not exactly sure how to get there. Change happens whether we want it to or not. Finding ways to more effectively adapt is not just a 'nice to have,' but important if we want to get back the joy in our lives. Here are some tips I have found from experts.

- **Get comfortable with not knowing.** We're afraid of change because we worry about an unknown future. We think we know what the future holds if we refuse change. However, the reality is we don't know the future even if we were able to remain in the same place.
- **Remember positive change.** Think back to examples in your life when you were afraid of change but accepted it and things turned out well. These new changes may also improve your circumstances.
- **Investigate your fears.** To get more comfortable with the unknown, it can help to identify exactly what is scaring you. Ask yourself what you think will happen if you accept the change and examine whether those beliefs are valid.
- **Find comfort.** Comfort yourself with a hobby/activity, friends/family, pet or meditation/yoga.
- **Focus on the positive.** Direct your thoughts to something that is going well or things you are grateful for.

I hope that we can support one another as we all learn to adjust to our 'new normal'. With Thanksgiving coming, let's help each other focus on what we are grateful for.

Aloha,

Caroline Hayashi

NATSUNOYA

Tea House Since 1921



Thursday, December 22, 2022

10am - 2pm

\$55 BeST* / \$65 General Public*

9:45am check-in at WCC / 2:00pm return to WCC

*includes transportation / non-refundable

Celebrate the holidays at the oldest and only remaining operating Japanese tea house in Hawaii.

Enjoy a Japanese banquet meal and entertainment.

Deadline to register is Dec. 7 - Maximum 25 people

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

WCC Presents a HOLIDAY CONCERT WITH



NICK SIERRA

A professional musician, entertainer/singer & dance teacher, Nick's music performance will include songs spanning the '50s (Frank Sinatra, Burt Bacharach) to current (Michael Buble, Bruno Mars). Dancing is welcome!

WEDNESDAY, DECEMBER 7, 2022

1:30PM - 2:30PM

FREE - AUDITORIUM

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

BEGINNING DRAWING

Instructor - Dawn Yoshimura

www.dawnnyoshimurastudio.com

CLASS

12-week in-person course plus access to an online classroom

OBSERVATION
BASIC STROKES & MARK MAKING
CREATING FORM
VALUES & SHADING
CONTOUR DRAWING & LINE QUALITY
TRANSFERRING A DRAWING; USING A GRID VS TRACING
TONAL DRAWING
DRAWING FACES
DRAWING FIGURES
DRAWING LANDSCAPES & PERSPECTIVE
INTRODUCING COLOR AND TONE
MIXED MEDIA



TUESDAYS

JANUARY 10 thru MARCH 28, 2023

12 week course

11:30am - 12:30pm class time with instructor

12:30pm - 2:30pm class time without instruction

\$305 BeST / \$330 General Public non-refundable

Lanai

Register by November 30, 2022 with WCC office at 808-923-1802

Participants to supply own material

Minimum 5 participants required

BYODO-IN TEMPLE TOUR



Byodo-In (Temple of Equality), located at the Valley of the Temples in Kaneohe is the half-sized replica of the Temple in Uji near Kyoto, Japan built in 1502. The Phoenix Hall, 9-ft. statue of the golden Lotus Buddha and three ton sacred bell are prominent features of this exquisite site.

THURSDAY, JANUARY 12, 2023

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

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

No-host lunch at Gyu-Kaku Japanese BBQ

Maximum capacity is 25. Deadline to register is January 5.

*all fees include transportation and are non-refundable.

To register with WCC office call 808 923-1802 or register 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.waikikicomunitycenter.org>

wellcare presents

Supported with ♥ by

televēda

HAWAII STATEWIDE

BINGOPALOOZA

TUESDAY

NOVEMBER 15, 2022

10AM - 11:30AM (HST)

Get Ready for BINGO!



Launch of an Annual Bingo Festival connecting players all across the State!

**Register to participate with WCC office
at 808 923-1802**

Win Grand Prizes | Goody-Bags for Attendees



Scan to Play From Home!



WITH YUMI

gold

SATURDAYS

11:30am - 12:30pm

\$6 BeST / \$9 General

Auditorium

The Silver Foxes

in concert at Waikiki Community Center



THURSDAY, JANUARY 19, 2023

1:00 pm - 2:00 pm

Free - Auditorium

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

NOVEMBER 2022

Join us for a Thanksgiving lunch celebration with friends...

friendsgiving

Wednesday, November 23rd, 2022

11:30 AM to 1:00 PM

Room 203-A (2nd floor)* at Waikiki Community Center

Thanksgiving meal and drinks generously provided by

The Rotary Club of Waikiki.



Seating is limited to the first 20 people to register.

*Must be able to walk upstairs.

RSVP online at www.waikikicommunitycenter.org

or by phone (808) 923-1802



Free Admission!

Waikiki Community Center presents a

Free Parking!

PLANT SALE!



Join us for an amazing Plant Sale Fundraiser

Saturday, November 12 from 2pm to 5pm

SHOP LOCAL PLANT VENDORS:

house plants, rare plants, unusual plants,
native & endemic plants, medicinal plants, lei making plants, varieties of ti, fresh herbs
& flower bouquets and more!

Come get some beautiful plants for your home or office. Our vendors are amazing and the proceeds from their registration fees will go towards buying food for seniors in need. It's a great cause!

Waikiki Community Center
310 Paoakalani Ave | 808-923-1802
Follow us @waikikicommunitycenter.org

VIRTUAL CLASSES

ENGLISH AS A SECOND LANGUAGE (ESL) and ENGLISH CONVERSATION GROUP

instructor: Donna Prather
NEW On-line Session - 6 Weeks

ESL - Tuesdays

November 1, 15, 22, 29, December 6, 13, 2022
10am - 11am (HI standard time)

and

ENGLISH CONVERSATION GROUP - Thursdays

November 3, 10, 17, December 1, 8, 15, 2022
10am - 11am (HI standard time)

\$65 BeST* / \$80 General Public*
*non-refundable

Please register in advance online at
<https://www.waikikimcommunitycenter.org> or in-person at the WCC office or
email: jokimura@waikikimcommunitycenter.org



VIRTUAL

ENGLISH CONVERSATION GROUP

with Donna Prather



Spoken English classes provides extra support with your conversation skills. Participants must be able to form simple sentences.

6-Week On-line Course:
THURSDAYS
November 3, 10, 17, December 1, 8, 15, 2022
from 10:00am - 11:00am
(HI standard time)

\$20 BeST* / \$35 General*
*non-refundable

Please register in advance online at <https://www.waikikimcommunitycenter.org>; in person at the WCC office; or email: jokimura@waikikimcommunitycenter.org



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 Lorna & Alex

cha cha, tango, country & more!

9:00am - 10:00am
\$4 BeST / \$7 General Public
Auditorium

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

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

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

Returns
Nov. 7



MONDAYS
9:00 A.M. - 10:00 A.M.
\$5 BeST / \$8 General
Room 204-E

PILATES II

with Helen Murray

Returning
NOVEMBER 4



FRIDAYS
9:00 A.M. - 10:00 A.M.
\$7 BEST / \$10 GENERAL
Room 202-E

SOCIAL PAINTING

Non-instructional
Provide your own supplies

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

Rummikub



MONDAYS
12pm - 2pm
\$Free / \$5 General
Lanai



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

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

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

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

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

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



Garden Club
at Waikiki Community Center

**SIGN UP FOR
WAITLIST TO JOIN**

Meets Monday & Saturday
Free - Donation BeST/
\$10 monthly General



WCC PRESCHOOL

Offering innovative, service learning curriculum by licensed and caring staff.

Enrollment application for ages 18 months to 5 years is being accepted for school year 2022-2023.

Contact Charlyn Moore at 808 922-2098 or cmoore@waikikicomunitycenter.org



**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



Mahalo for your generous support!

\$100 +
Steven Yim

\$50 +
Richard Sparks

Up to \$49
Grace Lam; Judy Disnake; Naoko Mercer; Isomura;
Irene Liu; Dennis Whiteherse; Sandra Nakao; Michael
Ramos; Anonymous

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



**WAIKIKI COMMUNITY CENTER
WILL BE CLOSED ON
FRIDAY
NOVEMBER 11**

★★★★★
**IN OBSERVANCE OF
VETERANS DAY**
★★★



**Waikiki Community Center
will be closed on
Thursday, November 24
and
Friday, November 25**

in observance of the Thanksgiving holiday



**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



**P
PARKING**

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.

