NOVEMBER 2024



Proudly Serving Community Since 1978

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

"I am thankful for my cats because I grew up loving them and wouldn't be me without them. Also, if I didn't have cats, all I would do is watch TV and eat." – Zoey, elementary school student

It's that time of year when it's great to reflect on what we are thankful for, focusing on what we have rather than what we don't, on the good rather than the bad. But sometimes it's hard. Life can be overwhelming and there are days when we feel like we have nothing to be grateful for. When this happens to me, I have come up with three strategies that help by looking at role models for how to be thankful...kids.

People often say kids have it easy and are not grateful, but think about it. Kids have little to no control over their lives – their schedules are made for them, they're financially dependent on others, and someone is always telling them what to do. No wonder they have melt downs! Yes, kids get upset, sad, angry, scared and once they express the emotions they are feeling, they get on with it. We've all seen a toddler have a tantrum and it's dramatic but never lasts forever. Have you seen that toddler after the melt down? They're fine. They get back to their lives.

So my first strategy to help me feel more thankful is to **let it go.** I know this is easier said than done. So let's look at the kid model, they have to get it out and express their feelings before they can let it go. It's not socially acceptable for adults to have tantrums (in public) but we can find something that is, or do it in private like scream into a pillow, physically shake it off, or talk to a friend.

Another notable thing about kids is whenever you ask what they are grateful for, they always have an answer. In my years of raising three kids and my 10+ years seeing kids at WCC Preschool, I've never seen a kid unable to name at least one thing they're thankful for. Why? Because they **keep it simple**, my second strategy. I found my son's old kindergarten hand turkey where he had to write five things he is thankful for on each of the 'feathers.' Here is the list: the world, crayons, rainbows, my sisters, tool bench. We don't have to be profound, think basic - I woke up, the sky is blue, I found my missing scissors.

Finally, kids think a ton of things are funny. They find humor in the simplest things. It's so much easier to feel thankful when you're laughing so my final strategy is to **seek out humor**. There are a lot of heavy things going on in the world and in our own community, which weigh on many of us. I find that taking "laugh breaks" helps to keep me in a healthier mindset. Make a conscious effort to find something you find funny every day – spend time with someone that makes you laugh, watch a favorite sitcom or read a comic strip or joke book.

The WCC team and I are incredibly thankful for all of you, our WCC `ohana. Thank you for being a part of our community, participating in our classes and events, spreading the word about our services, helping one another, and supporting the Center in so many different ways.

May your November be filled with thankfulness!

Caroline Hayashi, President



REGISTER TODAY!



808-923-1802



https://www.waikikicomm unitycenter.org/whatshappening





FAQs:

- 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 make their way from WCC to the Ala Wai Canal (the distance is approximately two blocks away).
- · Parent(s) must accompany all children ages 3 - 17.
- · Wear sun protection (a hat, sunscreen), comfortable shoes. and bring water.
- 35 participants welcome.
- Free parking on premises.



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,

Waikiki Community Center 310 Paoakalani Ave | Ph: 808-923-1802



STORIES, CONNECTIONS, INSPIRATION

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.

Host: Merle O'Neill

MONDAYS beginning November 4 2:30pm - 3:45pm Lanai - Free

Registration to attend is not required

VIRTUAL -**English Language Acquisition**





again in 2025!

FI A CONVERSATION GROUP

Instructor: Donna Prather

Mini 4-Week Course - THURSDAYS 10am - 11am (HI Standard time)

NOVEMBER 21, DECEMBER 5, 12, 19, 2024

\$15 BeST* / \$30 General Public* *non-refundable

A minimum of two participants required for this course. Deadline to register is November 15, 2024

Register in advance online at https://www.waikikicommunitycenter.org or in-person at the WCC office





Workshop with Leialoha

- CLASS FEE: \$25 MEMBERS* / \$35 GUESTS*
- DATE: SATURDAY, NOVEMBER 16, 2024
- TIME: 10:30 AM 12:30 PM
- LOCATION: ROOM 203A (STAIR ACCESS ONLY)
- CLASS SIZE: 8 STUDENTS
- **REGISTER BY: NOVEMBER 12, 2024**

Join us for a special workshop where you'll learn the art of weaving lauhala into a beautiful, one-of-a-kind bracelet. Guided by lauhala artisan Leialoha Mahuka, this class is perfect for anyone looking to create a meaningful, handmade accessory while learning traditional Hawaiian techniques.

What's Included:

All materials are provided, including carefully harvested, cleaned, and prepped lauhala. Each student can make one bracelet.

*Sorry, classes are non-refundable.

REGISTER BY PHONE, WEB OR QR CODE



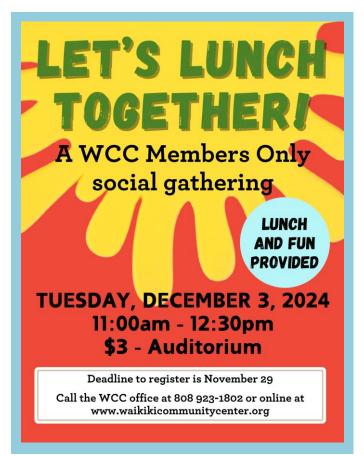


Phone Number 808-923-1802 Website waikikicommunitycenter.org



Scan me







Eat. Drink Relax. with us at

TEA AT 1024

Located at 1024 Nuuanu Avenue in the Arts District in the historic district of Downtownn Honolulu





Friday, November 8, 2024 11:00 am - 1:00 pm \$48 member / \$58 non-member

Transportation: Bus to the corner of Hotel Street + Nuuanu Avenue. Walk towards the harbor to Tea at 1024

Afternoon tea was originated in 1662 by the wife of King Charles II of England and reserved for the wealthy. Treat yourself to an afternoon of elegance and fun. Wear a hat like royalty to add to the ambiance. There will be prizes for the best hat and outfit.

Register by October 7, 2024 | Limited to 25 participants www.waikikicommunitycenter.org / 808 923-1802 fees are non-refundable

CAKE DECORATING class

instructor: Monique Sager of Wandering Treats



- · Learn to make buttercream frosting
- · Practice basic piping techniques
- Decorate your own cake in class

SATURDAY, NOVEMBER 9 10am - 1pm Room 203A - 2nd level

FEE INCLUDES ALL SUPPLIES FOR CLASS and a 6-INCH CAKE

\$85 member / \$95 non-member

Children ages 8 to 17 must be accompanied by a parent Register Now - Maximum 11 participants

www.waikikicommunitycenter.org
or 808 923-1802 / fees are non-refundable

SATURDAY November 23, 2024 1:30pm - 3:00pm

<u>REGISTER TODAY!</u>



808-923-1802



https://www.waikikicomm unitycenter.org/whatshappening





*\$5 fee helps to pay for material costs

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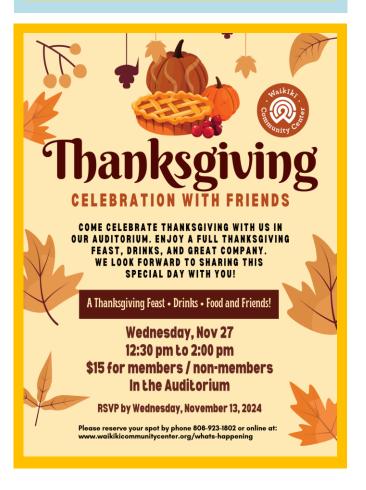


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Waikiki Community Center 310 Paoakalani Ave | Ph: 808-923-1802



CHRISTMAS ORNAMENT WORKSHOP



CREATE, PAINT, AND TAKE HOME YOUR ORNAMENT ON THE SAME DAY! ALL SKILL LEVELS ARE WELCOME!

ALL MATERIALS AND AN AIR PLANT ARE INCLUDED IN THE CLASS FEE.

- Date: Saturday, December 7, 2024
- Time: 1:00 PM to 3:00 PM
- Location: 310 Paoakalani Avenue (Free on-site parking)
- Fee: \$40 for members | \$50 for guests*
- Register by: Friday, November 29, 2024
- Class limited to 12 students

To register, scan the QR code, visit waikikicommunitycenter.org, or call 808-923-1802.





Scan me

310 PAOAKALANI AVENUE | PHONE 808-923-1802



SATURDAY December 14, 2024 1:30pm - 3:00pm

REGISTER TODAY!



808-923-1802



https://www.waikikicomm unitycenter.org/whats-happening





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Genki Ala Wai Project,

NOAA TOUR





TUESDAY, MARCH 4, 2025 \$25 MEMBERS / \$35 GUESTS* Check-in at WCC: 8:30 am Return to WCC: 1:00 pm

EVER WONDER HOW THE WORLD WORKS? Science on a Sphere is a room-sized display of the Earth, projecting animated images that showcase atmospheric storms, climate change, animal migrations, earthquakes, tsunamis, and

EXPERIENCE the thrill of stepping inside the belly of a 45-foot whale and watching meteorologists predict the weather in real time.

NOAA's MISSION is to understand and protect our natural world. They monitor global weather and climate and work with partners worldwide to safeguard our planet's resources.

VISIT NOAA'S INOUYE REGIONAL CENTER, a newly built Gold LEED sustainable building on Ford Island, home to the National Oceanographic and Atmospheric Administration, with your host, Merle O'Neill.



Important Notes:

Covered footwear is REOUIRED: Wear comfortable clothes: Participants must be able to enter/exit transportation and walk the tour site independently; Tour fees are non-refundable; Maximum 30 participants

Deadline to complete registration*: January 21, 2025. *registration includes completion of security clearance form & print of documents

Register by phone: 808 923-1802 or in person at the WCC office

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?

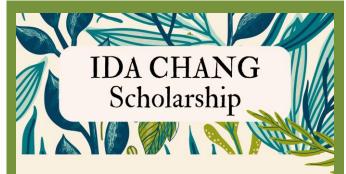


- Any adult who is an Oahu resident
- Is currently employed
- Meets BUILD income guidelines

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



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, programs, 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 for more information



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









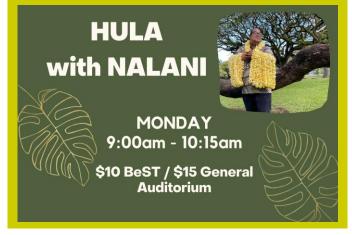










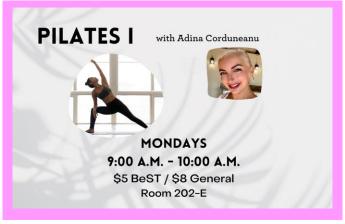






















MONDAYS 12pm - 2pm

\$Free / \$5 General Lanai





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.



SEQUENCE and MEXICAN TRAIN DOMINOES

FRIDAYS

1:00pm - 3:00pm

Lanai

Free to BeST Members / \$5 General Public





FRFF!

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

Neighborhood Board Meeting

2ND TUESDAY OF EACH MONTH

6:00 pm - 8:30 pm

Auditorium