

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am – 10am <u>PILATES II.O</u> \$6 / \$8 Room 202E ON HIATUS <i>Resumes Oct 21</i>	1pm – 3pm <u>EMERGENCY</u> <u>FOOD PANTRY</u> (Except Holidays) <i>This Institution is an Equal Opportunity Provider</i>	9:30am – 10:30am <u>HULA w NALANI</u> <u>Step-By-Step</u> (Beginner's class) \$6 / \$11 Auditorium	9:30am – 10:30am <u>ZUMBA GOLD</u> \$5 / \$8 Auditorium <i>*also on Saturday</i>	8:30am – 10:30am <u>HAWAIIAN UKULELE</u> (Intermediate Level) \$4 / \$7 Auditorium <i>*Please bring own ukulele</i>	9am – 10:30am <u>HULA ALOHA w</u> <u>ALI'I MANU</u> \$6 / \$11 Room 205E
9am – 10:30am <u>HULA w NALANI</u> (Intermediate class) \$6 / \$11 Auditorium	2pm – 3:30pm <u>WRITER'S CLUB</u> <i>Every 2nd Tuesday of the month</i> \$5 / \$8 Room 203A	10am – 2pm <u>PAINTING</u> Bring own supplies \$3 / \$5 Lanai <i>*also on Monday Sept 11 – NO PAINTING</i>	10:30am – 11:45am <u>VINYASA YOGA</u> \$5 / \$8 Room 202E	9am – 10am <u>PILATES I.O</u> \$4 / \$6 Room 202E ON HIATUS <i>Resumes Oct 25</i>	9am – 10am <u>INTRODUCTION</u> <u>TO TAI CHI</u> \$5 / \$8 Room 202E
10am – 2pm <u>PAINTING</u> Bring own supplies \$3 / \$5 Lanai <i>*also on Wednesday</i>	(Every 2 nd Tuesday) 7pm – 9pm WAIKIKI NEIGHBORHOOD BOARD MEETING Auditorium	10:30am – 12noon <u>GENTLE YOGA</u> \$4 / \$7 Room 202E	10:45am – 11:15am <u>ZUMBA GOLD</u> <u>TONING</u> \$3 / \$5 Auditorium	11am – 12noon <u>TAHITIAN DANCE</u> (Beginner's class) \$9 / \$15 Auditorium	9am – 10am <u>TAI CHI -</u> <u>ULTIMATE</u> <u>BEGINNERS</u> \$5 / \$8 Auditorium
11am – 12noon <u>TAI CHI w STEVE</u> \$5 / \$8 Room 205E <i>*also on Wednesday</i>		11am – 12noon <u>TAI CHI w STEVE</u> \$5 / \$8 Room 205E <i>*also on Monday</i> No Class on Oct 2	11:30am – 12:30pm <u>BOOMER</u> <u>BOOT CAMP</u> \$6 / \$9 Auditorium		10am – 11am <u>COMPLETE</u> <u>TAI CHI</u> \$5 / \$8 Auditorium
11am – 12noon <u>STRONG & BALANCED</u> ON HIATUS <i>Resumes Oct 21</i> Replaced by Senior Moves w Trish \$2 / \$4 - Auditorium		11am – 12:30pm <u>HULA w NALANI II</u> (Advanced class) \$8 / \$16 Auditorium	12noon – 3pm <u>RUMMIKUB</u> \$3 / \$5 Lanai		11:30am – 12:30pm <u>ZUMBA GOLD</u> \$5 / \$8 Auditorium <i>*also on Thursday</i> No Class on Oct 19
		12noon – 4pm <u>SCRABBLE</u> \$3 / \$5 – Lanai			
		7pm – 8pm <u>ZUMBA FITNESS</u> \$5 / \$8 Auditorium			

WCC SPECIAL CLASSES, TOURS & EVENTS

Oct 1	“MUSIC & HEALTH” presented by Steve McCall, 2pm – 3pm, FREE, Auditorium
Oct 3	VOULUNTEER OPPORTUNITY w MERLE (Snr Wellness Faire & JABSOM Recognition Project), 12:30pm – 2pm, RM 203A
Oct 8	WAIKIKI COMMUNITY CENTER'S SENIOR WELLNESS FAIRE, 10am – 2pm, FREE, Auditorium
Oct 10	LIONS COFFEE COMPANY & CAFÉ TOUR, 8:25am – 12:15pm, Check-in @ 8:00am, \$25/ \$35
Oct 14	DISCOVERER'S DAY HOLIDAY OBSERVED – WCC CLOSED (No Classes)
Oct 15	“HEALTHY LIVING FOR YOUR BRAIN & BODY” presented by The Alzheimer's Society, 2pm – 3pm, FREE, Auditorium
Oct 22	HO'OKELA HAWAII TOUR, 9am – 1pm (Meet Jeff Apaka @ 9am, Hyatt Regency Waikiki, 100 Ulu Niu Ave), \$25/ \$35
Oct 29	“FAMOUS MUSICIANS OF HAWAII 1900s-70s” presented by Stacy Naipo, 2pm – 3pm, FREE, Auditorium
Nov 5	“HI FI-DO SERVICE DOGS” presented by Jim Kennedy (Ex. Dir. HI FI-DO), 2pm – 3pm, FREE, Auditorium
Nov 6	WWII RED LIGHT TOUR, 9am -12noon (Meet Merle O'Neill at the Hawaii Theater @ 8:45am), \$30/ \$40
Nov 8	DISASTER PREPAREDNESS TRAINING (Final session – End of Hurricane season), 1:30pm – 3:30pm, FREE, Auditorium
Nov 11	VETERAN'S DAY OBSERVED – WCC CLOSED (No Classes)
Nov 12	KA'IWAKILOUMOKU HERITAGE CENTER TOUR, 8am – 12:30pm, Check-in @ 7:45am, \$45/ \$55
Nov 14	“MAKING CHRISTMAS ORNAMENTS” with WCC Preschool Keikis, 9:30am – 11:30am, FREE, Lanai
Nov 19	“MEDICARE EDUCATION II” presented by Kaiser Permanente Medical Team, 2pm – 3pm, FREE, Auditprium
Nov 22	WCC PRE-THANKSGIVING DINNER, Kuhio Beach Grill @ Waikiki Marriot Beach Resort, 5pm – 7pm, \$40/ \$65
Nov 26	“SOCIAL SECURITY 101” presented by Social Security Administration, 2pm – 3pm, FREE, Auditorium
Nov 28/ 29	THANKSGIVING HOLIDAY OBSERVED – WCC CLOSED (No Classes)

Listed below are additional activities/ services by private instruction. Please contact the instructor directly for class and fee information.

MASSAGE by FRED (Thursday @ 8:30am – 3pm) Contact: (808) 428-7348	JAPANESE KARATE (Mon, Wed and Fri @ 6pm) Contact: (808) 395-7511	KYOKUSHIN KARATE (Sunday @ 10:45am) Contact: (808) 330- 9665	OKINAWAN KARATE (Monday & Thursday @ 5pm) Contact: (808) 383- 4428
ALI'I MANU HULA HALAU (Saturday @ 10:30am – 11:30am) Contact: (808) 478- 2400	WEIGHT WATCHERS (Saturday @ 7:30am) Contact: (808) 753- 5327	NEW FREEDOM - AA (Monday @ 12:30pm) Contact: (808) 338- 7030	WAIKIKI MEN'S STAG - AA (Monday @ 8pm) Contact: (808) 728 – 1275
OHUA STREET GROUP - AA (Sunday thru Saturday @ 8pm) Contact: (808) 225- 4498	SUNDAY BREAKFAST GROUP - AA (Sunday @ 8:30am) Contact: (808) 428- 3558	WAIKIKI HEALTH CENTER 277 Ohua Avenue Contact: (808) 922-4787	UNITED SELF HELP Contact: Bud Bowles (808) 947-5558