# Serving the Waikiki Community since 1978

Caring for keiki, kupuna and community as ohana

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310 Paoakalani Ave, Honolulu, HI 96815. Tel: (808) 923-1802, www.waikikicommunitycenter.org



















#### CELEBRATING OUR KEIKIS' BRIGHT FUTURE

On behalf of all of us here at the WCC Ohana, we offer our heartfelt gratitude to all who have contributed towards the success of this year's WCC Annual Gala Fundraiser!

Mahalo Nui Loa ....

Me ke aloha!

WAIKIKICOMMUNITYCENTER.ORG



Visit one of America's oldest major coffee companies....

LION'S COFFEE COMPANY & CAFÉ TOUR



The year was 1864 in Toledo, Ohio that LION Coffee roared its way into the American Coffee Industry. In 1979, LION moved its operations to Hawaii to focus on beans grown only in the USA, and it did not take long before LION Coffee became Hawaii's favorite coffee brand.

#### **Thursday, October 10**

8:25am - 12:15pm (Check-in @ 8:00am)

\$25\* / \$35\* (\*Non-refundable)

No-host lunch @ TOPPED (Korean) in Chinatown.

Please Register @ WCC Office or call 923-1802 by Sept 30

Participants must be able to enter/exit a vehicle independently or with the aid of a dedicated companion and stay with the group.

# Ho`okela Hawai`i





Take a historical trip back in time and view the many photos and pictures from the Ho`okela Hawaii Heritage Center.

Learn more about the lives of Kanaka Maoli (Native Hawaiians) and "The Taxman"- Prince Jonah Kuhio, and where he used to live in Waikiki.

\*Please wear comfortable Hawaiian attire & shoes\*

#### **Tuesday, October 22**

9:00am – 1:00pm (Meet Jeff Apaka at 100 Ulu Niu Ave. (porte Cochere) at the Hyatt Regency Hotel, Waikiki) \$25\* / \$35\* (\*Non-refundable)

No-host lunch @ M.A.C 24-7, Hilton Waikiki Beach Hotel Please Register @ WCC Office or call 923-1802 by Oct 8

Participants must be able to reach the event venue alone or with the assistance of a dedicated companion and stay with the group

### **WWII RED LIGHT TOUR**

A Historical Walking Tour of Debauchery and Corruption
What was Honolulu like duxing the "War Years"?





This 90min tour is a "Wacky Wildlife" expedition; a chance to learn more about the businesses that flourished during the war, tattoo parlors, bars and "boogie" houses – Civil Beat

#### Wednesday, November 6

9:00am - 12noon

(Meet at The Hawaii Theater @ 8:45am)

\$30\* / \$40\* (\*Non-refundable)

No-host lunch @ Cuu Long II – Vietnamese Cuisine Please Register @ WCC Office or call 923-1802 by Oct 27

Participants must be able to reach the event venue alone or with the assistance of a dedicated companion and stay with the group

# Ka'iwakiloumoku

The love of *Ke Akua* and the Christian faith are the influences of Princess Bernice Pauahi who loved her culture, language and people. *Ka`iwakiloumoku* is dedicated to providing opportunities to learn Hawaiian knowledge and to live & practice Hawaiian culture as a vibrant way of life. Located at Kamehameha Schools in Kapalama, take a walk through the grounds and enjoy the displays and 19<sup>th</sup> century architecture of the property.



#### Tuesday, November 12 8am – 12:30pm

Check-in @ 7:45am (Hosted Lunch) \$45\* / \$55\* (\*Non-refundable)

Please Register @ WCC Office or call 923-1802 by Nov 1



Participants must be able to enter/exit a vehicle independently or with the aid of a dedicated companion and stay with the group.

### WCC PRE-THANKSGIVING DINNER

Kuhio Beach Grill Waikiki Beach Marriot Resort 2552 Kalakaua Avenue, Honolulu, HI 96815 (2nd Floor Ocean Front Elevator)



Enjoy a Pre-Thanksgiving Prime Rib & Seafood Buffet with your WCC Ohana and be entertained by the musical sounds of Kuhio Beach Grill's very own strolling musicians!

# <u>Friday, November 22</u> 5:00pm – 7:00pm

\$40\* / \$65\* (\*Non-refundable) Inclusive of Tax & Tip

(SOLD ONLY AT WCC)

Please Register @ WCC Office or call 923-1802 by Tues, Nov 5
FREE SELF PARKING AT HOTEL (WITH VALIDATION)
VALET PARKING - \$12

Participants must be able to reach the event venue alone or with the assistance of a dedicated companion and stay with the group

# HAWAII FI-DO SERVICE DOGS

Hawaii Fi-Do provides service dogs to people with disabilities other than those with blindness, with a goal to provide better independence and quality of life. Learn about its history, mission, training timeline and process ....and much more!



Presented by:

Jim Kennedy
Executive Director,
Hawaii FI-DO Service Dogs

<u>Tuesday, November 5, 2pm – 3pm</u> Auditorium (Free)



Open to Members, Preschool Parents and Friends of WCC





Mr Steve McCall will entertain you with songs & laughs as he introduces a brief overview of *Music and the Brain*, and how music touches our emotions and overall well-being.



Tuesday, October 1, 2pm – 3pm Auditorium (Free)

#### **VOLUNTEER OPPORTUNITY!**

WCC Senior Wellness Faire

JABSOM Recognition Project

<u>Thursday, October 3, 12:30pm – 2:00pm</u>

Room 203A Call 923-1802 to register with Merle

# HEALTHY LIVING for YOUR BRAIN & BODY

Learn more about lifestyle habits you can adopt to maintain and improve your health and valuable tips on aging well.



<u>Tuesday, October 15, 2pm – 3pm</u> Auditorium (Free)

Presented by:

**Alzheimer's Society** 

#### FAMOUS HAWAIIAN MUSICIANS, 1900s - 70s

View vintage photos and learn more **about Famous Hawaiian Musicians** during the period of 1900s – 1970s or yesteryear and find out who graduated from Kamehameha Schools!

<u>Tuesday, October 29, 2pm – 3pm</u> Auditorium (Free) presented by: *Mrs Stacy Naipo* 







(L-R: Randy Oness, Brothers Caziimero and Joseph Kekuku)

# **Medicare Education II**

"What is Integrated Care & Why Does it Matter as I Age?"

Questions & Answers on Medicare and its benefits

<u>Tuesday, November 19, 2pm – 3pm</u> Auditorium (Free)

Presented by:



PERMANENTE MEDICINE

# DISASTER PREPAREDNESS

TRAINING @ WCC

Final Session – End of Hurricane Season

### FRIDAY, NOVEMBER 8, 2019

1:00pm – 2:30pm, Auditorium (Free)

FREE Emergency Kits for Senior Attendees 55 & older, Compliments of Hawaiiana Management Company



#### With Donna Prather

English as a Second Language (ESL) class will discuss common topics such as food, celebrities, travel, etc. developing listening, speaking & some reading skills.

#### **NEW SESSION (6 weeks)**

October 18 & 25, November 1, 8 & 22
(Nov 15 & 29 – NO Class) and December 6
Every Friday @ 10:00am – 11:15am (RM 201E)
\$65\*(members) / \$80\* (non-members) - Full 6 weeks
\$20\* (members) / \$30\* (non-members) – per class
\*Non-refundable and payable at WCC Office

### **Social Security 101 -**

Everything you need to know....

<u>Tuesday, November 26, 2pm – 3pm</u> <u>Auditorium (Free)</u>



Learn more about what Social Security can mean to you and for your family's financial future.

Brought to you by the Social Security Administration office including a "Questions & Answer" session

#### WCC CLASS UPDATES - OCTOBER

ZUMBA GOLD Saturday, Oct 19 – NO CLASS

PILATES I.0

RESUMES on Friday, 25 October 2019

PILATES II.0 and STRONG & BALANCED\*
RESUMES on Monday, 21 October 2019

\*WCC encourages you to bring hydrating liquid with you when attending classes and programs. If you need to replenish and rehydrate while here, the water fountain is located on the Mauka side of the auditorium or, you may purchase a bottled water for \$1.00 from the office

### **NEW!** English Conversation Class

With Joanne Ogata

"Spoken English" classes are ideal if you need extra support with English Conversation skills.

英语会话课程~英会話クラス~영어 회화 교실

#### **INTERMEDIATE – 6 WEEKS SESSION (NO drop-in)**

October 8, 15, 22, 29, November 5 & 12 Every Tuesday @ 10am - 10:45am (RM 203A) \$18\* (member) / \$30\* (non-member)

\*Non-refundable and payable at WCC Office

#### BEGINNERS – 6 WEEKS SESSION (NO drop-in)

October 8, 15, 22, 29, November 5 & 12 Every Tuesday @ 11am – 11:45am (RM 203A) \$18\* (member) / \$30\* (non-member)

\*Non-refundable and payable at WCC Office



# WANT TO GO BACK TO WORK? BACK-TO-WORK FORCE



Do you want to re-enter the workforce or change careers?

Do you want extra income or something meaningful to do?

WE CAN HELP! (FREE – NO FEE)

Contact Jill Okimura: (808) 923-1802 ext. 108 Email: jokimura@waikikicommunitycenter.org

#### REASONS TO WORK

Extra Income

Remain mentally & physically active

Be productive/useful

Be around people

Learn new things

#### OUR SERVICES

Skills assessment

Resume development

Job Interview preparation

Skill building

Employment placement

#### WHO WE CAN HELP? Are you...

At least 50 years of age?

Interested in trying a new career of line of work?

Looking for a parttime or full-time retirement job?

For more information visit www.waikikicommunitycenter.org/backtoworkforce



### EVERY TUESDAY (Except Holidays) 1:00pm - 3:00pm only

(Outside the Auditorium on Ohua Ave side of the building)
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



#### **WCC SENIOR ASSISTANCE PROGRAM**

Offering information and referrals on\*:

\*(This FREE service is offered especially for Senior Adults aged 60 years & older)

Monday thru Friday – 8:30am to 2:30pm BY APPOINTMENT ONLY (NO WALK-INS, PLEASE)

Call (808) 923-1802 - Senior Assistance Office



Caregiver support. Housing. Shopping. Disability. Light help at home. Transportation. Legal matters. Supportive listening. Medical. Food/Food banks. Fall prevention. Etc.

# WAIKIKI COMMUNITY CENTER PRESENTS SENIOR WELLNESS FAIRE







### The Refresh, Rejuvenate, Reset!

**Senior Wellness Faire** is an annual fair featuring resources to assist individuals 50 and up to better thrive and remain active throughout the later years of maturation.

# TUESDAY, OCTOBER 8, 10:00am - 2:00pm WCC AUDITORIUM (FREE)

For inquiries, call (808)923-1802 ext 103 or email Merle O' Neill moneill@waikikicommunitycenter.org







#### 2019 BOARD OF DIRECTORS

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**Dylan Ching** 

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**Crystal Antonio** 

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Michele Baptist

Daysha Bush

**Antonio Domingo** 

**Jovelita Domingo** 

**Donna Ann Goodwin** 

John Kahue

**Trish Lowry** 

Merle O'Neill

Jill Okimura

**Donna Sallas** 

Lori Shimabuku

**Richard Sparks** 

Jerrold Wong

#### WCC EARLY EDUCATION CENTER - PRESCHOOL







Offering licensed, caring staff & innovative, service learning curriculum.

Currently accepting enrollment for: Ages 14 months to 5 years

NECPA Accredited, Need-based scholarships available

For more information or to schedule a tour of the school, contact

Pamela Seelig at: (808) 922-2098 or pseelig@waikikicommunitycenter.org

#### ~ WCC PRESCHOOL STAFF ~

Pamela Seelig - Director

Liset Andrade. Cyrarose Cacho. Rachelle Daguio. Jane Higa. Paula Kaakimaka. Pohai Kekahuna. Sandy Lai. Jave Mock-Chew. Merlinda Garretson. Ying Guo. Jinru Li. Charlyn Moore. Mary Moran. Ryna Ota. Ada Pan. Jessica Park. Carolynn Pham. Jeangrey Tabanao. Karissa Sano. Sonya Tanaka. Goody Torgersen. Emmy Villa.

WCC President Caroline Hayashi receiving a check from Mr Mufi Hannemann, President & CEO of Hawaii Lodging & Tourism Association, for money raised at the recent Annual Honolulu Charity Walk 2019. *Mahalo!* 









Richard Sparks
Food Pantry Coordinator

Michele Baptist
Career Coach (Seniors)



Christmas Trolley Tour (Dec)