




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am – 10:00am PILATES II.0 \$6 (M) / \$8 (NM) Room 202E <i>ON HIATUS from Mar 16 RESUMES on May 04</i>	<i>Effective Mar 03 Every Tuesday</i> 9:00am – 10:00am GENTLE FLOW YOGA \$4(M) / \$6 (NM) Room 202A	9:30am – 10:30am STEP-BY-STEP HULA w NALANI (Beginners) \$6 (M) / \$11 (NM) Auditorium	9:30am – 10:30am ZUMBA GOLD \$5 (M) / \$8 (NM) Auditorium <i>*Also on Saturday</i>	8:30am – 10:30am HAWAIIAN UKULELE (Intermediate) \$4 (M) / \$7 (NM) Auditorium <i>*Please bring own Ukulele</i>	9:00am – 10:30am HULA ALOHA w ALI'I MANU \$6 (M) / \$11 (NM) Room 205E
9:00am – 10:30am HULA w NALANI (Intermediate) \$6 (M) / \$11 (NM) Auditorium	9:00am – 10:30am HULA OLAPA w NALANI <i>NEW! Begins March 17</i> \$8 (M) / \$16 (NM) Auditorium	10:00am – 2:00pm PAINTING <i>*Please bring own supplies</i> \$3 (M) / \$5 (NM) Lanai <i>*also on Monday</i>	10:30am – 11:45am VINYASA YOGA \$5 (M) / \$8 (NM) Room 202E	9:00am – 10:00am PILATES I.0 \$4 (M) / \$6 (NM) Room 202E <i>ON HIATUS from Mar 13 RESUMES on May 08</i>	9:00am – 10:00am INTRODUCTION TO TAI CHI \$5 (M) / \$8 (NM) Room 205E
10:00am – 2:00pm PAINTING <i>*Please bring own supplies</i> \$3 (M) / \$5 (NM) Lanai <i>*also on Wednesday</i>	11:00am – 12noon HULA IMPLEMENT CLASS w NALANI <i>NEW! Begins March 17</i> \$8 (M) / \$16 (NM) Auditorium	10:30am – 12noon GENTLE YOGA \$4 (M) / \$7 (NM) Room 202E	10:45am – 11:15am ZUMBA GOLD TONING \$3 (M) / \$5 (NM) Auditorium	11:00am – 12noon TAHITIAN DANCE (Beginners) \$9 (M) / \$15 (NM) Auditorium <i>March 13 & 21 – NO CLASS</i>	9:00am – 10:00am TAI CHI ULTIMATE BEGINNERS \$5 (M) / \$8 (NM) Auditorium
11:00am – 12noon TAI CHI w STEVE \$5 (M) / \$8 (NM) Room 205E <i>*also on Wednesday</i>	10:00am – 2:00pm WEEKLY MEMBERS' SOCIAL (WCC Members ONLY) Lanai - FREE	11:00am – 12noon TAI CHI w STEVE \$5 (M) / \$8 (NM) Room 205E <i>*also on Monday</i>	11:30am – 12:30pm AGELESS TOTAL BODY TONING <i>Former Boomer Boot Camp</i> \$6 (M) / \$9 (NM) Auditorium	1:00pm – 2:00pm TAI CHI for FALL PREVENTION <i>Begins March 11</i> \$5 (M) / \$8 (NM) Auditorium <i>*also on Wed</i>	10:00am – 11:00am COMPLETE TAI CHI \$5 (M) / \$8 (NM) Auditorium
11:00am – 12noon STRONG & BALANCED \$2 (M) / \$4 (NM) <i>ON HIATUS Mar 16 – May 03 Replaced by Senior Moves with Trish</i>	1:00pm – 3:00pm EMERGENCY FOOD PANTRY (Except Holidays) This Institution is an Equal Opportunity Provider	11:00am – 12:30am HULA w NALANI II (Advanced) \$8 (M) / \$16 (NM) Auditorium	12noon – 3:00pm RUMMIKUB \$3 (M) / \$5 (NM) Lanai		11:30am – 12:30pm ZUMBA GOLD \$5 (M) / \$8 (NM) Auditorium <i>*Also on Thursday</i>
<div><div><div>WCC will be CLOSED</div><div>Thurs, Mar 26</div><div>In observance of</div><div><i>Prince Kuhio Day</i></div><div></div></div></div>	2:00pm – 3:30pm WRITERS' CLUB <i>*Every 2nd Tuesday</i> \$5 (M) / \$8 (NM) Room 203A	1:00pm – 2:00pm TAI CHI for FALL PREVENTION <i>Begins March 11</i> \$5 (M) / \$8 (NM) Auditorium <i>*also on Fri</i>			
	7:00pm – 9:00pm WAIKIKI NEIGHBORHOOD BOARD MEETING <i>*Every 2nd Tuesday</i> Auditorium	7:00pm – 8:00pm ZUMBA FITNESS \$5 (M) / \$8 (NM) Auditorium			
	<i>Aloha March</i>				

WCC SPECIAL CLASSES, TOURS & EVENTS

MAR 03
MAR 10
MAR 19
MAR 17 & 24
MAR 24
MAR 24
MAR 26
MAR 30
MAR 31
APR 07
APR 07 & 21
APR 10
APR 14
APR 17

"FUN WITH FOLK DANCE" with Carolyn Parrish, 9:00am – 10:30am, Auditorium, \$3 (members)/ \$5 (non-members)

"HISTORY OF GERMANS IN HAWAII" presented by Denis Salle, German General Consulate HI, 2-3pm, Auditorium, FREE

KAHUKU FARMS TOUR & DRIVE THRU LA`IE, Check-in @8am, 8:15am – 1:30pm, \$42 (members)/ \$52 (non-members)

"LIFE SKILLS IN FOOD EDUCATION" conducted by Cooperative Extension Svc, UH Manoa, 1pm – 2pm, Room 203A, FREE

"TRANSFORMING LAND BACK TO AINA" presented by Kaponowaiwaola, 2pm – 3pm, Auditorium, fee: \$2.00

"YOUR VOTE COUNTS – THE PRESIDENTIAL PRIMARY ELECTIONS!". 3pm – 4pm, Auditorium, FREE

PRINCE KUHIO DAY OBSERVED – WCC CLOSED (No Classes)

"KUPUNA ALERT PARTNERS & DRUG TAKE BACK", 1pm – 2pm, Auditorium, FREE

MID-PACIFIC INSTITUTE "BACK-TO-SCHOOL" TOUR, Check-in @ 7:45am, \$30 (members)/ \$40 (non-members)

"BALANCING MIND, BODY & SPIRIT" presented by Mark & Ann Marabella, 2pm – 3pm, Auditorium, FREE

"LIFE SKILLS IN FOOD EDUCATION", conducted by Cooperative Extension Svc, UH Manoa, 1pm – 2pm, Room 203A, FREE

POW WOW HAWAII & KAMAKA UKULELE FACTORY TOUR, 9:15am – 12:30pm, \$30 (members)/ \$40 (non-members)

"MEDICARE EDUCATION" presented by Pamela Cunningham, Kaiser Permanente, 2pm – 3pm, Auditorium, FREE

"KEEPING OUR ISLANDS SAFE (K.O.I.S.)" workshop by Enson Inoue, 10:00am, Auditorium, FREE

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	WAIKIKI HEALTH 277 Ohua Ave. (808) 922-4784
ALI`I MANU HULA HALAU (Sat @ 10:30am – 11:30am) Contact: (808) 478- 2400	NEW FREEDOM (AA) (Monday @ 12:30pm) Contact: (808) 338- 7030	MEN'S STAG (AA) (Monday @ 8pm) Contact: (808) 728-1275	SUNDAY BREAKFAST GROUP AA (Sunday @ 8:30am) Contact: (808) 428-3558	OHUA St GROUP (AA) (Sun-Sat @ 8pm) (808) 225-4498