

September 2010 Newsletter Stories

By Barbara Cook, Senior Program Coordinator



Uniquely American Healing System- “How Chiropractic Works”

No part of your body escapes the dominance of your nervous system. Your digestive system is controlled by the nervous system and that means everything you eat is processed by messages going to or from the nervous system. The circulatory system distributing blood throughout the body is controlled by the nervous system. Hormone production and regulation, human reproduction, the ability to walk, talk and interact on a daily basis are all controlled by the Nervous System - the master system of the body. Your skull and spine are the bones protecting the nervous system in your body. Slight misalignments in your spine—called subluxations— alter the regular transmission of nerve impulses, preventing your body from responding optimally and may cause poor health or function.

Chiropractic is a uniquely American healing system that is over 100 years old! How does it work? Is it scientific? Come find out how it all started and bring your questions.

Who: Dr. Kimo Pestana, Doctor of Chiropractic

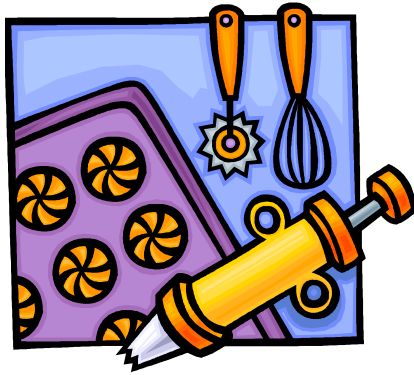
What: How Chiropractic Works to Keep You Healthy

When: Wednesday, September 15th from 10:30-11:30 in the WCC Chapel

Where: In the WCC Chapel and in Dr. Pestana’s Office

Why: To help you understand why Chiropractic works

Fee: FREE!



BAKE 'N BUY!

Calling all WCC Bakers! We need your Kokua!

What - 1st Annual Senior Advisory Council BAKE 'N BUY! Sale

When - Friday, September 17, 2010 7:00AM - 10:00 AM.

Where - At the Farmer's Market in the WHC Parking Lot

The 1st Annual Senior Advisory Council BAKE 'N BUY! Sale will be held at WCC on Friday, September 17th from 7:00 - 10:00 AM at the Farmer's Market. The **BAKE 'N BUY! Sale** will be an end-of-summer fundraiser held in conjunction with a Thrift Shop SUPER SALE on the same day! Now is the time to dig out that **HOMEMADE** specialty recipe your friends and neighbors have been raving about for years! You can help us by donating a baked item. **All items must be HOMEMADE - NOT Store Bought!** Provide us with the NAME of the item and if possible, a written description of the product's main ingredients. (E.g. Scrumptious Shortbread -Flour, sugar, butter - since some folks have food allergies, we want to inform the buyers of the main ingredients.). Deliver all items to Barbara Cook between the hours of 4:00 and 5:00 PM on Thursday, September 16th! If you would like to make suggestions for pricing, please include that as well. We are interested in all types of baked goods: cakes, pies, bars, breads, cookies, granola, and specialty items. Show your support for WCC and participate! Bake or Buy! Better yet, **BAKE AND BUY!**

Remember, if you plan to drop off a baked item, please contact Barbara Cook (923-1802) by September 10th. Mahalo!



“ DASH of ALOHA” COOKING CLASSES AT WCC!

Tuesday, September 28th from 10:30 AM – 12:00 Noon in Room 203A*

Alyssa Moreau, Kapiolani Community College Culinary Arts Instructor and contributing author for *A Dash of Aloha* Cookbook **returns to WCC for her second COOKING DEMO!** Participants who attended the first session in July enjoyed the cooking demonstration and the delicious food! This time, Alyssa will feature three new recipes perfect for fall:

Barley Shiitake Mushroom Soup

Shepherd's Pie

Roasted Kubocha Salad W/Balsamic Dressing

“DASH” is an acronym for **D**ietary **A**pproach to **S**top **H**ypertension, a program of the National Heart, Lung and Blood Institute is a dietary plan based on scientific studies correlating healthful dietary changes to reduced blood pressure. Come to learn and *Come hungry!*

Fees: Members \$10.00/ Non-Members \$12.00

Limited to 20 people firm! Registration on a first come/ first served basis.

Registration and payment deadline September 21st!

*This class requires the use of a sink for preparation and sanitation purposes. It takes place upstairs in Room 203A so participants must be able to safely climb up and down stairs. Registration is on a first come-first served basis with a maximum of 20 participants FIRM. To register, call 923-1802

Coming in October...



Halloween Hoot Fundraiser Returns to WCC!

Scheduled for Monday, October 25th from 11:30AM – 1:00PM in the WCC Auditorium

Get that scary costume out of the closet and brush the cobwebs from your broom! It's time for the 2nd Annual Halloween Hoot! For the miniscule price of a \$5.00/ ticket you get Lunch **AND** a fashion show featuring frocks from our own **Thrifty Treasures!**

Bring your friends and have some fun! Tickets must be purchased when making reservations.

Deadline: Thursday, 10/21/2010 by noon.

Ever dreamed of being a runway model? Now's your chance... See Barbara Cook!



What: Housing Options For Seniors:

Who: Nettie Vierra, Nursefinders

When: Wednesday, October 13, 2010 from 10:00 – 11:30 AM

Where: WCC Chapel

Why: Learn Which Housing Options are Available for Hawaii's Seniors

Two Lunch Bunch Opportunities in September!



What: Lunch Bunch meets @ Don Ho's Island Grill

When: Wednesday September 8, 2010 at 11:30AM at the front entrance of the restaurant!

Where: Aloha Tower Market Place . 1 Aloha Tower Drive, *193,

Right on the waterfront and noted for serving everything from outrageous surfboard pizzas to island-style mahi mahi, Kalua Pork Sandwiches, salads and burgers. Wonderful food with a Hawaiian flare.

Hostess: Judy Trimlet



What: Lunch Bunch Meets at Murphy's Bar & Grill

When: Wednesday, September 22, 2010

Where: 2 Merchant St.

Noted for its annual St. Paddy's Day Party, Murphy's Bar and Grill is a downtown lunch favorite. Check out the Blarney Burger, the ever popular Corned Beef and Cabbage, Shepherd's Pie, crab and shrimp sandwich and weekly specials.

Hostess: Judy Trimlet

Menu can be viewed at WCC.

Reminder: We are now collecting \$3.00 per person to register for a Lunch Bunch event, which will be refunded to you at the lunch. Due to the popularity of these events, there are no refunds for cancellations after booking. Pre-register at WCC office so we can make proper reservations. Meet at 11:30 a.m. at front of restaurant unless otherwise stated.

Please **DO NOT** call restaurant or contact on your own. Sorry, no refunds. Bring your friends, lots of fun. Space limited, book early.



NEW MEMBER Coffee Hour! Orientation to Waikiki Community Center for New Members is held on September 14th and every second Tuesday of the Month at 10:00 AM. Meet on the Lanai. Register at the office or by calling 923-1802.