



## December 2012 Newsletter

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Newsletters

Home Page

June 2011

July 2011

Nov 2011

January 2012

February 2012

March 2012

April 2012

May 2012

June 2012

July 2012

Aug 2012

Nov 2012

Dec 2012

- December Calendar of Classes Schedule - [click here](#)
- [Make a Difference](#)
- [Duke Kahanamoku Challenge - Sunday, February 24, 2013](#)
- [Massage Therapy at WCC every Thursday w/Fred](#)
- [Explore the West Coast of O'ahu, December 4th](#)
- [Christmas Trolley Ride, See Honolulu City Lights, December 10](#)
- [Enjoy High Tea at Waikiki Community Center, January 28](#)
- [Make a Holiday Centerpiece, December 12 with Ellen Katoda](#)
- [Hula classes at WCC](#)
- [Christmas Pa'ina at the Center, join us - December 19](#)
- [ESL Classes return to WCC, starting 1/8/2013. Register now, 6 week classes](#)
- [Seeking Volunteer Ping Pong Coordinator, Tuesdays and Fridays](#)
- [Campus Improvement Projects](#)
- [Refresher Bridge Classes resume](#)
- [Olelo No'eau - Hawaiian Proverb for December](#)
- [Ka Iwi Shore Hike](#)
- [Mahalo to our Halloween Partners - Keiki Parade](#)
- [Beautiful Kauai, first neighbor island trip of 2013, join the fun!](#)
- [Upcoming Activities for December and January](#)

### HAPPY HOLIDAYS AND THANK YOU FOR MAKING A DIFFERENCE!

As we close the year and celebrate the holidays, we ask your support for Waikiki Community Center (WCC) and help make a difference in the lives of others, especially our senior adults, young children and families who reside in our community and benefit from our services. We couldn't do it without your caring support and want to share the good your contribution will accomplish. **100% of your donation remains right here in Hawaii helping those in need.**

**Did you know?** Waikiki Community Center provides case management, counseling and referral services for our senior members, free of charge? A social worker is at the Center every Tuesday to assist with your needs. Call the office for an appointment.

**Client Story** Phoebe-Marie (not her real name) is an 83 year old widow who lives alone in a small Waikiki apartment. Her only son lives on Maui and rarely visits her. Mary participates in many WCC's activities which she credits to her ability to continue to live independently and with the help of her friends at WCC.

Living on limited income, Mary suffers from diabetes and a chronic heart condition, both of which require her to take multiple prescription medications daily. Mary was receiving partial Medicaid health benefits and had little coverage for her medication. As a result, she would take only half of her prescribed medications and often relied on her physician to provide her with samples. Some days, she took no medications until she could afford to purchase more.

After a thorough assessment of Mary's situation, WCC's social worker helped Mary apply and receive full Medicaid coverage, including coverage for her medications. Mary was able to secure all of her medications and no longer cuts back on doses. Last year, Mary forgot to update her Medicaid application, as required annually by the State. Consequently, she lost her eligibility benefits. WCC's social worker helped her through the confusing application process and she was again enrolled on Medicaid. Without the help of WCC's social worker, Mary would have had to resort to reducing her medications.

**Tuition Assistance.** WCC provides financial tuition aid so young children can receive quality education at our Early Education Center and help parents with their monthly fee.

**Emergency Food Pantry** helps people with food. Many are still struggling to make ends meet and come to us when their cupboards are bare. We're here to help with non perishable foods, canned goods and support. Many times our pantries are bare and we've been fortunate to have funds to purchase additional foods at a discounted rate. With your help we can keep our Emergency Pantry stocked to help feed hungry families, children and senior adults right here in Hawaii. [\(Return to top\)](#)

**During these struggling economic times, your help is needed now more than ever. Please return the enclosed envelope and help make someone's holiday special!**

### DUKE KAHANAMOKU CHALLENGE

Sunday, February 24, 2013

Waikiki Community Center is proud to bring to you the Annual Duke Kahanamoku Challenge on Sunday, February 24, 2013 starting at 9:00 a.m. The event is presented by **Hilton Hawaiian Village Waikiki Beach Resort and Hilton Grand Vacations.**

This year, Waikiki Community Center is pleased to honor **Ralph Goto, Edith Van Geison and Rosie Lum** - legends of Hawaiian Water Sports, accomplished athletes and outstanding community leaders.

The Royal Hawaiian Band will open the Hawaiian protocol ceremony followed by Halau Hula o Hokulani. You'll see team members competing in ancient Hawaiian Makahiki land games such as `Ulu Maika (stone bowling), Moa Pahe`e (dart sliding), Niu Relay (Coconut Relay) and Kukini (Messenger Relay). The final

event you'll want to watch is the Huki Kaula (Tug-of-war)! Kamehameha Schools will be coordinating the Makahiki events and we invite you to join and try a stab at the games.

On the beach you'll see 30 teams participating in 6 man canoe race that consists of ¼ mile in the ocean fronting Duke Kahanamoku Beach. On the Grand Lawn stage you'll be entertained by Hawaii's great entertainers like Melveen Leed, Manoa Madness, Waipuna, Darren Benitez, Shining Star Band and many more! Surrounding the stage is the Waikiki Marketplace with many island crafters, artists and delicious food on sale throughout the day! Come and enjoy this festive day that benefits the programs and services at Waikiki Community Center. For more information to enter a team, sponsorship opportunities and/or craft booth space call Jeff Apaka at 923-1802 ext. 109. ([Return to top](#))

## **MASSAGE THERAPY**

Every Thursday

Healthy reasons to make an appointment!

For the same reasons that a massage is relaxing, it can also soothe anxiety and depression. Massage reduces levels of the stress hormone cortisol, resulting in lifted spirits and often lower blood pressure. It can also boost the neurotransmitters serotonin and dopamine, which are involved in depression. Fred is at the Center every Wednesday. ([Return to top](#))

## **EXPLORE THE WEST SIDE OF O`AHU**

Waianae Coast Comprehensive Health Center, Makua Cave  
and Two Scoops Ice Cream Parlor in Kapolei  
Tuesday, December 4, 8:30am – 4:30 pm \$20/\$25

Waianae Coast Comprehensive Health Center (WCHC) is a healing center which provides medical services and traditional healing. It is also one of the largest employers on the Wai`anae Coast. We will tour the health campus as well as their beautifully designed walking trails and Hawaiian Native Garden. Lunch at Kaa`aina Café (Pavilion) with spectacular views of the Waianae Coastline (bring your cameras!). Healthy, local, delicious and freshly made meals (Cash only, no host) offered. Plate lunches, salads, wraps, sandwiches. Save room for their signature bread pudding. Chef Mark, owner, was also the Executive Chef at J.W. Marriott Ihilani before taking over Kaa`aina Café at the Health Center.

Following lunch, we'll head to Makua Cave, returning via Kapolei to stop and have an ice cream treat at the retro Two Scoops Ice Cream Parlor. **Adventure Awaits!** Deadline to register is November 27 at WCC office.

This excursion is partially subsidized by a grant to WCC for the kupuna of Honolulu. Participants must be at least 60 years of age and a resident of Hawaii. Proof of age and residency is required. Participants must also be fit and ambulate independently; there is rigorous, uphill walking on rough, uneven terrain. Please wear comfortable shoes, wear sunscreen, hat or visor and bring bottled water. Check in begins at WCC by 8:15 a.m. Cost is \$20 for WCC members and \$25 for guests and/or non members who must also fulfill the grant requirements. ([Return to top](#))

## **CHRISTMAS LIGHTS TROLLEY RIDE!**

Monday, December 10, 2012, 5:30-8:30 p.m. \$15/\$20

Our annual Christmas Trolley ride throughout Downtown Honolulu seeing the shimmering building lights, exhibits and decorated trees at Honolulu Hale, a very special holiday tradition! Enjoy hot chocolate, cookies and caroling at 5:30 p.m. – before we board the trolley at 6:30 p.m. Return by 8:30 p.m. Bring a sweater or light jacket. Wear your festive holiday attire, Santa's cap and smile!

Please note, no staff is available to provide individual assistance with mobility or monitoring for safety therefore; only ambulatory allowed on this excursion. Individuals must be able to walk and move quickly with group due to trolley schedule. Limited to 30 passengers, please book early to avoid disappointment by calling with your credit card number to 923.1802 or stopping at the WCC office during business hours!

*Mele Kalikimaka me ka Hauoli Makahiki Hou!*

## **High Tea @ Waikiki Community Center**

Monday, Jan. 28, 2013, \$10/\$15

Delectable finger sandwiches, scones, Devonshire cream and tea! Come sit, relax and enjoy the company.

Minimum participants are 8, maximum are 16. Please register by 1/22/13 @ WCC.

## **HOLIDAY TABLE CENTERPIECE CLASS w/Ellen Katoda**

Wednesday, December 12, 9:30-11 a.m., Lanai \$10/\$15

Get into the holiday spirit and make your own natural holiday center piece using greenery and other natural materials you can find locally. You will be proud to showcase your original creation! All materials provided by instructor; however you are encouraged to bring items that will add a personal touch to your piece – dried pods, pine cones, dried flowers which will accent your holiday theme. Bring: Flower clippers and a needle nosed pliers. Maximum 8 participants – please register early at WCC office or call 923.1802.

([Return to top](#))

**HULA CLASSES!**

Waikiki Community Center offers excellent hula lessons for all levels and ages. We have two accomplished kumu (teachers) Nalani Keale and Ali`i Manu both teaching at the Center for many years.

- Mondays 9-10:30 am with Nalani, Aud.
- Tuesdays 9:15-10:45 am Hula with Ali`i Manu, 205E
- Wednesdays 9:30-10:30 am Hula Step by Step w/Nalani, Auditorium
- Wednesdays 11am to 12:30pm Hula w/Nalani Too, Aud.

Bring a pareau and water! Free parking available.

### **CHRISTMAS PA`INA AT WAIKIKI COMMUNITY CENTER**

Wednesday, December 19, 5:30-7:30 p.m., WCC Aud. \$25

Enjoy the holiday season at WCC with a cozy buffet dinner, entertainment and holiday cheer with your neighbors and friends! Dinner menu includes Kalikimaku Pulehu (grilled) Chicken, Santa's Teriyaki Steak, steamed rice, Pasta with Grilled Mediterranean Vegetables, Elf's Field Garden Salad, Mrs. Claus Potato/Macaroni Salad, Dessert and North Pole Plantation Iced tea.

Music provided by KFC Trio: **Keith Haugen, Frank Uehara and Carmen Haugen**. Join the holiday cheer and register by December 3<sup>rd</sup>. Bring your neighbors, family and friends! ([Return to top](#))

ESL Classes w/Donna Prather starts 1/8/13 (New!)  
Every Tuesday starting 1/8/13

We're happy to report ESL classes will resume 1/8/13. Taught by **Donna Prather**, retired educator and instructor of ESL. There will be beginner and advanced classes on Tuesday mornings in room 206E. Six week sessions only.

Beginning: 9:30-10:30 a.m. and Advanced: 11 a.m. to noon. Cost: \$60 for members and \$75 for non members. Sorry, no individual class fees. ([Return to top](#))

### **SEEKING PING PONG COORDINATOR**

Tuesdays 2:45-4:00 p.m and Fridays 1-3 p.m.

The Ping Pong class needs a volunteer coordinator to help facilitate the class, set up tables and be the contact person. If you are interested, please call Aura at 923-1802 X 104. This volunteer position is for Tuesday's from 2:45 to 4:00 pm. Friday Ping Pong classes will be extended from 1 - 3 pm. Great way to meet new friends, play the game and enhance your skills!

### **Campus Improvement Projects at Waikiki Community Center**

Several key projects to improve the capacity and condition of the Center are underway, completed and planned.

We thank the **Waikiki Rotary Club** for their volunteer work day project on Saturday, November 10. A crew of 30 members of the Club, along with volunteers from La Pietra School, cleaned, primed and repainted 3 of the classrooms at the Center that are used by our many local nonprofit organizations and volunteer class instructors. Thanks to our Rotary and La Pietra volunteers - you made our classrooms sparkle and shine for those using our rooms!

The electrical upgrade project, funded by the **Housing and Urban Development and the City and County of Honolulu** is progressing to improve the electrical capacity of the Waikiki Community Center. The completion date of the \$506,000 project has been delayed to April 30, 2013. When this project is completed the Center will have enhanced electrical capability to accommodate future improvements to the facilities.

Commercial Electric, the general contractor, trenched and placed new cables that will connect the new electrical transformer to the new electrical panels. This work was completed in September; Cultural Studies Hawaii monitored the project. This part of the project was completed smoothly.

In October the Center submitted its request to the **State of Hawaii** to ask the Governor for the release of \$230,000 for legislature-approved replacement of roofs, rain gutters and new exterior painting of all 3 buildings on the Center's campus. We are working for the release of these funds, with the hope the improvements will be completed in 2013. ([Return to top](#))

### **REFRESHER BRIDGE**

Refresher Bridge is being held on Wednesday's, until March 27, 2013. There will be time for questions and answers but you must be an experienced player. The bridge group meets in room 203A from 1:30-4:30 pm every Wednesday. The cost is \$3 for members and \$5 for non-members. Join the fun, meet new friends!

### **Olelo No`eau - December 2012**

(additional proverbs posted [here](#))

**"Mai ka piko o ke po'o a ka poli o ka wāwae, a l'a ma na kahi 'ehā o ke kino."**

*Translation: From the crown of the head to the soles of the feet, and the four corners of the body."*

**Meaning:** An expression used in prayers of healing. The four corners are the shoulders and hips; between them are the vital organs of the body

## KA IWI SHORE HIKE

Friday, December 28, 2012, 8:30 a.m. to 4:30 p.m. \$20/\$25 no host lunch

Ka Iwi Shore hike; Dec. 28, 2012 from 8:30 to 4pm. Cost \$20/\$25, deadline to register; 12/21/12. Must be at least 60 years old and resident of Hawaii. Maximum amount of guests is 15. Hike to Makapū light house, no host lunch in Kailua and visit Ulupo Heiau. Rigorous hike on steep incline and rough terrain, must be physically fit to endure heat. Wear closed toed shoes, sunscreen, bring water and rain gear. Hope to see whales from these vantage lookout points.

### Halloween Parade for EEC Keiki – Mahalo to our neighbors!

Mahalo to the nine hotels that participated in WCC's annual Early Education Halloween Parade! Treats and some tricks were shared with Tinker Bell, princesses, monsters and cowboys! Fun was enjoyed by all!

Special mahalo to our hotel partners who showered the keiki with treats! **Doug Okada**, Aston Waikiki Sunset; **Derek Terada**, Waikiki Sunset AOA; **Mark DeMello**, Aston Waikiki Beach Hotel; **Mike Tasaka**, Aston Waikiki Beach Tower; **Daniel Nakasone**, Aston Waikiki Joy Hotel; **Patrick Kozuma**, Aston at the Waikiki Banyan; **Bonnie Kiyabu**, Hyatt Place Waikiki Beach; **Michael Nisky**, Waikiki Beach Marriott Resort & Spa; and **Thomas Foti**; Hilton Waikiki Beach. ([Return to top](#))

### BEAUTIFUL KAUAI

April 22-24, 2013 (Mon-Wed)

Enjoy a 3-day get-a-way to the Garden Island of Kauai an educational adventure! Trip includes: Air, hotel and these sites!

- Navy Missile Base at Barking Sands w/Roland Sagum, Community Planning Officer (CPO).
- Lunch at Barking Sands with staff & officers (no-host)
- Tour Kahua Kaneiolouma in Poipu Beach with educator Randy Wichman, an Ancient Hawaiian Village to become Cultural Center.
- Visit the Ancient Konahiki in Kalihiwai
- Cathy Cooke will give a tour at Mission Houses
- Lunch at Mabel E. Wilcox home "Mahamoku" Peaceful Island in Hanalei. She is Great Grand Aunt to Cathy Cooke (No-host).
- Tour Coco Palms Hotel by Larry Rivera in Kapa`a
- 2 night stay at Kauai Beach Resort Hotel in Hanamalu ([Return to top](#))

### Upcoming Events – Check it out!

#### DECEMBER WCC Closed Dec.24, 25 and 31, all day.

- 4 (Tues.) Explore the West Side, 8:30am-4:30pm \$20/\$25, no host lunch
- 5 (Wed.) Photo Exhibit by WCC Members, free. Annex. 10-11am \*\*.
- 10 (Mon.) Christmas Trolley Ride. 6 pm – 8:30 pm \$15/\$20
- 12 (Wed.) Holiday Table Centerpiece Making Class, 9:30-11am., Lanai \$10/\$15
- 19 (Wed.) Christmas Pa`ina @WCC, 5:30-7:30pm, Aud., \$25, dinner incl.
- 24 & 25 (Mon./Tue.) Mele Kalikimaka, WCC Closed
- 26 (Wed.) Bingo Fun! Fun! Prizes! WCC Auditorium, 1:30-3 p.m.
- 28 (Fri.) Ka Iwi Shore Hike, 8am-4:30 pm \$20/\$25
- 31 (Mon.) WCC Closed New Year's Eve, no classes. Be safe!

#### JANUARY – Happy New Year! (Office closed 1/1/13)

- 1 (Tue.) WCC Closed for New Year Day Holiday. Hauli Makahiki Hou!
- 11 (Fri.) Ko'olau Tour w/Palakiko & Jeff 7:30 a.m. \$45/\$50 (Lunch on own)
- 28 (Mon.) High Tea @ WCC, more info in January newsletter. \$10/\$15

