KAPAA / ANAHOLA SENIOR ACTIVITIES - JUNE20244491 Kou St. Kapaa, HI. 96746 - (808) 822-1931

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Weights w/Marta	Japanese Dance	Weights w/Marta(8:30-9:30)	***ASSEMBLY(9:30AM)***	Weights w/Marta(8:30-9:30AM
(8:30-9:30AM)	(9AM-11AM @ Kapaa NC)	Drummercise(9:30-10:30)		Drummercise(9:30-10:30AM)
Drummercise(9:30-10:30AM)		(@ Anahola Clubhouse)	BONO	(@ Anahola Clubhouse)
(@ Anahola Clubhouse)	Sewing			
Senior Yoga 9-10AM	(9AM-11AM @ Kapaa NC)			Hula (11:00-12PM)
(@ Kapaa NC)			Steering Comm. Mtg.11AM	(@ Kapaa NC)
10	11	12	13	14
Weights w/Marta	CENTER CLOSED	Weights w/Marta(8:30-9:30)	***ASSEMBLY(9:30AM)***	Weights w/Marta(8:30-9:30AN
(8:30-9:30AM)	King Kamehameha Day	Drummercise(9:30-10:30)		Drummercise(9:30-10:30AM)
Drummercise(9:30-10:30AM)	* a	(@ Anahola Clubhouse)		(@Anahola Clubhouse)
(@ Anahola Clubhouse)				
Senior Yoga 9-10AM				Hula (11:00-12PM)
(@ Kapaa NC)		19	Cooking Demo-Chef Hayakawa	
17 Wainta w/Manta	18 Souring		20	21 Wainhta w/Manta(8:20,0:20an
Weights w/Marta	Sewing	Weights w/Marta(8:30-9:30)	NO MEETING	Weights w/Marta(8:30-9:30am
(8:30-9:30AM) Drummercise(9:30-10:30AM)	(9am-12pm @ Kapaa NC)	Drummercise(9:30-10:30) (@ Anahola Clubhouse)	NO MEETING	Drummercise(9:30-10:30AM) (@ Anahola Clubhouse)
(@ Anahola Clubhouse)				
Senior Yoga 9-10AM				
(@ Kapaa NC)				
24	25	26	27	28
Weights w/Marta	Sewing	Weights w/Marta(8:30-9:30)		Weights w/Marta(8:30-9:30an
(8:30-9:30AM)	(9am-12pm @ KapaaNC)	Drummercise(9:30-10:30)	NO MEETING	Drummercise(9:30-10:30AM
Drummercise(9:30-10:30AM)	· · · /	(@ Anahola Clubhouse)		(@ Anahola Clubhouse)
(@ Anahola Clubhouse)		· · · · · · · · · · · · · · · · · · ·		· · · · · · · · · · · · · · · · · · ·
Senior Yoga 9-10AM				
(@ Kapaa NC)				
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