




# KAPAA / ANAHOLA SENIOR ACTIVITIES -JUNE 2024

4491 Kou St. Kapaa, HI. 96746 - (808) 822-1931

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



