


KAPAA / ANAHOLA SENIOR ACTIVITIES -July 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Weights w/Marta (8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse)	2 Japanese Dance (9AM-11AM @ Kapaa NC)	3 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse)	4 Center Closed	5 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)			
8 Weights w/Marta (8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse)	9 Sewing (9am-12pm @ KapaaNC)	10 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse)	11 NO MEETING	12 Weights w/Marta(8:30-9:30AM) Drummercise(9:30-10:30AM) (@Anahola Clubhouse)
Senior Yoga 9-10AM (@ Kapaa NC)				
15 Weights w/Marta (8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse)	16 Sewing (9am-12pm @ Kapaa NC)	17 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse)	18 NO MEETING	19 Weights w/Marta(8:30-9:30am) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse)
Senior Yoga 9-10AM (@ Kapaa NC)				
22 Weights w/Marta (8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse)	23 Sewing (9am-12pm @ KapaaNC)	24 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse)	25 NO MEETING	26 Weights w/Marta(8:30-9:30am) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse)
Senior Yoga 9-10AM (@ Kapaa NC)				
29 Weights w/Marta (8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse)	30 Sewing (9am-12pm@KapaaNC)	31 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse)		
Senior Yoga 9-10AM (@ Kapaa NC)				

