

KAPAA / ANAHOLA SENIOR ACTIVITIES - DECEMBER 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Weights w/Marta (8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM (@ Kapaa NC)	3 Nordic Walking 8AM Japanese Dance 9-11AM Line Dance 11AM-1PM (@ Kapaa NC)	4 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) Tai Chi for Arthritis 9:30AM Qigong 10:45am (@ Kapaa NC)	5 ***ASSEMBLY 9:30AM*** No Senior Meeting	6 Weights w/Marta(8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Tai Chi for Arthritis 9:30AM Senior Hula11AM (@ Kapaa NC)
9 Weights w/Marta (8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM (@ Kapaa NC)	10 Nordic Walking 8AM Japanese Dance 9-11AM Line Dance 11AM-1PM (@ KapaaNCX)	11 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) Tai Chi for Arthritis 9:30AM Qigong 10:45am (@ Kapaa NC)	12 ***ASSEMBLY 9:30AM*** Final Senior Meeting 2024 BINGO/CARDS	13 Weights w/Marta(8:30-9:30AM) Drummercise(9:30-10:30AM) (@Anahola Clubhouse) Tai Chi for Arthritis 9:30AM Senior Hula11AM (@ Kapaa NC)
16 Weights w/Marta (8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM (@ Kapaa NC)	17 Nordic Walking 8AM Japanese Dance 9-11AM Line Dance 11AM (@ KapaaNC)	18 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) Tai Chi for Arthritis 9:30AM Qigong 10:45am (@ Kapaa NC)	19 ***ASSEMBLY 9:30AM*** No Senior Meeting	20 Weights w/Marta(8:30-9:30am) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Tai Chi for Arthritis 9:30AM Senior Hula11AM (@ Kapaa NC)
23 Weights w/Marta (8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM (@ Kapaa NC)	24 Nordic Walking 8AM Japanese Dance 9-11AM Line Dance 11AM (@ Kapaa NC)	25 CENTER CLOSED Merry Christmas	26 ***ASSEMBLY 9:30AM*** No Senior Meeting	27 Weights w/Marta(8:30-9:30am) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Tai Chi for Arthritis 9:30AM Senior Hula11AM (@ Kapaa NC)
30 Weights w/Marta (8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM (@ Kapaa NC)	31 Nordic Walking 8AM Japanese Dance 9-11AM Line Dance 11AM (@ Kapaa NC)			

