





KAPAA / ANAHOLA SENIOR ACTIVITIES - APRIL 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) Senior Yoga 9-10AM (@ Kapaa NC)	2 Japanese Dance (9AM-11AM @ KapaaNC) SEWING CLASS (9am-12pm @ Kapaa NC) Nordic Walking (8:15am-9:15am @ Kapaa)	3 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) Tai Chi for Arthritis(9:30) Hula (11:00-12) (@ Kapaa)	4 ***ASSEMBLY(9:30AM)*** Speaker-Recycling  Steering Comm. Mtg.11AM	5 Weights w/Marta(8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Tai Chi for Arthritis(9:30AM) Hula (11:00-12PM) (@ Kapaa NC)
8 Weights w/Marta (8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM (@ Kapaa NC)	9 Japanese Dance (9AM-11AM @ KapaaNC) Nordic Walking (8:15am-9:15am @ Kapaa)	10 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) Tai Chi for Arthritis (9:30AM-10:30AM) (@ Kapaa NC)	11 ***ASSEMBLY(9:30AM)***  Cooking Demo-Chef Hayakawa	12 Weights w/Marta(8:30-9:30AM) Drummercise(9:30-10:30AM) (@Anahola Clubhouse) Tai Chi for Arthritis(9:30AM) Hula (11:00-12PM) (@ Kapaa NC)
15 Weights w/Marta (8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM (@ Kapaa NC)	16 Japanese Dance (9AM-11AM @ KapaaNC) SEWING CLASS (9AM-12PM) Nordic Walking (8:15am-9:15am @ Kapaa)	17 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) Tai Chi for Arthritis (9:30AM-10:30AM) (@Kapaa NC)	18 ***ASSEMBLY(9:30AM)*** Ti Leaf Skirt 	19 Weights w/Marta(8:30-9:30am) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Tai Chi for Arthritis(9:30AM) Hula (11:00-12PM) (@ Kapaa NC)
22 Weights w/Marta (8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM (@ Kapaa NC)	23 Japanese Dance (9AM-11AM @ KapaaNC) Nordic Walking (8:15am-9:15am @ Kapaa)	24 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) Tai Chi for Arthritis (9:30AM-10:30AM) (@ Kapaa NC)	25 ***ASSEMBLY(9:30AM)***  POT LUCK	26 Weights w/Marta(8:30-9:30am) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Tai Chi for Arthritis(9:30AM) Hula (11:00-12PM) (@ Kapaa NC)
29 Weights w/Marta (8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM (@ Kapaa NC)	30 Japanese Dance (9AM-11AM @ KapaaNC) Nordic Walking (8:15am-9:15am @ Kapaa)	27 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@Anahola Clubhouse) Tai Chi for Arthritis (9:30-10:30AM) (@ Kapaa NC)	28 NO MEETING	29 Weights w/Marta(8:30-9:30AM) Drummercise(9:30-10:30AM) (@Anahola ClubhouseAM) Tai Chi for ArthritisAM) (9:30-10:30AMAM) (@ Kapaa NCAM)

