

Marilyn Matsumoto (President)

# Līhu'e Senior Activity Calendar

Līhu'e Neighborhood Center  
 3353 Eono Street  
 Līhu'e, HI 96766  
 (808) 241-6858

## JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>Holiday</b> 	8:30-11:30 - Bonsai 9:00-11:00-Guitar Theory 10:00-11:30 - Hula (vac) 12:30/1:45 Enhance Fitness	8:00 - 11:00 - Kōkua Craft 1:00-3:00p Qi Gong 3:50-5:10p - Yoga Class	8:00-9:30 - Beg Ukulele 9:30-11:30 - Inter. Ukulele 8:30-10:30 Nordic Walk w/ Esti (vac) 12:30/1:45 Enhance Fitness
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
8:15-10:30 - Line Dance 10:30-12:00 - Tai Chi 12:30/1:45 Enhance Fitness	9:00-11:30 General Assembly <b>Hanafuda</b> 12:00-2:00 Filipino Dance 3:50-5:10p Yoga Class	8:30-11:30 - Bonsai 9:00-11:00-Guitar Theory 10:00-11:30 - Hula (vac) 12:30/1:45 Enhance Fitness	8:00 - 11:00 - Kōkua Craft 1:00-3:00p Qi Gong 3:50-5:10p - Yoga Class	8:00-9:30 - Beg Ukulele 9:30-11:30 - Inter. Ukulele 8:30-10:30 Nordic Walk w/ Esti 12:30/1:45 Enhance Fitness
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
8:15-10:30 - Line Dance 10:30-12:00 - Tai Chi 12:30/1:45 Enhance Fitness	9:00-11:30 - General Assembly <b>Guest Speaker: Lynn Kudo</b> <b>Bonsai Demonstration</b> 12:00-2:00 - Filipino Dance 3:50-5:10 Yoga Class	8:30-11:30 - Bonsai 9:00-11:00-Guitar Theory 10:00-11:30 - Hula (vac) 12:30/1:45 Enhance Fitness	<b>Concert-Tribute to Neil Diamond</b> <b>Lve: TBD Rtn: TBD</b> 1:00-3:00p Qi Gong 3:50-5:10p - Yoga Class	8:00-9:30 - Beg. Ukulele 9:30-11:30 - Inter. Ukulele 8:30-10:30 Nordic Walk w/ Esti 12:30/1:45 Enhance Fitness
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
 <b>Holiday</b> <b>Martin Luther King Day</b>	Excursion: <b>Hanalei Shopping Center</b> <b>TF Foodbank</b> <b>Lve: 9:15A Rtn: 2:15P</b> 3:50-5:10p Yoga Class	8:30-11:30 - Bonsai 9:00-11:00-Guitar Theory 10:00-11:30 - Hula (vac) 12:30/1:45 Enhance Fitness	8:00 - 11:00 - Kōkua Craft 1:00-3:00p Qi Gong 3:50-5:10p - Yoga Class	8:00-9:30 - Beg. Ukulele 9:30-11:30 - Inter. Ukulele 8:30-10:30 Nordic Walk w/ Esti 12:30/1:45 Enhance Fitness
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>NOTES:</b>
8:15-10:30 - Line Dance 10:30-12:00 - Tai Chi 12:30/1:45 Enhance Fitness	9:00-11:30 General Assembly <b>New Year's Celebration</b> 12:00-2:00 - Filipino Dance 3:50-5:10p Yoga Class	8:30-11:30 - Bonsai 9:00-11:00-Guitar Theory 10:00-11:30 - Hula (vac) 12:30/1:45 Enhance Fitness	8:00 - 11:00 - Kōkua Craft 1:00-3:00p Qi Gong 3:50-5:10p - Yoga Class	<b>Outreach: Kauai Adult Day</b>

Calendar events or times are subject to change without notice  
 Go to County of Kaua'i website for more info on Senior Programs.

[www.kauai.gov](http://www.kauai.gov)