

KAPA'A SENIOR CENTER CALENDAR - JANUARY 2019

4491 KOU STREET HI 96746 Ph: (808) 822-1931

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CENTER CLOSED HAPPY NEW YEAR	2 Weights w/Marta (8-9AM) Drummercise (9-10AM) Tai Chi (10-11AM) LocalStyleUkulele(9-11:15AM) Hula (11:15-12:30PM)	3 ***Assembly(9:30AM)*** BINGO SteeringCommitteeMtg11AM	4 Weights w/ Marta (8-9AM) Dummercise (9-10AM) Tai Chi for Arthritis (10:30-11:30AM)
7 Weights w/Marta (8-9AM) Body Wisdom for Seniors (9:30AM-10:30AM)	8 NordicWalking(8:30-10:30AM) Ukulele (9-11AM) Beg. Ukulele (11-12PM) Japanese Dance(9-11AM)	9 Weights w/Marta (8-9AM) Drummercise (9-10AM) Tai Chi (10-11AM) Hula Outreach Regency Puakea(10AM)	10 ***Assembly(9:30AM)*** CARD GAMES	11 Weights w/ Marta (8-9AM) Drummercise (9-10:00AM) Tai Chi for Arthritis (10:30-11:30AM)
14 Weights w/Marta (8-9AM) Body Wisdom for Seniors (9:30-10:30AM) Senior Yoga (11-12PM)	15 NordicWalking(8:30-10:30AM) Ukulele (9-11AM) Beg. Ukulele (11-12PM) Japanese Dance (9-11AM)	16 Weights w/Marta (8-9AM) Drummercise (9-10AM) Tai Chi (10-11AM) LocalStyleUkulele(9-11:15AM) Hula (11:15-12:30PM)	17 ***Assembly*** SPECIAL Cherry Cherry Waimea Theater	18 Weights w/ Marta (8-9AM) Drummercise (9-10:00AM) Tai Chi for Arthritis (10:30-11:30AM)
21 CENTER CLOSED MLK DAY	22 NordicWalking(8:30-10:30AM) Ukulele (9-11AM) Beg. Ukulele (11-12PM) Japanese Dance(9-11AM)	23 Weights w/ Marta (8-9AM) Drummercise (9-10AM) Tai Chi (10-11AM) LocalStyleUkulele (9-11:15AM) Hula (11:15-12:30PM)	24 ***Assembly***(9:30AM) NO MEETING	25 Weights w/ Marta (8-9AM) Drummercise (9-10:00AM) Tai Chi for Arthritis (10:30-11:30AM)
28 Weights w/Marta (8-9AM) Body Wisdom for Seniors (9:30-10:30AM)	29 NordicWalking(8:30-10:30AM) Ukulele (9-11AM) Beg. Ukulele (11-12PM) Japanese Dance(9-11AM)	30 Weights w/Marta (8-9AM) Drummercise (9-10AM) Tai Chi (10-11AM) LocalStyleUkulele(9-11:15AM) Hula (11:15-12:30PM)	31 ***Assembly (9:30AM)*** Birthday Recognition PotLuck	

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