

*Kekaha Senior Citizen club - November 2018*

**8130 ELEPAIO ROAD**

**(808)337-1671**

| <b>MONDAY</b>                                 | <b>TUESDAY</b>  | <b>WEDNESDAY</b>  | <b>THURSDAY</b>  | <b>FRIDAY</b>                 |
|---|---|---|--|-------------------------------|
|   |   | 1   | 1<br>Kokua Craft 9am-11am<br><br>KEO Nutrition 11am-12pm                 | 2<br>Enhance Fitness 8am-9am  |
| 5<br>Enhance Fitness 8am-9am                  | 6<br>Meditation Exercise with Martha 8am-9am<br>Assembly 9am-11am<br>Guest Speaker -<br><br>KEO Nutrition 11am-12pm           | 7<br>Enhance Fitness 8am-9am<br><br>Japanese Culture 9am-11am<br><br>KEO Nutrition 11am-12pm    | 8<br>Kokua Craft 9am-11am<br><br>KEO Nutrition 11am-12pm                 | 9<br>Enhance Fitness 8am-9am  |
| 12<br>Enhance Fitness 8am-9am<br><br>SHOPPING | 13<br>Meditation Exercise with Martha 8am-9am<br>Assembly 9am-11am<br>Thanksgiving crafts<br><br>KEO Nutrition 11am-12pm      | 14<br>Enhance Fitness - 8am-9am<br><br>Japanese Culture 9am-11am<br><br>KEO Nutrition 11am-12pm | 15<br>OUTREACH<br>Kauai Adult Day Center<br>Kukui Grove Mall<br>Foodbank | 16<br>Enhance Fitness 8am-9am |
| 19<br>Enhance Fitness 8am-9am                 | 20<br>Meditation Exercise with Martha 8am-9am<br>Assembly 9am-11am<br>Thanksgiving Celebration<br><br>KEO Nutrition 11am-12pm | 21<br>Thanksgiving Luncheon<br>at Hanapepe<br>Salvation Army                                    | 22<br>Holiday<br>Happy Thanksgiving<br>Center closed                     | 23<br>Enhance Fitness 8am-9am |
| 26<br>Enhance Fitness 8am-9am                 | 27<br>Meditation Exercise with Martha 8am-9am<br>Assembly 9am-11am<br>Card Games<br><br>KEO Nutrition 11am-12pm               | 28<br>Enhance Fitness 8am-9am<br><br>Japanese Culture 9am-11am<br><br>KEO Nutrition 11am-12pm   | 29<br>Kokua Craft 9am-11am<br><br>KEO Nutrition 11am-12pm                | 30<br>Enhance Fitness 8am-9am |

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