

Marilyn Matsumoto (President)	Līhu'e Senior Activity Calendar				Līhu'e Neighborhood Center 3353 Eono Street Līhu'e, HI 96766 (808) 241-6858
NOVEMBER 2018					
Monday	Tuesday	Wednesday	Thursday	Friday	
NOTES:		1	1	2	
<i>Outreach: Line Dance to Easter Seals, Kapaa</i>		8:30-11:30 - Bonsai	8:00 - 11:00 - Kōkua Craft	8:00-9:30 - Beg. Ukulele	
		9:00-11:00 Guitar Theory	1:00-3:00 Qi Gong	9:30-11:30 - Inter. Ukulele	
		10:00-11:30 Hula	3:50-5:30 - Yoga Class	8:30-10:00 Nordic Walk w/ Esti	
		12:30 & 1:45 Enhance Fitness		12:30 & 1:45 Enhance Fitness	
5	6	7	8	9	
8:15-10:30 - Line Dance	CENTER CLOSED	8:30-11:30 - Bonsai	8:00 - 11:00 - Kōkua Craft	8:00-9:30 - Beg. Ukulele	
10:30-12:00 - Tai Chi	ELECTION DAY	9:00-11:00 Guitar Theory	1:00-3:00 Qi Gong	9:30-11:30 - Inter. Ukulele	
		10:00-11:30 Hula	3:50-5:30 - Yoga Class	8:30-10:00 Nordic Walk w/ Esti	
		12:30 & 1:45 Enhance Fitness		12:30 & 1:45 Enhance Fitness	
12	13	14	15	16	
HOLIDAY	9:00-11:30 - General Assembly	8:30-11:30 - Bonsai	8:00 - 11:00 - Kōkua Craft	8:00-9:30 - Beg. Ukulele	
VETERANS DAY	Guest Speaker:	9:00-11:00 Guitar Theory	1:00-3:00 Qi Gong	9:30-11:30 - Inter. Ukulele	
	Bev Brody	10:00-11:30 Hula	3:50-5:30 - Yoga Class	8:30-10:00 Nordic Walk w/ Esti	
	12:00-2:00 - Filipino Dance				
	3:50-5:30 - Yoga Class	12:30 & 1:45 Enhance Fitness		12:30 & 1:45 Enhance Fitness	
19	20	21	22	23	
8:15-10:30 - Line Dance	Celebration:	8:30-11:30 - Bonsai	HOLIDAY	8:00-9:30 - Beg. Ukulele	
10:30-12:00 - Tai Chi	KCCC Thanksgiving Luncheon	9:00-11:00 Guitar Theory	THANKSGIVING DAY	9:30-11:30 - Inter. Ukulele	
	TF Foodbank	10:00-11:30 Hula		8:30-10:00 Nordic Walk w/ Esti	
	Lve: 9:30A Rtn: 1:15P	<i>Outreach: Line Dance</i>			
12:30 & 1:45 Enhance Fitness	3:50-5:30 - Yoga Class	12:30 & 1:45 Enhance Fitness		12:30 & 1:45 Enhance Fitness	
26	27	28	29	30	
8:15-10:30 - Line Dance	9:00-11:30 - General Assembly	8:30-11:30 - Bonsai	8:00 - 11:00 - Kōkua Craft	8:00-9:30 - Beg. Ukulele	
10:30-12:00 - Tai Chi	Fun Day	9:00-11:00 Guitar Theory	1:00-3:00 Qi Gong	9:30-11:30 - Inter. Ukulele	
		10:00-11:30 Hula	3:50-5:30 - Yoga Class	8:30-10:00 Nordic Walk w/ Esti	
	12:00-2:00 - Filipino Dance				
12:30 & 1:45 Enhance Fitness	3:50-5:30 - Yoga Class	12:30 & 1:45 Enhance Fitness		12:30 & 1:45 Enhance Fitness	
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					