

KAPA'A SENIOR CENTER CALENDAR - NOVEMBER 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 ***Assembly*** (9:30AM)	2 Exercise w/ Marta (8-9AM) Dummercise (9-10AM) Tai Chi for Arthritis (10:30-11:30AM)
			BINGO Steering Committee Mtg 11AM	
5 Exercise w/Marta (8-9AM) Body Wisdom for Seniors (9:30AM-10:30AM)	6 Nordic Walking (8:30-10:30AM) Ukulele (9-11AM) Beg. Ukulele (11-12PM) Japanese Dance (9-11AM)	7 Exercise w/Marta (8-9AM) Drummercise (9-10AM) Tai Chi (10-11AM) Local Style Ukulele (9-11:15AM) Hula (11:15-12:30PM)	8 ***Assembly*** (9:30AM) GOLF CARD TOURNAMENT	9 Exercise w/ Marta (8-9AM) Drummercise (9-10:00AM) Tai Chi for Arthritis (10:30-11:30AM)
12 Exercise w/Marta (8-9AM) Body Wisdom for Seniors (9:30-10:30AM) Senior Yoga (11AM-12PM)	13 Nordic Walking (8:30-10:30AM) Ukulele (9-11AM) Beg. Ukulele (11-12PM) Japanese Dance (10AM) OUTREACH- KVMH	14 Exercise w/Marta (8-9AM) Drummercise (9-10AM) Tai Chi (10-11AM) Local Style Ukulele (9-11:15AM) Hula (11:15-12:30PM)	15 ***Assembly*** SPEAKER Wilcox Nutritionist Leona Perez	16 Exercise w/ Marta (8-9AM) Drummercise (9-10:00AM) Tai Chi for Arthritis (10:30-11:30AM)
19 Exercise w/Marta (8-9AM) Body Wisdom for Seniors (9:30-10:30AM)	20 Nordic Walking (8:30-10:30AM) Ukulele (9-11AM) Beg. Ukulele (11-12PM) Japanese Dance (9-11AM)	21 Exercise w/ Marta (8-9AM) Drummercise (9-10AM) Tai Chi (10-11AM) Local Style Ukulele (9-11:15AM) Hula (11:15-12:30PM)	22 NO ASSEMBLY HAPPY THANKSGIVING CENTER CLOSED	23 Exercise w/ Marta (8-9AM) Drummercise (9-10:00AM) Tai Chi for Arthritis (10:30-11:30AM)
26 Exercise w/Marta (8-9AM) Body Wisdom for Seniors (9:30-10:30AM)	27 Nordic Walking (8:30-10:30AM) Ukulele (9-11AM) Beg. Ukulele (11-12PM) Japanese Dance (9-11AM)	28 Exercise w/Marta (8-9AM) Drummercise (9-10AM) Tai Chi (10-11AM) Local Style Ukulele (9-11:15AM) Hula (11:15-12:30PM)	29 ***Assembly*** (9:30AM) BIRTHDAY RECOGNITION POTLUCK VOTE for NEW OFFICERS	30 Exercise w/ Marta (8-9AM) Drummercise (9-10:00AM) Tai Chi for Arthritis (10:30-11:30AM)



|