

KAPAA / ANAHOLA SENIOR ACTIVITIES - OCTOBER 2025

4491 Kou St. Kapaa, HI. 96746 - (808) 822-1931

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Beg.Line Dance11Am-1PM (@Kapaa NC)	2 ***ASSEMBLY 9:30AM***  Steering CommiteeMtg.11AM	3 Weights w/Marta(8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Senior Hula11AM (@ Kapaa NC)
6 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM ChairPilatesw/Qigong10AM (@ Kapaa NC)	7 Japanese Dance(9-11AM) Line Dance11AM-1PM (@ KapaaNC)	8 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Beg. Line Dance11AM-1PM (@ Kapaa NC)	9 ***ASSEMBLY 9:30AM*** Chef Glen Hayakawa 	10 Weights w/Marta(8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Senior Hula11AM (@ Kapaa NC)
13 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM ChairPilatesw/Qigong10AM (@ Kapaa NC)	14 Japanese Dance(9-11AM) Line Dance (11AM-1PM) (@ KapaaNC)	15 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) TaiChi for Arthritis9:30AM Beg.Line Dance11Am-1PM (@ Kapaa NC)	16 ***ASSEMBLY 9:30AM*** Golf Card Game 	17 Weights w/Marta(8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Senior Hula11AM (@ Kapaa NC)
20 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM ChairPilatesw/Qigong10AM (@ Kapaa NC)	21 Japanese Dance(9-11AM) Line Dance 11AM-1PM (@ Kapaa NC)	22 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Beg.Line Dance11Am-1PM (@ Kapaa NC)	23 ***ASSEMBLY 9:30AM***  Celebrate Oct. Birthdays	24 Weights w/Marta(8:30-9:30am) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Senior Hula11AM (@ Kapaa NC)
27 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM ChairPilatesw/Qigong10AM (@ Kapaa NC)	28 Japanese Dance(9-11AM) Line Dance 11AM-1PM (@ Kapaa NC)	29 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Beg.Line Dance11Am-1PM (@ Kapaa NC)	30 NO MEETING	31 Weights w/Marta(8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Senior Hula11AM (@ Kapaa NC)

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