

KAPAA / ANAHOLA SENIOR ACTIVITIES - SEPTEMBER 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 LABOR DAY CENTER CLOSED	2 Japanese Dance(9-11AM) Line Dance (11AM-1PM) (@ KapaaNC)	3 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)	4 ***ASSEMBLY 9:30AM***  Steering CommitteeMtg.11AM	5 Weights w/Marta(8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Senior Hula11AM (@ Kapaa NC)
8 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM ChairPilatesw/Qigong10AM (@ Kapaa NC)	9 Japanese Dance(9-11AM) Line Dance11AM-1PM (@ KapaaNC)	10 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)	11 ***ASSEMBLY 9:30AM*** Chef Hayakawa 	12 Weights w/Marta(8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Senior Hula11AM (@ Kapaa NC)
15 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM ChairPilatesw/Qigong10AM (@ Kapaa NC)	16 Japanese Dance(9-11AM) Line Dance (11AM-1PM) (@ KapaaNC)	17 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) TaiChi for Arthritis9:30AM Beg.Line Dance11Am-1PM (@ Kapaa NC)	18 ***ASSEMBLY 9:30AM*** Tai Chi Demo w/Winnie 	19 Weights w/Marta(8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Senior Hula11AM (@ Kapaa NC)
22 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM ChairPilatesw/Qigong10AM (@ Kapaa NC)	23 Japanese Dance(9-11AM) Line Dance 11AM-1PM (@ Kapaa NC)	24 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) TaiChi for Arthritis9:30AM Beg.Line Dance11Am-1PM (@ Kapaa NC)	25 ***ASSEMBLY 9:30AM*** Special 9/11 Celebration  Kukui Grove Center	26 Weights w/Marta(8:30-9:30am) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Senior Hula11AM (@ Kapaa NC)
29 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM ChairPilatesw/Qigong10AM (@ Kapaa NC)	30 Japanese Dance(9-11AM) Line Dance 11AM-1PM (@ Kapaa NC)			

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