

December 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 RSVP ONLY STRECHING 9:30AM TO 10:30AM	2 9:30-10:00 Meeting 10:00- 11:00 WORKOUT 11:00-11:30 Lunch	3	4 9:30-10:00 Meeting 10:00- 11:00 WORKOUT 11:00-11:30 Lunch	5 RSVP ONLY STRECHING 9:30AM TO 10:30AM	6
7	8 RSVP ONLY STRECHING 9:30AM TO 10:30AM	9 9:30-10:00 Meeting 10:00- 11:00 WORKOUT 11:00-11:30 Lunch	10	11 9:30-10:00 Meeting 10:00- 11:00 WORKOUT 11:00-11:30 Lunch	12 Important Meeting for Kekaha seniors 9- noon	13
14	15 RSVP ONLY STRECHING 9:30AM TO 10:30AM	16 9:30-10:00 Meeting 10:00- 11:00 WORKOUT 11:00-11:30 Lunch	17	18 9:30-10:00 Meeting 10:00- 11:00 WORKOUT 11:00-11:30 Lunch	19 RSVP ONLY STRECHING 9:30AM TO 10:30AM	20
21	22 RSVP ONLY STRECHING 9:30AM TO 10:30AM	23 9:30-10:00 Meeting 10:00- 11:00 WORKOUT 11:00-11:30 Lunch	24	25 9:30-10:00 Meeting 10:00- 11:00 WORKOUT 11:00-11:30 Lunch	26 RSVP ONLY STRECHING 9:30AM TO 10:30AM	27
28	29 RSVP ONLY STRECHING 9:30AM TO 10:30AM	30 9:30-10:00 Meeting 10:00- 11:00 WORKOUT 11:00-11:30 Lunch	31	1 9:30-10:00 Meeting 10:00- 11:00 WORKOUT 11:00-11:30 Lunch	2 RSVP ONLY STRECHING 9:30AM TO 10:30AM	3
4	5 RSVP ONLY STRECHING 9:30AM TO 10:30AM	Notes MONDAY AND FRIDAY STRECHING CLASS IS ON A RSVP BASIS ONLY PLEASE CALL AND A CLASS WILL BE PROVIDED. Food Bank will be at Kekaha NC Every second Tuesdays free food.				