

KAPAA / ANAHOLA SENIOR ACTIVITIES - NOVEMBER 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Stretch and Strength 8-9AM Senior Yoga 9-10AM (@ Kapaa NC)	3 Japanese Dance(9-11AM) (@ Kapaa NC)	4 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) Strength and Stretch 8-9AM Line Dance 10AM-12PM (@ Kapaa NC)	5 ***ASSEMBLY 9:30AM*** TI LEAF LEI MAKING  Steering Committee Mtg. 11AM	6 Weights w/Marta(8:30-9:30AM) Drummercise(9:30AM-10:30AM) (@ Anahola Clubhouse) Strength and Stretch 8-9AM Senior Hula 11AM (@ Kapaa NC)
9 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Strength and Stretch 8-9AM Senior Yoga 9-10AM (@ Kapaa NC)	10 Japanese Dance(9-11AM) (@ Kapaa NC)	11 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) Strength and Stretch 8-9AM Line Dance 10AM-12PM (@ Kapaa NC)	12 ***ASSEMBLY 9:30AM*** TBA	13 Weights w/Marta(8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Strength and Stretch 8-9AM Senior Hula 11AM (@ Kapaa NC)
16 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Strength and Stretch 8-9AM Senior Yoga 9-10AM (@ Kapaa NC)	17 Japanese Dance(9-11AM) (@ Kapaa NC)	18 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) Strength and Stretch 8-9AM Line Dance 10AM-12PM (@ Kapaa NC)	19 ***ASSEMBLY 9:30AM*** 	20 Weights w/Marta(8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Strength and Stretch 8-9AM Senior Hula 11AM (@ Kapaa NC)
23 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Strength and Stretch 8-9AM Senior Yoga 9-10AM (@ Kapaa NC)	24 Japanese Dance(9-11AM) (@ Kapaa NC)	25 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) Strength and Stretch 8-9AM Line Dance 10AM-12PM (@ Kapaa NC)	26 	27 Weights w/Marta(8:30-9:30am) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Strength and Stretch 8-9AM Senior Hula 11AM (@ Kapaa NC)
30 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Strength and Stretch 8-9AM Senior Yoga 9-10AM (@ Kapaa NC)				