

September 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 RSVP ONLY STRECHING 9:30AM TO 10:30AM	1 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	2 RSVP Only 9am to 11am Creative Craft and Jewelry	3 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	4 RSVP ONLY STRECHING 9:30AM TO 10:30AM	5
6	7 Holiday-Labor Day	8 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	9 RSVP Only 9am to 11am Creative Craft and Jewelry	10 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	11 RSVP ONLY STRECHING 9:30AM TO 10:30AM	12
13	14 RSVP ONLY STRECHING 9:30AM TO 10:30AM	15 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	16 RSVP Only 9am to 11am Creative Craft and Jewelry	17 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	18 RSVP ONLY STRECHING 9:30AM TO 10:30AM	19
20	21 RSVP ONLY STRECHING 9:30AM TO 10:30AM	22 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	23 RSVP Only 9am to 11am Creative Craft and Jewelry	24 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	25 RSVP ONLY STRECHING 9:30AM TO 10:30AM	26
27	28 RSVP ONLY STRECHING 9:30AM TO 10:30AM	29 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	30 RSVP Only 9am to 11am Creative Craft and Jewelry	1 Seniors 9:30-10:00 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 SENIOR'S EVERY TUESDAY'S AND THURSDAYS 9:30AM TO 12:30PM BREATHING EXERCISES, POSITIVE QUOTES, WORKOUT AND GAMES OR MOVIES FOR MORE INFO PLEASE CALL US AT 808-337-1671 OR EMAIL ME @ btone@kauai.gov. MONDAY AND FRIDAY STRECHING CLASS IS ON A RSVP BASIS ONLY PLEASE CALL AND A CLASS WILL BE PROVIDED				