

March 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 RSVP ONLY STRECHING 9:30AM TO 10:30AM	3 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	4	5 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	6 RSVP ONLY STRECHING 9:30AM TO 10:30AM	7
8	9 RSVP ONLY STRECHING 9:30AM TO 10:30AM	10 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	11	12 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	13 RSVP ONLY STRECHING 9:30AM TO 10:30AM	14
15	16 RSVP ONLY STRECHING 9:30AM TO 10:30AM	17 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	18	19 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	20 RSVP ONLY STRECHING 9:30AM TO 10:30AM	21
22	23 RSVP ONLY STRECHING 9:30AM TO 10:30AM	24 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	25	26 HOLLIDAY NO CLASS	27 RSVP ONLY STRECHING 9:30AM TO 10:30AM	28
29	30 RSVP ONLY STRECHING 9:30AM TO 10:30AM	31 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	1	2 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	3 RSVP ONLY STRECHING 9:30AM TO 10:30AM	4
5	6 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				