

June 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 RSVP Mind Body and Soul Open to the Public 9:30AM TO 10:30AM	2 Come Join Seniors 9:30-10:00 WORKOUT 11:00-11:30 Lunch	3	4 Come Join Seniors 9:30-10:00 WORKOUT 11:00-11:30 Lunch	5 RSVP Mind Body and Soul Open to the Public 9:30AM TO 10:30AM	6
7	8 RSVP Mind Body and Soul Open to the Public 9:30AM TO 10:30AM	9 Come Join Seniors 9:30-10:00 WORKOUT 11:00-11:30 Lunch	10	11 Come Join Seniors 9:30-10:00 WORKOUT 11:00-11:30 Lunch	12 RSVP Mind Body and Soul Open to the Public 9:30AM TO 10:30AM	13
14	15 RSVP Mind Body and Soul Open to the Public 9:30AM TO 10:30AM	16 Come Join Seniors 9:30-10:00 WORKOUT 11:00-11:30 Lunch	17	18 Come Join Seniors 9:30-10:00 WORKOUT 11:00-11:30 Lunch	19 RSVP Mind Body and Soul Open to the Public 9:30AM TO 10:30AM	20
21	22 RSVP Mind Body and Soul Open to the Public 9:30AM TO 10:30AM	23 Come Join Seniors 9:30-10:00 WORKOUT 11:00-11:30 Lunch	24	25 Come Join Seniors 9:30-10:00 WORKOUT 11:00-11:30 Lunch	26 RSVP Mind Body and Soul Open to the Public 9:30AM TO 10:30AM	27
28	29 RSVP Mind Body and Soul Open to the Public 9:30AM TO 10:30AM	30 Come Join Seniors 9:30-10:00 WORKOUT 11:00-11:30 Lunch	1	2 Come Join Seniors 9:30-10:00 WORKOUT 11:00-11:30 Lunch	3 RSVP Mind Body and Soul Open to the Public 9:30AM TO 10:30AM	4
5	6	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 to if class is available that day				