

July 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 RSVP ONLY STRECHING 9:30AM TO 10:30AM	30 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	7 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	8	9 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	10 RSVP ONLY STRECHING 9:30AM TO 10:30AM	11
12	13 RSVP ONLY STRECHING 9:30AM TO 10:30AM	14 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	15	16 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	17 RSVP ONLY STRECHING 9:30AM TO 10:30AM	18
19	20 RSVP ONLY STRECHING 9:30AM TO 10:30AM	21 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	22	23 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	24 RSVP ONLY STRECHING 9:30AM TO 10:30AM	25
26	27 RSVP ONLY STRECHING 9:30AM TO 10:30AM	28 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	29	30 Seniors 9:30-10:00 WORKOUT 11:00- 11:30 Lunch	31 RSVP ONLY STRECHING 9:30AM TO 10:30AM	1
2	3 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				