

KAPAA / ANAHOLA SENIOR ACTIVITIES -JUNE 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM Qi Gong w/ ISA 10Am (@ Kapaa NC)	2 Japanese Dance(9-11AM) Sewing (9-11AM) Line Dance(11AM-1PM) (@ Kapaa NC)	3 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola) Senior Yoga 9-10) Qi Gong w/ ISA 10) (@ Kapaa)	4 ***ASSEMBLY 9:30AM***  Steering Committee Mtg.	5 Weights w/Marta(8:30-9:30AM) Drummercise(9:30AM-10:30AM) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Senior Hula (@ Kapaa NC)
8 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM Qi Gong w/ ISA 10AM (@ Kapaa NC)	9 Japanese Dance(9-11AM) Sewing (9-11AM) Line Dance(11AM-1PM) (@ Kapaa NC)	10 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Qi Gong w/ ISA 10) (@ Kapaa NC)	11 ***ASSEMBLY 9:30AM*** TBA LAST MEETING UNTIL 8/6/2026	12 Weights w/Marta(8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Senior Hula 11AM (@ Kapaa NC)
15 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM Qi Gong w/ ISA 10AM (@ Kapaa NC)	16 Japanese Dance(9-11AM) Sewing (9-11AM) Line Dance (11AM-1PM) (@ Kapaa NC)	17 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Qi Gong w/ ISA 10) (@ Kapaa NC)	18 ***ASSEMBLY 9:30AM*** NO MEETING	19 Weights w/Marta(8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Senior Hula 11AM (@ Kapaa NC)
22 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM Qi Gong w/ ISA 10AM (@ Kapaa NC)	23 Japanese Dance(9-11AM) Sewing (9-11AM) Line Dance (11AM-1PM) (@ Kapaa NC)	24 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Qi Gong w/ ISA 10) (@ Kapaa NC)	25 ***ASSEMBLY 9:30AM*** NO MEETING	26 Weights w/Marta(8:30-9:30am) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Senior Hula 11AM (@ Kapaa NC)
29 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM Qi Gong w/ ISA (@ Kapaa NC)	30 Japanese Dance(9-11AM) Sewing (9-11AM) Line Dance (11AM-1PM) (@ Kapaa NC)			

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