

KAPAA / ANAHOLA SENIOR ACTIVITIES - AUGUST 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		4		1 Weights w/Marta(8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Senior Hula11AM (@ Kapaa NC)
4 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM Qigong w/ Isa 10:15AM (@ Kapaa NC)	5 Japanese Dance(AM-11AM Line Dance11AM-1PM (@ KapaaNC)	6 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) TaiChi for Arthritis9:30AM Beg. Line Dance11AM-1PM (@ Kapaa NC)	7 ***ASSEMBLY 9:30AM***  Steering Committee Mtg. 11:00A	8 Weights w/Marta(8:30-9:30AM) Drummercise(9:30-10:30AM) (@Anahola Clubhouse) TaiChi for Arthritis 9:30AM Senior Hula11AM (@ Kapaa NC)
11 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse)	12 NO CLASSES	13 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse)	14 ***ASSEMBLY 9:30AM*** Demo Chef Glen 10AM 	15 CENTER CLOSED Statehood Day 
NO CLASSES		NO CLASSES	21 ***ASSEMBLY 9:30AM*** GOLF CARD GAME 	22 Weights w/Marta(8:30-9:30am) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM Senior Hula11AM (@ Kapaa NC)
18 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM Qigong w/ Isa 10:15AM (@ Kapaa NC)	19 Japanese Dance(AM-11AM Line Dance 11AM-1PM (@ Kapaa NC)	20 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) TaiChi for Arthritis9:30AM Beg. Line Dance11Am-1PM (@ Kapaa NC)	28 ***ASSEMBLY 9:30AM*** Birthday Recognition 	29 Weights w/Marta(8:30-9:30AM) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) TaiChi for Arthritis 9:30AM) Senior Hula11AM (@Kapaa NC)
25 Weights w/Marta(8:30-9:30A) Drummercise(9:30-10:30AM) (@ Anahola Clubhouse) Senior Yoga 9-10AM Qigong w/ Isa 10:15AM (@KapaaNC)	26 Japanese Dance(AM-11AM Line Dance 11AM-1PM (@ Kapaa NC)	27 Weights w/Marta(8:30-9:30) Drummercise(9:30-10:30) (@ Anahola Clubhouse) TaiChi for Arthritis9:30AM Beg. Line Dance11AM-1PM (@Kapaa NC)		

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