


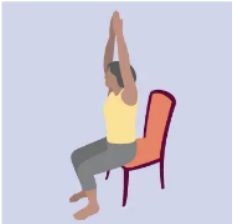


MTA Senior Program – August 2024

Su	M	Tu	W	Th	F	Sa
4	5	6	7	8	9	10
			 <p>MTA EVENT: Wednesday BINGO! - Tickets required for class. Please see staff for more information or to reserve a ticket ! No alternative class program will be scheduled if not attending Bingo event.</p>			
11	12	13	14	15	16	17
			 <p>Pool Day + Water Aerobics at Rec 4 - Join us at Rec 4 for water aerobics! <i>Stop by to exercise, enjoy a social hour, or play / sing live music!</i></p>		Holiday Statehood Day – Admin Closed	
18	19	20	21	22	23	24
			 <p>Financial Presentation + Karaoke – We will have a beneficial presentation about Finances and end the class with some karaoke. <i>Feel free to come by and hang out!</i></p>			MTA Event: HOME EXPO, R5
25	26	27	28	29	30	31
			 <p>Chair Yoga with Roy Arakaki - Join us for a session of chair yoga with Roy! Please wear comfortable clothing and footwear. <i>Session will start promptly at 10:00 am.</i></p>			

The MTA Senior program meets every Wednesday from 9:30am – 11:30am at Recreation Center 5 unless otherwise noted. Contact Jess for Senior Program assistance: 808-440-2640 (office)