

# MTA Senior Program – October 2024

Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
			 <p><b>Fall Safety Follow Up with Milton &amp; Stretch Session</b> - Stop by for a stretch session with us and enjoy an educational fall safety + awareness lesson with Milton from the Seniors program!</p>			
6	7	8	9	10	11	12
			 <p><b>Environmental Education with the City &amp; County of Honolulu</b> - Join us for a presentation with Nathan, Department of Environmental Services, to educate us about proper disposal of Fats, Oils, and Greases and other topics.</p>			
13	14	15	16	17	18	19
			 <p><b>Wini from Devoted Health</b> Wini from Devoted Health will present on Medicare Advantage Devoted 2025 plan benefits and answer any questions or concerns that you may have. Presentation to start promptly at 10:00 am, thank you!</p>			MTA Event: KEIKI FAIR, R7
20	21	22	23	24	25	26
			 <p><b>Senior Halloween Party</b> - You're invited to the MTA Senior Program Halloween Party! We will provide some chips + dip so please bring your own dish/bento/food. <i>Features: Costume contest + Dancing!</i></p>		MTA Event: Bingo, R5	
27	28	29	30	31		
			 <p><b>Chair Yoga with Roy Arakaki</b> - 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>			