

Seniors - NOVEMBER 2024

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)

Su	M	Tu	W	Th	F	Sa
3	4	5	6	7	8	9
			 <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>			
10	11	12	13	14	15	16
			 <p>Public Health Nursing Presentation - The Public Health Nursing will present on Memory + Mental Health and answer any questions or concerns that you may have. Presentation to start promptly at 10 am.</p>			MTA Event: Kokedama Wksp, R6
17	18	19	20	21	22	23
			 <p>Friends-giving Luncheon - You're invited to the MTA Senior Program Thanksgiving Luncheon! This year's theme is <i>friends-giving</i> where we will highlight the friendships that this program has brought all of us. Payment for your bento is due by Wednesday, 11/13. Please see program staff for more information or to make payment. <i>Features: Thanksgiving craft, Photobooth, Music, Dancing, and More!</i></p>			
24	25	26	27	28	29	30
			 <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>			