



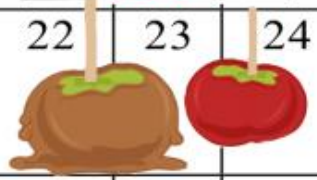




# MTA Senior Program September 2022

| Sun                                                                                | Mon | Tue | Wed                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Thu                                                                                                                                                                                                            | Fri | Sat |
|------------------------------------------------------------------------------------|-----|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-----|
|                                                                                    |     |     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1                                                                                                                                                                                                              | 2   | 3   |
| 4                                                                                  | 5   | 6   | 7                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 8                                                                                                                                                                                                              | 9   | 10  |
|    |     |     | <p><b>Speaker from the Alzheimer's Association Aloha Chapter -</b><br/>                     Topic: Understanding Alzheimer's and Dementia.<br/>                     **Stop by and pull a lucky ticket for your chance to win a grab bag!**</p>                                                                                                                                                                                                                                                                                                |                                                                                                                             |     |     |
| 11                                                                                 | 12  | 13  | 14                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 15                                                                                                                                                                                                             | 16  | 17  |
|    |     |     | <p><b>Excursion to Sweet Land Farm</b> –Join us as we tour a goat farm located on the central plain of Oahu just outside of Wahiawa. <b>Tour Time: 9:00am.</b> Please dress in comfortable closed shoes, long pants, and a short-sleeved shirt. A small crossbody purse or fancy pack is encouraged. <u>If you would like to ride the bus to the center, please sign up and pay by Wed., Sep. 7<sup>th</sup>. Bus riders: Meet at Rec. 3 at 8:15am. Bus will leave at 8:30am.</u><br/> <b>65-1031 Kaukonahua Road, Waiialua, HI 96791</b></p> | <p>Tour + Bus + Lunch<br/> <b>\$30</b><br/>                     Tour + Bus<br/> <b>\$25</b><br/>                     Tour + Lunch<br/> <b>\$25</b><br/>                     Call Jess 808-440-2640 to RSVP</p> |     |     |
| 18                                                                                 | 19  | 20  | 21                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 22                                                                                                                                                                                                             | 23  | 24  |
|   |     |     | <p><b>Autumn Festival</b> – The fall season is here! Join us as we celebrate the beginning of the fall season with an Autumn Festival. This year's festival will include many fun-filled activities!</p>                                                                                                                                                                                                                                                                                                                                      |                                                                                                                            |     |     |
| 25                                                                                 | 26  | 27  | 28                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 29                                                                                                                                                                                                             | 30  |     |
|  |     |     | <p><b>Pool Day</b> – Enjoy time with friends at the pool! <b>Water aerobics, 9:30am-10:30am.</b> If you do not want to get in the pool, other activities will be available – board games, playing cards, crosswords, sudoku, and more! <b>9am-11am Rec 4 Pool - 94-233 Makapipipi St.</b></p>                                                                                                                                                                                                                                                 |                                                                                                                           |     |     |

The MTA Senior Program meets every Wednesday from 9:30am – 11:30am at Recreation Center 5 unless otherwise noted. Sign up at the Administration Office or with Jess 808-440-2640.  
 The program is free with an active MTA card.