


MTA Senior Program-November 2023 Calendar

Sun	Mon	Tue	Wed	Th	Fr	Sat
			<p>1</p> <p>Back by popular demand – A Walk down Memory Lane Share photos and keepsakes of trips, family or any special event.</p>	2	3	4
5	6	7	<p>8</p> <p>Excursion- Ride the rail & Lunch at Ka Makana. Meet at Kapolei Station. More info and map to follow.</p>	9	10	11
12		14	<p>15</p> <p>Plaza Assisted Living – Learn about the services they provide and activities offered.</p> 	16	17	18
19	20	21	<p>22</p> <p>Video Day – Let’s watch all the great video’s Richard was kind enough to put together for us. Christmas activities, Craft days, Hula, Country/Western day and many more. Thanks Richard! Popcorn provided, you bring whatever goodies you would like to add to it.</p>	23	24	25
26	27	28	<p>29</p> <p>Yoga-Alissa Fried from Mililani YMCA Use comfortable clothing and don’t forget to bring water.</p>	30		



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! The program is free with an active MTA card.