






MTA Senior Program – January 2024 Calendar

Sun	Mon	Tue	Wed	Th	Fr	Sat
	1	2	<p>3</p> <p>New Year's Resolutions Getting to know you activities</p> 	4	5	6
7	8	9	<p>10</p> <p>Fire Safety For Kupuna – HFD will discuss how to prevent deaths and injuries in our community by implementing fire and fall safety.</p> 	11	12	13
14		16	<p>17</p> <p>Hand Massage and Nail Polish</p> 	18	19	20
	15					
21	22	23	<p>24</p> <p>Public Health Nursing Office – Introduction to PHN Office and their many Services/Community Resources. PHN will be visiting every other month with various topics.</p> 	25	26	27
28	29	30	<p>31</p> <p>Free Time for Karaoke, Cards and Games Bring a pupu to share</p>			
31						

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.