

MTA Senior Program –February 2024 Calendar

Sun	Mon	Tue	Wed	Th	Fr	Sat
				1	2	3
4	5	6	7 Chinese New Years Order your lunch \$6 – Manapua, rice cake, pork hash, gau gee	8 	9	10
Yoga 		13	14 Valentines Day Luncheon Pot Luck Lunch With Your Group of Friends RESERVE A TABLE	15	16	17
18	19	20	21 Random Acts of Kindness Week A wonderful occasion that encourages people to spread love, compassion, and positivity through small acts of kindness. – Game Day	22 	23	24
25	26	27	28 Roy Arakaki Chair and stand up yoga 	29		

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.