











MTA SENIOR PROGRAM - MAY 2024

Su	M	Tu	W	Th	F	Sa
			1 – May Day	2	3	4
			 Internet Cafe at Rec 7 - Join us at Rec 7 for an opportunity to get tech assistance and learn to navigate the Mililani Town Association website. <i>Games, Cards, Activity Sheets, and other activities (live music or sing along) will be available.</i>			SR FAIR R5
5 Boys Day	6	7	8	9	10	11
			 Complete Dermatology Presentation – <i>Dr. Carcamo will present on how we can help our skin this summer and in the future.</i>			
12	13	14	15	16	17	18
			 Public Health Nurse Presentation – <i>Hypertension & Cardiovascular Presentation to start at 9:30am</i>			Movie Night R7
19	20	21	22	23	24	25
			 Memory Lane (School Spirit Edition) & Karaoke at Rec 3 – Rep your high school by wearing school apparel or your school colors! <i>We will also have a Karaoke/Sing-Along!</i>			
26	27	28	29	30	31	
	Holiday – Admin Closed		 Chair Yoga with Roy Arakaki - Please wear comfortable clothing and footwear. <i>Session will start promptly at 10:00 am.</i>			

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