








MTA SENIOR PROGRAM

JANUARY 2025

SUN	MON	TUE	WEDS	THU	FRI	SAT
			<p style="text-align: center;">1</p>  <p>NEW YEAR'S DAY ~ CLOSED Have a very Happy New Year with your family and friends from MTA!</p>	2	3	4
5	6	7	<p style="text-align: center;">8</p>  <p>KARAOKE / Social Day Let's ring in the new year with a Karaoke session. Bring your light snacks and enjoy socializing and a little dancing with your fellow seniors.</p>	9	10	<p style="text-align: center;">11</p> <p>MTA EVENT SPROUT PLANT POP UP 9:00 A.M. - 2:00 P.M. AT REC. 6</p>
12	13	14	<p style="text-align: center;">15</p>  <p>MEMORY LANE SCRAPBOOKING Bring in your fondest photos, magazine and/or newspaper clippings and let's have some fun scrapbooking! We will have stamps, construction paper, pens & markers. Bring any supplies you'll need.</p>	16	<p style="text-align: center;">17</p> <p>LUCKY BAG BINGO TICKET SALE ON WEBTRAC AT 10:00 A.M.</p>	18
19	20	21	<p style="text-align: center;">22</p>  <p>SNAKE CUP CRAFT Join us as we prepare for the upcoming Chinese New Year with a snake cup craft. Bring your colored paper cups and ribbons for added color!</p>	23	<p style="text-align: center;">24</p> <p>MTA EVENT LUCKY BAG BINGO 4:00 P.M. - 8:00 P.M. AT REC. 5</p>	25
26	27	28	<p style="text-align: center;">29</p>  <p>CHAIR YOGA WITH ROY ARAKAKI! Join us for a session of chair yoga with Roy. Please wear comfortable clothing and footwear. Session will start promptly at 10:00 a.m.</p>	30	31	

The MTA senior program meets every Wednesday from 9:30 - 11:30 a.m. at Rec. Center 5 unless otherwise noted. Contact the administrative office for assistance at 808-623-7300.