







# MTA SENIORS PROGRAM

S.	M.	T.	WEDS	TH.	F	S
						1 MTA EVENT
2	3	4	<p style="text-align: center;"><b>5</b></p>  <p><b>5th - BON DANCE LESSON</b> Join in on the fun as we host our very first bon dance lesson taught by our seniors. Feel free to dress in your favorite bon dance attire and let's get ready to dance!</p>	6	7	8
9	10	11	 <p style="text-align: center;"><b>12</b></p> <p><b>12th - MAHJONG / HANAFUDA DAY</b> Whether you are a beginner or expert in Mahjong or Hanafuda, all levels are welcome here. We will have instructions and support in learning both games.</p>	13	14	15 MTA WORK SHOP
16	17	18	 <p style="text-align: center;"><b>19</b></p> <p><b>19th - CHAIR YOGA WITH ROY ARAKAKI!</b> 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>	20	21	22
23	24	25	 <p style="text-align: center;"><b>26</b></p> <p><b>26th - KUHIO DAY ~ NO CLASS TODAY</b> The MTA admin office and Senior program will be closed for the day. Have a wonderful Kuhio Day and we will see you again on April 2nd at Rec 6!</p>	27	28	29
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.