








SENIORS PROGRAM – DECEMBER 2025

S.	M.	T.	WEDS	TH.	F	S
	1	2	 3rd – UNDERSTANDING ALZHEIMER’S & DEMENTIA WITH VALERIE HASEGAWA-TAKAHASHI AT 9:45 A.M. Basic information on Alzheimer’s disease & dementia, the stages, 10-warning signs, risk factors, research and more.	4	5	6 MTA EVENT
7	8	9	 10th – SOCK HOP HOSTED BY WINI FRONDA WITH DEVOTED Dress in your favorite sock hop attire! Music & light refreshments provided by Devoted.	11	12	13
14	15	16	 17th – HOLIDAY POTLUCK GATHERING AND DRESS UP DAY Dress in your holiday wear and join in on the festivities as we gather for a morning of ornament decorating, caroling, and great food! See staff for potluck sign up sheet.	18	19	20
21	22	23	 24th – CK INDEPENDENT LIVING BUILDERS PRESENTATION WITH CURT KIRIU, (CERTIFIED AGING-IN-PLACE SPECIALIST) Mr. Kiriu will share his knowledge and experience in making your home safer, accessible and functional to enhance your lifestyle.	25	26	27
28	29	30	 31st – CHAIR YOGA WITH ROY ARAKAKI. 2026 HERE WE COME!! 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.			

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.