







# SENIORS PROGRAM – JANUARY 2026

S.	M.	T.	WEDS	TH.	F	S
				1	2	3 MTA EVENT
4	5	6	 <b>7TH – LONG TERM CARE PRESENTATION</b> Join us for an informative presentation with Roger Higa from Financial Services, LLC. Presentation to start promptly at 10:00 a.m.	8	9	10 MTA EVENT
11	12	13	 <b>14TH – GAMES &amp; PUZZLE DAY</b> Bring in your favorite game to share with friends. Board games, cards and puzzle games will be available.	15	16	17
18	19	20	 <b>21ST – MTA EVENT: BINGO at REC 6 from 9:00 a.m. – 11:00 a.m.</b> Tickets are required. Please see staff for more information or to reserve a ticket! No alternative class program will be scheduled if not attending Bingo event.	22	23	24
25	26	27	 <b>28TH– SAFE FALLING PRESENTATION WITH KUPUNA AIKIDO</b> Join us for an informative session with Dennis Jinnohara. Session will start promptly at 10:00 a.m.	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.