



SENIORS PROGRAM – MARCH 2026

S.	M.	T.	WEDS	TH.	F	S
1	2	3	 4TH – BONE HEALTH PRESENTATION AT REC. 5 – 9:45 A.M. Learn bone health with the public health nurses. Presentation will start promptly at 9:45 a.m.	5	6	7 MTA EVENT
8	9	10	 11TH – EGG STUFFING DAY AT REC 6. 9:00 A.M. – 11:30 A.M. Thank you in advance for assisting with our annual Easter egg stuffing! Every helping hand is appreciated. Please see staff for the sign-up sheet as a head count will be needed for our MTA refreshments headcount.	12	13	14
15	16	17	 18TH- LET’S DANCE DAY! Put on your dancing shoes and let’s get ready for a great time dancing. Song requests are welcome!	19	20	21
22	23	24	 25TH- 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.	26 Holiday	27	28 MTA EVENT
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.