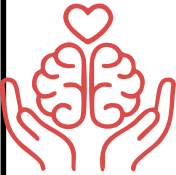








# SENIORS PROGRAM – APRIL 2026

S.	M.	T.	WEDS	TH.	F	S
			 <p><b>1ST – PRESENTATION – UH MANOA CENTER ON AGING &amp; BRAIN MATTERS HAWAII</b> Covering outsmarting dementia and connecting kupuna to community resources. Presentation to begin promptly at 10:00 a.m.</p>	2	3 <i>Hoilday</i>	4
5 <i>Hoilday</i>	6	7	 <p><b>8TH – MTA EVENT: BINGO on the 8TH (REC. 6)</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.</p>	9	10	11 <b>MTA EVENT</b>
12	13	14	 <p><b>15TH – MAHJONG GAME DAY</b> Bring your Mahjong games to enjoy with friends. Share your Mahjong knowledge and expertise. Optional snack sharing is welcome.</p>	16	17	18 <b>MTA EVENT</b>
19	20	21	 <p><b>22ND – SPRING PICNIC AND KANIKAPILA AT KEALOHI PARK</b> Located next to Rec. 4 on Makapipipi Street. Bring your chairs, mini tables, ukulele's, guitars etc. as well as snacks and/or bento of your own to enjoy a day at the park. <i>(No seating will be provided, please bring your own chairs)</i></p>	23	24	25
26	27	28	 <p><b>29TH- 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>	30		

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.