
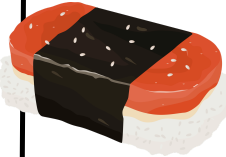






SENIORS PROGRAM – MAY 2026

S.	M.	T.	WEDS	TH.	F.	S.
3	4	5	 <p>6th – ALOHA WEAR DAY & TI – LEAF LEI MAKING DEMO In honor of May Day, we will enjoy Hawaiian music, optional snack sharing and group photos! Please bring in your clean ti-leaf(s) to follow along with our ti-leaf lei demonstration. Bring enough to create your lei.</p>	7	8	9
10	11	12	 <p>13th – SENIOR SPAM JAM CONTEST! Bring in your favorite spam dish to enter! Top 3 flavored dishes wins! Let's make it festive by dressing up in your favorite Spam inspired apparel from shirts, hats and/or aprons. See staff for contest rules.</p>	14	15	16
17	18	19	 <p>20TH – MTA EVENT: BINGO on the 20TH at REC 6. 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>	21	22	23
24 31	25 Holiday	26	 <p>27TH- 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.</p>	28	29	30 MTA EVENT

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.