



SENIORS PROGRAM – JULY 2026

S.	M.	T.	WEDS	TH.	F	S
			 1ST – SENIOR BON DANCE DEMO – HOSTED BY NOLAN MIYAHARA WITH RYUGEN TAIKO Dress in your best festive Kimono, Yukata or Hapi Coat and prepare for our very first Senior Bon Dance/Demonstration! Bring your favorite bon dance food and/or snacks to share.	2	3	4 Holiday
5	6	7	 8TH – PRESENTATION WITH THE PUBLIC HEALTH NURSES COVERING EMERGENCY PREPAREDNESS Presentation will start promptly at 10:00 a.m.	9	10	11 MTA EVENT
12	13	14	 15TH – POOL DAY AT REC 6, 95-1010 Konaku Street Summer is here! Enjoy relaxation and a swim in the pool at REC 6 from 9:30 a.m. to 11:30 a.m. Activity sheets and cards will be available.	16	17	18 MTA EVENT
19	20	21	 22ND – MTA EVENT: BINGO at REC 6, 95-1010 Konaku Street 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.	23	24	25
26	27	28	 29TH– 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.	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.