



SENIORS PROGRAM – AUGUST 2026

S.	M.	T.	WEDS	TH.	F	S
2	3	4	 5TH – VINTAGE WEAR DAY AND NOSTALGIA MUSIC Wear your favorite vintage shirt. Show and share why your shirt is a fond memory for you. Wear anything from your favorite vintage stores, classic rock bands, restaurants etc. Prepare to share memories. Music requests are welcome. Optional snack sharing.	6	7	8 MTA EVENT
9	10	11	 12TH – 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.	13	14	15
16	17	18	 19TH – SPECIALTY CHIP AND DIP CONTEST! Bring in your favorite chips & homemade dip to enter! Top 3 most flavored dip wins! Feel free to dress up in your favorite chip/dip inspired apparel from shirts, hats and/or aprons. See staff for contest rules.	20	21 Holiday	22
23	24	25	 26TH – 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.	27	28	29 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.