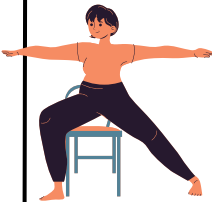




SENIORS PROGRAM – SEPTEMBER 2026

S.	M.	T.	WEDS	TH.	F	S
		1	 2ND – ALZHEIMER’S ASSOCIATION, HAWAII PRESENTATION AT 9:45 A.M. with VALERIE HASEGAWA-TAKAHASHI	3	4	5
6	7 Holiday	8	 9TH – 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.	10	11	12 MTA EVENT
13	14	15	 16TH – POOL DAY AT REC 6 – 95-1010 Konaku St. Enjoy relaxation and a swim in the pool at REC 6 from 9:30 a.m. to 11:30 a.m. Activity sheets, mahjong game and cards will be available. <i>Please bring your water bottles. Snack sharing is optional.</i>	17	18	19
20	21	22	 23RD – MEDICARE PRESENTATION WITH CURTIS YEE Join us for an overview of Medicare, Medicare Advantage, Supplemental & stand-alone drug plans. As well as tips on how to pick a plan that suits one’s needs. Presentation starts at 10:00 a.m.	24	25	26 MTA EVENT
27	28	29	 30TH –SENIOR LUAU Join us for our 4 th annual Senior Luau! Full of fun, ono food, and entertainment by the seniors. See staff for performance for sign-up sheet. Funds for lunch is \$15 per person and due no later than 9/16/26. OPTIONAL: Bring in any ti leaves, flowers and/or foliage to decorate your areas.			

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.