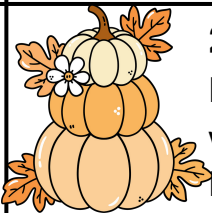




SENIORS PROGRAM – OCTOBER 2026

S.	M.	T.	WEDS	TH.	F	S
4	5	6	 7TH – BLADDER HEALTH TIPS – MARY LAU-MIKI Welcome back Mary from Mililani Physical Therapy as she hosts another valuable and interactive session with us covering bladder health. Session to start promptly at 9:45 a.m.	8	9	10
11	12	13	 14TH- HONOLULU POLICE DEPARTMENT – PRESENTATION Covering Senior Safety, Crime Prevention and the types of fraud/scams to be aware of. Presentation to start promptly at 10:00 a.m. See you then!	15	16	17 MTA EVENT
18	19	20	 21ST – HALLOWEEN POTLUCK AND COSTUME CONTEST Dress in your Halloween best for a morning of fun, laughs, and photo opts with our annual costume contest! Four categories include: Most Original, Realistic, Best Local, and Best Group of no more than 5.	22	23	24
25	26	27	 28TH- 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.	29	30 MTA EVENT	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.