



SENIORS PROGRAM – NOVEMBER 2026

S.	M.	T.	WEDS	TH.	F	S
1	2	3	 4th - ZUMBA DANCE PARTY WITH SHANNA BARNES Join us for a Zumba dance party with Shanna! Bring your water bottle and wear comfortable workout clothes and shoes. The Zumba party will start at 10:00 a.m. sharp!	5	6	7 MTA EVENT
8	9	10	 11th - VETERANS DAY; NO CLASS TODAY. Mahalo to all that have served and continue to serve.	12	13	14
15	16	17	 18TH - Friendsgiving SOCIAL AND PUPU/SNACK SHARE Join us for our annual fall Friendsgiving, full of social time, giving thanks and a special thanksgiving snack share! See staff for sign up sheet.	19	20	21 MTA EVENT
22	23	24	 25TH- 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.	26 Holiday	27	28 Happy Thanksgiving

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.