AUGUST 2022

All classes are FREE & provided by Lanai Community Health Center. Donations are appreciated. Help us to continue our mission to provide quality healthcare on Lanai.

SUN		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
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		_				_		_		_			$\mathbf{U} p$
	10AM	Silver Sneakers Balance & Mobility							10AM	Silver Sneakers Balance & Mobility			G et
		(Senior Center)								(Senior Center)			$\mathbf{U} p$
		(comer content)								($\mathbf{o} p$
													S weat
							4:30PM	TBC - Mindy					and T rain
	5:15PM	ZUMBA - Pua			5:15PM	ZUMBA - Pua		(Pool Pavilion)					circi I recorr
7	8		9		10		11		12		13		
	10AM	Silver Sneakers			10AM	Silver Sneakers			10AM	Silver Sneakers			CODE FOR ALL
		Balance & Mobility				Chair Fitness				Balance & Mobility			ZOOM CLASSES
		(Senior Center)				(Senior Center)				(Senior Center)			054 2220 2274
													851-2230-2274
							4:30PM	TBC - Mindy					
								(Pool Pavilion)					
	5:15PM	ZUMBA - Pua											
14	15	1	16		17		18		19	HOLIDAY	20		_
	13	_	10		1,	_	10	1	13	HOLIDAT	20		Claraconital
										and D			Classes with
	10AM	Silver Sneakers			10AM	Silver Sneakers			Stat	chood Day			no specific
		Balance & Mobility (Senior Center)				Chair Fitness (Senior Center)				Colored Transport			location will
		(Semor Center)				(Semor center)							
									IL.	waii			be located
							4:30PM	TBC - Mindy	Ou				around the
					5:15PM	ZUMBA - Pua		(Pool Pavilion)					community
													-
21	22		23		24		25		26		27		pool -
													basketball
	10AM	Silver Sneakers			10AM	Silver Sneakers			10AM	Silver Sneakers			court,
		Balance & Mobility				Chair Fitness				Balance & Mobility			
		(Senior Center)				(Senior Center)				(Senior Center)			football field,
													grass area
							4:30PM	TBC - Mindy					near parking
								(Pool Pavilion)					_
	5:15PM	ZUMBA - Pua			5:15PM	ZUMBA - Pua							lot
20	20	1	20		21			•	L	•			
28	29	_	30		31			/*	^		heart school	ALC: MARKET MARK	
							7	Lāna 'i	Com	munity	beart school	Scaring Spreakfast 5 9 2	
	10AM	Silver Sneakers			10AM	Silver Sneakers		lle-	lah C		school school education	S good H S walking	
		Balance & Mobility				Chair Fitness (Senior Center)		неа	ith C	enter	balance o	§ ∃wholesome	
		(Senior Center)				(Senior Center)	3	TOTAL AND THE PROPERTY OF	55-69		health = 15	breath food	
) (13-03	13	water # 0	weimess	
								#LANA	HEALT	Н	vital ***	stress-reduction laughter	
					1		I		· ·		strong lunch >	movement playrul	
	5:15PM	ZUMBA - Pua			5:15PM	ZUMBA - Pua					well exercise	friends safety	the state of the s