



# APRIL 2024

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
	1 10AM <i>Silver Sneakers Balance &amp; Mobility (Senior Center)</i>	2	3 10AM <i>Water Aerobics (Community Pool)</i>  2PM <i>WBS - Akiko (ZOOM &amp; In-Person)</i>	4 10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i>	5 10AM <i>Silver Sneakers Balance &amp; Mobility (Senior Center)</i>  3:30PM <i>WBS - Akiko (ZOOM &amp; In-Person)</i>	6
7	8 10AM <i>Silver Sneakers Balance &amp; Mobility (Senior Center)</i>	9 10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i>  2PM <i>WBS - Akiko (ZOOM &amp; In-Person)</i>	10 10AM <i>Water Aerobics (Community Pool)</i>	11	12 10AM <i>Silver Sneakers Balance &amp; Mobility (Senior Center)</i>  2PM <i>WBS - Akiko (ZOOM &amp; In-Person)</i>	13
14	15 10AM <i>Silver Sneakers Balance &amp; Mobility (Senior Center)</i>	16 10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i>  2PM <i>WBS - Akiko (ZOOM &amp; In-Person)</i>	17 10AM <i>Water Aerobics (Community Pool)</i>	18 10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i>	19 9:30AM <i>WBS - Akiko (ZOOM &amp; In-Person)</i>  10AM <i>Silver Sneakers Balance &amp; Mobility (Senior Center)</i>	20
21	22	23 10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i>  2PM <i>WBS - Akiko (ZOOM &amp; In-Person)</i>	24 10AM <i>Water Aerobics (Community Pool)</i>	25 10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i>	26 9:30AM <i>WBS - Akiko (ZOOM &amp; In-Person)</i>  10AM <i>Silver Sneakers Balance &amp; Mobility (Senior Center)</i>	27
28	29 10AM <i>Silver Sneakers Balance &amp; Mobility (Senior Center)</i>	30	 <p><b>Lana'i Community Health Center</b>  <b>565-6919</b>  <b>#LANAIHEALTH</b></p>			

**A** New Month  
**P**ush yourself  
**R**ejuvenate  
**I**nspire others  
**L**ift weights

CODE FOR ALL ZOOM CLASSES  
 851-2230-2274

Classes with no specific location will be located around the community pool - basketball court, football field, grass area near parking lot