

AUGUST 2025

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
	 <p>Lānaʻi Community Health Center 565-6919 #LANAIHEALTH wellnessliving@lanaihealth.org</p>				<p>1</p> <p>10AM</p> <p><i>Silver Sneakers Balance & Mobility (Senior Center)</i></p>	<p>2</p>
3	<p>4</p> <p>10AM</p> <p><i>Silver Sneakers Balance & Mobility (Senior Center)</i></p>	<p>5</p> <p>9:00AM</p> <p><i>Water Stability & Mobility (Community Pool)</i></p>	<p>6</p>	<p>7</p>	<p>8</p> <p>10AM</p> <p><i>Silver Sneakers Balance & Mobility (Senior Center)</i></p>	<p>9</p>
10	<p>11</p> <p>10AM</p> <p><i>Silver Sneakers Balance & Mobility (Senior Center)</i></p>	<p>12</p> <p>9:00AM</p> <p><i>Water Stability & Mobility (Community Pool)</i></p>	<p>13</p> <p>9:00AM</p> <p><i>Water Stability & Mobility (Community Pool)</i></p>	<p>14</p> <p>9:00AM</p> <p><i>Water Stability & Mobility (Community Pool)</i></p>	<p>15</p> <p>HOLIDAY</p> 	<p>16</p>
17	<p>18</p> <p>10AM</p> <p><i>Silver Sneakers Balance & Mobility (Senior Center)</i></p>	<p>19</p> <p>9:00AM</p> <p><i>Water Stability & Mobility (Community Pool)</i></p>	<p>20</p> <p>9:00AM</p> <p><i>Water Stability & Mobility (Community Pool)</i></p>	<p>21</p> <p>9:00AM</p> <p><i>Water Stability & Mobility (Community Pool)</i></p>	<p>22</p> <p>10AM</p> <p><i>Silver Sneakers Balance & Mobility (Senior Center)</i></p>	<p>23</p>
24	<p>25</p> <p>10AM</p> <p><i>Silver Sneakers Balance & Mobility (Senior Center)</i></p>	<p>26</p> <p>9:00AM</p> <p><i>Water Stability & Mobility (Community Pool)</i></p>	<p>27</p> <p>9:00AM</p> <p><i>Water Stability & Mobility (Community Pool)</i></p>	<p>28</p> <p>9:00AM</p> <p><i>Water Stability & Mobility (Community Pool)</i></p>	<p>29</p> <p>10AM</p> <p><i>Silver Sneakers Balance & Mobility (Senior Center)</i></p>	<p>30</p>

*Wake
Up
Get
Up
Sweat
and Train*

**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*