

DECEMBER 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	2	3	4	5	6	7
	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>		10AM <i>Water Stability & Mobility (Senior Center)</i>		10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	
8	9	10	11	12	13	14
	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>		10AM <i>Water Stability & Mobility (Senior Center)</i>		10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	
15	16	17	18	19	20	21
	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>		10AM <i>Water Stability & Mobility (Senior Center)</i>		10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	
22	23	24	25	26	27	28
	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>		HOLIDAY 		10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	
29	30	31	 <p>Lānaʻi Community Health Center 565-6919 #LANAIHEALTH</p>			

Merry
"FITMAS"
 and a
HEALTHY
 New Year

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