## **JANUARY 2023**

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	HOLIDAY	9:30AM	WBS - Akiko	10AM	Water Aerobics	5 10AM	Silver Sneakers	9:30AM	WBS - Akiko	7	New YEAR,
	Manus	123 New Hear		(ZOOM & In-Person)		(Community Pool)		Chair Yoga (Senior Center)	10AM	(ZOOM & In-Person)  Silver Sneakers  Balance & Mobility		New Goals,
	Ottopy	dary DOM	5:30PM	PILATES - Jennifer			5:30PM	PILATES - Jennifer		(Senior Center)		New YOU!!
8	9		10		11		12		13		14	
	10AM	Silver Sneakers Balance & Mobility (Senior Center)	9:30AM	WBS - Akiko (ZOOM & In-Person)	10AM	Water Aerobics (Community Pool)	10AM	Silver Sneakers Chair Yoga (Senior Center)	9:30AM	WBS - Akiko (ZOOM & In-Person)		CODE FOR ALL ZOOM CLASSES 851-2230-2274
												651-2250-2274
			5:30PM	PILATES - Jennifer		<u></u>	5:30PM	PILATES - Jennifer				
15	16	J	17		18		19		20		21	Character 111
			9:30AM	WBS - Akiko			10AM	Silver Sneakers	9:30AM	WBS - Akiko		Classes with
				(ZOOM & In-Person)				Chair Yoga (Senior Center)		(ZOOM & In-Person)		no specific location will
												be located around the
			5:30PM	PILATES - Jennifer		_	5:30PM	PILATES - Jennifer				community pool -
22	23		24		25		26		27		28	basketball
			9:30AM	WBS - Akiko (ZOOM & In-Person)			10AM	Silver Sneakers Chair Yoga (Senior Center)	9:30AM	WBS - Akiko (ZOOM & In-Person)		court, football field, grass
			5:30PM	PILATES - Jennifer			5:30PM	PILATES - Jennifer				area near parking lot
29	30		31		_					>		
			9:30AM	WBS - Akiko (ZOOM & In-Person)	Lāna'i Community Health Center 565-6919				balance health	At A Caring St. Caring	cheers's newyear	
			5:30PM	PILATES - Jennifer	#LANAIHEALTH				water at a strong lunch well exerc	stress-reduction laughter playful movement see in friends	wyeary	