

MAY 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>2</p> <p>10AM <i>Silver Sneakers</i> Balance & Mobility (Senior Center)</p>	<p>3</p>
4	<p>5</p> <p>10AM <i>Silver Sneakers</i> Balance & Mobility (Senior Center)</p>	<p>6</p>	<p>7</p> <p>9:30AM <i>Water Stability & Mobility</i> (Community Pool)</p>	<p>8</p>	<p>9</p> <p>10AM <i>Silver Sneakers</i> Balance & Mobility (Senior Center)</p>	<p>10</p>
11	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>
18	<p>19</p>	<p>20</p>	<p>21</p> <p>9:30AM <i>Water Stability & Mobility</i> (Community Pool)</p>	<p>22</p>	<p>23</p> <p>10AM <i>Silver Sneakers</i> Balance & Mobility (Senior Center)</p>	<p>24</p>
25	 <p>MEMORIAL DAY REMEMBER & HONOR</p>	<p>27</p>	<p>28</p> <p>9:30AM <i>Water Stability & Mobility</i> (Community Pool)</p>	<p>29</p>	<p>30</p>	<p>31</p>

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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