

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

Make
November
 a month to
remember

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