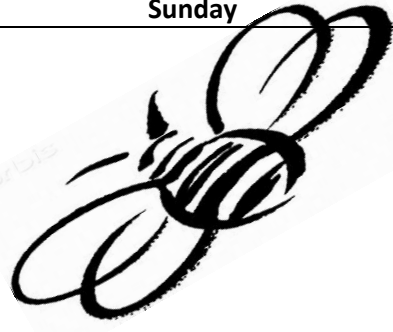


# AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Waimanalo Health Center events take place at the Goebert Learning Center (GLC), Niu Conference Room (NIU) or WIC Family Room</b></p>	<p>1  <b>Stretch &amp; Dance Club</b> 8:30-9:30am  <b>Healthy Hearts,</b> 10:30-11:30a, NIU  <b>Basketball 1, Beg (7-9 y/o)</b> 3-3:45p  <b>Boxing, Keiki and Adults</b> 4-6pm  <b>Papa Lā`au Lapa`au,</b> 6:00-8:00pm, GLC</p>	<p>2  <b>Aerobicx 2</b> 9-10am  <b>Houpo Pono, Diabetes Group Class</b> 9:30-11:30am, NIU  <b>Breastfeeding Support Group</b> 10-10:30am, WIC Family Room  <b>Walking Group</b> 12:05-12:40 pm (WHC-Meet at Stop Light)  <b>E Ola Pono Farmers Market</b> (\$-Food) 10a-1pm, WHC GLC  <b>Windward Mall Farmers Market</b> (\$-Food) 2:30-7:30pm  <b>Boxing, Keiki and Adults</b> 4-6pm  <b>Alive &amp; Limber</b> 4 to 5pm  <b>Line Dance, Beginner</b> 6-8pm</p>	<p>3  <b>People's Open Market</b> (\$-Food) 7:15-8:15am, Waimanalo Beach Park            9-10am, Kailua District Park            10:45-11:45am, Kaneohe District Park  <b>Kailua Town Farmers Market</b> (\$-Food) 5-7:30pm  <b>Papa Lā`au Lapa`au</b> 9am-11 am, GLC  <b>Boxing, Keiki and Adults</b> 4-6pm</p>	<p>4  <b>Aerobicx 3</b> 9-10am  <b>Walking Group</b> 12:05-12:40 pm (WHC-Meet at Stop Light)  <b>Line Dance, Intermediate</b> 6:30-8:30pm  <b>Soccer, Indoor 1 (8-12y/o)</b> 3-4p  <b>Soccer, Indoor 2 (13-17 y/o)</b> 4-5:30p</p>	<p>5  <b>Mahiku Farmers Market</b> (\$-Food) 8am-2pm, Benjamin Parker Elementary            4-8pm, Windward United Church of Christ  <b>World Breastfeeding Fair (WHC)</b> 9am-12Noon  <b>Honolulu Family Fun Run,</b> 9:00am-10:30am, Meet at Civic Center</p>
<p>6  <b>Kailua Farmers Market</b> (\$-Food) 8:30-12pm, Kailua Elementary  <b>Windward Mall Farmers Market</b> (\$-Food) 9:45am-2pm, Macy's Wing  <b>BOCA Hawaii Race,</b> 6:00am-10:00am, Meet at Queen Kapiolani Regional Park</p>	<p>7  <b>Aerobicx 1</b> 9-10am  <b>I Ka `Olelo,</b> Hawaiian language class, 9-10am, NIU  <b>I Ka Hula,</b> Hula &amp; Polynesian dance, 10-11am, NIU  <b>Malama Pono`I (Diabetes Prevention Program)</b> 10am-12pm, GLC (Free)  <b>Walking Group</b> 12:05-12:40 pm (WHC-Meet at Stop Light)  <b>Mālama Pono`I, Diabetes Prevent Program</b> 5:00-6:30pm NIU  <b>Boxing, Keiki and Adults</b> 4-6pm  <b>Makanalani Farmers Market</b> (\$-Food) 4-8pm, Olomana Golf Course</p>	<p>8  <b>Stretch &amp; Dance Club</b> 8:30-9:30am  <b>Healthy Hearts,</b> 10:30-11:30a, NIU  <b>Basketball 1, Beg (7-9 y/o)</b> 3-3:45p  <b>Boxing, Keiki and Adults</b> 4-6pm  <b>Papa Lā`au Lapa`au,</b> 6:00-8:00pm, GLC</p>	<p>9  <b>Aerobicx 2</b> 9-10am  <b>Houpo Pono, Diabetes Group Class</b> 9:30-11:30am, NIU  <b>Happy &amp; Hapai</b> 10-10:30am, WIC Family Room  <b>Breastfeeding: Back to Basics</b> 11:30am-2:00pm  <b>Walking Group</b> 12:05-12:40 pm (WHC-Meet at Stop Light)  <b>E Ola Pono Farmers Market</b> (\$-Food) 10a-1pm, WHC GLC  <b>Windward Mall Farmers Market</b> (\$-Food) 2:30-7:30pm  <b>Boxing, Keiki and Adults</b> 4-6pm  <b>Alive &amp; Limber</b> 4 to 5pm  <b>Line Dance, Beginner</b> 6-8pm</p>	<p>10  <b>People's Open Market</b> (\$-Food) 7:15-8:15am, Waimanalo Beach Park            9-10am, Kailua District Park            10:45-11:45am, Kaneohe District Park  <b>Kailua Town Farmers Market</b> (\$-Food) 5-7:30pm  <b>Papa Lā`au Lapa`au</b> 9am-11 am, GLC  <b>Boxing, Keiki and Adults</b> 4-6pm</p>	<p>11  <b>Aerobicx 3</b> 9-10am  <b>Cribs for Kids</b> 10-11am, NIU (Call WIC for more details to register 259-7940)  <b>Walking Group</b> 12:05-12:40 pm (WHC-Meet at Stop Light)  <b>Line Dance, Intermediate</b> 6:30-8:30pm  <b>Soccer, Indoor 1 (8-12y/o)</b> 3-4p  <b>Soccer, Indoor 2 (13-17 y/o)</b> 4-5:30p</p>	<p>12  <b>Mahiku Farmers Market</b> (\$-Food) 8am-2pm, Benjamin Parker Elementary            4-8pm, Windward United Church of Christ  <b>LEA LEA Charity Run,</b> 5:00am-7:30am, Meet at Magic Island Parking Lot</p>
<p>13  <b>Kailua Farmers Market</b> (\$-Food) 8:30-12pm, Kailua Elementary  <b>Windward Mall Farmers Market</b> (\$-Food) 9:45am-2pm, Macy's Wing  <b>OLOMANA ROAD RACE,</b> 5:30am-12Noon, Meet at the State Maintenance Yard on Kalaniana`ole Hwy</p>	<p>14  <b>Aerobicx 1</b> 9-10am  <b>I Ka `Olelo,</b> Hawaiian language class, 9-10am, NIU  <b>I Ka Hula,</b> Hula &amp; Polynesian dance, 10-11am, NIU  <b>Walking Group</b> 12:05-12:40 pm (WHC-Meet at Stop Light)  <b>Mālama Pono`I, Diabetes Prevent Program</b> 5:00-6:30pm NIU  <b>Boxing, Keiki and Adults</b> 4-6pm  <b>Makanalani Farmers Market</b> (\$-Food) 4-8pm, Olomana Golf Course</p>	<p>15  <b>Stretch &amp; Dance Club</b> 8:30-9:30am  <b>Basketball 1, Beg (7-9 y/o)</b> 3-3:45p  <b>Boxing, Keiki and Adults</b> 4-6pm  <b>Papa Lā`au Lapa`au,</b> 6:00-8:00pm, GLC</p>	<p>16  <b>Aerobicx 2</b> 9-10am  <b>Houpo Pono, Diabetes Group Class</b> 9:30-11:30am, NIU  <b>Breastfeeding Support Group</b> 10-10:30am, WIC Family Room  <b>Walking Group</b> 12:05-12:40 pm (WHC-Meet at Stop Light)  <b>E Ola Pono Farmers Market</b> (\$-Food) 10a-1pm, WHC GLC  <b>Windward Mall Farmers Market</b> (\$-Food) 2:30-7:30pm  <b>Boxing, Keiki and Adults</b> 4-6pm  <b>Alive &amp; Limber</b> 4 to 5pm  <b>Line Dance, Beginner</b> 6-8pm</p>	<p>17  <b>People's Open Market</b> (\$-Food) 7:15-8:15am, Waimanalo Beach Park            9-10am, Kailua District Park            10:45-11:45am, Kaneohe District Park  <b>Kailua Town Farmers Market</b> (\$-Food) 5-7:30pm  <b>Papa Lā`au Lapa`au</b> 9am-11 am, GLC  <b>Boxing, Keiki and Adults</b> 4-6pm</p>	<p>18  <b>Aerobicx 3</b> 9-10am  <b>Walking Group</b> 12:05-12:40 pm (WHC-Meet at Stop Light)  <b>Line Dance, Intermediate</b> 6:30-8:30pm  <b>Soccer, Indoor 1 (8-12y/o)</b> 3-4p  <b>Soccer, Indoor 2 (13-17 y/o)</b> 4-5:30p</p>	<p>19  <b>Mahiku Farmers Market</b> (\$-Food) 8am-2pm, Benjamin Parker Elementary            4-8pm, Windward United Church of Christ</p>
<p>20  <b>Kailua Farmers Market</b> (\$-Food) 8:30-12pm, Kailua Elementary  <b>Windward Mall Farmers Market</b> (\$-Food) 9:45am-2pm, Macy's Wing</p>	<p>21  <b>Aerobicx 1</b> 9-10am  <b>I Ka `Olelo,</b> Hawaiian language class, 9-10am, NIU  <b>I Ka Hula,</b> Hula &amp; Polynesian dance, 10-11am, NIU  <b>Walking Group</b> 12:05-12:40 pm (WHC-Meet at Stop Light)  <b>Malama Pono`I (Diabetes Prevention Program)</b> 10am-12pm, GLC (Free)  <b>YOGA with Laurie Freed</b> 11a-12pm, GLC (FREE)  <b>Mālama Pono`I, Diabetes Prevent Program</b> 5:00-6:30pm NIU  <b>Boxing, Keiki and Adults</b> 4-6pm  <b>Makanalani Farmers Market</b> (\$-Food) 4-8pm, Olomana Golf Course</p>	<p>22  <b>Stretch &amp; Dance Club</b> 8:30-9:30am  <b>Basketball 1, Beg (7-9 y/o)</b> 3-3:45p  <b>Boxing, Keiki and Adults</b> 4-6pm  <b>Papa Lā`au Lapa`au,</b> 6:00-8:00pm, GLC</p>	<p>23  <b>Aerobicx 2</b> 9-10am  <b>Houpo Pono, Diabetes Group Class</b> 9:30-11:30am, NIU  <b>Happy &amp; Hapai</b> 10-10:30am, WIC Family Room  <b>Walking Group</b> 12:05-12:40 pm (WHC-Meet at Stop Light)  <b>E Ola Pono Farmers Market</b> (\$-Food) 10a-1pm, WHC GLC  <b>Windward Mall Farmers Market</b> (\$-Food) 2:30-7:30pm  <b>Boxing, Keiki and Adults</b> 4-6pm  <b>Alive &amp; Limber</b> 4 to 5pm  <b>Line Dance, Beginner</b> 6-8pm</p>	<p>24  <b>People's Open Market</b> (\$-Food) 7:15-8:15am, Waimanalo Beach Park            9-10am, Kailua District Park            10:45-11:45am, Kaneohe District Park  <b>Kailua Town Farmers Market</b> (\$-Food) 5-7:30pm  <b>Papa Lā`au Lapa`au</b> 9am-11 am, GLC  <b>Boxing, Keiki and Adults</b> 4-6pm</p>	<p>25  <b>Aerobicx 3</b> 9-10am  <b>Walking Group</b> 12:05-12:40 pm (WHC-Meet at Stop Light)  <b>Line Dance, Intermediate</b> 6:30-8:30pm  <b>Soccer, Indoor 1 (8-12y/o)</b> 3-4p  <b>Soccer, Indoor 2 (13-17 y/o)</b> 4-5:30p</p>	<p>26  <b>Mahiku Farmers Market</b> (\$-Food) 8am-2pm, Benjamin Parker Elementary            4-8pm, Windward United Church of Christ</p>
<p>27  <b>Kailua Farmers Market</b> (\$-Food) 8:30-12pm, Kailua Elementary  <b>Windward Mall Farmers Market</b> (\$-Food) 9:45am-2pm, Macy's Wing  <b>Dick Evans Memorial Bike Race,</b> 5:30am-1:30pm, Meet at Kalama Valley Shopping Center</p>	<p>28  <b>Aerobicx 1</b> 9-10am  <b>I Ka `Olelo,</b> Hawaiian language class, 9-10am, NIU  <b>I Ka Hula,</b> Hula &amp; Polynesian dance, 10-11am, NIU  <b>Walking Group</b> 12:05-12:40 pm (WHC-Meet at Stop Light)  <b>Mālama Pono`I, Diabetes Prevent Program</b> 5:00-6:30pm NIU  <b>Boxing, Keiki and Adults</b> 4-6pm  <b>Makanalani Farmers Market</b> (\$-Food) 4-8pm, Olomana Golf Course</p>	<p>29  <b>Stretch &amp; Dance Club</b> 8:30-9:30am  <b>Basketball 1, Beg (7-9 y/o)</b> 3-3:45p  <b>Boxing, Keiki and Adults</b> 4-6pm  <b>Papa Lā`au Lapa`au,</b> 6:00-8:00pm, GLC</p>	<p>30  <b>Aerobicx 2</b> 9-10am  <b>Houpo Pono, Diabetes Group Class</b> 9:30-11:30am, NIU  <b>Breastfeeding Support Group</b> 10-10:30am, WIC Family Room  <b>Walking Group</b> 12:05-12:40 pm (WHC-Meet at Stop Light)  <b>E Ola Pono Farmers Market</b> (\$-Food) 10a-1pm, WHC GLC  <b>Windward Mall Farmers Market</b> (\$-Food) 2:30-7:30pm  <b>Boxing, Keiki and Adults</b> 4-6pm  <b>Alive &amp; Limber</b> 4 to 5pm  <b>Line Dance, Beginner</b> 6-8pm</p>	<p>31  <b>People's Open Market</b> (\$-Food) 7:15-8:15am, Waimanalo Beach Park            9-10am, Kailua District Park            10:45-11:45am, Kaneohe District Park  <b>Kailua Town Farmers Market</b> (\$-Food) 5-7:30pm  <b>Papa Lā`au Lapa`au</b> 9am-11 am, GLC  <b>Boxing, Keiki and Adults</b> 4-6pm</p>	<ul style="list-style-type: none"> <li>For more information on upcoming runs/races/walks please visit: <a href="http://www.honolulu.gov/cms-dts-menu/site-dts-sitearticles/983-site-dts-usage-cat/site-dts-usage-2017-cat/25916-july.html">http://www.honolulu.gov/cms-dts-menu/site-dts-sitearticles/983-site-dts-usage-cat/site-dts-usage-2017-cat/25916-july.html</a></li> <li>Summer registration for <b>Kailua Rec Center /Waimanalo District Park</b> are still being accepted. Visit <a href="http://parks.honolulu.gov/sdi/home.html">http://parks.honolulu.gov/sdi/home.html</a> for more information or call ph. 259-8926</li> <li><b>Waimanalo Market Co-Op</b> is located at the old Mel's market (in between McDonald's and `Ai Love Nalo), and open Tuesday through Saturday 10a-7p, Sundays from 10am-5pm, and CLOSED Mondays.</li> </ul>	