



October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 I Ka `Olelo, Hawaiian language class, 9-10am, NIU I Ka Hula, Hula & Polynesian dance, 10-11am, NIU Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light) Houpo Pono, 4pm -6:00 pm, GLC Makanalani Farmers Market (\$\$-Food) 4-8pm, Olomana Golf Tai Chi, Beg, 6:45-7:45pm</p>	<p>2 Malama Pono`i (Diabetes Prevention Program) 10-11:30 am NIU Hula (Adults), 7pm-8pm</p>	<p>3 Ka Poli `Ai 10am-10:30am, WIC Family Room Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light) E Ola Pono Farmers Market (\$\$-Food) 11a-1pm, WHC GLC Windward Mall Farmers Market (\$\$-Food) 2:30-7 pm Malama Pono`i (Diabetes Prevention Program) 4-5pm at Hawaii Job Corps Center Alive & Limber, 4- 5:00 pm Aerobics 2, 9-10:00 am</p>	<p>4 People's Open Market (\$\$-Food) 7:15-8:15am, Waimanalo Beach Park 9-10am, Kailua District Park 10:45-11:45am, Kaneohe District Park La`au Lapa`au, GLC 9:00-11:00 am Kailua Town Farmers Market (\$\$-Food) 5-7:30pm Hula (Keiki) 6:30-7:30 pm Zumba, 4:30-5:30pm</p>	<p>5 Aerobics 3, 9-10:00 am Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light) Line Dancing (Int.) 6:30-8:30 pm Walking Club, 4-5:00 pm</p>	<p>6 Malama Aina at Waimanalo Health Center, 8a-12pm Makanalani Market (\$\$-Food) 8am-1pm, Benjamin Parker Elementary, Kaneohe</p>
<p>7 Kailua Farmers Market (\$\$-Food) 8:30-12pm, Kailua Elementary Windward Mall Farmers Market (\$\$-Food) 9:45am-2pm, Macy's Wing</p>	<p>8 I Ka `Olelo, Hawaiian language class, 9-10am, NIU I Ka Hula, Hula & Polynesian dance, 10-11am, NIU Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light) Houpo Pono, 4pm -6:00 pm, GLC Makanalani Farmers Market (\$\$-Food) 4-8pm, Olomana Golf Tai Chi, Beg, 6:45-7:45pm</p>	<p>9 Hula (Adults), 7pm-8pm</p>	<p>10 Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light) E Ola Pono Farmers Market (\$\$-Food) 11a-1pm, WHC GLC Windward Mall Farmers Market (\$\$-Food) 2:30-7 pm Alive & Limber, 4- 5:00 pm Aerobics 2, 9-10:00 am</p>	<p>11 People's Open Market (\$\$-Food) 7:15-8:15am, Waimanalo Beach Park 9-10am, Kailua District Park 10:45-11:45am, Kaneohe District Park La`au Lapa`au, GLC 9:00-11:00 am Happy and Hapai 1-1:45pm, WIC Family Room Kailua Town Farmers Market (\$\$-Food) 5-7:30pm Hula (Keiki) 6:30-7:30 pm Zumba, 4:30-5:30pm</p>	<p>12 Aerobics 3, 9-10:00 am Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light) Line Dancing (Int.) 6:30-8:30 pm Walking Club, 4-5:00 pm</p>	<p>13 Pet Walk 2018- Starts 4:30pm-7:00pm Makanalani Market (\$\$-Food) 8am-1pm, Benjamin Parker Elementary, Kaneohe</p>
<p>14 Sudan G.Komen Hawaii Race For The Cure Walk/Run- 6:00am-10:00am Kailua Farmers Market (\$\$-Food) 8:30-12pm, Kailua Elementary Windward Mall Farmers Market (\$\$-Food) 9:45am-2pm, Macy's Wing</p>	<p>15 I Ka `Olelo, Hawaiian language class, 9-10am, NIU I Ka Hula, Hula & Polynesian dance, 10-11am, NIU Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light) Houpo Pono, 4pm -6:00 pm, GLC Makanalani Farmers Market (\$\$-Food) 4-8pm, Olomana Golf Tai Chi, Beg, 6:45-7:45pm</p>	<p>16 Hula (Adults), 7pm-8pm</p>	<p>17 Ka Poli `Ai 10am-10:30am, WIC Family Room Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light) E Ola Pono Farmers Market (\$\$-Food) 11a-1pm, WHC GLC Windward Mall Farmers Market (\$\$-Food) 2:30-7 pm Malama Pono`i (Diabetes Prevention Program) 4-5pm at Hawaii Job Corps Center Alive & Limber, 4- 5:00 pm Aerobics 2, 9-10:00 am</p>	<p>18 People's Open Market (\$\$-Food) 7:15-8:15am, Waimanalo Beach Park 9-10am, Kailua District Park 10:45-11:45am, Kaneohe District Park La`au Lapa`au GLC 9:00-11:00 am Kailua Town Farmers Market (\$\$-Food) 5-7:30pm Hula (Keiki) 6:30-7:30 pm Zumba, 4:30-5:30pm</p>	<p>19 Aerobics 3, 9-10:00 am Cribs 4 Kids 10-12pm NIU Room Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light) Line Dancing (Int.) 6:30-8:30 pm Walking Club, 4-5:00 pm</p>	<p>20 Makanalani Market (\$\$-Food) 8am-1pm, Benjamin Parker Elementary, Kaneohe</p>
<p>21 Hawaii Triathlon Center Relay 4:30am-9:30am HMSA 30K Fun Run- 3:30am-10am Kailua Farmers Market (\$\$-Food) 8:30-12pm, Kailua Elementary Windward Mall Farmers Market (\$\$-Food) 9:45am-2pm, Macy's Wing</p>	<p>22 I Ka `Olelo, Hawaiian language class, 9-10am, NIU I Ka Hula, Hula & Polynesian dance, 10-11am, NIU Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light) Houpo Pono, 4pm -6:00 pm, GLC Makanalani Farmers Market (\$\$-Food) 4-8pm, Olomana Golf Tai Chi, Beg, 6:45-7:45pm Aerobics 1, 9-10:00 am</p>	<p>23 Hula (Adults), 7pm-8pm</p>	<p>24 Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light) E Ola Pono Farmers Market (\$\$-Food) 11a-1pm, WHC GLC Windward Mall Farmers Market (\$\$-Food) 2:30-7 pm Alive & Limber, 4- 5:00 pm Aerobics 2, 9-10:00 am</p>	<p>25 People's Open Market (\$\$-Food) 7:15-8:15am, Waimanalo Beach Park 9-10am, Kailua District Park 10:45-11:45am, Kaneohe District Park La`au Lapa`au GLC 9:00-11:00 am Kailua Town Farmers Market (\$\$-Food) 5-7:30pm Hula (Keiki) 6:30-7:30 pm Zumba, 4:30-5:30pm</p>	<p>26 Aerobics 3, 9-10:00 am Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light) Line Dancing (Int.) 6:30-8:30 pm Walking Club, 4-5:00 pm</p>	<p>27 Family Promise of Hawaii 5K Run/Walk- Starts 7:00am-9:00am Ka Holo Hoolaulea 5K Run- Starts 6:00am-9:00am Makanalani Market (\$\$-Food) 8am-1pm, Benjamin Parker Elementary, Kaneohe</p>
<p>28 Kailua Farmers Market (\$\$-Food) 8:30-12pm, Kailua Elementary Windward Mall Farmers Market (\$\$-Food) 9:45am-2pm, Macy's Wing</p>	<p>29 I Ka `Olelo, Hawaiian language class, 9-10am, NIU I Ka Hula, Hula & Polynesian dance, 10-11am, NIU Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light) Makanalani Farmers Market (\$\$-Food) 4-8pm, Olomana Golf Tai Chi, Beg, 6:45-7:45pm</p>	<p>30 Hula (Adults), 7pm-8pm</p>	<p>31 Ka Poli `Ai 10am-10:30am, WIC Family Room Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light) E Ola Pono Farmers Market (\$\$-Food) 11a-1pm, WHC GLC Windward Mall Farmers Market (\$\$-Food) 2:30-7 pm Malama Pono`i (Diabetes Prevention Program) 4-5pm at Hawaii Job Corps Center Alive & Limber, 4- 5:00 pm Aerobics 2, 9-10:00 am</p> 	<ul style="list-style-type: none"> For more information on upcoming runs/races/walks please visit: http://www.honolulu.gov/cms-dts-menu/site-dts-sitearticles/1076-site-dts-usaqe-cat/site-dts-usaqe-2018/29647-jan.html Registration for Kailua Rec Center /Waimanalo District Park are still being accepted. Visit http://parks.honolulu.gov/sdi/home.html for more information or call ph. 259-8926 Waimanalo Market Co-Op is located at the old Mel's market (in between McDonald's and `Ai Love Nalo), and open Tuesday through Saturday, 10am-6pm. <p>Waimanalo Health Center events take place at the Goebert Learning Center (GLC), Niu Conference Room (NIU) or WIC Family Room</p>		