

# November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
<b>1</b> 6:00 AM -9:00 AM Farmer's Mkt/Crafts 1:00 PM -3:00 PM IKL Karate class 7:00 PM -8:30 PM Serge King	<b>2</b> 8:00 AM -9:00 AM Stretch & Tone 5:00 PM -6:00 PM step aerobics	<b>3</b> 8:30 AM -9:15 AM Sit to be Fit 9:00 AM -12:00 PM Vet Ctr Outreach 5:30 PM -7:00 PM Yoga	<b>4</b> 10:00 AM -11:30 AM Gentle Yoga 6:00 PM -8:00 PM Mayor Kenoi - talk story 6:30 PM -8:30 PM Volcano Quilters, Bkstore	<b>5</b> 8:00 AM -9:00 AM Stretch & Tone 9:00 AM -12:00 PM Seniors Mtg/kitchen 4:00 PM -6:00 PM IKL Karate Class 6:00 PM -7:00 PM Japanese/bookstore 6:15 PM NHW Mtg Volcano Village	<b>6</b> 8:00 AM -9:00 AM Gentle Yoga 10:00 AM -12:00 PM Keiki Playgroup 2:30 PM -4:00 PM Chorus 5:00 PM -6:00 PM step aerobics 7:00 PM -9:00 PM Teen Grp/kitchen	<b>7</b> 8:30 AM -9:15 AM Sit to be Fit 6:00 PM -8:00 PM Keep it Simple/kitchen																																																																																																		
<b>8</b> 6:00 AM -9:00 AM Farmer's Mkt/Crafts 1:00 PM -3:00 PM IKL Karate class 4:00 PM -7:00 PM Chef's Table	<b>9</b> 8:00 AM -9:00 AM Stretch & Tone 5:00 PM -6:00 PM step aerobics	<b>10</b> 8:30 AM -9:15 AM Sit to be Fit 5:30 PM -7:00 PM Yoga	<b>11</b> 10:00 AM -11:30 AM Gentle Yoga 5:00 PM -6:00 PM Tai Chi Chih 6:15 PM -7:15 PM Yoga <b>Vets Day</b>	<b>12</b> 8:00 AM -9:00 AM Stretch & Tone 9:00 AM -12:00 PM Seniors Mtg/kitchen 4:00 PM -6:00 PM IKL Karate Class	<b>13</b> 8:00 AM -9:00 AM Gentle Yoga 10:00 AM -12:00 PM Keiki Playgroup 2:30 PM -4:00 PM Chorus 5:00 PM -6:00 PM step aerobics	<b>14</b> 8:30 AM -9:15 AM Sit to be Fit 6:00 PM -8:00 PM Keep it Simple/kitchen																																																																																																		
<b>15</b> 6:00 AM -9:00 AM Farmers Mkt 1:00 PM -3:00 PM IKL Karate class	<b>16</b> 8:00 AM -9:00 AM Stretch & Tone 10:00 AM -11:00 AM Buddhist Study Group 5:00 PM -6:00 PM step aerobics	<b>17</b> 8:30 AM -9:15 AM Sit to be Fit 9:00 AM -12:00 PM Vet Ctr Outreach 6:00 PM -8:00 PM Royal HI Estates	<b>18</b> 10:00 AM -11:30 AM Gentle Yoga 5:00 PM -6:00 PM Tai Chi Chih <b>7:00 PM CCC Mtg</b>	<b>19</b> 8:00 AM -9:00 AM Stretch & Tone 9:00 AM -12:00 PM Seniors Mtg/kitchen 4:00 PM -6:00 PM IKL Karate Class 6:00 PM Vegan Group/kitchen 6:30 PM -7:30 PM Disaster/Bookstore	<b>20</b> 8:00 AM -9:00 AM Gentle Yoga 10:00 AM -12:00 PM Keiki Playgroup 2:30 PM -4:00 PM Chorus 5:00 PM -6:00 PM step aerobics 7:00 PM -9:00 PM Comm. Recreation	<b>21</b> 8:00 AM -12:00 PM Yard Sale 8:30 AM -9:15 AM Sit to be Fit 6:00 PM -8:00 PM Keep it Simple/kitchen																																																																																																		
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<b>29</b> 6:00 AM -9:00 AM Farmer's Mkt/Crafts 6:00 AM Health Sunday 1:00 PM -3:00 PM IKL Karate class	<b>30</b> 8:00 AM -9:00 AM Stretch & Tone 5:00 PM -6:00 PM step aerobics	<table border="1"> <thead> <tr> <th colspan="7">Oct 2009</th> <th colspan="7">Dec 2009</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td> <td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> <td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> <td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td> </tr> </tbody> </table>					Oct 2009							Dec 2009							S	M	T	W	T	F	S	S	M	T	W	T	F	S					1	2	3			1	2	3	4	5	4	5	6	7	8	9	10	6	7	8	9	10	11	12	11	12	13	14	15	16	17	13	14	15	16	17	18	19	18	19	20	21	22	23	24	20	21	22	23	24	25	26	25	26	27	28	29	30	31	27	28	29	30	31		
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