

# October 2009

Cooper Center, 19-4030 Wright Rd, POB 1000, Volcano, HI 96785, 967-7800, for scheduling contact Barbara 769-3903, bfonseca@hawaii.rr.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																								
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; margin: 0;">Sep 2009</p> <table style="width: 100%; border-collapse: collapse; font-size: small;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table> </div> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; margin: 0;">Nov 2009</p> <table style="width: 100%; border-collapse: collapse; font-size: small;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div> </div>				S	M	T	W	T	F	S		1	2	3	4	5		6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						1	2	3	<p>8:00 AM -9:00 AM Stretch &amp; Tone</p> <p>9:00 AM -12:00 PM Seniors Mtg/kitchen</p> <p>4:00 PM -6:00 PM IKL Karate Class</p> <p>6:00 PM -7:00 PM Japanese -bookst</p> <p>6:15 PM NHW Volcano Village</p>	<p>8:00 AM -9:00 AM Gentle Yoga</p> <p>10:00 AM -12:00 PM Keiki Play</p> <p>5:00 PM -6:00 PM Heather/kitchen</p> <p>5:00 PM -6:00 PM Step Aerobics</p> <p>7:00 PM -9:00 PM Teen Grp/kitchen</p>	<p>8:30 AM -9:15 AM Sit to be Fit</p> <p>6:00 PM -8:00 PM Keep it Simple/kitchen</p>
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<p>6:00 AM -9:00 AM Farmer's Mkt/Crafts</p> <p>1:00 PM -3:00 PM IKL Karate class</p> <p>7:00 PM -8:30 PM Serge King</p>	<p>8:00 AM -9:00 AM Stretch &amp; Tone</p> <p>5:00 PM -6:00 PM Step Aerobics</p>	<p>8:30 AM -9:15 AM Sit to be Fit</p> <p>9:00 AM -12:00 PM Vet Center Outreach</p> <p>5:30 PM -7:00 PM Yoga</p> <p>6:00 PM -7:00 PM CODA -bookstore</p>	<p>10:00 AM Gentle Yoga</p> <p>5:00 PM -6:00 PM Tai Chi Chih</p> <p>6:15 PM Stretch/Tone</p> <p>6:30 PM -8:30 PM Quilters -bookstore</p>	<p>8:00 AM -9:00 AM Stretch &amp; Tone</p> <p>9:00 AM -12:00 PM Seniors Mtg/kitchen</p> <p>4:00 PM -6:00 PM IKL Karate Class</p> <p>6:00 PM -7:00 PM Japanese -bookst</p>	<p>5:00 PM -6:00 PM Step Aerobics</p> <p>Mongolian BBQ veggie/meat cutting</p>	<p>Mongolian BBQ 5pm 8pm</p>																																																																																								
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<p>6:00 AM -9:00 AM Farmer's Mkt/Crafts</p> <p>1:00 PM -3:00 PM IKL Karate class</p>	<p style="text-align: center; font-size: small;">Columbus Day</p> <p>8:00 AM -9:00 AM Stretch &amp; Tone</p> <p>5:00 PM -6:00 PM Step Aerobics</p>	<p>8:30 AM -9:15 AM Sit to be Fit</p> <p>5:00 PM -6:00 PM Coquistadores -bookstore</p> <p>5:30 PM -7:00 PM Yoga</p> <p>6:00 PM -7:00 PM CODA -bookstore</p>	<p>10:00 AM Gentle Yoga</p> <p>6:00 PM -7:30 PM Health Collaborative</p>	<p>8:00 AM -9:00 AM Stretch &amp; Tone</p> <p>9:00 AM -12:00 PM Seniors Mtg/kitchen</p> <p>3:30 PM -5:30 PM Hula Practice -Carlson</p> <p>4:00 PM -6:00 PM IKL Karate Class</p> <p>6:00 PM -7:00 PM Japanese -bookst</p> <p>6:00 PM Vegan Group/kitchen</p>	<p>8:00 AM -9:00 AM Gentle Yoga</p> <p>10:00 AM -12:00 PM Keiki Play</p> <p>5:00 PM -6:00 PM Step Aerobics</p> <p>7:00 PM -9:00 PM Comm. Rec.</p>	<p>8:30 AM -9:15 AM Sit to be Fit</p> <p>6:00 PM -8:00 PM Keep it Simple/kitchen</p> <p>10:00 PM -11:00 PM Heather/kitchen</p> <p>Time TBA -Makahiki Hula Practice - Carlson Court</p>																																																																																								
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<p>6:00 AM -9:00 AM Farmers Mkt</p> <p>1:00 PM -3:00 PM IKL Karate class</p> <p>10:00 PM -11:00 PM Sound System Training</p>	<p>8:00 AM -9:00 AM Stretch &amp; Tone</p> <p>10:00 AM -11:00 AM Buddhist Study -bookstore</p> <p>5:00 PM -6:00 PM Step Aerobics</p>	<p>8:30 AM -9:15 AM Sit to be Fit</p> <p>9:00 AM -12:00 PM Vet Center Outreach</p> <p>5:30 PM -7:00 PM Yoga</p> <p>6:00 PM -7:00 PM CODA -bookstore</p>	<p>10:00 AM Gentle Yoga</p> <p>5:00 PM -6:00 PM Tai Chi Chih</p> <p>6:15 PM Stretch/Tone</p> <p>6:30 PM -8:30 PM Quilters -bookstore</p>	<p>8:00 AM -9:00 AM Stretch &amp; Tone</p> <p>9:00 AM -12:00 PM Seniors Mtg/kitchen</p> <p>4:00 PM -6:00 PM IKL Karate Class</p> <p>6:00 PM -7:00 PM Japanese -bookst</p>	<p>8:00 AM -9:00 AM Gentle Yoga</p> <p>2:30 PM -4:00 PM Chorus</p> <p>Makahiki</p> <p>Perl/Davey Kitchen</p>	<p>Makahiki - CARLSON COURT closed to skating</p>																																																																																								
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