




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Tantalus Time Trial Bike Race 5:30am-10:30am</p> <p>Kailua Town Farmers Market (\$\$-Food) 8:30-12pm, Kailua Elementary</p> <p>Windward Mall Farmers Market (\$\$Food) 9:45am-2pm, Macy's Wing</p> 	<p>2</p> <p>I Ka `Olelo, Hawaiian language class, 9-10am, NIU</p> <p>I Ka Hula, Hula & Polynesian dance, 10-11am, NIU</p> <p>Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light)</p> <p>Makanalani Farmers Market (\$\$-Food) 4-8pm, Olomana Golf</p> <p>Aerobics 1, 9-10:00 am</p>	<p>3</p> <p>Malama Pono`I (Diabetes Prevention Program) 10-11:30a NIU</p> <p>Houpo Pono (Diabetes Class) 2:30-4:30pm, NIU (Free)</p> <p>Hula (Adults), 7pm-8pm</p>	<p>4</p> <p>Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light)</p> <p>E Ola Pono Farmers Market (\$\$-Food) 11a-1pm, WHC GLC</p> <p>Windward Mall Farmers Market (\$\$-Food) 2:30-7pm</p> <p>Ka Poli `Ai 10am-10:30am</p> <p>Alive & Limber, 4- 5:00 pm</p> <p>Line Dancing (Beg), 6-7:00 pm</p> <p>Aerobics 2, 9-10:00 am</p>	<p>5</p> <p>People's Open Market (\$\$-Food) 7:15-8:15am, Waimanalo Beach Park</p> <p>9-10am, Kailua District Park</p> <p>10:45-11:45am, Kaneohe District Park</p> <p>La`au Lapa`au (Hawaiian Herbal medicine class) 9- 11 am, GLC (Free)</p> <p>Kailua Town Farmers Market (\$\$-Food) 5-7:30pm</p> <p>Hula (Keiki) 6:30-7:30 pm</p>	<p>6</p> <p>Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light)</p> <p>Line Dancing (Int.) 6:30-8:30 pm</p> <p>Walking Club, 4-5:00 pm</p>	<p>7</p> <p>Makanalani Market (\$\$-Food)</p> <p>8am-1pm, Benjamin Parker Elementary, Kaneohe</p> <p>Trinity Christian School Biathlon Starts 6:00am-8:00am</p>
<p>8</p> <p>Hapalua Honolulu Marathon 5:30am-11:30am</p> <p>Kailua Town Farmers Market (\$\$-Food) 8:30-12pm, Kailua Elementary</p> <p>Windward Mall Farmers Market (\$\$-Food) 9:45am-2pm, Macy's Wing</p>	<p>9</p> <p>I Ka `Olelo, Hawaiian language class, 9-10am, NIU</p> <p>I Ka Hula, Hula & Polynesian dance, 10-11am, NIU</p> <p>Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light)</p> <p>Makanalani Farmers Market (\$\$-Food) 4-8pm, Olomana Golf</p> <p>Aerobics 1, 9-10:00 am</p> <p>Malama Pono`I (Diabetes Prevention Program) 5-6:30pm NIU</p>	<p>10</p> <p>Houpo Pono (Diabetes Class) 2:30-4:30pm, NIU (Free)</p> <p>Hula (Adults), 7pm-8pm</p>	<p>11</p> <p>Breastfeeding Support Group 10-10:30am, WIC Family Room</p> <p>Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light)</p> <p>E Ola Pono Farmers Market (\$\$-Food) 11a-1pm, WHC GLC</p> <p>Windward Mall Farmers Market (\$\$-Food) 2:30-7 pm</p> <p>Alive & Limber, 4- 5:00 pm</p> <p>Line Dancing (Beg), 6-7:00 pm</p> <p>Aerobics 2, 9-10:00 am</p>	<p>12</p> <p>People's Open Market (\$\$-Food) 7:15-8:15am, Waimanalo Beach Park</p> <p>9-10am, Kailua District Park</p> <p>10:45-11:45am, Kaneohe District Park</p> <p>La`au Lapa`au (Hawaiian Herbal medicine class) 9-11 am, GLC (Free)</p> <p>Happy & Hapai 1- 1:45 pm, WIC Family Room</p> <p>Kailua Town Farmers Market (\$\$-Food) 5-7:30pm</p> <p>Hula (Keiki) 6:30-7:30 pm</p>	<p>13</p> <p>Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light)</p> <p>Hula (Keiki) 6:30-7:30 pm</p> <p>Line Dancing (Int.) 6:30-8:30 pm</p> <p>Walking Club, 4-5:00 pm</p>	<p>14</p> <p>Makanalani Market (\$\$-Food)</p> <p>8am-1pm, Benjamin Parker Elementary, Kaneohe</p>
<p>15</p> <p>Lanikai Triathlon 6:15am-11:00am</p> <p>Kailua Town Farmers Market (\$\$-Food) 8:30-12pm, Kailua Elementary</p> <p>Windward Mall Farmers Market (\$\$-Food) 9:45am-2pm, Macy's Wing</p>	<p>16</p> <p>I Ka `Olelo, Hawaiian language class, 9-10am, NIU</p> <p>I Ka Hula, Hula & Polynesian dance, 10-11am, NIU</p> <p>Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light)</p> <p>Makanalani Farmers Market (\$\$-Food) 4-8pm, Olomana Golf</p> <p>Aerobics 1, 9-10:00 am</p>	<p>17</p> <p>Malama Pono`I (Diabetes Prevention Program) 10-11:30a NIU</p> <p>Houpo Pono (Diabetes Class) 2:30-4:30pm, NIU (Free)</p> <p>Hula (Adults), 7pm-8pm</p>	<p>18</p> <p>Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light)</p> <p>E Ola Pono Farmers Market (\$\$-Food) 11a-1pm, WHC GLC</p> <p>Windward Mall Farmers Market (\$\$-Food) 2:30-7 pm</p> <p>Ka Poli `Ai 10am-10:30am</p> <p>Alive & Limber, 4- 5:00 pm</p> <p>Line Dancing (Beg), 6-7:00 pm</p> <p>Aerobics 2, 9-10:00 am</p>	<p>19</p> <p>People's Open Market (\$\$-Food) 7:15-8:15am, Waimanalo Beach Park</p> <p>9-10am, Kailua District Park</p> <p>10:45-11:45am, Kaneohe District Park</p> <p>La`au Lapa`au (Hawaiian Herbal medicine class) 9-11 am, GLC (Free)</p> <p>Kailua Town Farmers Market (\$\$-Food) 5-7:30pm</p> <p>Hula (Keiki) 6:30-7:30 pm</p>	<p>20</p> <p>Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light)</p> <p>Line Dancing (Int.) 6:30-8:30 pm</p> <p>Walking Club, 4-5:00 pm</p>	<p>21</p> <p>March For Babies 7:30am-10:00am</p> <p>Makanalani Market (\$\$-Food)</p> <p>8am-1pm, Benjamin Parker Elementary, Kaneohe</p>
<p>22</p> <p>Hawaii Triathlon Center Spring Youth & Junior 6:00am-9:30am</p> <p>Kailua Town Farmers Market (\$\$-Food) 8:30-12pm, Kailua Elementary</p> <p>Windward Mall Farmers Market (\$\$-Food) 9:45am-2pm, Macy's Wing</p>	<p>23</p> <p>I Ka `Olelo, Hawaiian language class, 9-10am, NIU</p> <p>I Ka Hula, Hula & Polynesian dance, 10-11am, NIU</p> <p>Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light)</p> <p>Makanalani Farmers Market (\$\$-Food) 4-8pm, Olomana Golf</p> <p>Aerobics 1, 9-10:00 am</p>	<p>24</p> <p>Houpo Pono (Diabetes Class) 2:30-4:30pm, NIU (Free)</p> <p>Hula (Adults), 7pm-8pm</p>	<p>25</p> <p>Breastfeeding Support Group 10-10:30am, WIC Family Room</p> <p>Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light)</p> <p>E Ola Pono Farmers Market (\$\$-Food) 11a-1pm, WHC GLC</p> <p>Windward Mall Farmers Market (\$\$-Food) 2:30-7 pm</p> <p>Alive & Limber, 4- 5:00 pm</p> <p>Line Dancing (Beg), 6-7:00 pm</p> <p>Aerobics 2, 9-10:00 am</p>	<p>26</p> <p>People's Open Market (\$\$-Food) 7:15-8:15am, Waimanalo Beach Park</p> <p>9-10am, Kailua District Park</p> <p>10:45-11:45am, Kaneohe District Park</p> <p>Kailua Town Farmers Market (\$\$-Food) 5-7:30pm</p> <p>Hula (Keiki) 6:30-7:30 pm</p>	<p>27</p> <p>Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light)</p> <p>Cribs for Kids 10-11am, NIU (Call WIC for more details to register 259-7940)</p> <p>Line Dancing (Int.) 6:30-8:30 pm</p> <p>Walking Club, 4-5:00 pm</p>	<p>28</p> <p>Makanalani Market (\$\$-Food)</p> <p>8am-1pm, Benjamin Parker Elementary, Kaneohe</p>
<p>29</p> <p>Kailua Town Farmers Market (\$\$-Food) 8:30-12pm, Kailua Elementary</p> <p>Windward Mall Farmers Market (\$\$-Food) 9:45am-2pm, Macy's Wing</p>	<p>30</p> <p>I Ka `Olelo, Hawaiian language class, 9-10am, NIU</p> <p>I Ka Hula, Hula & Polynesian dance, 10-11am, NIU</p> <p>Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light)</p> <p>Makanalani Farmers Market (\$\$-Food) 4-8pm, Olomana Golf</p> <p>Aerobics 1, 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/983-site-dts-usage-cat/site-dts-usage-2017-cat/25916-july.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>				