

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 For more information on upcoming runs/races/walks please visit: http://www.honolulu.gov/cms-dts-menu/site-dts-sitearticles/1076-site-dts-usage-cat/site-dts-usage-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. *Waimanalo Health Center events take place at the Goebert Learning Center (GLC), Niu Conference Room (NIU) or WIC Family Room 		1 Learn About Nutrition 8- 9:30 am, NIU Malama Pono`I (Diabetes Prevention Program) 10-11:30 am NIU Hula (Adults), 7pm-8pm	2 Ka Poli 'Ai 10am-10:30am 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'l (Diabetes Prevention Program) 4-5pm at Hawaii Job Corps Center Alive & Limber, 4- 5:00 pm Line Dancing (Beg), 6-7:00 pm Aerobics 2, 9-10:00 am	People's Open Market (\$\$-Food) 7:15-8:15am, Waimanalo Beach Park 9-10am, Kailua District Park 10:45-11:45am, Kaneohe District Park Kailua Town Farmers Market (\$\$-Food) 5- 7:30pm Hula (Keiki) 6:30-7:30 pm	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	5 Makanalani Market (\$\$- Food) 8am-1pm, Benjamin Parker Elementary, Kaneohe
6 Hawaii Pacific Health Women's 10k Run, 7 am-1pm, Kapiolani Park, POC: KC Carlberg 946-0346 Kailua Town Farmers Market (\$\$- Food) 8:30-12pm, Kailua Elementary Windward Mall Farmers Market (\$\$- Food) 9:45am-2pm, Macy's Wing	7 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 Aerobics 1, 9-10:00 am	8 Learn About Nutrition 8- 9:30 am, NIU Hula (Adults), 7pm-8pm	9 Breastfeeding Support Group 10-10:30am, WIC Family Rm 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'l (Diabetes Prevention Program) 4-5pm at Hawaii Job Corps Center Alive & Limber, 4- 5:00 pm Line Dancing (Beg), 6-7:00 pm Aerobics 2, 9-10:00 am	10 People's Open Market (\$\$-Food) 7:15-8:15am, Waimanalo Beach Park 9-10am, Kailua District Park 10:45-11:45am, Kaneohe District Park Happy & Hapai 1- 1:45 pm, WIC Family Room Kailua Town Farmers Market (\$\$-Food) 5- 7:30pm Hula (Keiki) 6:30-7:30 pm	11 Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light) Hula (Keiki) 6:30-7:30 pm Line Dancing (Int.) 6:30-8:30 pm Walking Club, 4-5:00 pm	12 Wahiawa Pineapple Run, 5am-12pm, Kaala Elem., POC: Maribel Hout 653-3100 Makanalani Market (\$\$- Food) 8am-1pm, Benjamin Parker Elementary, Kaneohe
13 Honolulu Triathlon Race, 6am-12pm, POC: J.J. Johnson 782-2161 Kailua Town Farmers Market (\$\$- Food) 8:30-12pm, Kailua Elementary Windward Mall Farmers Market (\$\$- Food) 9:45am-2pm, Macy's Wing	14 I Ka 'Olelo, Hawaiian language class, 9-10am, NIU I Ka Hula, Hula & Polynesian dance, 10-11am, NIU Malama Pono'I (Diabetes Prevention Program) 5- 6:30 pm, NIU Walking Group 12:05-12:40 pm (WHC-Meet at Stop Light) Makanalani Farmers Market (\$\$-Food) 4-8pm, Olomana Golf Aerobics 1, 9-10:00 am	15 Learn About Nutrition 8- 9:30 am, NIU Malama Pono`I (Diabetes Prevention Program) 10-11:30 am NIU Hula (Adults), 7pm-8pm	16 Ka Poli 'Ai 10am-10:30am 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`l (Diabetes Prevention Program) 4-5pm at Hawaii Job Corps Center Alive & Limber, 4- 5:00 pm Line Dancing (Beg), 6-7:00 pm Aerobics 2, 9-10:00 am	17 People's Open Market (\$\$-Food) 7:15-8:15am, Waimanalo Beach Park 9-10am, Kailua District Park 10:45-11:45am, Kaneohe District Park Kailua Town Farmers Market (\$\$-Food) 5- 7:30pm Hula (Keiki) 6:30-7:30 pm	18 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	19 North Shore Triathalon 6am-9 am, Mokuleia Beach Park, POC: Chris Gardner 372-8885 Makanalani Market (\$\$-Food) 8am-1pm, Benjamin Parker Elementary, Kaneohe
20 Honolulu Ekiden Relay 5:30 am-1pm, Kapiolani Park, POC: Brent Imonen 923-3610 Kailua Town Farmers Market (\$\$- Food) 8:30-12pm, Kailua Elementary Windward Mall Farmers Market (\$\$- Food) 9:45am-2pm, Macy's Wing	21 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 Aerobics 1, 9-10:00 am	22 Learn About Nutrition 8- 9:30 am, NIU Hula (Adults), 7pm-8pm	23 Breastfeeding Support Group 10-10:30am, WIC Family Rm 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'l (Diabetes Prevention Program) 4-5pm at Hawaii Job Corps Center Alive & Limber, 4-5:00 pm Line Dancing (Beg), 6-7:00 pm Aerobics 2, 9-10:00 am	24 People's Open Market (\$\$-Food) 7:15-8:15am, Waimanalo Beach Park 9-10am, Kailua District Park 10:45-11:45am, Kaneohe District Park Kailua Town Farmers Market (\$\$-Food) 5- 7:30pm Hula (Keiki) 6:30-7:30 pm	25 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	26 Makanalani Market (\$\$- Food) 8am-1pm, Benjamin Parker Elementary, Kaneohe
Kailua Town Farmers Market (\$\$-Food) 8:30-12pm, Kailua Elementary Windward Mall Farmers Market (\$\$-Food) 9:45am-2pm, Macy's Wing	WHC CLOSED Memorial Day	29 Learn About Nutrition 8- 9:30 am, NIU Malama Pono`I (Diabetes Prevention Program) 10-11:30 am NIU Hula (Adults), 7pm-8pm	30 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 Line Dancing (Beg), 6-7:00 pm Aerobics 2, 9-10:00 am	31 People's Open Market (\$\$-Food) 7:15-8:15am, Waimanalo Beach Park 9-10am, Kailua District Park 10:45-11:45am, Kaneohe District Park Kailua Town Farmers Market (\$\$-Food) 5- 7:30pm Hula (Keiki) 6:30-7:30 pm		3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3