



Seniors

(60+ yrs old)

FUN DAY!

Friday, 2009 May 15

10 am - Noon

Next Fun Days: Jun19 Jul09 Aug6 Sep17 Oct16 Dec11

\$ 10 Donation

(Proceeds Go Toward Seniors Fund For Activities and Scholarships)



For more information contact:
Hawaii Academy

1314 Moonui Street, Honolulu, HI 96817
Gym Phone: 842.5642 Director's Cell (Emergencies) 741.2223

www.hawaiiacademy.com



Come in and play on our trampolines and fun equipment! Enjoy meeting new senior friends!

Seniors FUN DAY in the Gym

For those age 60 and older... 60-99+

Come and join us with your friends for a fun-filled social event at Hawai'i Academy.

Get to know other Seniors in an exercise environment.
Socialize (talk story) while getting physical activity.
Help a good cause... seniors in our community.

The Senior FUN Day usually runs from 10am - 12pm on alternating days. The event will start of with a social warm up followed by a group stretch. After sufficient stretching there will be a set of strengthening exercises followed by time on the Trampoline and all other equipment. The most important element of the day is to have FUN!

Make sure to bring exercise clothing, socks, ENERGY, and a GOOD MOOD.

See you there!!!



— Senior Fun Day REGISTRATION FORM —

3 April, 15 May, 19 June, 9 July, 6 August, 17 September, 16 October, 11 December

Attendee's Name: _____ Age: _____ Sex: M or F

Address: _____ City: _____

State: _____ Zip: _____ Country: _____ How did you find us? _____ HA Member: Yes No

Email: _____ Phones: _____

Preferred Hospital: _____ Primary Care Physician: _____

Emergency Contact: _____ Limitations: _____

Participant Signature: _____ Date: _____