



ZZZZZZ



odies



Pickles at Kokoro ??? Looks like a lot of healthy growth entering into 2019 !!!



Many things to Celebrate!



Johnny, Thanks for the fancy fruiti-ful dose of vitamins ! And look !! you even made the sun (aka: B12) come out in the middle of this rainy January !!!



Geishun - The Welcoming In of Spring





February 2月 2019



SUN MON TUE WED THU FRI SAT



Memo:

1	2
9:30 Amy's Craft Time - TEA	10:00 TV Japan: Talk-Show - TV
11:00 Strength Train w/Dick-TMP	11:00 Exercise w/Res Asst.-TMP
1:30 Massage w/Aida - ACT	12:00 TV Jp: Songs of Jp Spirit-TV
3:00 Activity Meeting - TEA	2:00 News & Taiga Drama -TV
5:30 Movie/TV Show - TV	3:00 Balloon Fun - LOB
	5:30 Movie/TV Show - TV

3	4	5	6	7	8	9
* Setsubun *	9:30 Calligraphy w/Emiko - TEA	* Chinese New Year *	9:30 Knitting - TEA	10:00 Brain Game - TEA	10:00 Carpet Bowling - ACT	10:00 SPCA Visit - LOB
10:00 TV Japan: Nodojiman - TV	11:00 Rajio Taiso - TMP	10:00 Brain Game - TEA	11:00 Dynamic Balance & Active Stability w/Dick - TMP	11:00 Stretch Bands w/Dick - TMP	11:00 Strength Train w/Dick-TMP	11:00 Exercise w/Res Asst.-TMP
11:00 Exercise w/Resident Asst-TMP	1:00 Food Meeting w/Vera - ACT	11:00 Yoga w/Robin - TMP	1:30 Sing-along w/Peko-chan-TMP	1:00 Tea Ceremony w/Sunny - ACT	2:00 Manicure w/Emiko - TEA	12:00 Songs of Japanese Spirit -TV
1:30 DVD Matinee - TV	2:00 Dowo & Doyo w/Noriko - TMP	2:00 Bingo Bonanza - TEA	3:00 Black Jack w/Claire - TEA	2:00 Tom's Cabaret Hour - TMP	3:00 Shall We Dance w/Jack - TMP	2:00 TV Japan: News & Taiga Drama -TV
3:00 Ball Fun - LOB	3:00 Sketch w/Sara - TEA	3:00 Animal of the Month -TEA	5:30 Movie/TV Show - TV	3:00 UNO Card Game - TEA	5:30 Movie/TV Show - TV	3:00 Piano Pleasures w/Cecilia-TMP
5:30 Movie/TV Show - TV	5:30 Movie/TV Show - TV	5:30 Movie /TV Show - TV		5:30 Movie/TV Show - TV		5:30 Movie/TV Show - TV

10	11	12	13	14	15	16
10:00 TV Japan: Nodojiman - TV	10:00 Songs of School Days- TEA	9:45 Tai Chi w/Gail- ACT	10:30 Resident Council Meeting - TEA	* Valentine's Day *	10:00 Carpet Bowling - ACT	10:00 SPCA Visit - LOB
11:00 Exercise w/Resident Asst-TMP	11:00 Arm-Chair Aerobics w/Kaeko - TMP	11:00 Yoga w/Robin - TMP	11:00 Dynamic Balance & Active Stability w/Dick - TMP	10:00 Buddhist Service w/Jerry - ACT	11:15 Sequoias Chorus Special	11:00 Exercise w/Res Asst.-TMP
1:30 DVD Matinee - TV	2:00 Dowo & Doyo w/Noriko - TMP	2:00 Bingo Bonanza - TEA	1:30 Sing-along w/Peko-chan-TMP	11:00 Stretch Bands w/Dick - TMP	Valentine's Performance -TMP	12:00 Songs of Japanese Spirit -TV
3:00 Ball Fun - LOB	3:00 Sketch w/Sara - TEA	3:00 Calligraphy & Laughter w/ Reverend Kawahatsu - TEA	3:00 Black Jack w/Claire - TEA	2:00 Johnny's Cooking Creations - TEA	1:30 Massage w/Aida - ACT	2:00 TV Japan: News & Taiga Drama -TV
5:30 Movie/TV Show - TV	5:30 Movie/TV Show - TV	5:30 Movie /TV Show - TV	5:30 Movie/TV Show - TV	3:30 Chat w/Naoko - TEA	3:00 Coloring - TEA	3:00 Balloon Fun- TMP
				5:30 Movie/TV Show - TV	5:30 Movie/TV Show - TV	5:30 Movie/TV Show - TV

17	18	19	20	21	22	23
10:00 SPCA Visit - LOB	* President's Day Holiday *	9:45 Tai Chi w/Gail- ACT	10:30 Monthly Bus Trip	10:00 Brain Game - TEA	10:00 Carpet Bowling - ACT	10:00 SPCA Visit - LOB
11:00 Exercise w/Resident Asst-TMP	9:30 Calligraphy w/Emiko - TEA	11:00 Yoga w/Robin - TMP	11:00 Dynamic Balance & Active Stability w/Dick - TMP	11:00 Stretch Bands w/Dick - TMP	11:00 Strength Train w/Dick-TMP	11:00 Exercise w/Res Asst.-TMP
1:15 Stay Tuned w/Jimmy - LOB	11:00 Rajio Taiso - TMP	12:00 Lion Dance Performance	1:30 Sing-along w/Peko-chan-TMP	2:00 Tom's Cabaret Hour - TMP	2:00 Manicure w/Emiko - TEA	12:00 Songs of Japanese Spirit -TV
1:30 DVD Matinee - TV	2:00 Dowo & Doyo w/Noriko - TMP	2:00 Bingo Bonanza - TEA	3:00 Coloring - TEA	3:00 Gate Ball - ACT	3:00 Travelogue w/Jack - TMP	1:30 Minyo & Shamisen w/Yamabata - TMP
3:00 Ball Fun - LOB	3:00 Sketch w/Sara - TEA	3:00 Coloring - TEA	5:30 Movie/TV Show - TV	5:30 Movie/TV Show - TV	5:30 Movie/TV Show - TV	3:00 Balloon Fun- LOB
5:30 Movie/TV Show - TV	5:30 Movie/TV Show - TV	5:30 Movie /TV Show - TV				5:30 Movie/TV Show - TV

24	25	26	27	28		
10:00 TV Japan: Nodojiman - TV	9:30 Calligraphy w/Emiko - TEA	9:45 Tai Chi w/Gail- ACT	9:30 Knitting - TEA	10:00 Brain Game - TEA		
11:00 Exercise w/Resident Asst-TMP	11:00 Arm-Chair Aerobics w/Kaeko - TMP	11:00 Yoga w/Robin - TMP	11:00 Dynamic Balance & Active Stability w/Dick - TMP	11:00 Stretch Bands w/Dick - TMP		
2:00 DVD Matinee - TV	1:00 Kiitemoraitai Recital - TMP	2:00 Bingo Bonanza - TEA	1:30 Sing-along w/Peko-chan-TMP	2:00 Garden Club - CYD		
3:00 Ball Fun - LOB	3:00 Sketch w/Sara - TEA	3:00 Calendar Making - TEA	3:00 Chikako's Charmings - TEA	3:00 Japanese Card Games - TEA		
5:30 Movie/TV Show - TV	5:30 Movie/TV Show - TV	5:30 Movie /TV Show - TV	5:30 Movie/TV Show - TV	5:30 Movie/TV Show - TV		



Daily Escorted Walks

9:00AM & 1:30PM



Catholic Communion with Deacon Sandoval
Each Thursday - 9:15am
4th Floor - Tea Area
ALL FAITHS are WELCOME !

Location Key:

TEA - Tea Area (4th Fl.)
 ACT - Activity Area (4th Fl.)
 CYD - Courtyard
 TMP - Temple/Dining
 LOB - Lobby

NOTE:

ACTIVITIES ARE SUBJECT TO CHANGE

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