



ZZZZZZ

Bodies



To mention just a few... Pine Methodist Church, Scouts from Troop 58, Japanese Student Visitors from English Studies Institute and the SPCA... Thanks for making our December Filled with Fun !



Pon-Pon Holiday Tree by Our Knitting Team



Hey, Christmas Buddy!





JANUARY 1月 2019



SUN MON TUE WED THU FRI SAT



1
* **New Year's Day*** (元旦)
10:00 New Year's Parade - TV
2:00 DVD Request - TV
3:00 Balloon Fun - LOB
5:30 Movie /TV Show - TV



2
9:30 Knitting/Coloring - TEA
11:00 Dynamic Balance & Active Stability w/Dick - TMP
2:00 Bingo Bonanza - TEA
3:00 Animal of the Month - TEA
5:30 Movie/TV Show - TV



3
10:00 Special Visit by Acalanes HS: Arts & Crafts - TEA
11:00 Stretch Bands w/Dick - TMP
2:00 Cabaret Hour w/Tom - TMP
3:00 Brain Games - TEA
5:30 Movie/TV Show - TV

4
9:30 Amy's Craft Time -TEA
11:00 Strength Train w/Dick-TMP
1:30 Massage w/Aida - ACT
3:00 Activity Meeting - TEA
5:30 Movie/TV Show - TV

5
10:00 SPCA Visit - LOB
11:00 Exercise w/Res Asst.-TMP
12:00 Emperor Meiji's Dinner Party -TV
2:00 News & Taiga Drama -TV
3:00 Balloon Fun - LOB
5:30 Movie/TV Show - TV

6
10:00 TV Japan: Yoshiharu Habu's Come-From-Behind Shogi- TV
11:00 Exercise w/Resident Asst-TMP
2:00 DVD Request - TV
3:00 Crazy Pool - LOB
5:30 Movie/TV Show - TV

7
Coming of Age Day * (成人の日)
10:00 Songs of School Days - LOB
11:00 Rajio Taiso - TMP
1:00 Food Meeting w/Vera - ACT
2:00 Dowa & Doyo w/Noriko - TMP
3:00 Sketch w/Sara - TEA
5:30 Movie/TV Show - TV



8
9:45 Tai Chi w/Gail- ACT
11:00 Yoga w/Robin - TMP
2:00 Bingo Bonanza - TEA
3:00 Calligraphy & Laughter w/ Rev. Kawahatsu - TEA
5:30 Movie /TV Show - TV

9
10:00 Resident Council Meeting-TEA
11:00 Dynamic Balance & Active Stability w/Dick - TMP
2:00 Brain Games - TEA
3:00 Black Jack w/Claire - TEA
5:30 Movie/TV Show - TV

10
10:00 Buddhist Service w/Jerry-ACT
11:00 Stretch Bands w/Dick - TMP
2:00 Cooking Creations w/Johnny - TEA
3:30 Chat w/Naoko - TEA
5:30 Movie/TV Show - TV

11
10:00 Carpet Bowling - ACT
11:00 Strength Train w/Dick-TMP
2:00 Manicure w/Emiko - TEA
3:00 Shall We Dance w/Jack - TMP
5:30 Movie/TV Show - TV



12
10:00 SPCA Visit - LOB
11:00 Exercise w/Res Asst.-TMP
12:00 Songs of Japanese Spirit -TV
2:00 TV Japan: News & Taiga Drama -TV
3:00 Balloon Fun - LOB
5:30 Movie/TV Show - TV

13
10:00 DVD Request - TV
11:00 Exercise w/Resident Asst-TMP
1:30 TV Japan: Sumo Wrestling - TV
3:00 Crazy Pool - LOB
5:30 Movie/TV Show - TV

14
9:30 Calligraphy w/Emiko - TEA
11:15 Arm-Chair Aerobics w/Kaeko - TMP
2:00 Dowa & Doyo w/Noriko - TMP
3:00 Sketch w/Sara - TEA
5:30 Movie/TV Show - TV

15
9:45 Tai Chi w/Gail- ACT
11:00 Yoga w/Robin - TMP
2:00 Bingo Bonanza - TEA
3:00 Fun Craft - TEA
5:30 Movie /TV Show - TV

16
9:30 Monthly Bus Outing
11:00 Dynamic Balance & Active Stability w/Dick - TMP
1:30 Sing-along w/Peko-chan-TMP
3:00 Brain Games - TEA
5:30 Movie/TV Show - TV

17
10:00 Brain Games - TEA
11:00 Stretch Bands w/Dick - TMP
2:00 Cabaret Hour w/Tom - TMP
3:00 Black Jack w/Claire - TEA
5:30 Movie/TV Show - TV

18
10:00 Carpet Bowling - ACT
11:00 Strength Train w/Dick-TMP
1:30 Massage w/Aida - ACT
3:00 Brain Games- TEA
5:30 Movie/TV Show - TV

19
10:00 SPCA Visit - LOB
11:00 Exercise w/Res Asst.-TMP
12:00 Songs of Japanese Spirit -TV
2:00 TV Japan: News & Taiga Drama -TV
3:00 Piano Pleasures w/Cecilia- TMP
5:30 Movie/TV Show - TV

20
10:00 SPCA Visit - LOB
11:00 Exercise w/Resident Asst-TMP
1:15 Stay Tuned w/Jimmy - LOB
1:30 TV Japan: Sumo Wrestling - TV
3:00 Crazy Pool - LOB
5:30 Movie/TV Show - TV

21
* Martin Luther King, Jr. Day *
9:30 Calligraphy w/Emiko - TEA
11:00 Rajio Taiso - TMP
2:00 Dowa & Doyo w/Noriko - TMP
3:00 Sketch w/Sara - TEA
5:30 Movie/TV Show - TV



22
9:45 Tai Chi w/Gail- ACT
11:00 Yoga w/Robin - TMP
2:00 Bingo Bonanza - TEA
3:00 Brain Games - TEA
5:30 Movie /TV Show - TV

23
9:30 Knitting/Coloring - TEA
11:00 Dynamic Balance & Active Stability w/Dick - TMP
1:30 Sing-along w/Peko-chan-TMP
3:00 Black Jack - TEA
5:30 Movie/TV Show - TV

24
10:00 Songs of School Days - LOB
11:00 Stretch Bands w/Dick - TMP
2:00 Tea Ceremony w/Sunny - ACT
3:00 UNO Card Games - TEA
5:30 Movie/TV Show - TV

25
10:00 Carpet Bowling - ACT
11:00 Strength Train w/Dick-TMP
1:00 Manicure w/Emiko - TEA
2:00 Resident Care Meeting w/Rebecca - TEA
3:00 Travelogue w/Jack - TMP
5:30 Movie/TV Show - TV

26
10:00 TV Japan Talk Show - TV
11:00 Exercise w/Res Asst.-TMP
12:00 Songs of Japanese Spirit -TV
1:30 Minyo & Shamisen w/Yamabata - TMP
3:00 Balloon Fun- LOB
5:30 Movie/TV Show - TV

27
10:00 TV Japan: Nodojiman - TV
11:00 Exercise w/Resident Asst-TMP
2:00 DVD Request - TV
3:00 Crazy Pool - LOB
5:30 Movie/TV Show - TV

28
9:30 Calligraphy w/Emiko - TEA
11:15 Arm-Chair Aerobics w/Kaeko - TMP
2:00 Dowa & Doyo w/Noriko - TMP
3:00 Sketch w/Sara - TEA
5:30 Movie/TV Show - TV

29
9:45 Tai Chi w/Gail- ACT
11:00 Yoga w/Robin - TMP
2:00 Bingo Bonanza - TEA
3:00 Calendar Making - TEA
5:30 Movie /TV Show - TV

30
9:30 Knitting/Coloring - TEA
11:00 Dynamic Balance & Active Stability w/Dick - TMP
1:30 Sing-along w/Peko-chan-TMP
3:00 Chikako's Charmings - TEA
5:30 Movie/TV Show - TV

31
10:00 Brain Games - TEA
11:00 Stretch Bands w/Dick - TMP
2:00 Garden Club - CYD
3:00 Gate Ball - ACT
5:30 Movie/TV Show - TV



Daily Escorted Walks

9:00AM & 1:30PM



Catholic Communion with Deacon Sandoval
Each Thursday - 9:00am
4th Floor - Tea Area

ALL FAITHS are WELCOME !



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