



ZZZZZZ

Bodies

Slowly introducing hot water into the Chawan

Matcha Scoop to match the occasion

Ritual cleaning of utensils by use of Fukusa silk cloth

茶道  
Tea Ceremony

Sensei, does this pass ???

Wisk . Matcha . Water

Gate Ball

Gate Ball was invented in Japan by Kazunobu Suzuki in 1947. It's a team sport using mallets and was inspired by croquet. It is very popular in Japan amongst the senior sector.

Good Luck!

Tsuna says, "I brought 3 bags to put my cash winnings in!"

Getting Some B-12!

餃子  
Pot Stickers  
ギョーザ

Pumping Iron & Flexing those Quads  
Just Do It. Swoosh!



# July 7月 2018



SUN	MON	TUE	WED	THU	FRI	SAT
1 10:00 SPCA Visit - LOB 11:00 Exercise w/Resident Asst-TMP 2:00 DVD Request - TV 3:00 Crazy Pool - LOB 5:30 Movie/TV Show - TV	2 9:30 Calligraphy w/Emiko - TEA 11:00 Senior Fitness - 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	3 9:45 Tai Chi w/Gail- ACT 11:00 Rajio Taiso/Exercise - TMP 2:00 Bingo Bonanza - TEA 3:00 Animal of the Month -TEA 5:30 Movie/TV Show - TV	 4 [Independence Day] 9:30 Knitting/Coloring - TEA 11:00 Dynamic Balance & Active Stability w/Dick - TMP 1:00 DVD Request - TV 3:00 Balloon Fun - LOB 5:30 Movie/TV Show - TV	5 10:00 Activity Meeting - TEA 11:00 Stretch Bands w/Dick - TMP 2:00 Cabaret Hour w/Tom - TMP 3:00 Gate Ball - ACT 5:30 Movie/TV Show - TV	6 9:30 Amy's Craft Time -TEA 11:00 Strength Train w/Dick-TMP 1:30 Massage w/Aida - ACT 3:00 Card Game - ACT 5:30 Movie/TV Show - TV	 7 [Star Festival: 七夕] 10:00 TV Japan: Talk Show - TV 11:00 Exercise w/Res Asst.-TMP 2:00 TV Japan: News & Taiga Drama -TV 3:00 Balloon Fun- LOB 5:30 Movie/TV Show - TV
8 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	9 10:00 Songs of School Days - LOB 11:00 Senior Fitness - TMP 2:00 Dowa Doyo w/Noriko - TMP 3:00 <b>Sketch w/Sara - TEA</b> 5:30 Movie/TV Show - TV	10 9:45 Tai Chi w/Gail- ACT 11:00 Rajio Taiso/Exercise - TMP 2:00 Bingo Bonanza - TEA 3:00 Calligraphy & Laughter w/ Rev. Kawahatsu - TEA 5:30 Movie /TV Show - TV	11 10:00 Resident Council Meeting -TEA 11:00 Dynamic Balance & Active Stability w/Dick - TMP 1:30 Sing-along w/Peko-chan - TMP 3:00 Black Jack w/ Claire - TEA 5:30 Movie/TV Show - TV	12 10:00 Buddhist Service w/Jerry - TEA 11:00 Stretch Bands w/Dick - TMP 2:00 Volunteer Appreciation Party - TMP 5:30 Movie/TV Show - TV	13 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	14 10:00 SPCA Visit - LOB 11:00 Exercise w/Res Asst.-TMP 2:00 TV Japan: News & Taiga Drama -TV 3:00 Piano Pleasures w/Cecilia - TMP 5:30 Movie/TV Show - TV
15 10:00 TV Japan: Nodojiman - TV 11:00 Exercise w/Resident Asst-TMP 2:00 Stay-Tuned w/Jimmy - LOB 3:00 Crazy Pool - LOB 5:30 Movie/TV Show - TV	16 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	17 9:45 Tai Chi w/Gail- ACT 11:00 Rajio Taiso/Exercise - TMP 2:00 Bingo Bonanza - TEA 3:00 Hatsubon Service - TMP 5:30 Movie /TV Show - TV	18 10:30 Monthly Bus Outing 11:00 Dynamic Balance & Active Stability w/Dick - TMP 1:30 Sing-along w/Peko-chan -TMP 3:00 Coloring - Tea 5:30 Movie/TV Show - TV 6:30 Board of Directors Mtg - Kirk	19 10:00 Tea Ceremony w/Sunny - ACT 11:00 Stretch Bands w/Dick - TMP 2:00 Cooking Creations w/Johnny - TEA 3:30 Chat with Kirk - TEA 5:30 Movie/TV Show - TV	20 [Midsummer Day of the OX: 土用の丑] 10:00 Brain Games - TEA 11:00 Strength Train w/Dick-TMP 1:30 Massage w/Aida - ACT 3:00 <b>Jean's Story</b> -Telling - TMP 5:30 Movie/TV Show - TV	21 10:00 SPCA Visit - LOB 11:00 Exercise w/Res Asst.-TMP 2:00 Musical Pastimes -TMP 3:00 Balloon Fun- LOB 5:30 Movie/TV Show
 22 10:00 TV Japan: Nodojiman- TV 11:00 Exercise w/Resident Asst-TMP 1:00 DVD Request - TV 1:00 Bon Odori Outing 3:00 Crazy Pool - LOB 5:30 Movie/TV Show - TV 	23 9:30 Calligraphy w/Emiko - TEA 11:00 Senior Fitness - TMP 2:00 Dowa Doyo w/Noriko - TMP 3:00 Sketch w/Sara - TEA 5:30 Movie/TV Show - TV	24 9:45 Tai Chi w/Gail- ACT 11:00 Rajio Taiso/Exercise - TMP 2:00 Bingo Bonanza - TEA 3:00 <b>JARF "From the Heart" Visit -TEA</b> 5:30 Movie /TV Show—TV	25 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 w/ Claire - TEA 5:30 Movie/TV Show - TV	26 10:00 Coloring - TEA 11:00 Stretch Bands w/Dick - TMP 2:00 Garden Club - CYD 3:00 <b>Chikako's Charmings</b> - TEA 5:30 Movie/TV Show - TV	27 [Full Moon: 満月]  10:00 Brain Games - ACT 11:00 Strength Train w/Dick-TMP 1:00 Manicure w/Emiko - TEA 2:00 Resident Care Meeting w/Naoko -TEA 3:00 Travelogue w/Jack - TMP 5:30 Movie/TV Show - TV	28 10:00 SPCA Visit - LOB 11:00 Exercise w/Res Asst.-TMP 1:30 Minyo & Shamisen w/Yamabata -TMP 3:00 Balloon Fun- LOB 5:30 Movie/TV Show - TV
29 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	30 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	31 9:45 Tai Chi w/Gail- ACT 11:00 Rajio Taiso/Exercise - TMP 2:00 Bingo Bonanza - TEA 3:00 Calendar Making - TEA 5:30 Movie /TV Show - TV		Daily Escorted Walks 9:00AM & 1:30PM 	Memo:	



Tokyo



Osaka



Sendai

Saturday,  
July 7th  
Star Festival:  
Tanabata  
七夕



Oita



Kyoto

### Location Key:

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

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