



ZZZZZZ

Bodies



*Odori with Fujimoto Sensei and Kimochi Sr. Center dancers

*Kagoshima University student visit

*And a whole lot of fun !!!



Puppies, Turtles and Snakes, Oh, My!



Individually made origami boxes from your secret Valentine's Day admirer!



Takara Sake USA - Museum of Historic Artifacts



Junior Center of Art and Science at Lake Merritt, Oakland



March 3月 2018

SUN MON TUE WED THU FRI SAT



Memo:

SUN	MON	TUE	WED	THU	FRI	SAT
				1 10:00 Activity Meeting - TEA 11:00 Stretch Bands w/Dick - TMP 2:00 Cabaret Hour w/Tom - TMP 3:00 UNO Game- TEA 5:30 Movie/TV Show - TV	2 9:30 Amy's Craft Time -TEA 11:00 Strength Train w/Dick-TMP 1:30 Massage w/Aida - ACT 3:00 Hinamatsuri Discussion-TEA 5:30 Movie/TV Show - TV	3 10:00 TV Japan: Talk Show - TV 11:00 Exercise w/Res Asst.-TMP 2:00 DVD Request - TV 3:00 Balloon Fun- LOB 5:30 Movie/TV Show - TV
4 10:00 SPCA Visit - LOB 11:00 Exercise w/Resident Asst-TMP 2:00 DVD Request - TV 3:00 Balloon Fun - LOB 5:30 Movie/TV Show - TV	5 9:30 Calligraphy w/Emiko - TEA 11:00 Senior Fitness - TMP 1:00 Food Meeting w/Roddy - ACT 2:00 Dowa & Doyo w/Noriko - TMP 3:00 Coloring - TEA 5:30 Movie/TV Show - TV	6 9:45 Tai Chi w/Gail- ACT 11:00 Rajio Taiso/Exercise - TMP 2:00 Bingo Bonanza - TEA 3:00 Musical Merriments - ACT 5:30 Movie/TV Show - TV	7 9:30 Knitting/Coloring - TEA 11:00 Dynamic Balance & Active Stability w/Dick - TMP 1:30 Sing-Along w/Peko-chan-TMP 3:00 Craft-Time - TEA 5:30 Movie/TV Show - TV	8 10:00 Black Jack w/Claire -TEA 11:00 Stretch Bands w/Dick - TMP 1:00 Tea Ceremony w/Sunny - ACT 3:00 Karuta Game - TEA 5:30 Movie/TV Show - TV	9 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	10 10:00 TV Japan: Talk Show - TV 11:00 Exercise w/Res Asst.-TMP 2:00 MeTV: Bonanza - TV 3:00 Balloon Fun- LOB 5:30 Movie/TV Show - TV
11 10:00 SPCA Visit - LOB 11:00 Exercise w/Resident Asst-TMP 2:00 DVD Request - TV 3:00 Balloon Fun - LOB 5:30 Movie/TV Show - TV	12 10:00 Songs of School Days - LOB 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	13 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	14 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 Animal of the Month -TEA 5:30 Movie/TV Show - TV	15 10:00 Black Jack - TEA 11:00 Stretch Bands w/Dick - TMP 2:00 Cooking Creations with Johnny - TEA 3:00 Coloring - TEA 5:30 Movie/TV Show - TV	16 10:00 Carpet Bowling - ACT 11:00 Strength Train w/Dick-TMP 1:30 Massage w/Aida - ACT 3:00 Jean's Story-Telling - TMP 5:30 Movie/TV Show - TV	17 10:00 TV Japan: Talk Show - TV 11:00 Exercise w/Res Asst.-TMP 2:00 MeTV: Bonanza - TV 3:00 Piano Pleasures w/Cecilia - TMP 5:30 Movie/TV Show
18 10:00 SPCA Visit - LOB 11:00 Exercise w/Resident Asst-TMP 12:30 TV Jp: Sumo Tournament - TV 2:00 Stay-Tuned w/Jimmy - LOB 3:00 Balloon Fun - LOB 5:30 Movie/TV Show - TV	19 9:30 Calligraphy w/Emiko - TEA 11:00 Senior Fitness - TMP 1:00 Kiitemoraitai PerformanceTMP 3:00 Coloring - TEA 5:30 Movie/TV Show - TV	20 9:45 Tai Chi w/Gail- ACT 11:00 Rajio Taiso/Exercise - TMP 2:00 Bingo Bonanza - TEA 3:00 Musical Merriments - ACT 5:30 Movie /TV Show - TV	21 10:00 Coloring - TEA 10:30 Monthly Bus Outing 11:00 Dynamic Balance & Active Stability w/Dick - TMP 1:30 Sing-along w/Peko-chan -TMP 3:00 Brain Game - TEA 5:30 Movie/TV Show - TV	22 10:00 Towel Okake- TV 11:00 Stretch Bands w/Dick - TMP 1:00 Tea Ceremony w/Sunny - ACT 2:30 Chat with Kirk - TEA 3:00 Easy Origami - TEA 5:30 Movie/TV Show - TV	23 10:00 Carpet Bowling - ACT 11:00 Strength Train w/Dick-TMP 2:00 Manicure w/Emiko - TEA 3:00 Travelogue w/Jack - TMP 5:30 Movie/TV Show - TV	24 10:00 TV Japan: Talk Show- TV 11:00 Exercise w/Res Asst.-TMP 2:00 MeTV: Bonanza - TMP 3:00 Balloon Fun- LOB 5:30 Movie/TV Show - TV
25 10:00 SPCA Visit - TV 11:00 Exercise w/Resident Asst-TMP 2:00 DVD Request - TV 3:00 Balloon Fun - LOB 5:30 Movie/TV Show - TV	26 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	27 9:45 Tai Chi w/Gail- ACT 11:00 Rajio Taiso/Exercise - TMP 2:00 Bingo Bonanza - TEA 3:00 Coloring - TEA 5:30 Movie /TV Show - TV	28 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	29 10:00 Black Jack w/Claire - TV 11:00 Stretch Bands w/Dick - TMP 1:00 Garden Club - CYD 3:00 Card Games 5:30 Movie/TV Show - TV	30 10:00 Carpet Bowling - ACT 11:00 Strength Train w/Dick-TMP 2:00 Resident Care Meeting w/Naoko - TEA 3:00 Calendar Making - TEA 5:30 Movie/TV Show - TV	31 10:00 TV Japan: Talk Show- TV 11:00 Exercise w/Res Asst.-TMP 1:30 Minyo & Shamisen - TMP 3:00 Balloon Fun- LOB 5:30 Movie/TV Show - TV



Daily Escorted Walks

9:00AM
&
1:30PM



Catholic Communion
w/Sister Elaine
of St. Mary's Cathedral
Thurs at 1:30pm - TMP
All 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

PUBLICATION ISSUED BY:
Kokoro Assisted Living
1881 Bush Street
San Francisco, CA 94109
Phone (415)776-8066
Fax (415)674-5941
www.kokoroassistedliving.org
License #385600235