



ZZZZZZ

Bodies



Worms can eat 1/3 to 1/2 their body weight everyday. Worms will eat fruit and vegetables scraps, paper, egg shells and even coffee grounds! They digest the waste into soft compost called castings or vermicompost. Here, you can see Yasuko placing shredded paper and then dampening it with a spray bottle. This type of composter is a "tiered bin" where the worms burrow up and leave the digested waste in the lower tray. The waste can then be used as compost. Let's also thank Kimie-san for lending a hand!

Hey Linda, thanks for showing us how to worm our way to a healthy compost!



The Sequoias Chorus
Lead by Sharman Duran, the group performed Valentine's Day pieces. Here's Paula and Michael, "I Remember It Well" from the musical "Gigi".

Famous quote:
"I paint with my feeling." - Keiko Fletcher



SFPD Lion Dance Team!

Performing in the San Francisco's CNY Parade for over 30 years!



Fresh Breeze at Aquatic Park then off to see "Kimono Refashioned" at the Asian Art Museum. Thanks Greg Gerbino for the experience!

Japan's influence in Western fashion is shown in the 1867 World's Fair in Paris. Victorian era vs. fashions of the 20's were depicted through different hem lengths. Gabrielle "Coco" Chanel became interested in the contour/lines and applied those fashion attributes to women's styles and couture. In 1991, Rei Kawakubo, founder of Comme Des Garsons, designed this evening dress with hand-painted motif.





March 3月 2019



SUN MON TUE WED THU FRI SAT



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1	2
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	10:00 TV Japan: Talk-Show - TV 11:00 Exercise w/Res Asst.-TMP 12:00 TV Jp: Songs of Jp Spirit-TV 2:00 News & Taiga Drama -TV 3:00 Balloon Fun - LOB 5:30 Movie/TV Show - TV

3	4	5	6	7	8	9
* Hinamatsuri * 10:00 TV Japan: Nodojiman - TV 11:00 Exercise w/Resident Asst-TMP 1:30 DVD Matinee - TV 3:00 Ball Fun - LOB 5:30 Movie/TV Show - TV	9:30 Calligraphy w/Emiko - TEA 11:00 Rajio Taiso - TMP 1:00 Food Meeting w/Vera - ACT 2:00 Dowo & Doyo w/Noriko - TMP 3:00 Sketch w/Sara - TEA 5:30 Movie/TV Show - TV 7:00 SF Choral Artists: Performance	9:45 Tai Chi w/Gail- ACT 11:00 Yoga w/Robin - TMP 2:00 Bingo Bonanza - TEA 3:00 Animal of the Month -TEA 5:30 Movie /TV Show - TV	9:30 Knitting - 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	9:15 Catholic Service - TEA 10:00 Brain Game - TEA 11:00 Stretch Bands w/Dick - TMP 1:00 Tea Ceremony w/Sunny - ACT 2:00 Tom's Cabaret Hour - TMP 3:00 Gate Ball - ACT 5:30 Movie/TV Show - TV	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	10:00 SPCA Visit - LOB 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

10	11	12	13	14	15	16
* Daylight Savings * 10:00 Mysteries of the Museum - TV 11:00 Exercise w/Resident Asst-TMP 1:30 DVD Matinee - TV 3:00 Ball Fun - LOB 5:30 Movie/TV Show - TV	9:30 Calligraphy w/Emiko - TEA 11:00 Rajio Taiso - TMP 2:00 Dowo & Doyo w/Noriko - TMP 3:00 Sketch w/Sara - TEA 5:30 Movie/TV Show - TV	9:45 Tai Chi w/Gail- ACT 11:00 Yoga w/Robin - TMP 2:00 ESI Student Visit - TEA 3:00 ESI Student Craft - TEA 5:30 Movie /TV Show - TV	10:30 Resident Council Meeting - TEA 11:00 Dynamic Balance & Active Stability w/Dick - TMP 1:30 Sing-along w/Peko-chan-TMP 3:00 Card Games - TEA 5:30 Movie/TV Show - TV	9:15 Catholic Service - TEA 10:00 Buddhist Service w/Jerry - ACT 11:00 Stretch Bands w/Dick - TMP 2:00 Johnny's Cooking Creations - TEA 3:30 Chat w/Naoko - TEA 5:30 Movie/TV Show - TV	10:00 Carpet Bowling - ACT 11:00 Strength Train w/Dick-TMP 1:30 Massage w/Aida - ACT 3:00 JARF Visit - TMP 5:30 Movie/TV Show - TV	10:00 SPCA Visit - LOB 11:00 Exercise w/Res Asst.-TMP 12:00 Songs of Japanese Spirit -TV 1:30 TV Japan: Sumo Wrestling -TV 3:00 Piano Pleasures w/Cecilia - TMP 5:30 Movie/TV Show - TV

17	18	19	20	21	22	23
* St. Patrick's Day* 10:00 Nodojiman - TV 11:00 Exercise w/Resident Asst-TMP 1:00 Stay Tuned w/Jimmy - LOB 1:35 TV Japan: Sumo Wrestling - TV 3:00 Ball Fun - LOB 5:30 Movie/TV Show - TV	10:00 Songs of School Days - LOB 11:15 Arm-Chair Aerobics w/Kaeko - TMP 2:00 Dowo & Doyo w/Noriko - TMP 3:00 Japanese Card Games- TEA 5:30 Movie/TV Show - TV	9:45 Tai Chi w/Gail- ACT 11:00 Yoga w/Robin - TMP 2:00 Bingo Bonanza - TEA 3:00 Calligraphy & Laughter w/ Reverend Kawahatsu - TEA 5:30 Movie /TV Show - TV	10:30 Monthly Bus Trip 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	9:15 Catholic Service - TEA 10:00 Brain Game - TEA 11:00 Stretch Bands w/Dick - TMP 1:00 Tea Ceremony w/Sunny - ACT 2:00 Tom's Cabaret Hour - TMP 3:00 Black Jack w/Claire - TEA 5:30 Movie/TV Show - TV	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	10:00 TV Japan: Talk-Show - TV 11:00 Exercise w/Res Asst.-TMP 1:30 TV Japan: Sumo Wrestling-TV 3:00 Balloon Fun- LOB 5:30 Movie/TV Show - TV

24	25	26	27	28	29	30
10:00 SPCA Visit - LOB 11:00 Exercise w/Resident Asst-TMP 1:30 TV Japan: Sumo Wrestling - TV 3:00 Ball Fun - LOB 5:30 Movie/TV Show - TV	9:30 Calligraphy w/Emiko - TEA 11:15 Arm-Chair Aerobics w/Kaeko - TMP 2:00 Dowo & Doyo w/Noriko - TMP 3:00 Sketch w/Sara - TEA 5:30 Movie/TV Show - TV	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	9:30 Knitting - 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	9:15 Catholic Service - TEA 10:00 Brain Game - TEA 11:00 Stretch Bands w/Dick - TMP 1:30 Odori Performance - TMP 3:00 Garden Club - CYD 5:30 Movie/TV Show - TV	10:00 Carpet Bowling - ACT 11:00 Strength Train w/Dick-TMP 2:00 Mukashibanashi - TEA 3:00 Coloring - TEA 5:30 Movie/TV Show - TV	10:00 TV Japan: Talk-Show - TV 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

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10:00 Nodojiman - TV
11:00 Exercise w/Resident Asst-TMP
1:05 TV Japan: Spiritual Japan - TV
3:00 Ball Fun - LOB
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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