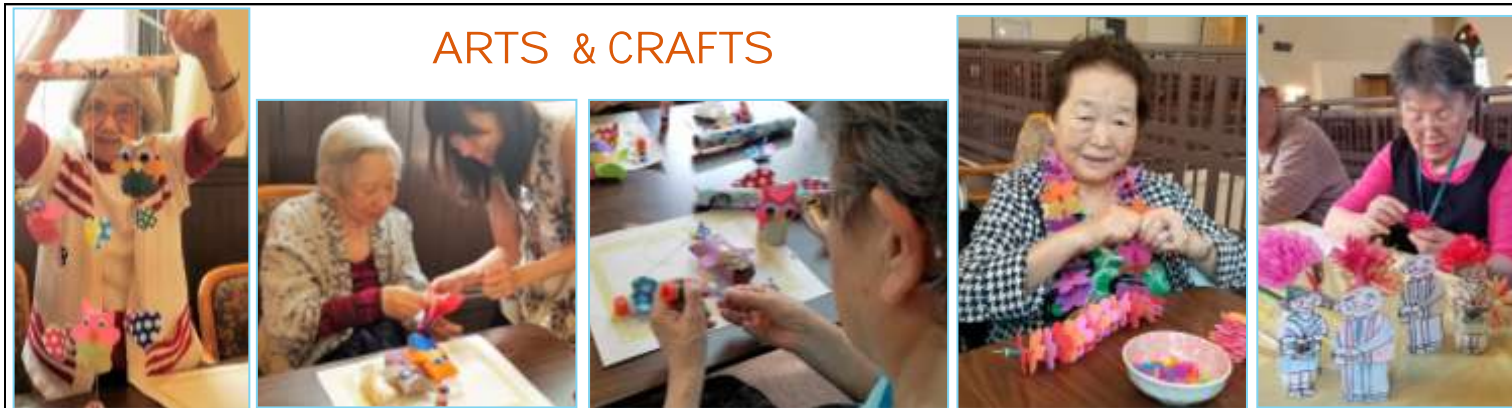




ZZZZZZ

Bodies

ARTS & CRAFTS



CULTURAL EXPERIENCE



Annual Lu'au



LU'AU

Great Food!
Great Performance!
Mahalo!



Father Mark Simbul
of
Cathedral of Saint Mary
of The Assumption
A Special Sacrament
for the Sick



First loom hat
of the season!!!



Taco ! Taco! Taco!



We LOVE our Garden!



October – 10月

SUN	MON	TUE	WED	THU	FRI	SAT	
1 10:00 TV Japan: Nodojiman - TV 11:00 Exercise w/Resident Asst-TMP 1:30 Conservatory of Music -TMP 3:00 Balloon Fun - LOB 5:30 Movie/TV Show - TV	2 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	3 9:45 Tai Chi w/Gail- ACT 11:00 Rajio Taiso/Exercise - TMP 2:00 Bingo Bonanza - TEA 3:00 Black Jack w/Claire - TEA 5:30 Movie/TV Show -TV	4 10:00 Coloring - TEA 11:00 Dynamic Balance and Active Stability with Dick - TMP 1:30 Sing-along w/Peko-chan -TMP 3:00 Yoko's Yokoso - TEA 5:30 Movie/TV Show - TV	5 10:00 Brain Games - TEA 11:00 Stretch Bands w/Dick - TMP 2:00 Cabaret Hour w/Tom - TEP 3:00 Bingo Bonanza - TEA 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 Brain Games - TEA 5:30 Movie/TV Show - TV	7 10:00 SPCA Visit - LOB 11:00 Exercise w/Res Asst. - TMP 12:00 TV Japan: Songs of Japanese Spirit-TV 2:00 DVD Request - 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 1:30 Girl Scouts Visit - TEA 3:00 Balloon Fun - LOB 5:30 Movie/TV Show - TV	9 10:00 Songs of School Days - TEA 11:00 Senior Fitness - TMP 1:00 Food Meeting w/Roddy - ACT 2:00 Dowa & Doyo w/Noriko - TMP 3:00 DVD Request - TV 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 Mtg- TEA 11:00 Dynamic Balance and Active Stability w/Dick - TMP 1:30 Sing-along w/Peko-chan -TMP 3:00 JARF "From the Heart" Visit- ACT 5:30 Movie/TV Show - TV	12 10:00 Buddhist Service - ACT 11:00 Stretch Bands w/Dick - TMP 2:00 Johnny's Cooking Creations - TEA 3:30 Chat with Kirk - TEA 5:30 Movie/TV Show - TV	13 10:00 Bingo Bonanza - TEA 11:00 Strength Train w/Dick-TMP 2:00 Manicure w/Emiko - TEA 3:00 Coloring - TEA 5:30 Movie/TV Show - TV	14 10:00 TV Japan: Talk Show- TV 11:00 Exercise w/Res Asst. - TMP 2:00 DVD Request - TV 3:00 Lobby Olympics - LOB 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 Balloon Fun - Lobby 5:30 Movie/TV Show - TV	16 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	17 9:45 Tai Chi w/Gail- ACT 11:00 Rajio Taiso/Exercise - TMP 2:00 Bingo Bonanza - TEA 3:00 SPCA Visit - LOB 5:30 Movie /TV Show - TV	18 10:30 Monthly Bus Trip Outing 11:00 Dynamic Balance and 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	19 10:00 Black Jack - TEA 11:00 Stretch Bands w/Dick - TMP 2:00 Activity Meeting - TEA 3:00 Karaoke - TMP 5:30 Movie/TV Show - TV	20 10:00 Tea Ceremony w/Sunny- 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	21 10:00 TV Japan: Talk Show- TV 11:00 Exercise w/Res Asst. - TMP 2:00 DVD Request - TV 3:00 Relaxing Piano w/Cecilia- TMP 5:30 Movie/TV Show	
22 10:00 TV Japan: Nodojiman - TV 11:00 Exercise w/Resident Asst-TMP 2:00 DVD Request - TV 3:00 Balloon Fun - 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 Karaoke - TMP 5:30 Movie /TV Show - TV	25 10:00 Coloring- TEA 11:00 Dynamic Balance and 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	26 10:00 Black Jack - TEA 11:00 Stretch Bands w/Dick - TMP 2:00 Garden Club - CYD 3:00 Brain Games - TEA 5:30 Movie/TV Show - TV	27 10:00 Carpet Bowling- ACT 11:00 Strength Train w/Dick-TMP 1:00 Manicure w/Emiko - TEA 2:00 Resident Care Meeting w/ Naoko - TEA 3:00 Calendar Making - TEA 5:30 Movie/TV Show - TV	28 10:00 SPCA Visit - LOB 11:00 Exercise w/Res Asst. - TMP 1:30 Minyo & Shamisen - TMP 3:00 Brain Games - TEA 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 Balloon Fun - 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 Black Jack w/Claire - TEA 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

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