



DECEMBER 12月 2019



SUN	MON	TUE	WED	THU	FRI	SAT	
1 10:00 NHK Nodojiman - TV 11:00 Exercise with RA-TMP 2:00 Monique Ballet - TMP 3:00 Balloon Fun - LOB 5:30 Movie/TV Show-TV	2 9:30 Calligraphy w/Emiko -TEA 11:00 Radio Taiso 2:00 Dowa & Doyo w/Noriko - TMP 3:00 Sketch w/Sara - TEA 5:30 Movie/TV Show -TV	3 9:30 Presentation of Holiday Gift Wrapping by Megumi - ACT 11:00 Yoga w/Robin - TMP 2:00 Bingo Bonanza- TEA 3:00 Animal of the month w/Yoko "Puma"-TEA 5:30 Movie/TV Show -TV	4 9:30 Piano, Cello, Violin Concert by SF Conservatory of Music - TMP 11:00 Radio Taiso - TMP 1:30 Sing-along w/Peko chan - TMP 3:00 Activity Meeting - TEA 5:30 Movie/TV Show -TV	5 9:30 Catholic Service - TEA 10:00 Bean Bag Throw - TEA 11:00 Radio Taiso - TMP 1:00 Food Meeting w/Vera & Taka - ACT 2:00 Christmas Decoration with ESI Students - TEA 5:30 Movie/TV Show - TV	6 10:00 Carpet Bowling - ACT 11:00 Sequoias Chorus - TMP 2:00 Manicure w/Emiko - TEA 3:00 Resident Care Meeting - TEA 5:30 Movie/TV Show - TV	7 *Pearl Harbor Remembrance Day* 10:00 Cub Scout Pack 14 Caroling - TMP 11:00 Exercise w/RA - TMP 1:00 Christmas Cookie Baking and Decorating - TEA 3:00 Movie Matinee 5:15 Boy Scout Pack 58 Visit - TMP	
8 10:00 SPCA Visit "Ivy" - LOB 11:00 Exercise with RA-TMP 1:30 Movie Matinee -TMP 3:00 Pine Church Caroling - TMP 5:30 Movie/TV Show-TV	9 10:00 What is in the Bag - TEA 11:15 Arm Chair Aerobics w/Kaeko - TMP 1:00 Kokoro Flower Arrangement Club w/Junko - TEA 2:00 Dowa & Doyo w/Noriko - TMP 5:30 Movie/TV Show -TV	10 9:30 Origami w/Mayuko - TEA 11:00 Yoga w/Robin - TMP 2:00 Bingo Bonanza- TEA 3:00 Calligraphy and Laughter w/ Rev. Kawahatsu - TEA 5:30 Movie/TV Show -TV	11 10:00 Resident Council - TEA 11:00 Dynamic Balance & Active Stability w/Dick - TMP 1:30 Sing-along w/Peko chan - TMP 3:00 Carpet Bowling - ACT 5:30 Movie/TV Show -TV	12 Monthly Bus Trip 9:30 Catholic Service - TEA 10:00 TBA 11:00 Stretch Bands w/Dick - TMP 2:00 Cabaret Hour w/Tom - TMP 3:00 TBA 5:30 Movie/TV Show - TV	13 10:00 Carpet Bowling - ACT 11:00 Strength Training w/Dick- TMP 2:00 Tea Ceremony w/Sunny - TEA 3:00 Shall We Dance w/Jack - TMP 5:30 Movie/TV Show - TV	14 10:00 TV Japan - TV 11:00 Exercise w/RA - TMP 2:00 TV Japan - TV 3:00 Balloon Fun w/RA - LOB 5:30 Movie/TV Show - TV	
15 10:00 NHK Nodojiman - TV 11:00 Exercise with RA-TMP 2:00 Stay tuned w/Jimmy - TEA 3:00 Balloon Fun - LOB 5:30 Movie/TV Show-TV	16 9:30 Calligraphy w/Emiko -TEA 11:15 Arm Chair Aerobics w/Kaeko - TMP 1:00 Kiitemoraitai - TMP 3:00 Sketch w/Sara - TEA 5:30 Movie/TV Show -TV	17 10:00 Tai Chi w/Gail -ACT 11:00 Yoga w/Robin - TMP 2:00 JARF Christmas Day Service - TMP 3:00 Bingo Bonanza - TEA 5:30 Movie/TV Show -TV	18 9:45 Special Visit from JBBP Rosa Parks Elementary School - TMP 11:00 Dynamic Balance & Active Stability w/Dick - TMP 1:30 Songbirds - TMP 2:15 Holiday Party 5:30 Movie/TV Show -TV	19 9:30 Catholic Service - TEA 10:00 Craft for Christmas - TEA 11:00 Stretch Bands w/Dick - TMP 2:00 Blackjack - TEA 3:00 Chat with Naoko 5:30 Movie/TV Show - TV	20 10:00 Carpet Bowling - ACT 11:00 Strength Training w/Dick- TMP 2:00 Manicure w/Emiko - TEA 3:00 Card Game - TEA 5:30 Movie/TV Show - TV	21 Winter Begins (冬至) 10:00 SPCA Visit "Max"- LOB 11:00 Exercise w/RA - TMP 2:00 TV Japan - TV 3:00 Balloon Fun w/RA - LOB 5:15 NFL Rams VS 49ers -TV	
22 10:00 NHK Nodojiman - TV 11:00 Exercise with RA-TMP 1:30 NFL Falcons VS 49ers - TV 3:00 Balloon Fun - LOB 5:30 Movie/TV Show-TV	23 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	24 10:00 Tai Chi w/Gail - ACT 11:00 Yoga w/Robin - TMP 2:00 Bingo Bonanza -TEA 3:00 Blackjack - TEA 5:30 Movie/TV Show -TV	25 MERRY CHRISTMAS 10:00 Disney Parks Magical Christmas Day Parade - TV 1:00 TV Japan - TV 3:30 Movie Matinee - TV 5:30 Movie/TV Show -TV	26 9:30 Catholic Service - TEA 10:00 Craft for Oshogatsu - TEA 11:00 Stretch Bands w/Dick - TMP 2:00 Activity w/Ginny 3:00 Food of the month "Orange" - TEA 5:30 Movie/TV Show - TV	27 10:00 Carpet Bowling - ACT 11:00 Strength Training w/Dick- TMP 2:00 Tea Ceremony w/Sunny - TEA 3:00 Shall We Dance w/Jack - TMP 5:30 Movie/TV Show - TV	28 10:00 TV Japan - TV 11:00 Exercise w/RA - TMP 1:30 Minyo and Shamisen w/Yamabata-san -TMP 3:00 Balloon Fun w/RA - LOB 5:30 Movie/TV Show - TV	
29 10:00 NHK Nodojiman - TV 11:00 Exercise with RA-TMP 2:00 TV Japan - TV 3:00 Balloon Fun - LOB 5:30 Movie/TV Show-TV	30 10:00 Bean Bag Throw 11:00 Radio Taiso - TMP 2:00 Dowa & Doyo w/Noriko - TMP 3:00 Card Game - TEA 5:30 Movie/TV Show -TV	31 *New Year's Eve (大晦日)* 10:00 Brain Game - TEA 11:00 Yoga w/Robin - TMP 2:00 Bingo Bonanza- TEA 3:00 Blackjack - TEA 5:30 Movie/TV Show - TV					

Daily Escorted Walks

9:00 AM & 1:30 PM



Catholic Communion with Deacon Sandoval

**Every Thursday at 9:30am
4th Fl - 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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GOODBYE 2019

