



# February 2月 2020



SUN	MON	TUE	WED	THU	FRI	SAT
-----	-----	-----	-----	-----	-----	-----



**2020 is a leap year.**  
A Leap Day, **February 29**, is added to this year's calendar. This extra day makes the year **366 days** long – not 365 days



**Setsubun** 節分 literally means "division of seasons." It is used to mark the end of winter and summer, and is derived from the old lunar calendar. However, "setsubun" has now come to mean the day before the first day of spring only. It usually occurs around **February 3rd**. On this day, in a custom called mame-maki, people throw and scatter roasted soy beans inside and outside their houses while saying, "**Get goblins out of the house! Invite happiness into the home!**" 「鬼は外、福は内」



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

2	3	4	5	6	7	8
---	---	---	---	---	---	---

10:00 NHK Nodojiman - TV
11:00 Exercise w/ RA-TMP
1:30 Movie Matinee -TMP
<b>3:30 Super bowl 2020 - TV</b>

<b>*Setsubun (節分)*</b>
9:30 Calligraphy w/Emiko -TEA
11:15 Arm Chair Aerobics w/Kaeko - TMP
2:00 Dowa & Doyo w/Noriko - TMP
3:00 <b>Celebrate Setsubun - TEA</b>
5:30 TV Show -TV

10:00 <b>Tai Chi w/Gail -ACT</b>
11:00 Yoga w/Robin - TMP
2:00 Bingo Bonanza - TEA
3:00 <b>Activity Meeting - TEA</b>
5:30 TV Show -TV

10:00 Resident Council - TEA
11:00 Dynamic Balance & Active Stability w/Dick - TMP
1:30 Sing-along w/Peko chan - TMP
3:00 <b>Chat w/Naoko - TEA</b>
5:30 TV Show -TV

9:30 Catholic Service - TEA
10:00 Bean Bag Throw - ACT
11:00 Stretch Bands w/Dick - TMP
1:00 <b>Food Meeting w/Vera &amp; Taka - ACT</b>
2:00 <b>Cabaret Hour w/Tom - TMP</b>
3:00 Craft for Valentine's Day - TEA
5:30 TV Show - TV

10:00 Carpet Bowling - ACT
11:00 Strength Training w/Dick- TMP
<b>12:30 Lion Dance - TMP</b>
2:00 Valentine's Day Project - TEA
3:00 Activity w/Ginny - TEA
5:30 TV Show - TV

10:00 TV Japan - TV
11:00 Exercise w/RA - TMP
2:00 TV Japan - TV
4:45 <b>"Valentine's Day Concert" by Chorale May - TMP</b>
<b>6:00 Chinese New Year Parade</b>

9	10	11	12	13	14	15
---	----	----	----	----	----	----

10:00 NHK Nodojiman - TV
11:00 Exercise with RA-TMP
2:00 <b>"Piano Recital Featuring the Students of Saori Yamamoto" - TMP</b>
5:30 Movie/TV Show-TV

9:45 Brain Game - TEA
11:15 Arm Chair Aerobics w/Kaeko - TMP
2:00 Dowa & Doyo w/Noriko - TMP
3:00 Sketch/Coloring - TEA
5:30 TV Show -TV

10:00 Tai Chi w/Gail -ACT
11:00 Yoga w/Robin - TMP
2:00 Bingo Bonanza- TEA
3:00 <b>Calligraphy and Laughter w/Rev. Kawahatsu - TEA</b>
5:30 TV Show -TV

10:00 <b>JBBP Rosa Parks Elementary School Visit - TMP</b>
11:00 Dynamic Balance & Active Stability w/Dick - TMP
1:30 Sing-along w/Peko chan - TMP
3:00 <b>Animal of the month w/Yoko "Okojo" - TEA</b>
5:30 TV Show -TV

9:30 Catholic Service - TEA
10:00 <b>Tea Ceremony - ACT</b>
11:00 Stretch Bands w/Dick - TMP
1:30 <b>Massage w/Aida - TEA</b>
3:00 <b>Blackjack w/Claire - TEA</b>
5:30 TV Show - TV

<b>*St. Valentine's Day*</b>
10:00 Carpet Bowling - ACT
11:00 Strength Training w/Dick- TMP
2:00 <b>Manicure w/Emiko - TEA</b>
3:00 <b>Shall We Dance w/Jack - TMP</b>
5:30 TV Show - TV

10:00 TV Japan - TV
11:00 Exercise w/RA - TMP
2:00 TV Japan - TV
3:00 <b>Piano Pleasure w/Cecilia - TMP</b>
5:30 Movie/TV Show - TV

16	17	18	19	20	21	22
----	----	----	----	----	----	----

10:00 NHK Nodojiman - TV
11:00 Exercise with RA-TMP
2:00 Stay-tuned w/Jimmy - TEA
3:00 TV Japan - TV
5:30 Movie/TV Show-TV

<b>*President's Day Holiday*</b>
9:30 Calligraphy w/Emiko -TEA
11:00 Radio Taiso - TMP
2:00 Dowa & Doyo w/Noriko - TMP
3:00 Sketch w/Sara - TEA
5:30 TV Show - TV

10:00 Tai Chi w/Gail - ACT
11:00 Yoga w/Robin - TMP
2:00 <b>JARF Visit - TEA</b>
3:00 Bingo Bonanza - TEA
5:30 TV Show -TV

<b>Monthly Bus Trip</b>
10:00 Activity w/Ginny - TEA
11:00 Dynamic Balance & Active Stability w/Dick - TMP
2:00 TBA
3:00 <b>Card Game - TEA</b>
5:30 TV Show -TV

9:30 Catholic Service - TEA
10:00 Balloon Hanetsuki - ACT
11:00 Stretch Bands w/Dick - TMP
2:00 <b>Cabaret Hour w/Tom - TMP</b>
3:00 <b>Blackjack w/Claire - TEA</b>
5:30 TV Show - TV

10:00 Carpet Bowling - ACT
11:00 Strength Training w/Dick - TMP
1:00 <b>Kokoro Flower Arrangement Club w/Junko - TEA</b>
3:00 Food of the Month "kiwi" -TEA
5:30 TV Show - TV

10:00 TV Japan - TV
11:00 Exercise w/RA - TMP
1:30 <b>Yosakoi Dance - TMP</b>
3:00 Balloon Fun w/RA - LOB
5:30 Movie/TV Show - TV

23	24	25	26	27	28	29
----	----	----	----	----	----	----

10:00 NHK Nodojiman - TV
11:00 Exercise with RA-TMP
2:00 Movie Matinee - TV
5:30 Movie/TV Show-TV

9:30 Calligraphy w/Emiko -TEA
11:15 Arm Chair Aerobics w/Kaeko - TMP
2:00 Dowa & Doyo w/Noriko - TMP
3:00 Carpet Bowling - ACT
5:30 TV Show -TV

10:00 Tai Chi w/Gail - ACT
11:00 <b>Yoga w/Robin - TMP</b>
2:00 Bingo Bonanza- TEA
3:00 <b>Let's sing w/Miki - TEA</b>
5:30 TV Show - TV

9:30 <b>Origami w/Mayuko - TEA</b>
11:00 Dynamic Balance & Active Stability w/Dick - TMP
1:30 Sing-along w/Peko chan - TMP
3:00 <b>Knitting Bee w/Ikuko - TEA</b>
5:30 TV Show - TV

9:30 Catholic Service - TEA
10:00 <b>Tea Ceremony - ACT</b>
11:00 Stretch Bands w/Dick - TMP
1:30 <b>Massage w/Aida - TEA</b>
3:00 <b>Resident Care Meeting - TEA</b>
5:30 TV Show - TV

10:00 Carpet Bowling - ACT
11:00 Strength Training w/Dick- TMP
2:00 <b>Manicure w/Emiko - TEA</b>
3:00 Travelogue w/Jack - TMP
5:30 TV Show - TV

10:00 TV Japan - TV
11:00 Exercise w/RA - TMP
1:30 <b>Minyo and Shamisen w/Yamabata-san -TMP</b>
3:00 Balloon Fun w/RA - LOB
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!!*

### NOTE:

**\*ACTIVITIES ARE SUBJECT TO CHANGE\***

### Location Key:

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



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