



# JANUARY 1月 2020



SUN	MON	TUE	WED	THU	FRI	SAT	
				<p><b>*New Year's Day* (お正月)</b></p> <p>10:00 New Year's Parade - TV</p> <p>2:00 Movie Matinee - TV</p> <p>3:00 Balloon Fun - LOB</p> <p>5:30 Movie/TV Show -TV</p>	<p>9:30 Catholic Service - TEA</p> <p>10:00 Bean Bag Throw</p> <p>11:00 Stretch Bands w/Dick - TMP</p> <p><b>2:00 Hatsumoude to Konko Church - *Meet at the Lobby at 1:45 pm</b></p> <p>3:00 Blackjack /Ginny - TEA</p> <p>5:30 Movie/TV Show - TV</p>	<p>10:00 Carpet Bowling - ACT</p> <p>11:00 Strength Training w/Dick- TMP</p> <p>1:30 <b>Minyo (民謡) and Koto Performance w/Yoshie &amp; Shoko sensei - TMP</b></p> <p>3:00 Activity Meeting w/Yukie - TEA</p> <p>5:30 Movie/TV Show - TV</p>	<p>10:00 TV Japan - TV</p> <p>11:00 Exercise w/RA - TMP</p> <p>2:00 TV Japan - TV</p> <p>3:00 Balloon Fun w/RA - LOB</p> <p>5:30 Movie/TV Show - TV</p>
<p>10:00 <b>SPCA Visit "Ivy" - LOB</b></p> <p>11:00 Exercise w/ RA-TMP</p> <p>1:30 Movie Matinee -TMP</p> <p>3:00 Balloon Fun - LOB</p> <p>5:30 Movie/TV Show-TV</p>	<p>9:30 Calligraphy w/Emiko -TEA</p> <p>11:15 Arm Chair Aerobics w/Kaeko - TMP</p> <p>2:00 Dowa &amp; Doyo w/Noriko - TMP</p> <p>3:00 <b>Sketch w/Sara - TEA</b></p> <p>5:30 TV Show -TV</p>	<p>10:00 <b>Tai Chi w/Gail -ACT</b></p> <p>11:00 Yoga w/Robin - TMP</p> <p>2:00 Bingo Bonanza- TEA</p> <p>3:00 <b>Animal of the month w/Yoko "Hamster" - TEA</b></p> <p>5:30 TV Show -TV</p>	<p>10:00 Resident Council - TEA</p> <p>11:00 Dynamic Balance &amp; Active Stability w/Dick - TMP</p> <p>1:30 Sing-along w/Peko chan - TMP</p> <p>3:00 <b>Craft for Oshogatsu - TEA</b></p> <p>5:30 TV Show -TV</p>	<p>9:30 Catholic Service - TEA</p> <p>10:00 Japanese Sugoroku Game - TEA</p> <p>11:00 Stretch Bands w/Dick - TMP</p> <p>1:00 <b>Food Meeting w/Vera &amp; Taka - ACT</b></p> <p>2:00 <b>Cabaret Hour w/Tom - TMP</b></p> <p>3:00 <b>Tea Celemony -ACT</b></p> <p>5:30 TV Show - TV</p>	<p>10:00 Carpet Bowling - ACT</p> <p>11:00 Strength Training w/Dick- TMP</p> <p>2:00 Manicure w/Emiko - TEA</p> <p>3:00 <b>Shall We Dance w/Jack - TMP</b></p> <p>5:30 TV Show - TV</p>	<p>10:00 TV Japan - TV</p> <p>11:00 Exercise w/RA - TMP</p> <p>2:00 TV Japan - TV</p> <p>3:00 Balloon Fun w/RA - LOB</p> <p>5:30 Movie/TV Show - TV</p>	
<p>10:00 NHK Nodojiman - TV</p> <p>11:00 Exercise with RA-TMP</p> <p>1:30 Movie Matinee - TMP</p> <p>3:00 Balloon Fun - LOB</p> <p>5:30 Movie/TV Show-TV</p>	<p>9:30 <b>Origami w/Mayuko - TEA</b></p> <p>11:15 Arm Chair Aerobics w/Kaeko - TMP</p> <p>2:00 Dowa &amp; Doyo w/Noriko - TMP</p> <p>3:00 Sketch w/Sara - TEA</p> <p>5:30 TV Show -TV</p>	<p>10:00 Tai Chi w/Gail -ACT</p> <p>11:00 Yoga w/Robin - TMP</p> <p>2:00 Bingo Bonanza- TEA</p> <p>3:00 <b>Calligraphy and Laughter w/ Rev. Kawahatsu - TEA</b></p> <p>5:30 TV Show -TV</p>	<p>10:00 Balloon Hanetsuki - ACT</p> <p>11:00 Dynamic Balance &amp; Active Stability w/Dick - TMP</p> <p>1:30 Sing-along w/Peko chan - TMP</p> <p>3:00 <b>Chat w/Naoko</b></p> <p>5:30 TV Show -TV</p>	<p>9:30 Catholic Service - TEA</p> <p>10:00 Bean Bag Throw - TEA</p> <p>11:00 Stretch Bands w/Dick - TMP</p> <p>1:30 <b>Massage w/Aida - TEA</b></p> <p>3:00 Resident Care Meeting - TEA</p> <p>5:30 TV Show - TV</p>	<p>10:00 Carpet Bowling - ACT</p> <p>11:00 Strength Training w/Dick- TMP</p> <p>1:00 <b>Kokoro Flower Arrangement Club w/Junko - TEA</b></p> <p>3:00 <b>Knitting Bee w/Ikuko - TEA</b></p> <p>5:30 TV Show - TV</p>	<p>10:00 SPCA Visit "Zazu"- LOB</p> <p>11:00 Exercise w/RA - TMP</p> <p>2:00 TV Japan - TV</p> <p>3:00 <b>Piano Pleasure w/Cecilia - TMP</b></p> <p>5:30 Movie/TV Show - TV</p>	
<p>10:00 NHK Nodojiman - TV</p> <p>11:00 Exercise with RA-TMP</p> <p>1:30 <b>TV Japan Sumo Highlight - TV</b></p> <p>2:00 Stay tuned w/Jimmy - TEA</p> <p>3:00 Balloon Fun - LOB</p> <p>5:30 Movie/TV Show-TV</p>	<p><b>*Martin Luther King, Jr. Day*</b></p> <p>9:30 <b>Calligraphy w/Emiko -TEA</b></p> <p>11:00 Radio Taiso - TMP</p> <p>2:00 Dowa &amp; Doyo w/Noriko - TMP</p> <p>3:00 Sketch/Coloring - TEA</p> <p>5:30 TV Show - TV</p>	<p>10:00 Tai Chi w/Gail - ACT</p> <p>11:00 Radio Taiso - TMP</p> <p>2:00 <b>JARF Visit - ACT</b></p> <p>3:00 Bingo Bonanza - TEA</p> <p>5:30 TV Show -TV</p>	<p>9:45 Garden Club - CTY</p> <p>11:00 Dynamic Balance &amp; Active Stability w/Dick - TMP</p> <p>1:30 <b>Electronic Darts - TMP</b></p> <p>3:00 <b>Japanese Card Game (百人一首) - TEA</b></p> <p>5:30 TV Show -TV</p>	<p><b>Monthly Bus Trip</b> </p> <p>9:30 Catholic Service - TEA</p> <p>10:00 Activity w/Ginny - TEA</p> <p>11:00 Stretch Bands w/Dick - TMP</p> <p>2:00 Cabaret Hour w/Tom - TMP</p> <p>3:00 TBA</p> <p>5:30 TV Show - TV</p>	<p>10:00 Carpet Bowling - ACT</p> <p>11:00 Strength Training w/Dick - TMP</p> <p>1:00 <b>Tea Celemony - ACT</b></p> <p>2:00 <b>Manicure w/Emiko - TEA</b></p> <p>3:00 Travelogue w/Jack - TMP</p> <p>5:30 TV Show - TV</p>	<p>10:00 TV Japan - TV</p> <p>11:00 Exercise w/RA - TMP</p> <p>1:30 <b>Minyo and Shamisen w/Yamabata-san -TMP</b></p> <p>3:00 Balloon Fun w/RA - LOB</p> <p>5:30 Movie/TV Show - TV</p>	
<p>10:00 NHK Nodojiman - TV</p> <p>11:00 Exercise with RA-TMP</p> <p>2:00 <b>Dances of India Showcase - TMP</b></p> <p>3:00 Balloon Fun - LOB</p> <p>5:30 Movie/TV Show-TV</p>	<p>9:30 Calligraphy w/Emiko -TEA</p> <p>11:15 <b>Arm Chair Aerobics w/Kaeko - TMP</b></p> <p>2:00 Dowa &amp; Doyo w/Noriko - TMP</p> <p>3:00 Sketch w/Sara - TEA</p> <p>5:30 TV Show -TV</p>	<p>10:00 Brain Game - TEA</p> <p>11:00 <b>Yoga w/Robin - TMP</b></p> <p>2:00 Bingo Bonanza- TEA</p> <p>3:00 TBA</p> <p>5:30 TV Show - TV</p>	<p>10:00 <b>Carpet Bowling _ ACT</b></p> <p>11:00 Dynamic Balance &amp; Active Stability w/Dick - TMP</p> <p>1:30 Sing-along w/Peko chan - TMP</p> <p>3:00 Blackjack - TEA</p> <p>5:30 TV Show - TV</p>	<p>9:30 Catholic Service - TEA</p> <p>10:00 Bean Bag Throw - TEA</p> <p>11:00 Stretch Bands w/Dick - TMP</p> <p>1:30 <b>Massage w/Aida - TEA</b></p> <p>3:00 Food of the Month "banana"- TEA</p> <p>5:30 TV Show - TV</p>	<p>10:00 Carpet Bowling - ACT</p> <p>11:00 Strength Training w/Dick- TMP</p> <p>2:00 <b>Craft for Setsubun - TEA</b></p> <p>3:00 Card Game - TEA</p> <p>5:30 TV Show - TV</p>		

### 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\***



鏡餅 "kagamimochi" - The name kagami ("mirror") is said to have originated from its resemblance to an old-fashioned kind of round copper mirror, which also had a religious significance. Its round shape is said to represent the human heart and thus the human spirit, according to the Japan Kagami Mochi Association. The two round mochi represent the moon and the sun and that is considered double fortune and therefore good luck.

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