



NOVEMBER 11月 2019



SUN	MON	TUE	WED	THU	FRI	SAT	
NOVEMBER 3rd (SUNDAY) End of Daylight Saving Time Adjust your clock BACK one hour before you go to sleep on November 2nd (Saturday)						1 10:00 Carpet Bowling - ACT 11:00 Strength Training w/Dick- TMP 2:00 Manicure w/Emiko - TEA 3:00 Blackjack - TEA 5:30 Movie/TV Show - TV	2 10:00 SPCA Visit "Zazu"- LOB 11:00 Exercise w/RA - TMP 2:00 TV Japan - TV 3:00 Balloon Fun w/RA - LOB 5:30 Movie/TV Show - TV
3 Daylight Saving Time Ends *Cultural Day* (文化の日) 10:00 NHK Nodojiman-TV 11:00 Exercise with RA-TMP 1:30 Movie Matinee -TMP 3:00 Balloon Fun -LOB 5:30 Movie/TV Show-TV	4 9:30 Calligraphy w/Emiko -TEA 11:15 Arm Chair Aerobics w/Kaeko - TMP 1:00 Food Meeting w/Vera -ACT 2:00 Dowa & Doyo w/Noriko - TMP 3:00 Sketch w/Sara - TEA 5:30 Movie/TV Show -TV	5 9:45 Tai Chi w/Gail -ACT 11:00 Yoga w/Robin - TMP 2:00 Bingo Bonanza- TEA 3:00 Animal of the month w/Yoko "Bald Eagle"-TEA 5:30 Movie/TV Show -TV	6 10:00 Resident Council - TEA 11:00 Dynamic Balance & Active Stability w/Dick - TMP 1:30 Sing-along w/Peko chan - TMP 3:00 Activity Meeting - TEA 5:30 Movie/TV Show -TV	7 10:00 Carpet Bowling - ACT 11:00 Stretch Bands w/Dick - TMP 2:00 Employee Appreciation Party - TMP 3:30 Resident Care Meeting w/ Sakae - TEA 5:30 Movie/TV Show - TV	8 10:00 Carpet Bowling - ACT 11:00 Strength Training w/Dick- TMP 1:30 Autumn Wreath Making - TEA 3:00 Tea Ceremony w/Sunny - TEA 5:30 Movie/TV Show - TV	9 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	
10 10:00 SPCA Visit "Ivy"- LOB 11:00 Exercise with RA-TMP 1:30 Movie Matinee -TMP 3:00 Balloon Fun - LOB 5:30 Movie/TV Show-TV	*Veteran's Day* 9:30 Calligraphy w/Emiko -TEA 11:00 Radio Taiso - TMP 2:00 Dowa & Doyo w/Noriko - TMP 3:00 Arts & Crafts - TEA 5:30 Movie/TV Show -TV	12 10:00 Tai Chi w/Gail -ACT 11:00 Yoga w/Robin - TMP 2:00 Bingo Bonanza- TEA 3:00 Card Game - TEA 5:30 Movie/TV Show -TV	13 9:30 Piano & Flute by SF Conservatory of Music 11:00 Dynamic Balance & Active Stability w/Dick - TMP 1:30 Sing-along w/Peko chan - TMP 3:00 Chat w/Naoko 5:30 Movie/TV Show -TV	14 9:30 Origami w/Mayuko 11:00 Stretch Bands w/Dick - TMP 2:00 Bean Bag Throw - ACT 3:00 Blackjack w/Claire 5:30 Movie/TV Show - TV	15 10:00 Carpet Bowling - ACT 11:00 Strength Training w/Dick- TMP 2:00 Manicure w/Emiko - TEA 3:00 Japanese Card "百人一首" - TEA 5:30 Movie/TV Show - TV	16 10:00 SPCA Visit "Max"- LOB 11:00 Exercise w/RA - TMP 2:00 Piano Pleasure w/Cecilia - TMP 3:00 Balloon Fun w/RA - LOB 5:30 Movie/TV Show - TV	
17 10:00 NHK Nodojiman - TV 11:00 Exercise with RA-TMP 1:30 Sumo Highlight - TV 2:00 Stay tuned w/Jimmy -TEA 3:00 Balloon Fun - LOB 5:30 Movie/TV Show-TV	18 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 7:00 <i>San Francisco Choral Artist</i>	19 10:00 Carpet Bowling - ACT 11:00 Yoga w/Robin - TMP 2:00 JARF Interface - TMP 3:00 Bingo Bonanza -TEA 5:30 Movie/TV Show -TV	20 Monthly Bus Trip 11:00 Radio Taiso - TMP 2:00 Activity w/Ginny -TEA 3:00 Coloring -TEA 5:30 Movie/TV Show -TV	21 10:00 Bean Bag Throw - ACT 11:00 Stretch Bands w/Dick - TMP 2:00 Cabaret Hour w/Tom - TMP 3:00 Blackjack w/Claire 5:30 Movie/TV Show - TV	*Labor Thanksgiving Day* (勤労感謝の日) 10:00 Carpet Bowling - ACT 11:00 Strength Training w/Dick- TMP 2:00 Fire Drill - TEA 3:00 Tea Ceremony w/Sunny - TEA 5:30 Movie/TV Show - TV	23 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	
24 10:00 NHK Nodojiman - TV 11:00 Exercise with RA-TMP 2:00 Sumo Highlight -TV 3:00 Balloon Fun - LOB 5:30 Movie/TV Show-TV	25 10:00 Bean Bag Throw - ACT 11:00 Radio Taiso - TMP 2:00 Dowa & Doyo w/Noriko - TMP 3:00 Sketch w/Sara - TEA 5:30 Movie/TV Show -TV	26 10:00 Brain Game - 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	27 10:00 Activity w/Naoko - TEA 11:00 Dynamic Balance & Active Stability w/Dick - TMP 2:00 Activity w/Ginny -TEA 3:00 Food of the month "Kaki" -TEA 5:30 Movie/TV Show -TV	28 HAPPY THANKSGIVING! 9:00 Macy's Thanksgiving Day Parade - TV 2:00 Movie Matinee - TV 3:00 Balloon Fun - LOB 5:30 Movie/TV Show - TV	29 10:00 Carpet Bowling - ACT 11:00 Strength Training w/Dick- TMP 1:30 Crafts for Christmas - TEA 3:00 Card Game - TEA 5:30 Movie/TV Show - TV	30 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	



ATTENTION!
NO CATHOLIC COMMUNION IN NOVEMBER
 Will be back in December!

Daily Escorted Walks
 9:00 AM & 1:30 PM



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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