


August - 8月

SUN	MON	TUE	WED	THU	FRI	SAT
	1 9:30 Tai Chi w/Garrett Chinn - TMP 11:00 Sr. Fit - TMP 1:00 Food Meeting w/Roddy - ACT 2:00 Dowa and Doyo w/NorikoTMP 3:00 Black Jack - TEA 5:30 Movie/TV Show -TV Area	2 10:00 Buddhist Service w/Jerry- ACT 11:00 Rajio Taiso/Exercise- TMP 2:00 Bingo Bonanza- TEA 3:00 Sketch Class w/Kinya - TEA 5:30 Movie/TV Show -TV Area	3 10:00 Carpet Bowling - TEA 11:00 Dynamic Balance and Active Stability w/Dick - TMP 1:30 Sing-along w/Peko-chan -TMP 3:00 Brain Power Game - TEA 5:30 Movie/TV Show -TV Area	4 9:30 Calligraphy w/Emiko- TEA 11:00 Stretch Bands w/Dick - TMP 2:00 Cabaret w/Tom—TMP 3:00 Drawing: Clowns—TEA 5:30 Movie/TV Show - TV	5 10:00 Amy's Craft Time - TEA 11:00 Strength Train w/Dick-TMP 12:30 Nagata Dance Group - TMP 2:00 Bingo Bonanza - TEA 3:00 Movie Matinee 5:30 Movie/TV Show - TV Area	6 10:00 SPCA Visit - LOB 11:00 Exercise w/Res Asst. - TMP 2:00 MeTV: Bonanza -TV Area 3:00 Brain Power Game—TEA 5:30 Movie/TV Show - TV Area
7 10:00 TV Japan: Nodojiman - TV 11:00 Rajio Taiso (Exercise) -TMP 2:00 TV JP: Pop Music - TV Area 3:00 Balloon Fun - LOB 5:30 Movie/TV Show - TV Area	8 9:30 Tai Chi w/Garrett Chinn - TMP 11:00 Sr. Fit - TMP 2:00 Dowa and Doyo w/NorikoTMP 3:00 Black Jack - TEA 5:30 Movie/TV Show -TV Area	9 9:30 Massage w/Aida - ACT 11:00 Rajio Taiso/Exercise-- TMP 2:00 Manicure w/Setsuko - TEA 3:00 Calligraphy & Laugh w/ Rev. Kawahatsu - TEA 5:30 Movie/TV Show -TV Area	10 10:00 Resident Council -TEA 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 Area	11 10:00 Easy Origami - TEA 11:00 Stretch Bands w/Dick - TMP 2:00 Employee Appreciation Party - TMP 3:30 MeTV: The Rifleman - TV 5:30 Movie/TV Show - TV	12 10:00 Tea Ceremony w/Sunny - ACT 11:00 Strength Train w/Dick-TMP 2:00 Bingo Bonanza -TEA 3:00 Shall We Dance w/Jack Dairiki - TMP 5:30 Movie/TV Show - TV Area	13 10:00 SPCA Visit - LOB 11:00 Exercise w/Res.Asst - TMP 2:00 MeTV: Bonanza - TV Area 3:00 Balloon Fun - LOB 5:30 Movie/TV Show -TV Area
14 10:00 TV Japan: Nodojiman - TV 11:00 Rajio Taiso (Exercise) -TMP 2:00 TV JP: Pop Music - TV Area 3:00 Brain Power Game - TEA 5:30 Movie/TV Show - TV Area	15 9:30 Tai Chi w/Garrett Chinn - TMP 11:00 Sr. Fit - TMP 2:00 Dowa & Doyo w/Noriko-TMP 3:00 Black Jack - TEA 5:30 Movie/TV Show - TV Area	16 10:00 Animal of Month—TEA 11:00 Rajio Taiso/Exercise -TMP 2:00 Lobby Olympics - LOB 3:00 Sketch Class w/Kinya - TEA 5:30 Movie /TV Show - TV Area	17 10:00 Bingo Bonanza - TEA 11:00 Dynamic Balance and Active Stability w/Dick - TMP 1:30 Sing-along w/Peko-chan -TMP 3:00 Black Jack w/Claire - TEA 5:30 Movie/TV Show - TV Area	18 9:30 Calligraphy w/Emiko - ACT 11:00 Stretch Bands w/Dick - TMP 2:00 Carpet Bowling - ACT 3:00 En Espanol w/Ronda – ACT 5:30 Movie/TV Show - TV	19 10:00 Lobby Olympics - LOB 11:00 Strength Train w/Dick-TMP 12:30 Nagata Dance Group 2:00 Activity Meeting –TEA 3:00 Story Telling w/Jean - TEA 5:30 Movie/TV Show - TV Area	20 10:00 SPCA Visit - LOB 11:00 Exercise w/Res Asst. - TMP 1:00 Lu'au Party - TMP 3:00 TV Japan: News - TV Area 5:30 Movie/TV Show - TV Area
21 10:00 TV Japan: Nodojiman - TV 11:00 Rajio Taiso (Exercise) -TMP 1:00 Stay Tuned w/Jimmy –TMP 2:00 TV JP: Pop Music TV Area 3:00 Balloon Fun - LOB 5:30 Movie/TV Show - TV Area	22 9:30 Tai Chi w/Garrett Chinn - TMP 11:00 Chair Aerobics w/Kaeko –TMP 2:00 Dowa and Doyo w/NorikoTMP 3:00 Black Jack - TEA 5:30 Movie/TV Show -TV Area	23 9:30 Massage w/Aida - ACT 11:00 Rajio Taiso/Exercise– TMP 2:00 Manicure w/Setsuko - TEA 3:00 Black Jack w/Claire - TEA 5:30 Movie/TV Show -TV Area	24 10:00 Bus Trip to MIS/Presidio - Meet in Lobby 11:00 Dynamic Balance and Active Stability w/Dick - TMP 1:30 Sing-along w/Peko-chan -TMP 3:00 Fruit of the Month - TEA 5:30 Movie/TV Show - TV Area	25 9:30 Calligraphy w/Emiko - ACT 11:00 Stretch Bands w/Dick - TMP 1:00 Tea Ceremony w/Sunny-ACT 2:00 Cabaret w/Tom - TMP 3:00 Kirk's Meeting - TEA 5:30 Movie/TV Show - TV Area	26 10:00 Bingo Bonanza - TEA 11:00 Strength Train w/Dick-TMP 2:00 Resident Care Mtg -TEA 3:00 Jack's Travelogue - TMP 5:30 Movie/TV Show - TV Area	27 10:00 SPCA Visit - LOB 11:00 Exercise w/Res.Asst - TMP 2:00 Brain Power Game –TEA 3:00 TV Japan: News - TV Area 5:30 Movie/TV Show -TV Area
28 10:00 TV Japan: Nodojiman - TV 11:00 Rajio Taiso (Exercise) -TMP 2:00 TV JP: Pop Music - TV Area 3:00 Brain Power Game - TV Area 5:30 Movie/TV Show - TV Area	29 9:30 Tai Chi w/Garrett Chinn - TMP 11:00 Chair Aerobics w/Kaeko –TMP 2:00 Dowa & Doyo w/Noriko- TMP 3:00 Black Jack - TEA 5:30 Movie/TV Show - TV Area	30 10:00 Lobby Olympics - LOB 11:00 Rajio Taiso/Exercise - TMP 2:00 From the Heart Visit: Reverend Nozowa 3:00 Garden Club - CYD 5:30 Movie/TV Show -TV Area	31 10:00 Carpet Bowling - ACT 11:00 Dynamic Balance and Active Stability w/Dick - TMP 1:30 Sing-along w/Peko-chan -TMP 3:00 Chikako Art - TEA 5:30 Movie/TV Show - TV Area			



Location Key:

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



DAILY ESCORTED WALK

9:00AM
 &
 1:30PM

CATHOLIC COMMUNION

With Sister Elaine
 of St. Mary's Cathedral

 Thursdays at 1:30pm
 Temple. All are welcome.

NOTE:
ACTIVITIES
ARE SUBJECT
TO CHANGE

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Bodies

A beautiful July 20th walk along the beach, bento and a very informative talk. What else could be better? Did you know that Crab Cove (Alameda) was the site of an amusement park during the 1920's? Also, the home to the Merchant Marines?



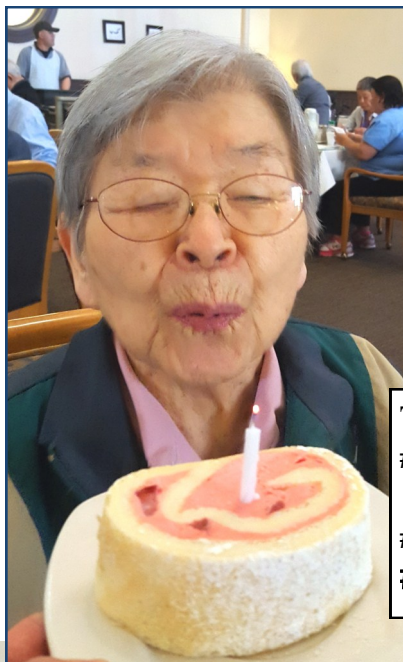
Also, the home to the Merchant Marines?



Those are some fancy balloons, Mr. Mae! *Happy Birthday !!!*



Lois and Granddaughter Cara working on a Fourth of July craft with the folks.



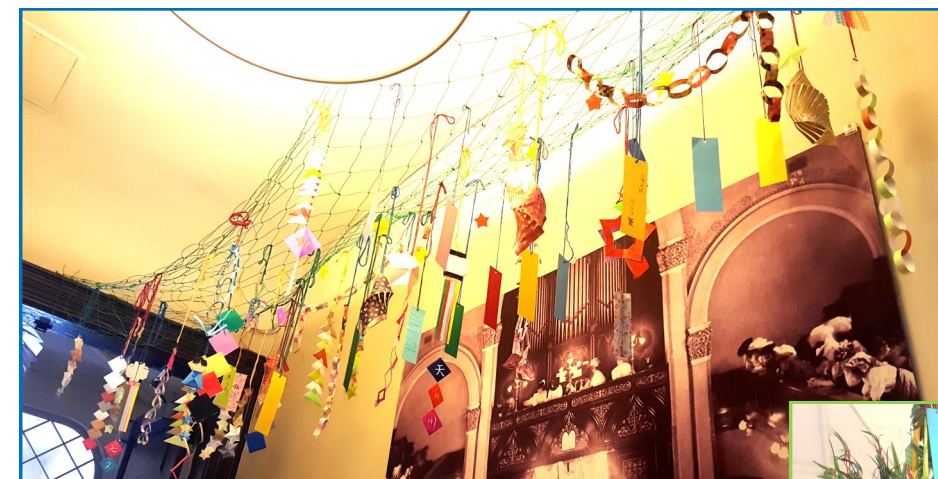
Three Cheers to Tsune!
#1. 誕生日おめでとう
ございます!
#2. Tanjoubi Omedetou!
#3. Happy Birthday!



Hey Alice! Marie could not resist being the first to give you a Happy Birthday hug!!! XOXO, Alice!



One of Jack's popular programs "Shall We Dance"! Thanks Jack for the spin around the floor!!!



We wished for a lively Tanabata (Star Festival) and got it! Complete with tanzaku (wishes) for the Princess & Herder and a spectacular Milky Way. Thank You Chikako for helping to make this happen!

