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Thank you Fujimoto-Sensei for the Minyo and Buyo odori (traditional Japanese folk and contemporary style dances). We appreciate the participation by the Kimochi Sr. Center dancers very much, so much so that we had to get up and join in a round of Tanko-Bushi !!! Tanoshikatta desu ! 楽しかったです！ We enjoyed it very much !



That's a beautiful jacket, Frances... What are you dressed up for ? That's right !... It's Your Birthday !!! Happy Birthday Frances !



Great job Brownie Troop 32678 (with a special representative from Daisy Troop 62595) for making a fun afternoon for us !

Tomi and Tonami getting in the Holiday spirit. While Mr. Shimahara scores at Uniqlo !



Mr. & Mrs. Lung with grand-daughter and daughter... three generations of love going on here !



JARF Interfaith Thanksgiving Service - Thank You for your presence and spiritual support !!!
(Rev. Yano, Rev. Kawahatsu, J. Dairiki, Rev. Tolosa, Rev. Kurotaki, Rev. Miyaki, Rev. Low-Skinner, Rev. H. Suzuki, Rev. G. Suzuki, Rev. Nozawa)



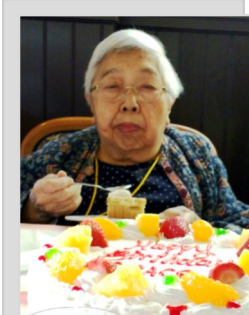
Evelyn & Joy auditioning for "Gotta get my Mickey-D's" !!!



Tetchie's Happy Hour - We were definitely giddy having a good time !



Our SPCA - Animal Assisted Therapy Ambassadors Jennifer and Posey (a Main Coon)



Happy Tanjoubi Chiyoko-san !



Don't miss Naoko's Resident Care meetings ! It's on the last Fridays of each month. Each month, she'll be discussing important aspects of wellness and other pertinent issues surrounding Kokoro.



December - 12月

SUN

MON

TUE

WED

THU

FRI

SAT



Memo:



4	5	6	7	8	9	10
10:00 TV Japan: Nodojiman - TV 11:00 Exercise w/Resident Asst-TMP 2:00 Monique's Ballet - TMP 3:00 TV Japan: News - TV 5:30 Movie/TV Show - TV	9:30 Tai Chi w/Garrett Chinn - TMP 11:15 Arm-chair Aerobics w/Kaeko - TMP 1:00 Food Meeting w/Roddy- ACT 2:00 Dowa & Doyo w/Noriko-TMP 3:00 Black Jack - TEA	9:30 Massage w/Aida - ACT 11:00 Rajio Taiso/Exercise - TMP 2:00 Bingo Bonanza - TEA 3:00 Calligraphy & Laughter w/ Reverend Kawahatsu - TEA 5:30 Movie/TV Show -TV	10:00 Brain Power Puzzle- 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	10:00 Craft - TEA 11:00 Stretch Bands w/Dick - TMP 2:00 Cooking Creations w/Johnny - TEA 3:30 Chat with Kirk - TEA 5:30 Movie/TV Show - TV	10:00 Carpet Bowling - TEA 11:00 Strength Train w/Dick-TMP 2:00 Manicure with Emiko - TEA 3:00 Shall We Dance w/Jack - TMP 5:30 Movie/TV Show - TV	10:00 SPCA Visit - TV 11:00 Exercise w/Res Asst. - TMP 2:00 Coloring - TEA 3:00 TV Jp: Songs of JP Spirit-TV 5:30 Movie/TV Show - TV
11	12	13	14	15	16	17
10:00 TV Japan: Nodojiman - TV 11:00 Exercise w/Resident Asst-TMP 2:00 Balloon Fun - LOB 3:00 TV Japan: News - TV 5:30 Movie/TV Show - TV	9:30 Tai Chi w/Garrett Chinn - TMP 11:15 Arm-Chair Aerobics w/Kaeko - TMP 2:00 Dowa & Doyo w/Noriko-TMP 3:00 Black Jack - TEA 5:30 Movie/TV Show - TV	10:00 Buddhist Service w/Jerry-ACT 11:00 Rajio Taiso/Exercise - TMP 2:00 Bingo Bonanza - TEA 3:00 Activity Meeting - TEA 5:30 Movie/TV Show - TV	10:00 Resident Council Meeting - TEA 11:00 Dynamic Balance and Active Stability w/Dick - TMP 1:30 Sing-along w/Peko-chan -TMP 3:00 Chikako's Charmings - TEA 5:30 Movie/TV Show -TV	9:30 Calligraphy w/Emiko - TEA 11:00 Stretch Bands w/Dick - TMP 2:00 Song Birds Chorus - TMP 3:00 Kokoro Christmas Party - TMP 5:30 Movie/TV Show - TV	10:00 ACCESS Sing-A-Long-TMP 11:00 Strength Train w/Dick-TMP 2:00 Coloring - TEA 3:00 Story-Telling w/Jean - TMP 5:30 Movie/TV Show - TV	10:00 SPCA Visit - TV 11:00 Exercise w/Res.Asst - TMP 12:00 TV Jp: Songs of JP Spirit-TV 1:30 Caroling w/Daphne & Peter's Place Pre-School - TMP 3:00 Balloon Fun—Lobby 5:30 Movie/TV Show -TV
18	19	20	21	22	23	24
10:00 TV Japan: Nodojiman - TV 11:00 Exercise w/Resident Asst-TMP 2:00 Stay-Tuned w/Jimmy - LOB 3:00 TV Japan: News - TV 5:30 Movie/TV Show - TV	9:30 Tai Chi w/Garrett Chinn - TMP 11:00 Sr. Fitness - TMP 1:00 KiiteMoraitai Chorus -TMP 3:00 Black Jack - TEA 5:30 Movie/TV Show - TV	9:30 Massage w/Aida 11:00 Rajio Taiso/Exercise -TMP 2:00 JARF - Christmas Service - TMP 3:00 Brain Power Puzzle - TEA 5:30 Movie /TV Show - TV	9:30 Graton Casino Bus Outing 11:00 Dynamic Balance and Active Stability w/Dick - TMP 1:30 Movie Matinee -TV 3:00 Brain Power Puzzle - TEA 5:30 Movie/TV Show - TV	9:30 Calligraphy w/Emiko - TEA 11:00 Stretch Bands w/Dick - TMP 2:00 Black Jack - TEA 3:00 Coloring - TEA 5:30 Movie/TV Show - TV	10:00 Tea Ceremony w/SunnyACT 11:00 Strength Train w/Dick-TMP 2:00 Manicure w/Emiko - TEA 3:00 Jack's Travelogue - TV 5:30 Movie/TV Show - TV	10:00 TV Jp: "Genki" Concert-TV 11:00 Exercise w/Res Asst. - TMP 2:00 JARF "From the Heart" Christmas Concert TMP 3:00 TV Jp: Songs of Japanese Spirit - TV 5:30 Movie/TV Show - TV
25	26	27	28	29	30	31
10:00 TV Japan: Nodojiman - TV 11:00 Exercise w/Resident Asst-TMP 1:30 Tv Jp: Sumo Tourney - TV 2:00 Stay Tuned w/Jimmy - LOB 3:00 Balloon Fun - LOB 5:30 Movie/TV Show - TV	9:30 Tai Chi w/Garrett Chinn - TMP 11:00 Exercise w/Resident Asst-TMP 2:00 Dowa & Doyo w/Noriko -TMP 3:00 Coloring - TEA 5:30 Movie/TV Show -TV	10:00 Arts/Crafts - TEA 11:00 Rajio Taiso/Exercise- TMP 2:00 Bingo Bonanza - TEA 3:30 Coloring - TEA 5:30 Movie/TV Show -TV	10:00 Carpet Bowling - LOB 11:00 Dynamic Balance and Active Stability w/Dick - TMP 2:00 Brain Power Puzzle -TEA 3:00 Animal of the Month - TEA 5:30 Movie/TV Show - TV	9:30 Calligraphy w/Emiko - TEA 11:00 Stretch Bands w/Dick - TMP 2:00 Black Jack - TV 3:00 Garden Club - CYD 5:30 Movie/TV Show - TV	10:00 Carpet Bowling - ACT 11:00 Strength Train w/Dick-TMP 2:00 Resident Care Meeting w/ Naoko - TEA 2:30 Calendar Making - TEA 5:30 Movie/TV Show - TV	9:00 TV Jp: New Year Music Show - TV 11:00 Exercise w/Res.Asst - TMP 1:30 Minyo & Shamisen - TMP 3:00 Balloon Fun - LOB 4:30 TV Jp: Happiness News-TV 5:30 Movie/TV Show -TV

CATHOLIC COMMUNION
With Sister Elaine
of St. Mary's Cathedral

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



DAILY ESCORTED WALK

9:00AM
&
1:30PM



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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