

February 2月

Happy Valentines Day!

SUN	MON	TUE	WED	THU	FRI	SAT
	1 9:30 Tai Chi w/Garrett Chinn - ACT 11:00 Senior Fitness w/ Richard - TMP 2:00 Dowa & Doyo w/Noriko Kashiwabara - TMP 3:00 All About Umeboshi (pickled plum) - TEA 5:30 Movie/TV Show - TV Area	2 9:30 Massage Therapy w/Aida- ACT 11:00 Joyful Fitness w/Denise - TMP 2:00 Manicure w/Setsuko & Emiko-TEA 3:00 Calligraphy & Laughter w/ Rev. Kawahatsu - TEA 5:30 Movie/TV Show -TV Area	3 10:00 Blackjack Tournament-TEA 11:00 Dynamic Balance and Active Stability w/Dick - TMP 1:30 Sing-along w/Peko-san - TMP 3:00 Balloon Fitness w/Richard - LOB 5:30 Movie/TV Show -TV Area	4 10:15 Tea Ceremony w/Sunny-ACT 11:00 Stretch Bands w/Dick - TMP 2:00 Cabaret Hour w/Tom - TMP 3:00 En Espanol w/Ronda - ACT 5:30 Movie/TV Show - TV Area	5 10:00 Amy's Craft Time-- TEA 11:00 Strength Training w/Dick - TMP 2:00 Word Search Games - TEA 3:00 Fruit of the Month w/ Richard - TEA 5:30 Movie/TV Show - TV Area	6 10:00 Zen Mindfulness w/Gary Gach - ACT 11:00 10 Mindful Movemnts-TMP 12:00 Lion Dance Perf. - TMP 1:15 Stretch Bands w/Dick- TMP 3:00 Rooftop Sightseing - LOB 5:30 Movie/TV Show - TV Area
7 10:00 SPCA Pet Visit - LOB 11:00 Exercise w/Res. Aide - TMP 2:30 Bingo w/Res Aide - TEA 3:30 Viewing Super Bowl 50 - TV Area 5:30 Movie/TV Show - TV Area	8 9:30 Tai Chi w/Garrett Chinn - ACT 11:15 Senior Fitness w/Richard - TMP 1:00 Food Meeting w/Roddy - ACT 2:00 Dowa & Doyo w/Noriko Kashiwabara - TMP 3:00 Animal World: Otters - TEA 5:30 Movie/TV Show - TV Area	9 10:00 Buddhist Service w/ Jerry Bolick -ACT 11:00 Joyful Fitness w/Denise - TMP 2:00 Cooking Class: Egg Salad Sandwiches - TEA 3:00 Sketch Class w/Kinya - 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-san - TMP 3:00 Balloon Fitness w/Rev. Yano - LOB 5:30 Movie/TV Show -TV Area	11 9:30 Calligraphy w/Emiko - TEA 11:00 Stretch Bands w/Dick - TMP 2:00 Baking Valentine Cupcakes - TEA 3:00 Prefectures of Japan: Okinawa - TEA 5:30 Movie/TV Show - TV Area	12 10:00 Carpet Bowling - ACT 11:00 Strength Training w/Dick - TMP 2:00 Valentine's Day in Japan - TEA 3:00 Happy Hour - TEA 5:30 Movie/TV Show - TV Area	13 10:00 Shall We Dance w/Jack Dairiki - TMP 11:00 Exercise w/Res. Aide - TMP 1:15 Stretch Bands w/Dick- TMP 3:00 Bingo w/ Res Aide - TEA 5:30 Movie/TV Show -TV Area
14 10:00 TV Japan Viewing - TV Area 11:00 Exercise w/Res. Aide - TMP 2:30 Balloon Fun w/Res Aide - LOB 3:30 President's Day Movie: "Lincoln" - TV Area 5:30 Movie/TV Show-TV Area	President's Day 15 10:00 Stay Tuned w/Jimmy - TMP 11:00 Senior Fitness w/Res Aide- TMP 2:00 Dowa & Doyo w/Noriko Kashiwabara - TMP 3:00 Word Search Games - TEA 5:30 Movie/TV Show - TV Area	16 9:30 Massage Therapy w/Aida- ACT 11:00 Joyful Fitness w/Denise- TMP 2:00 Manicure w/Setsuko & Emiko- TEA 3:00 Blackjack w/Claire - TEA 5:30 Movie /TV Show - TV Area	17 10:00 Roulette Tournament- TEA 11:00 Dynamic Balance and Active Stability w/Dick - TMP 1:30 Sing-along w/Peko-san - TMP 3:00 Balloon Fitness w/Rev. Yano - LOB 5:30 Movie/TV Show - TV Area	18 9:30 Calligraphy w/Emiko - TEA 11:00 Stretch Bands w/Dick - TMP 1:00 SPCA Pet Visit - LOB 2:00 Activity Meeting w/Rich-TMP 2:15 Chat w/Kirk - TMP 3:00 Tea Ceremony w/Sunny-ACT 5:30 Movie/TV Show - TV Area	19 10:00 Lobby Olympics - ACT 11:00 Strength Training - TMP 2:00 Tofu Smoothie Social w/ Richard - TEA 3:00 Garden Club and Garden Fun- CYD 5:30 Movie/TV Show - TV Area	20 10:00 View TV Japan - TV Area 11:00 Exercise w/Res. Aide -TMP 1:15 Stretch Bands w/Dick- TMP 2:00 Babanuki Card Game w/ Emiko -TEA 3:00 Rooftop Sightseeing - LOB 5:30 Movie/TV Show -TV Area
21 10:00 Exercise w/Res. Aide - TV Area 11:00 SPCA Pet Visit - LOB 2:30 Bingo w/Res Aide - TEA 3:30 Movie Matinee: "The Avengers" - TV Area 5:30 Movie/TV Show - TV Area	22 9:30 Tai Chi w/Garrett Chinn - ACT 11:15 Chair Aerobics w/ Kaeko - TMP 2:00 Dowa & Doyo w/Noriko Kashiwabara - TMP 3:00 Brain Power Games - TEA 5:30 Movie/TV Show -TV Area	23 10:00 Tabletop Travelers: Grand Canyon - TEA 11:00 Senior Fitness w/Rich - TMP 2:00 US States: Nevada - TEA 3:00 Sketch Class w/Kinya - TEA 5:30 Movie/TV Show -TV Area	24 9:30 Bus Trip to Land's End and Pacifica - Meet in LOB 11:00 Dynamic Balance and Active Stability w/Dick - TMP 1:30 Sing-along w/Peko-san -TMP 3:00 Balloon Fun w/Rev. Y. - LOB 5:30 Movie/TV Show - TV Area	25 9:30 Calligraphy w/Emiko - ACT 11:00 Stretch Band Training w/Dick - TMP 2:00 Indoor Basketball - LOB 3:00 Cooking Class: Kettle Fried Potato Chips - TEA 5:30 Movie/TV Show - TV Area	26 10:00 Carpet Bowling- ACT 11:00 Strength Training w/Dick - TMP 2:00 Bingo w/Richard - ACT 3:00 Welcome/Birthday Celebration - TMP 5:30 Movie/TV Show - TV Area	27 10:00 Jack's Travelogue (Peru, Part 2) - TV Area 11:00 Exercise w/Res. Aide -TMP 1:15 Stretch Bands w/Dick -TMP 3:00 Resident Care Update w/ Naoko - TMP 5:30 Movie/TV Show - TV Area
28 10:00 TV Japan Viewing - TV Area 11:00 Exercise w/Res. Aide -TMP 2:30 Balloon Fun w/Res. Aide - TEA 3:30 Movie Matinee: "Bourne Ultimatum" - TV Area 5:30 Movie/TV Show - TV Area	29 9:30 Tai Chi w/Garrett Chinn - ACT 11:00 Chair Aerobics w/Kaeko - TMP 1:00 SPCA Pet Visit - LOB 2:00 Dowa & Doyo w/Noriko Kashiwabara - TMP 3:00 Pref. of Japan: Okinawa- 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

**NOTE:
ACTIVITIES
ARE SUBJECT
TO CHANGE**

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