

**February
2016**

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Fur Seal

**February 2016
Animal of the
Month**



KOKORO

ASSISTED LIVING FOR SENIORS

***Inside
Kokoro***

**Amazing New
Year's Feast**

Kokoro Chef Taka Nagamine and his kitchen team prepared an amazing traditional New Year's feast of Oschi-ryori for all the residents and family guests on New Year's Day. With unusual and exotic dishes to surprise and excite the eyes and taste buds of all, it was a delicious treat to start off the New Year 2016.



LtoR: Chef Taka, Shigeru, Naomi

Activities and Events

By Richard Grange

<p>Tofu Smoothie Social Feb 4 (Thu) at 3:00PM</p> <p>Come join this fun and informative activity to make fruity smoothie drinks with tofu and fresh fruit. Free Samples!!!</p>	<p>Lion Dance Performance Feb 6 (Sat) at 12noon</p> <p>Let's celebrate Chinese New Year with the talented dancers of the Hung Sing Lion Dance Troupe. Music! Dance! Excitement!</p>	<p>Shall We Dance with Jack Dairiki Feb. 13 (Sat) at 10AM</p> <p>Multi-talented Jack will lead you in some new (or not so new) dance steps to lively music. You can dance along, or just watch.</p>
<p>Tea Ceremony with Sunny Feb. 4 and Feb. 18</p> <p>Sunny will share the traditional Japanese tea ceremony with our residents. Join this serene and contemplative event.</p>	<p>Tabletop Travelers: Grand Canyon Feb. 23 (Tue) at 10AM</p> <p>Learn the secrets of this majestic natural wonder and the amazing history of one of America's most popular National Parks</p>	<p>Cooking Class: Kettle Fried Potato Chips Feb. 25 (Thu) at 3PM</p> <p>Join this cooking class, share your knowledge and sample the final product: Freshly fried crunchy homemade Potato Chips</p>

Mindfulness Gathering and Ten Mindfull Movements February 6 (Sat) at 10 & 11 AM

Gary Gach will lead these two new classes for our residents, helping to calm and focus the mind and soul. Gary says, "Mindfulness is the energy of being awake, living fully"



Baking Valentine's Day Cupcakes

February 11 (Thu) at 11 AM

Join your fellow residents to mix, bake, and decorate a batch of colorful cupcakes in celebration of Valentine's Day. Take an extra one with you to share with your special loved one on Valentine's Day



Roulette Tournament

February 17 (Wed) 10 AM

Try your luck in this fun tournament to see how many chips you can win in 45 minutes. You can bet in a variety of ways, just like at the casinos so strategy will be key. The top winners will not only get a prize, but also the admiration of your fellow residents.



Donations Wish List

- Bingo Prizes
- DVDs



Volunteers needed

- **February 24 (Wed)**
10:00am
Bus Trip to Land's End and Pacifica
- **Weekly Activity Leaders**



KOKORO
ASSISTED LIVING FOR SENIORS

Kokoro is owned by KALI and managed by NCP Senior Ventures, LLC

Bus Tour to Land's End and the Pacifica Shoreline

February 24 (Wed) 10 AM

Sign-up now to reserve your seat on our chartered ADA-compliant minibus (with wheelchair lift) for an exciting tour of the Land's End Visitor's Center and then to see the seashore and pier in Pacifica.



This activity is made possible by your generous donations to Kokoro's Activity Fund. THANK YOU!!!

February Birthdays



- 2/02 Evelyn Bravos
- 2/16 Harry Nakamura
- 2/17 Sumi Suda
- 2/17 Sumiko Schooler
- 2/18 Fusae Takei
- 2/24 Asako Mayeda

New Residents



- #102..... David Bernardo
- #407 Kay Nakamura

Valentine's Day

Valentine's Day (also known as **Saint Valentine's Day**) is celebrated on February 14 each year in many countries around the globe. St. Valentine's Day began as a celebration of one or more early Christian saints named Valentinus. The day was later associated with romantic love in the Middle Ages and in 18th-century England, it evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering candies, and sending Valentine cards. In 2016 over 150 million Valentine cards will be shared across the U.S.

Kokoro Update

SAVE THE DATE:

Cooking From the Heart Fundraiser for Kokoro

At Nihon Machi Terrace on Sat. April 30, 1 pm – 4 pm

Featured Chefs:

Taka Nagamine Head Chef at Kokoro Assisted Living - Sushi Special

Zane Matsuzaki - Former Head Chef Café Riggio -- Calamari Salad

Arisa Takahashi – People's Choice winner of JARF Curry Cook Off --Vegetarian Curry

Rodney Yano - Soy and Tofu Dessert Competition Finalist -- Strawberry Haupia Pie

General Tickets: \$100 per person or \$175 per couple

Kokoro Residents Tickets: \$50 per person

Raffle tickets will soon be on sale



Meetings w/ the Directors

- February 8 Dining/Food
- February 15 Marketing
- February 27 Resident Care
- February 18 Executive Dir.
- February 18 Activities



Kokoro cordially invites you to Chinese New Year Lunch

February 10 (Wed) at 12:00 noon

Variety of Dim Sum

Dessert



Mobile Phone Hotline:
415-286-6764
(Direct to Lead Res. Asst.- Anytime)

Main Telephone Number
415-776-8066 or 415-674-4276

Executive Director
Kirk Miyake-Ext. 12
kmiyake@kokoroassistedliving.org

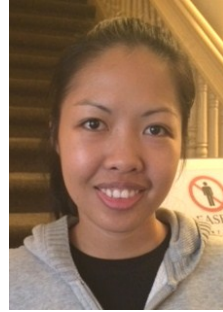
Director of Sales & Marketing
Jimmy Murota-Ext. 11
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Director of Dining/Housekeeping
Roddy Kodama-Ext. 13
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Director of Activities
Richard Grange -Ext. 15
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Director of Resident Care
Naoko Jones-Ext. 16
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Employee of the Month



Kim Endriga
January 2016

February Quote

All you need is love. But a little chocolate now and then doesn't hurt.

Charles M. Schulz



Resident develop their calligraphy skills at the weekly Calligraphy with Emiko activity.

Acknowledging Our Supporters
Thank you very much!

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|--|--------------------|
| ACCESS Volunteers | June Pramualphol |
| Angela and Fillmore | Kaeko Inori |
| Amy Hanamoto | Kinya Matsuno |
| Barbara Noguchi | Linda Yamane |
| Betty Wong & Stormy | Lois Ohwa |
| Claire Okuyama | Nga and Scooby |
| Clarendon BCCP students, parents, teachers | Noriko Kashiwabara |
| Denise Teraoka | Rev. Rodney Yano |
| Elaine Beatson | Rose Ichiyasu |
| Emiko Tom | Ruby Kawabata |
| Emiko Ogawa | Sachiko Matsumura |
| Fumiko Walsh | Setsuko Nakahara |
| Girl Scouts of BCSF | Sharen Langewisch |
| Hiro Matsunaga | Sumi & Diane Suda |
| Hisako Yamaguchi | Sumiko Nakamura |
| Irene Naramura | Thomas Kawakami |
| Itsuo & Shigako Kawamura | |
| Jack Dairiki | |
| Japanese American Religious Federation | |
| Jerry Bolick | |
| June Kawaguchi | |

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