

ズズズズズ

Bodies



Happy 94th, Miyoko !!!



Great Accordion and Shamisen performance by Hideko Nakajima-Sensei and Hideki-Kai.



Singing & Goodies with Peter's Place Pre-School !



Goodies for Mrs. Fukumoto from Santa Jingle Jamie !



Working hard with great results !



Yoko's Yokoso Variety Time, Peko-chan and Singers and Kiitemoraitai Chorus with Consul General Yamada makes for an extra joyous time !



90th!

おめでとうミさん!



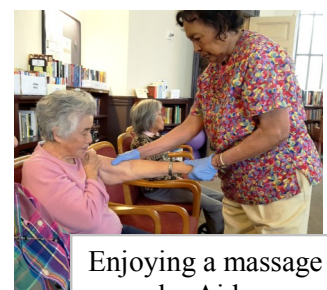
Providing a Christmas Eve Concert, Thank You Rev. Ishida from Nichiren Buddhist Church



A round of "Hava Nagilah" !
"Chag Urim Sameach!" !!
Happy Holiday of Lights !!!
-ACCESS, SFUSD



Respectfully, we offer thanks to our friend and colleague, Loreta. Your care, your compassion and your presence for the past 10+ years has made Kokoro a better place. You are much appreciated and are greatly missed.



Enjoying a massage by Aida



Tea Ceremony with Sunny-Sensei



Fantastic decorating by ESL.



Stanford University Public Service Group

Charismatic Classics at Tom's Cabaret Hour

So many fun things happening !



Angela, Thanks for your SPCA/AAT involvement... and Fillmore, too !



Monique Goldwater and her ballet company - Monique's Ballet (right)

Such graceful performances !

AHamele (Academy of Hawaiian Arts) Performing Group (below)



Beautiful Sumi & beautiful, Sumi !



Mrs. Lung says, "That's what I call room-service" !



Celeste always knows how to bring out a smile !

January - 1月

SUN	MON	TUE	WED	THU	FRI	SAT
1 10:00 Natsu-Melo/Music - Lobby 11:00 Balloon Fun - Lobby 12:00 Special New Year's Lunch ! 1:30 TV Japan: Special Program "Takarazu Revue of Snow Troups"	2 9:30 Tai Chi w/Garrett Chinn - TMP 11:00 Exercise w/RA - TMP 2:00 Dowa & Doyo w/Noriko-TMP 3:00 Banbanuki Card Game with Emiko - TEA 5:30 Movie/TV Show - TV	3 9:30 Massage w/Aida - ACT 11:00 Rajio Taiso/Exercise - TMP 2:00 Bingo Bonanza - TEA 3:00 Sketch w/Sara - TEA 5:30 Movie/TV Show -TV	4 10:00 Songs of School Days—LOB 11:00 Dynamic Balance and Active Stability w/Dick - TMP 2:00 Carpet Bowling - ACT 3:00 Drawing w/Gracie - TEA 5:30 Movie/TV Show -TV	5 9:30 Calligraphy w/Emiko - TEA 11:00 Stretch Bands w/Dick - TMP 2:00 Cabaret Hour w/Tom - TMP 3:00 Black Jack - TEA 5:30 Movie/TV Show - TV	6 9:30 Amy's Craft Time - TEA 11:00 Strength Train w/Dick-TMP 2:00 Manicure with Emiko - TEA 3:00 Brain Game - TEA 5:30 Movie/TV Show - TV	7 10:00 TV Japan: News - TV 11:00 Exercise w/Res Asst. - TMP 12:00 TV Japan: New Year's Opera Concert - TV 3:00 TV Jp: Sumo Hi-Lites -TV 5:30 Movie/TV Show - TV
8 10:00 SPCA Visit - TV 11:00 Exercise w/Resident Asst-TMP 1:30 Crafts w/Daisy Troop - TEA 3:00 TV Japan: News - TV 5:30 Movie/TV Show - TV	9 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	10 10:00 Buddhist Service w/Jerry-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	11 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 Yoko's Yokoso Activity - TEA 5:30 Movie/TV Show -TV	12 10:00 Carpet Bowling - ACT 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	13 10:00 Tea Ceremony with Sunny - ACT 11:00 Strength Train w/Dick-TMP 2:00 Activity Meeting - TEA 2:30 Animal of the Month - TEA 5:30 Movie/TV Show - TV	14 10:00 SPCA Visit - TV 11:00 Exercise w/Res Asst. - TMP 1:30 TV Jp: Sumo/News - TV 3:00 Brain Game - TEA 5:30 Movie/TV Show - TV
15 10:00 DVD: Japanese Enka -TV 11:00 Exercise w/Resident Asst-TMP 1:30 TV Jp: Sumo Hi-Lites - TV 3:00 Balloon Fun- Lobby 5:30 Movie/TV Show - TV	16 9:30 Tai Chi w/Garrett Chinn - TMP 11:00 Sr. Fitness - TMP 2:00 Dowa & Doyo w/Noriko-TMP 3:00 Black Jack - TEA 5:30 Movie/TV Show - TV	17 10:00 Massage w/Aida - ACT 11:00 Rajio Taiso/Exercise - TMP 2:00 Bingo Bonanza - TEA 3:00 Sketch w/Sara - TEA 5:30 Movie/TV Show - TV	18 10:30 Bus Outing: Asian Art Museum 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	19 9:30 Calligraphy w/Emiko - TEA 11:00 Stretch Bands w/Dick - TMP 2:00 Singing Performance by: Ayako Hosokawa - TMP 3:00 Coloring - TEA 5:30 Movie/TV Show - TV	20 10:00 ACCESS Your Activity-TEA 11:00 Strength Train w/Dick-TMP 2:00 Manicure w/Emiko - TEA 3:00 Story-Telling w/Jean - TMP 5:30 Movie/TV Show - TV	21 10:00 TV Japan: News - TV 11:00 Exercise w/Res.Asst - TMP 12:00 TV Jp: Songs of JP Spirit-TV 1:30 TV Jp: Sumo Hi-Lites - TV 3:00 Balloon Fun - Lobby 5:30 Movie/TV Show -TV
22 10:00 TV Jp: Beppin for a Week - TV 11:00 Exercise w/Resident Asst-TMP 1:30 TV Japan: Sumo/News - TV 3:00 Brain Power Game - TEA 5:30 Movie/TV Show - TV	23 9:30 Tai Chi w/Garrett Chinn - TMP 11:00 Sr. Fitness - TMP 2:00 Dowa & Doyo w/Noriko - TMP 3:00 Black Jack - TEA 5:30 Movie/TV Show - TV	24 10:00 Carpet Bowling - ACT 11:00 Rajio Taiso/Exercise -TMP 2:00 Bingo Bonanza - TEA 3:00 Sketch with Sara - TEA 5:30 Movie /TV Show - TV	25 10:00 Brain Power Game - LOB 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	26 9:30 Calligraphy w/Emiko - TEA 11:00 Stretch Bands w/Dick - TMP 1:00 Tea Ceremony w/Sunny-ACT 3:00 Coloring - TEA 5:30 Movie/TV Show - TV	27 10:00 Bingo Bonanza - TEA 11:00 Strength Train w/Dick-TMP 2:00 Resident Care Meeting with Naoko - TEA 3:00 Jack's Travelogue - TV 5:30 Movie/TV Show - TV	28 10:00 TV Jp: News - TV 11:00 Exercise w/Res Asst. - TMP 1:30 Minyo and Shamisen - TMP 3:00 TV Jp: Songs of Japanese Spirit - TV 5:30 Movie/TV Show - TV
29 10:00 TV Japan: Nodojiman - TV 11:00 Exercise w/Resident Asst-TMP 1:30 TV Jp: Science Show - TV 3:00 Balloon Fun - LOB 5:30 Movie/TV Show - TV	30 9:30 Tai Chi w/Garrett Chinn - TMP 11:15 Arm-Chair Aerobics with Kaeko -TMP 2:00 Dowa & Doyo w/Noriko -TMP 3:00 Calendar Making - TEA 5:30 Movie/TV Show -TV	31 10:00 ACCESS Your Activity - TEA 11:00 Rajio Taiso/Exercise- TMP 2:00 Bingo Bonanza - TEA 3:00 Sketch with Sara - TEA 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

PUBLICATION ISSUED BY:
 Kokoro Assisted Living
 1881 Bush Street
 San Francisco, CA 94109
 Phone (415)776-8066
 Fax (415)674-5941
 www.kokoroassistedliving.org
 License #385600235