

**KENKO LOUNGE @ NIMI NIKKEI HOME**

**December 2018**

**CALENDAR OF EVENTS**

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday                              |
|--|---|--|---|--|---|---------------------------------------|
| 2)<br>    | 3)<br>9:30-3:00 Iki Iki (Eng)<br><br>10:00 Chair Workouts<br><br>11:00 Outfight Parkinson | 4)<br>10:00 Chair Workouts<br><br>10:45 Tea & Chat (Japanese)<br><br>11:00 Outfight Parkinson<br><br>1:00 BEFit  | 5)<br>10:00-2:00 Iki Iki Light<br><br>10:00 Chairobics<br><br>3:15 Minyo-Japanese Dancing | 6)<br>10:00 Chair Workouts   | 7)<br>9:30-3:00 Iki Iki (Jpn)<br><br>10:00 Chairobics   | 1)<br>11:00 Weight Training<br><br>8) |
| 9)   | 10)<br>10:00 Chair Workouts<br><br>11:00 Outfight Parkinson                               | 11)<br>10:00 Chair Workouts<br><br>10:45 Tea & Chat (Japanese)<br><br>11:00 Outfight Parkinson<br><br>1:00 BEFit | 12)<br>10:00 Chairobics<br><br>6:15 Christmas Choir                                       | 13)<br>10:00 Chair Workouts<br><br>11:00- 2:00 Nikkei Place Foundation special booking | 14)<br>10:00 Chairobics   | 15)<br>11:00 Weight Training          |
| 16)  | 17)<br>10:00 Chair Workouts<br><br>11:00 Outfight Parkinson                               | 18)<br>10:00 Chair Workouts<br><br>10:45 Tea & Chat (Japanese)<br><br>11:00 Outfight Parkinson<br><br>1:00 BEFit | 19)<br>10:00 Chairobics<br><br>3:15 Minyo-Japanese Dancing                                | 20)  | 21)<br>10:00 Chairobics<br><br>2:00 Birthday Party<br><br> | 22)                                   |
| 23)  | 24)<br>10:00 Chair Workouts<br><br>11:00 Outfight Parkinson                               | 25)<br>                      | 26)<br><br>Boxing Day<br><br>No programs  | 27)<br>10:00 Chair Workouts  | 28)<br>10:00 Chairobics   | 29)<br>11:00 Weight Training          |
| 30)<br> | 31)<br>10:00 Chair Workouts<br><br>11:00 Outfight Parkinson                               |  |   |   |   |                                       |