
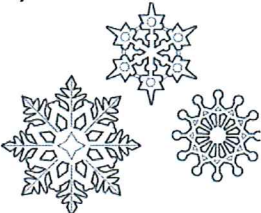




KENKO LOUNGE @ NIMI NIKKEI HOME

January 2019

CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1) <i>Happy New Year!</i> <i>No Program</i>	2) 10:00 Chairobics	3) 10:00 Chair Workouts Afternoon – New Sakura-so New Year's Lunch	4) 10:00 Chairobics	5) 
6)	7) 9:30-3:00 Lively Lively (Iki Iki Eng) 10:00 Chair Workouts 11:00 Outfight Parkinson	8) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:30 Lunch & Fun 1:00 pm BEFit	9) 10:00 Chairobics 10:00 – 2:00 Iki Iki Light 3:15 Minyo-Japanese Dancing	10)	11) 9:30-3:00 Iki Iki (Jpn) 10:00 Chairobics	12)
13)	14) 9:30-3:00 Lively Lively (Iki Iki Eng) 10:00 Chair Workouts 11:00 Outfight Parkinson	15) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:30 Lunch & Fun 1:00 pm BEFit	16) 10:00 Chairobics 10:00 – 2:00 Iki Iki Light	17) 2:00 <u>Talk – Better Lighting at Nikkei Home w Dr. Myriam Judah</u>	18) 9:30-3:00 Iki Iki (Jpn) 10:00 Chairobics	19)
20)	21) 9:30-3:00 Lively Lively (Iki Iki Eng) 10:00 Chair Workouts 11:00 Outfight Parkinson	22) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:30 Lunch & Fun 1:00 pm BEFit	23) 10:00 Chairobics 10:00 – 2:00 Iki Iki Light 3:15 Minyo-Japanese Dancing	24)	25) 9:30-3:00 Iki Iki (Jpn) 10:00 Chairobics 2:00 Birthday Party 	26)
27) 	28) 9:30-3:00 Lively Lively (Iki Iki Eng) 10:00 Chair Workouts 11:00 Outfight Parkinson	29) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:30 Lunch & Fun 1:00 pm BEFit	30) 10:00 Chairobics 10:00 – 2:00 Iki Iki Light	31) 11:00-2 Cooking Together team practice	