

KENKO WELLNESS @ NIMI NIKKEI HOME

June 2019

CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1) 11:00 Weight Training 11:45_12:45 Outfight Parkinson
2) 	3) 9:30-3:30 Lively Lively 10:00 Chair Workouts 11:00 Outfight Parkinson	4) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45-1:45 Lunch/Chat 1:00 Brain Exercise Fitness (BEFit)	5) 10:00 Chairbics 10:00-2:00 Iki Iki Light 3:15 Minyo-Japanese Dancing	6) 10:00 Chair Workouts 11:30 Cooking Together	7) 9:30-3:30 Iki Iki 10:00 Chairbics 	8) 11:00 Weight Training 11:45_12:45 Outfight Parkinson
9) 	10) 9:30-3:30 Lively Lively 10:00 Chair Workouts 11:00 Outfight Parkinson	11) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45-1:45 Lunch/Chat 1:00 Brain Exercise Fitness (BEFit)	12) 10:00 Chairbics 10:00-2:00 Iki Iki Light 	13)	14) 9:30-3:30 Iki Iki 10:00 Chairbics	15) 11:00 Weight Training 11:45_12:45 Outfight Parkinson
16) Father's Day 	17) 9:30-3:30 Lively Lively 10:00 Chair Workouts 11:00 Outfight Parkinson	18) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45-1:45 Lunch/Chat 1:00 Brain Exercise Fitness (BEFit) 6:30 Kenko Talk	19) 10:00 Chairbics 10:00-2:00 Iki Iki Light 3:15 Minyo-Japanese Dancing	20) 10:00 Chair Workouts 11:30 Cooking Together	21) Summer begins 9:30-3:30 Iki Iki 10:00 Chairbics 	22) 11:00 Weight Training 11:45_12:45 Outfight Parkinson 2:00 Music w Students
23) 	24) 10:00 Chair Workouts 11:00 Outfight Parkinson	25) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 1:00 Brain Exercise Fitness (BEFit)	26) 10:00 Chairbics	27) 10:00 Chair Workouts	28) 10:00 Chairbics 2:00 Birthday Party	29) 11:00 Weight Training 11:45_12:45 Outfight Parkinson
30)						