





KENKO WELLNESS @ NIMI NIKKEI HOME

March 2019

CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1) 9:30- 3:30 Iki Iki 10:00 Chairobics</p>	<p>2) 11:00 Weight Training</p>
<p>3)</p>	<p>4) 9:30-3:30 Lively Lively 10:00 Chair Workouts 11:00 Outfight Parkinson</p>	<p>5) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45 Lunch & Fun 1:00 BEFit</p>	<p>6) 10:00 Chairobics 10:00-2:00 Iki Iki Light 3:15 Minyo-Japanese Dancing</p>	<p>7) 10:00 Chair Workouts 11:15-12:45 Cooking Together</p>	<p>8) 9:30- 3:30 Iki Iki 10:00 Chairobics</p>	<p>9) 11:00 Weight Training</p>
<p>10) <i>Daylight Saving Time begins</i></p>	<p>11) 9:30-3:30 Lively Lively 10:00 Chair Workouts 11:00 Outfight Parkinson</p>	<p>12) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45 Lunch & Fun 1:00 BEFit</p>	<p>13) 10:00 Chairobics 10:00 Chairobics 10:00-2:00 Iki Iki Light</p>	<p>14) 10:00 Chair Workouts</p>	<p>15) 9:30- 3:30 Iki Iki 10:00 Chairobics</p>	<p>16) 11:00 Weight Training</p>
<p>17)</p> 	<p>18) 9:30-3:30 Lively Lively 10:00 Chair Workouts 11:00 Outfight Parkinson</p>	<p>19) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45 Lunch & Fun 1:00 BEFit</p>	<p>20) 10:00 Chairobics 10:00-2:00 Iki Iki Light 3:15 Minyo-Japanese Dancing</p>	<p>21) 10:00 Chair Workouts 11:15-12:45 Cooking Together</p>	<p>22) 9:30- 3:30 Iki Iki 10:00 Chairobics</p>	<p>23) 11:00 Weight training</p>
<p>24)</p>	<p>25) 9:30-3:30 Lively Lively 10:00 Chair Workouts 11:00 Outfight Parkinson</p>	<p>26) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45 Lunch & Fun 1:00 BEFit</p>	<p>27) 10:00 Chairobics 10:00-2:00 Iki Iki Light</p>	<p>28) 10:00 Chair Workouts 11:15-12:45 Cooking Together</p>	<p>29) 9:30- 3:30 Iki Iki 10:00 Chairobics 2:00 Birthday Party</p> 	<p>30) 11:00 Weight training</p> 
<p>31)</p>						