





KENKO WELLNESS@ NIMI NIKKEI HOME

April 2019

CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1) April Fools' Day 9:30-3:30 Lively Lively 10:00 Chair Workouts 11:00 Outfight Parkinson	2) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45 Lunch & Fun 1:00 BEfit	3) 10:00 Chairbics 10:00-2:00 Iki Iki Light 3:15 Minyo-Japanese Dancing	4) 10:00 Chair Workouts 11:15-12:45 Cooking Together	5) 9:30-3:30 Iki Iki 10:00 Chairbics	6) 9:45 BEfit 11:00 Weight Training 11:45 Outfight Parkinson
7) National Volunteer Week Thank you, volunteers!	8) 9:30-3:30 Lively Lively 10:00 Chair Workouts 11:00 Outfight Parkinson	9) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45 Lunch & Fun 1:00 BEfit	10) 10:00 Chairbics 10:00-2:00 Iki Iki Light	11) 10:00 Chair Workouts	12) 9:30-3:30 Iki Iki 10:00 Chairbics	13) 9:45 BEfit 11:00 Weight Training 11:45 Outfight Parkinson
14)	15) 9:30-3:30 Lively Lively 10:00 Chair Workouts 11:00 Outfight Parkinson	16) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45 Lunch & Fun 1:00 BEfit	17) 10:00 Chairbics 10:00-2:00 Iki Iki Light 3:15 Minyo-Japanese Dancing	18) 10:00 Chair Workouts 11:15-12:45 Cooking Together	19) Good Friday  GOOD FRIDAY No Programs	20) 9:45 BEfit 11:00 Weight Training 11:45 Outfight Parkinson
21) Easter Sunday 	22) Earth Day 9:30-3:30 Lively Lively 10:00 Chair Workouts 11:00 Outfight Parkinson	23) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45 Lunch & Fun 1:00 BEfit	24) 10:00 Chairbics 10:00-2:00 Iki Iki Light	25) 10:00 Chair Workouts	26) 9:30-3:30 Iki Iki 10:00 Chairbics 2:00 Birthday Party 	27) 9:45 BEfit 11:00 Weight Training 11:45 Outfight Parkinson
28)	29) 9:30-3:30 Lively Lively 10:00 Chair Workouts 11:00 Outfight Parkinson	30) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45 Lunch & Fun 1:00 BEfit	