






KENKO WELLNESS LOUNGE@NIMI NIKKEI HOME

May 2018

CALENDAR

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|--|--|
|  | | 1) 10:45 Tea & Chat (Residents) | 2) 10:00-2 pm Iki Iki Light 10:00 Chairbics (Residents) | 3) 10:00 Chair Workouts 11:00 Cooking Therapy (E) | 4) 9:30 – 3 pm Iki Iki 10:00 Chairbics (Residents) | 5) Children's Day 11:00 Weight Training (Residents) |
| 6)  | 7) 10:00 Chair Workouts | 8) 10:45 Tea & Chat (Residents) | 9) 10:00-2 pm Iki Iki Light 10:00 Chairbics (Residents) | 10) 11:00 Cooking Therapy (J) | 11) 9:30 – 3 pm Iki Iki 10:00 Chairbics (Residents) | 12) 11:00 Weight Training (Residents) |
| 13) Mother's Day  | 14) 10:00 Chair Workouts 11:00 Outfight Parkinson (Demo and Regular Class) | 15) 10:45 Tea & Chat (Residents) | 16) 10:00-2 pm Iki Iki Light 10:00 Chairbics (Residents) | 17) 11:00 Cooking Therapy (E) 2:00 Tour of Kenko for Nimi Nikkei Home residents 3:30 Tour of Kenko for New Sakura-so tenants | 18) 9:30 – 3 pm Iki Iki 10:00 Chairbics (Residents) | 19) 11:00 Weight Training (Residents) |
| 20) | 21) Victoria Day  No Programs | 22) 10:45 Tea & Chat (Residents) | 23) 10:00-2 pm Iki Iki Light 10:00 Chairbics (Residents) | 24) 11:00 Cooking Therapy (J) | 25) 9:30 – 3 pm Iki Iki 10:00 Chairbics (Residents) 2:00 Birthday Party w Iki Iki  | 26) 11:00 Weight Training (Residents) |
| 27) | 28) 10:00 Chair Workouts 11:00 Outfight Parkinson (Demo and Regular Class) | 29) 10:45 Tea & Chat (Residents) 11:00 Outfight Parkinson 12:00 BEFIT (Demo and Regular Class) | 30) 10:00-2 pm Iki Iki Light 10:00 Chairbics (Residents) | 31) 11:00 Cooking Therapy (E) | | |