

KENKO LOUNGE @ NIMI NIKKEI HOME

June 2018

CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1) 9:30 – 3 Iki Iki	2) 11:00 Weight Training 
3) 	4) 10:00 Chair Workouts (Residents) 11:00 Outfight Parkinsons	5) 10:00 Chair Workouts (Residents) 10:45 Tea & Chat (Resident) 11:00 Outfight Parkinsons 12:00 BEfit 	6) 10:00 Chairbics 10-2 Iki Iki Light	7)	8) 9:30 – 3 Iki Iki	9) 11:00 Weight Training 
10) 	11) 10:00 Chair Workouts (Residents) 11:00 Outfight Parkinsons	12) 10:00 Chair Workouts (Residents) 10:45 Tea & Chat (Resident) 11:00 Outfight Parkinsons 12:00 BEfit 	13) 10:00 Chairbics 10-2 Iki Iki Light	14)	15) 9:30 – 3 Iki Iki	16) 11:00 Weight Training
17) Father's Day 	18) 10:00 Chair Workouts (Residents) 11:00 Outfight Parkinsons	19) 10:00 Chair Workouts (Residents) 10:45 Tea & Chat (Resident) 11:00 Outfight Parkinsons 12:00 BEfit 	20) 10:00 Chairbics	21) 11-12:30 Cooking Therapy (in Japanese)	22)	23) 11:00 Weight Training
24)	25) 10:00 Chair Workouts (Residents) 11:00 Outfight Parkinsons <i>*starting July Iki Iki Monday added</i>	26) 10:00 Chair Workouts (Residents) 10:45 Tea & Chat (Resident) 11:00 Outfight Parkinsons 12:00 BEfit 	27) 10:00 Chairbics	28) 11-12:30 Cooking Therapy (in Japanese)	29) 2:00 Birthday Party (Residents) 	30) 11:00 Weight Training 

(date: May 28, 2018)