





KENKO WELLNESS @ NIKKEI HOME

May 2019

CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1) 10:00 Chairobics 10:00-2:00 Iki Iki Light 3:15 Minyo-Japanese Dancing	2) 10:00 Chair Workouts 11:30 Cooking Together	3) 9:30-3:30 Iki Iki 10:00 Chairobics	4) 11:00 Weight Training 11:45 Outfight Parkinson
5) Children's Day 	6) 9:30-3:30 Lively Lively 10:00 Chair Workouts 11:00 Outfight Parkinson	7) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45 Lunch & Fun 1:00 BEFit	8) 10:00 Chairobics 10:00-2:00 Iki Iki Light	9) 10:00 Chair Workouts	10) 9:30-3:30 Iki Iki 10:00 Chairobics	11) 11:00 Weight Training 11:45 Outfight Parkinson
12) Happy Mother's Day! 	13) 9:30-3:30 Lively Lively 10:00 Chair Workouts 11:00 Outfight Parkinson	14) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45 Lunch & Fun 1:00 BEFit	15) 10:00 Chairobics 10:00-2:00 Iki Iki Light 3:15 Minyo-Japanese Dancing	16) 10:00 Chair Workouts 11:30 Cooking Together	17) 9:30-3:30 Iki Iki 10:00 Chairobics	18) 11:00 Weight Training 11:45 Outfight Parkinson
19)	20)  No Programs	21) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45 Lunch & Fun 1:00 BEFit	22) 10:00 Chairobics 10:00-2:00 Iki Iki Light	23) 10:00 Chair Workouts	24) 9:30-3:30 Iki Iki 10:00 Chairobics	25) 11:00 Weight Training 11:45 Outfight Parkinson 1:15 Movie with Volunteers (African Queen)
26)	27) 9:30-3:30 Lively Lively 10:00 Chair Workouts 11:00 Outfight Parkinson	28) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45 Lunch & Fun 1:00 BEFit	29) 10:00 Chairobics 10:00-2:00 Iki Iki Light	30) 10:00 Chair Workouts	31) 9:30-3:30 Iki Iki 10:00 Chairobics 2:00 Birthday Party 