

**KENKO LOUNGE @ NIMI NIKKEI HOME**

**October 2018**

**CALENDAR OF EVENTS**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Kenko Wellness Lounge</b></p>	<p>1) 9:30-3 pm Iki Iki 10:00 Chair Workouts 11:00 Outfight Parkinson</p>	<p>2) 10:00 Chair Workouts 10:45 Tea &amp; Chat (Japanese) 11:00 Outfight Parkinson 12:00 BEFit</p>	<p>3) 10:00-2 pm Iki Iki Light  10:00 Chairbics  3:15 Minyo-Japanese Dancing</p>	<p>4) 10:00 Chair Workouts</p>	<p>5) 9:30-3 pm Iki Iki (Jpn) 10:00 Chairbics</p>	<p>6) 11:00 Weight Training</p>
<p>7)</p> 	<p>8) <b>Thanksgiving Day</b></p>  <p><b>No Programs</b></p>	<p>9) 11:00 Chair Workouts 10:45 Tea &amp; Chat (Japanese) 11:00 Outfight Parkinson 1:00 BEFit</p>	<p>10)</p>  <p>10:00-2 pm Iki Iki Light  10:00 Chairbics</p>	<p>11) 10:00 Chair Workouts</p>	<p>12) 9:30-3 pm Iki Iki (Jpn) 10:00 Chairbics</p>	<p>13) 11:00 Weight Training</p>
<p>14)</p> 	<p>15) 9:30-3 pm Iki Iki 10:00 Chair Workouts 11:00 Outfight Parkinson</p>	<p>16) 10:00 Chair Workouts 10:45 Tea &amp; Chat (Japanese) 11:00 Outfight Parkinson 1:00 BEFit</p>	<p>17) 10:00-2 pm Iki Iki Light  10:00 Chairbics  3:15 Minyo-Japanese Dancing</p>	<p>18) 10:00 Chair Workouts</p>	<p>19) 9:30-3 pm Iki Iki (Jpn) 10:00 Chairbics</p>	<p>20) 11:00 Weight Training</p>
<p>21)</p>	<p>22) 9:30-3 pm Iki Iki 10:00 Chair Workouts 11:00 Outfight Parkinson</p>	<p>23) 10:00 Chair Workouts 10:45 Tea &amp; Chat (Japanese) 11:00 Outfight Parkinson 1:00 BEFit</p>	<p>24) 10:00-2 pm Iki Iki Light  10:00 Chairbics</p>	<p>25) 10:00 Chair Workouts</p>	<p>26) 9:30-3 pm Iki Iki (Jpn) 10:00 Chairbics  2:00 Birthday Party</p> 	<p>27) 11:00 Weight Training</p>
<p>28)</p>	<p>29) 9:30-3 pm Iki Iki 10:00 Chair Workouts 11:00 Outfight Parkinson</p>	<p>30) 10:00 Chair Workouts 10:45 Tea &amp; Chat (Japanese) 11:00 Outfight Parkinson 1:00 BEFit</p>	<p>31)</p>  <p>10:00-2 pm Iki Iki Light  10:00 Chairbics</p>			