

KENKO LOUNGE @ NIMI NIKKEI HOME

August 2018

CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1) 10:00-2 Iki Iki (Light) 10:00 Chairobics 3:15 Minyo-Japanese Dancing	2) 10:00 Chair Workouts	3) 9:30-3 Iki Iki (Japanese) 10:00 Chairobics	4) 11:00 Weight Training
5) 	6) BC Day  No Programs	7) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 12:00 BE-Fit	8) 10:00-2 Iki Iki (Light) 10:00 Chairobics	9) 10:00 Chair Workouts	10) 9:30-3 Iki Iki (Japanese) 10:00 Chairobics	11) 11:00 Weight Training 
12)	13) 9:30-3 Iki Iki (English) 10:00 Chair Workouts (Residents) 11:00 Outfight Parkinson	14) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 12:00 BE-Fit	15) 10:00-2 Iki Iki (Light) 10:00 Chairobics 3:15 Minyo-Japanese Dancing	16) 10:00 Chair Workouts	17) 9:30-3 Iki Iki (Japanese) 10:00 Chairobics	18) 11:00 Weight Training
19)	20) 9:30-3 Iki Iki (English) 10:00 Chair Workouts (Residents) 11:00 Outfight Parkinson	21) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 12:00 BE-Fit	22) 10:00-2 Iki Iki (Light) 10:00 Chairobics	23) 10:00 Chair Workouts	24) 9:30-3 Iki Iki (Japanese) 10:00 Chairobics	25) 11:00 Weight Training
26)	27) 9:30-3 Iki Iki (English) 10:00 Chair Workouts (Residents) 11:00 Outfight Parkinson	28) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 12:00 BE-Fit	29) Nimi Nikkei Home Matsuri Festival 10:00 Chairobics 3:15 Minyo-Japanese Dancing	30) 10:00 Chair Workouts	31) 10:00 Chairobics 2:00 Birthday Party 	