



KENKO LOUNGE@ NIKKEI HOME

September 2018

CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1) 11:00 Weight Training</p> <p>Nikkei Matsuri (all day) At Nikkei Centre</p> 
<p>2) 11:00-19:00 Nikkei Matsuri (Festival) in Nikkei Centre</p> 	<p>3) LABOUR DAY</p>  <p>No Programs</p>	<p>4) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinsons 12:00 BEFit brain exercise</p>	<p>5) 10:00 -2 Iki Iki Light 10:00 Chairobics 3:15 Minyo-Japanese Dancing</p>	<p>6) All Day Lisa-JM Exercise Day</p>	<p>7) 9:30-3 pm Iki Iki (Japanese) 10:00 Chairobics</p>	<p>8) 11:00 Weight Training</p>
<p>9)</p> 	<p>10) 9:30-3 pm Iki Iki 10:00 Chair Workouts (Residents) 11:00 Outfight Parkinson</p>	<p>11) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinsons 12:00 BEFit brain exercise</p>	<p>12) 10:00 -2 Iki Iki Light 10:00 Chairobics</p> <p><u>*Special – Terry Fox film and garden walk event (see posters for times)</u></p>	<p>13) 10:00 Chair Workouts</p>	<p>14) 9:30-3 pm Iki Iki (Japanese) 10:00 Chairobics</p>	<p>15) 11:00 Weight Training</p>
<p>16)</p>	<p>17) 9:30-3 pm Iki Iki 10:00 Chair Workouts (Residents) 11:00 Outfight Parkinson</p>	<p>18) 10:00 Chair Workouts 10:45 Tea & Chat (Jpn) 11:00 Outfight Parkinson 1:00 pm BEFit brain exercise with Kui Do Raku</p>	<p>19) 10:00 -2 Iki Iki Light 10:00 Chairobics 3:15 Minyo-Japanese Dancing</p>	<p>20) 10:00 Chair Workouts</p>	<p>21) 9:30-3 pm Iki Iki (Japanese) 10:00 Chairobics</p>	<p>22) 11:00 Weight Training</p>
<p>23)</p>	<p>24) 9:30-3 pm Iki Iki 10:00 Chair Workouts (Residents) 11:00 Outfight Parkinson</p>	<p>25) 10:00 Chair Workouts 10:45 Tea & Chat (Jpn) 11:00 Outfight Parkinsons 1:00 pm BEFit brain exercise with Kui Do Raku</p>	<p>26) 10:00 -2 Iki Iki Light 10:00 Chairobics</p>	<p>27) 10:00 Chair Workouts</p>	<p>28) 9:30-3 pm Iki Iki (Japanese) 10:00 Chairobics 2:00 Birthday Party</p> 	<p>29) 11:00 Weight Training</p> 
<p>30)</p> 						