




KENKO LOUNGE @ NIMI NIKKEI HOME

November 2018

CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>Lest We Forget</p>	<p>1) 10:00 Chair Workouts</p> <p>1:00 Kenko Talk – Choices for Seniors Living</p>	<p>2) 9:30-3 pm Iki Iki (Jpn)</p> <p>10:00 Chairobics</p>	<p>3) 11:00 Weight Training</p>
<p>4) Daylight Saving Time ends</p>	<p>5) 9:30-3 pm Iki Iki</p> <p>10:00 Chair Workouts</p> <p>11:00 Outfight Parkinson</p>	<p>6) 10:00 Chair Workouts</p> <p>10:45 Tea & Chat (Japanese)</p> <p>11:00 Outfight Parkinson</p> <p>1:00 BEFit</p>	<p>7) 10:00-2 pm Iki Iki Light</p> <p>10:00 Chairobics</p> <p>3:15 Minyo-Japanese Dancing</p>	<p>8) 10:00 Chair Workouts</p>	<p>9) 9:30-3 pm Iki Iki (Jpn)</p> <p>10:00 Chairobics</p>	<p>10) 11:00 Weight Training</p>
<p>11) </p>	<p>12) In lieu of Remembrance Day</p> <p>No Programs</p>	<p>13) 10:00 Chair Workouts</p> <p>10:45 Tea & Chat (Japanese)</p> <p>11:00 Outfight Parkinson</p> <p>1:00 BEFit</p>	<p>14) 10:00-2 pm Iki Iki Light</p> <p>10:00 Chairobics</p>	<p>15) 10:00 Chair Workouts</p>	<p>16) 9:30-3 pm Iki Iki (Jpn)</p> <p>10:00 Chairobics</p>	<p>17) 11:00 Weight Training</p>
<p>18) </p>	<p>19) 9:30-3 pm Iki Iki</p> <p>10:00 Chair Workouts</p> <p>11:00 Outfight Parkinson</p>	<p>20) 10:00 Chair Workouts</p> <p>10:45 Tea & Chat (Japanese)</p> <p>11:00 Outfight Parkinson</p> <p>1:00 BEFit</p>	<p>21) 10:00-2 pm Iki Iki Light</p> <p>10:00 Chairobics</p> <p>3:15 Minyo-Japanese Dancing</p>	<p>22) 10:00 Chair Workouts</p>	<p>23) 9:30-3 pm Iki Iki (Jpn)</p> <p>10:00 Chairobics</p>	<p>24) 11:00 Weight Training</p>
<p>25)</p>	<p>26) 9:30-3 pm Iki Iki</p> <p>10:00 Chair Workouts</p> <p>11:00 Outfight Parkinson</p>	<p>27) 10:00 Chair Workouts</p> <p>10:45 Tea & Chat (Japanese)</p> <p>11:00 Outfight Parkinson</p> <p>1:00 BEFit</p>	<p>28) 10:00-2 pm Iki Iki Light</p> <p>10:00 Chairobics</p>	<p>29) 10:00 Chair Workouts</p>	<p>30) 9:30-3 pm Iki Iki (Jpn)</p> <p>10:00 Chairobics</p> <p>2:00 Birthday Party</p> <p>HAPPY BIRTHDAY</p>	