



ZZZZZZ

Bodies

Graton Casino Bus Outing



Alan gives the "All-Go" sign... Ready to hit the floor!



Mean while at Kokoro...



What in the world could be commanding so much attention ???

Melodies by Miyake and...



Introducing our featured talent: **The Kokoro-ettes!**  
大きなはくしゅうをしてください!



Cards from Sendai YMCA, Japan via JCCCNC



Monique Ballet



BSA, Troop 58



ESI Students - Kyoto/Osaka

Wonderland of Great Volunteers, Performances, and Events!



Song Birds



SFUSD - ACCESS



Kiitemoraitai



Pine Methodist Church



# January 1月 2018

SUN	MON	TUE	WED	THU	FRI	SAT
Daily Escorted Walks 9:00AM & 1:30PM 	1 10:00 DVD Request - TV 11:15 Exercise w/Resident Asst - TMP 2:00 DVD Request - TV 3:00 Balloon Fun - LOB 5:30 Movie/TV Show - TV	2 9:45 Tai Chi w/Gail- ACT 11:00 Rajio Taiso/Exercise - TMP 2:00 Bingo Bonanza - TEA 3:00 Brain Game - TEA 5:30 Movie/TV Show - TV	3 10:00 Coloring – TEA 11:00 Dynamic Balance & Active Stability w/Dick - TMP <b>1:30 Special New Year's</b> Shamisen Perf. -TMP 3:00 Carpet Bowling - ACT 5:30 Movie/TV Show - TV	4 10:00 Activity Meeting - TEA 11:00 Stretch Bands w/Dick - TMP 2:00 Cabaret Hour w/Tom - TMP 3:00 Black Jack - TEA 5:30 Movie/TV Show - TV	5 9:30 Amy's Craft Time -TEA 11:00 Strength Train w/Dick-TMP 1:30 Massage w/Aida - ACT 3:00 Brain Game -TV 5:30 Movie/TV Show - TV	6 10:00 TV Japan: Talk Show 11:00 Exercise w/Res Asst.-TMP 12:00 TV Japan: Songs of Japanese Spirit - TV 2:00 DVD Request - TV 3:00 Balloon Fun- LOB 5:30 Movie/TV Show - TV
7 10:00 SPCA Visit - LOB 11:00 Exercise w/Resident Asst-TMP 2:00 DVD Request - TMP 3:00 Balloon Fun - LOB 5:30 Movie/TV Show - TV	8 10:00 Black Jack w/Claire - TEA 11:15 Arm-Chair Aerobics w/Kaeko - TMP 1:00 Food Meeting w/Roddy - ACT 2:00 Dowa & Doyo w/Noriko - TMP 3:00 Sketch w/Sara - TEA 5:30 Movie/TV Show - TV	9 9:45 Tai Chi w/Gail- ACT 11:00 Rajio Taiso/Exercise - TMP 2:00 Bingo Bonanza - TEA 3:00 Calligraphy & Laughter w/ Rev. Kawahatsu - TEA 5:30 Movie/TV Show - TV	10 10:00 Resident Council Mtg- TEA 11:00 Dynamic Balance & Active Stability w/Dick - TMP 1:30 Songs of School Days - TMP 3:00 Yoko's Yokoso - TEA 5:30 Movie/TV Show - TV	11 10:00 Buddhist Service w/Jerry-ACT 11:00 Stretch Bands w/Dick - TMP 2:00 Coloring - TEA 3:00 Chat with Kirk - TEA 5:30 Movie/TV Show - TV	12 10:00 Carpet Bowling - ACT 11:00 Strength Train w/Dick-TMP 1:00 Tea Ceremony w/SunnyACT 2:00 Manicure w/Emiko - TEA 3:00 Shall We Dance w/Jack - TMP 5:30 Movie/TV Show - TV	13 10:00 TV Japan: Talk Show 11:00 Exercise w/Res Asst.-TMP 12:00 TV Japan: Songs of Japanese Spirit - TV 2:00 Family Meeting - TMP 3:00 Balloon Fun- LOB 5:30 Movie/TV Show - TV
14 10:00 SPCA Visit - LOB 11:00 Exercise w/Resident Asst-TMP 2:00 DVD Request - TV 3:00 Balloon Fun - LOB 5:30 Movie/TV Show - TV	15 10:00 Calligraphy w/Emiko - LOB 11:00 Senior Fitness - TMP 2:00 Dowa & Doyo w/ Noriko- TMP 3:00 Sketch w/Sara - TEA 5:30 Movie/TV Show - TV	16 9:45 Tai Chi w/Gail- ACT 11:00 Rajio Taiso/Exercise - TMP 2:00 Bingo Bonanza - TEA 3:00 JARF: From the Heart Visit - TMP 5:30 Movie /TV Show - TV	17 10:30 Monthly Bus Trip Outing 11:00 Dynamic Balance & Active Stability w/Dick - TMP 1:30 Sing-along w/Peko-chan -TMP 3:00 Brain Games -TEA 5:30 Movie/TV Show - TV	18 10:00 Black Jack - TEA 11:00 Stretch Bands w/Dick - TMP 2:00 Card Games -TEA 3:00 Karaoke - TV 5:30 Movie/TV Show - TV	19 10:00 Carpet Bowling – ACT 11:00 Strength Train w/Dick-TMP 1:30 Massage w/Aida - ACT 3:00 Jean's Story-Telling - TMP 5:30 Movie/TV Show - TV	20 10:00 SPCA Visit - LOB 11:00 Exercise w/Res Asst.-TMP 12:00 TV JP: Songs of JP Spirit - TV 2:00 Musical Pastimes Perf -TMP 3:00 Balloon Fun - LOB 5:30 Movie/TV Show
21 10:00 TV Japan: Nodojiman - TV 11:00 Exercise w/Resident Asst-TMP 2:00 Stay-Tuned w/Jimmy - LOB 3:00 Balloon Fun - LOB 5:30 Movie/TV Show - TV	22 9:30 Calligraphy w/Emiko - TEA 11:15 Arm-Chair Aerobics w/Kaeko - TMP 2:00 Dowa Doyo w/Noriko - TMP 3:00 Sketch w/Sara - TEA 5:30 Movie/TV Show - TV	23 9:45 Tai Chi w/Gail- ACT 11:00 Rajio Taiso/Exercise - TMP 2:00 Bingo Bonanza - TEA 3:00 Brain Games - TMP 5:30 Movie /TV Show - TV	24 10:00 Coloring – TEA 11:00 Dynamic Balance & Active Stability w/Dick - TMP 1:30 Sing-along w/Peko-chan -TMP 3:00 Animal of the Month - TEA 5:30 Movie/TV Show - TV	25 10:00 Black Jack w/Claire - TEA 11:00 Stretch Bands w/Dick - TMP 1:00 Tea Ceremony w/Sunny - ACT 3:00 Garden Club - TEA 5:30 Movie/TV Show - TV	26 10:00 Carpet Bowling - ACT 11:00 Strength Train w/Dick-TMP 1:00 Manicure w/Emiko - TEA 2:00 Resident Care Meeting w/Naoko - TEA 3:00 Travelogue w/Jack - TMP 5:30 Movie/TV Show - TV	27 10:00 TV Japan: Talk Show 11:00 Exercise w/Res Asst.-TMP 12:00 TV JP: Songs of JP Spirit - TV 1:30 Minyo & Shamisen - TMP 3:00 Balloon Fun- LOB
28 10:00 SPCA Visit - TV 11:00 Exercise w/Resident Asst-TMP 2:00 DVD Request - TV 3:00 Balloon Fun - LOB 5:30 Movie/TV Show - TV	29 9:30 Calligraphy w/Emiko - TEA 11:00 Senior Fitness - TMP 2:00 Dowa Doyo w/Noriko - TMP 3:00 Sketch w/Sara - TEA 5:30 Movie/TV Show - TV	30 9:45 Tai Chi w/Gail- ACT 11:00 Rajio Taiso/Exercise - TMP 2:00 Bingo Bonanza - TEA 3:00 Calendar Making – TEA 5:30 Movie /TV Show - TV	31 10:00 Coloring – TEA 11:00 Dynamic Balance & Active Stability w/Dick - TMP 1:30 Sing-along w/Peko-chan-TMP 3:00 Chikako's Charmings - TEA 5:30 Movie/TV Show - TV			

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PUBLICATION ISSUED BY:  
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Catholic Communion  
w/Sister Elaine  
of St. Mary's Cathedral  
Thurs at 1:30pm – TMP  
All are welcome!



### Location Key:

TEA - Tea Area (4th Fl.)  
ACT - Activity Area (4th Fl.)  
CYD - Courtyard  
TMP - Temple/Dining  
LOB - Lobby

These three "Friends of Winter" essentially provide an allegory for weathering hard times through their various attributes. A *pine* tree's roots are tenacious and will borrow deep, or, as need be, find their way to hold-fast on even the craggiest, rock-strewn outcropping. They *endure*, no matter the circumstances. *Bamboo* finds its strength in knowing how to give and bend without breaking when even the strongest winds blow. In Japan the *plum* tree is the first to bud and blossom in the late winter, even when its limbs may remain snow-laden: the plum gives us hope, showing us that spring and new opportunities for beauty and joy are just around the corner. Strength and tenacity, the ability to bend but not break when adversity swirls around us, the promise of hope even when coldness won't release its grasp on us. **Sho-Chiku-Bai 松竹梅 - our three friends of winter.**