



ZZZZZZ

Bodies



茶道

Lessons on whisking and blending... and enjoying!



Thank you to the students of the **Shonan Seminar (Shozemi)**. Most students were from Yokohama, but also included Chigasaki, Yokosuka, Kawasaki and Fujisawa! This is Rintaro working with Chiyoko to make a friendship tsuru. Tomoo Nakayama, Intercultural Ed. Office and Mizuki Nagae, Educational Planning, Inc. made this enjoyable exchange possible.



Northern California Cherry Blossom Festival



This was an excellent exhibit examining the story of the forced removal of 120,000 Japanese American citizens and legal residents from their homes on the West Coast during World War II.



お誕生日おめでとうございます!



What a Great Crew!



Eggcellent meeting, Sumi!



May 5月 2019



SUN

MON

TUE

WED

THU

FRI

SAT



Rev. Debbie from Seiko-kai;
JUNTOS Dance Collective;
Tomiko & Tonami at Amy's Crafts Class



1
9:30 Knitting - TEA
11:00 Dynamic Balance & Active Stability w/Dick - TMP
1:30 Sing-along w/Peko-chan - TMP
3:00 Black Jack - TEA
5:30 Movie/TV Show - TV

2
9:15 Catholic Service - TEA
10:00 Brain Game - TEA
11:00 Stretch Bands w/Dick - TMP
2:00 Tom's Cabaret Hour - TMP
3:00 Uno Card - TEA
5:30 Movie/TV Show - TV

3
 Constitution Memorial Day*
9:30 Amy's Craft Time - TEA
11:00 Strength Train w/Dick-TMP
2:00 Activity Meeting - TEA
3:00 Coloring - TEA
5:30 Movie/TV Show - TV

4
 * Greenery Day*
10:00 TV Jp: Hometown Songs - TV
11:00 Exercise w/Res Asst.-TMP
2:00 News & Taiga Drama -TV
3:00 Balloon Fun - LOB
5:30 Movie/TV Show - TV



5
* Children's Day*

10:00 Nodojiman - TV
11:00 Exercise w/Resident Asst-TMP
1:30 BCSF Choir PerformanceTMP
3:00 Ball Fun - LOB
5:30 Movie/TV Show - TV

6
9:30 Calligraphy w/Emiko - TEA
11:00 Rajio Taiso - TMP
1:00 Food/Housekeeping Mtg- ACT
2:00 Dowa & Doyo w/Noriko - TMP
3:00 Sketch w/Sara - TEA
5:30 Movie/TV Show - TV

7
9:45 Tai Chi w/Gail- ACT
11:00 Yoga w/Robin - TMP
2:00 Song Birds Vocal Performance - TMP
3:00 Animal of the Month -TEA
5:30 Movie /TV Show - TV

8
10:00 Resident Council Meeting - TEA
11:00 Dynamic Balance & Active Stability w/Dick - TMP
1:30 Sing-along w/Peko-chan - TMP
3:00 Black Jack - TEA
5:30 Movie/TV Show - TV

9
9:15 Catholic Service - TEA
10:00 Buddhist Service w/Jerry-ACT
11:00 Stretch Bands w/Dick - TMP
2:00 Coloring - TEA
3:00 Card Game - TEA
5:30 Movie/TV Show - TV

10
10:00 Carpet Bowling - ACT
11:00 Strength Train w/Dick-TMP
2:00 Manicure w/Emiko - TEA
3:00 Shall We Dance w/Jack - TMP
5:30 Movie/TV Show - TV

11
10:00 TV Japan: Talk-Show - TV
11:00 Exercise w/Res Asst.-TMP
12:00 Songs of Japanese Spirit -TV
2:00 TV Japan: News & Taiga Drama -TV
3:00 Balloon Fun - LOB
5:30 Movie/TV Show - TV



12
* Mother's Day*

10:00 Nodojiman - TV
11:00 Exercise w/Resident Asst-TMP
1:30 Sumo Tournament Highlights- TV
3:00 Ball Fun - LOB
5:30 Movie/TV Show - TV

13
9:30 Calligraphy w/Emiko - TEA
11:15 Arm-Chair Aerobics w/Kaeko - TMP
2:00 Dowa & Doyo w/Noriko - TMP
3:00 Coloring - TEA
5:30 Movie/TV Show - TV

14
9:45 Tai Chi w/Gail- ACT
11:00 Yoga w/Robin - TMP
2:00 Bingo Bonanza - TEA
3:00 Brain Game- TEA
5:30 Movie /TV Show - TV

15
10:30 Monthly Bus Trip
11:00 Dynamic Balance & Active Stability w/Dick - TMP
1:30 Sing-along w/Peko-chan - TMP
3:00 Coloring - TEA
5:30 Movie/TV Show - TV

16
9:15 Catholic Service - TEA
10:00 Black Jack w/Claire - TEA
11:00 Stretch Bands w/Dick - TMP
2:00 Tom's Cabaret Hour - TMP
3:00 Gate Ball - ACT
5:30 Movie/TV Show - TV

17
10:00 Carpet Bowling - ACT
11:00 Strength Train w/Dick-TMP
1:30 Card Game - TEA
3:00 Coloring - TEA
5:30 Movie/TV Show - TV

18
10:00 SPCA Visit - TV
11:00 Exercise w/Res Asst.-TMP
1:30 Sumo Tournament Highlights
2:00 TV Japan: News & Taiga Drama -TV
3:00 Piano Pleasures w/Cecilia - TMP

19
10:00 SPCA Visit - TV
11:00 Exercise w/Resident Asst-TMP
1:00 Stay Tuned w/Jimmy - LOB
1:35 Sumo Tournament Highlights- TV
3:00 Ball Fun - LOB
5:30 Movie/TV Show - TV

20
10:00 Songs of School Days - LOB
11:00 Rajio Taiso - TMP
2:00 Dowa & Doyo w/Noriko - TMP
3:00 Sketch w/Sara - TEA
5:30 Movie/TV Show - TV

21
9:45 Tai Chi w/Gail- ACT
11:00 Yoga w/Robin - TMP
2:00 Bingo Bonanza - TEA
3:00 Calligraphy & Laughter w/ Reverend Kawahatsu - TEA
5:30 Movie /TV Show - TV

22
9:30 Knitting - TEA
11:00 Dynamic Balance & Active Stability w/Dick - TMP
1:30 Sing-along w/Peko-chan - TMP
3:00 Japanese Card Games - TEA
5:30 Movie/TV Show - TV

23
9:15 Catholic Service - TEA
10:00 Black Jack w/Claire - TEA
11:00 Stretch Bands w/Dick - TMP
2:00 Garden Club - CYD
3:00 JARF Visit - ACT
5:30 Movie/TV Show - TV

24
10:00 Carpet Bowling - ACT
11:00 Strength Train w/Dick-TMP
2:00 Manicure w/Emiko - TEA
3:00 Travelogue w/Jack - TMP
5:30 Movie/TV Show - TV

25
10:30 TV Japan: Talk-Show - TV
11:00 Exercise w/Res Asst.-TMP
1:30 Minyo & Shamisen w/Yamabata - TMP
3:00 Balloon Fun- LOB
5:30 Movie/TV Show - TV

26
10:00 Nodojiman - TV
11:00 Exercise w/Resident Asst-TMP
1:30 Sumo Tournament Highlights- TV
3:00 Ball Fun - LOB
5:30 Movie/TV Show - TV

27
 * Memorial Day*
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

28
9:45 Tai Chi w/Gail- ACT
11:00 Yoga w/Robin - TMP
2:00 Bingo Bonanza - TEA
3:00 Calendar Making - TEA
5:30 Movie /TV Show - TV

29
9:30 Knitting - 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

30
9:15 Catholic Service - TEA
10:00 Brain Game - TEA
11:00 Stretch Bands w/Dick - TMP
2:00 Volunteer Appreciation Party
5:30 Movie/TV Show - TV

31
10:00 Carpet Bowling - ACT
11:00 Strength Train w/Dick-TMP
1:00 Tea Ceremony - ACT
2:00 Chat w/Naoko - TEA
3:00 Mukashibanashi - ACT
5:30 Movie/TV Show - TV



Daily Escorted Walks

9:00AM
&
1:30PM



**Catholic Communion
with Deacon Sandoval
Each Thursday - 9:15am
4th Floor - Tea Area**

ALL FAITHS are WELCOME !

Location Key:

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

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