



ZZZZZZ

Bodies



Halloween Fun with Costume Parade by Nihonmachi Little Friends!



Donna Kimura from Nichiren Temple (JARF), History of the Japanese Cemetery in Colma



Angels and Blue Angels Seen from Our Rooftop



All About Pumpkins! Kabocha to you and me!



The New and Improved Garden Club !!!



Sumiko and Sumi Teaming Up for Holiday Fun !!!





November 11月 2018



SUN MON TUE WED THU FRI SAT

11.3 - Cultural Day: Bunkanohi (文化の日) is the day to express love for liberty and peace and to celebrate cultural developments. In short, it's a day to promote and recognize culture, arts, and academic achievement. At the Imperial palace, the "Order of Culture (Bunka Kunsho)" is awarded to people for their distinguished service to society in various fields. The medal of the order is shaped like a mandarin orange blossom, in reference to evergreen tree in general, which have green leaves all through the year, expressing the idea that culture is similarly timeless.



1 2 3
9:00 Catholic Service -TEA
10:00 Brain Game - TEA
11:00 Stretch Bands w/Dick - TMP
2:00 Cabaret Hour w/Tom - TMP
3:00 UNO Card Games - TEA
5:30 Movie/TV Show - TV
9:30 Amy's Craft Time -TEA
11:00 Strength Train w/Dick-TMP
1:30 Massage w/Aida - ACT
3:00 Activity Meeting - TEA
5:30 Movie/TV Show - TV
* Cultural Day * (文化の日)
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 Crazy Pool - LOB
5:30 Movie/TV Show - TV

4 5 6 7 8 9 10
* Daylight Saving Time Ends *
10:00 TV Japan: Nodojiman - TV
11:00 Exercise w/Resident Asst-TMP
2:00 Conservatory of Music Performance - TMP
5:30 Movie/TV Show - TV
9:30 Calligraphy w/Emiko - TEA
11:00 Senior Fitness - TMP
1:00 Food/Houskeeping Meeting w/Vera - ACT
2:00 Black Jack - TEA
3:00 Sketch w/Sara - TEA
5:30 Movie/TV Show - TV
9:45 Tai Chi w/Gail- ACT
11:00 Rajio Taiso - TMP
2:00 Bingo Bonanza - TEA
3:00 Animal of the Month - TEA
5:30 Movie /TV Show - TV
* The Beginning of Winter *
9:30 Knitting/Coloring - TEA
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
9:00 Catholic Service -TEA
10:00 Buddhist Service w/Jerry -TEA
11:00 Stretch Bands w/Dick - TMP
2:00 Cooking Creations -TEA
3:30 Chat w/Kirk - ACT
5:30 Movie/TV Show - TV
10:00 Carpet Bowling - ACT
11:00 Strength Train w/Dick-TMP
2:00 Manicure w/Emiko - TEA
3:00 "7-5-3" Bag Project -TEA
5:30 Movie/TV Show - TV
10:00 TV Japan Talk Show - TV
11:00 Exercise w/Res Asst.-TMP
2:00 TV Japan: News & Taiga Drama -TV
3:00 Balloon Fun - LOB
5:30 Movie/TV Show - TV

11 12 13 14 15 16 17
* Veterans Day *
10:00 TV Japan: Nodojiman - TV
11:00 Exercise w/Resident Asst-TMP
2:00 Monique Ballet - TMP
3:00 Reminiscing Game Ball - LOB
5:30 Movie/TV Show - TV
10:00 Songs of School Days - LOB
11:00 Rajio Taiso - TMP
2:00 Brain Games - TEA
3:00 Sketch w/Sara - TEA
5:30 Movie/TV Show - TV
9:45 Tai Chi w/Gail- ACT
11:00 Yoga w/Robin - TMP
2:00 Bingo Bonanza - TEA
3:00 Calligraphy & Laughter w/ Rev. Kawahatsu - TEA
5:30 Movie /TV Show - TV
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 w/Claire - TEA
5:30 Movie/TV Show - TV
9:00 Catholic Service - TEA
10:00 Thanksgiving Craft -TEA
11:00 Stretch Bands w/Dick - TMP
2:00 Garden Club - LOB
3:00 Gate Ball - ACT
5:30 Movie/TV Show - TV
10:00 Carpet Bowling - ACT
11:00 Special Performance by Sequoia's Chorus - TMP
1:30 Massage w/Aida - ACT
3:00 Coloring - TEA
5:30 Movie/TV Show - TV
10:00 SPCA Visit - LOB
11:00 Exercise w/Res Asst.-TMP
12:00 Draining Pond Water/Sumo Highlights-TV
1:30 Kokoro Quarterly Family Meeting -TMP
3:00 Piano Pleasures w/Cecilia - TMP
5:30 Movie/TV Show - TV

18 19 20 21 22 23 24
10:00 TV Japan: Nodojiman - TV
11:00 Strength Train w/Dick-TMP
1:15 Stay Tuned w/Jimmy - TV
1:30 Sumo Highlights - TV
3:00 Balloon Fun - LOB
5:30 Movie/TV Show - TV
9:30 Calligraphy w/Emiko - TEA
11:15 Arm-Chair Aerobics w/Kaeko - TMP
2:00 Black Jack w/Claire - TEA
3:00 Sketch w/Sara - TEA
5:30 Movie/TV Show - TV
9:45 Tai Chi w/Gail- ACT
11:00 Yoga w/Robin - TMP
2:00 JARF Thanksgiving Day Service -TMP
3:00 Bingo Bonanza -TEA
5:30 Movie /TV Show - TV
10:30 Monthly Bus Outing
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
* HAPPY THANKSGIVING ! *
9:00 Macy's Thanksgiving Day Parade - TV
2:00 DVD Request - TV
3:00 Balloon Fun - LOB
5:30 Movie/TV Show - TV
* Labor Thanksgiving Day * (勤労感謝の日)
10:00 Carpet Bowling - ACT
11:00 Strength Train w/Dick-TMP
2:00 Manicure w/Emiko - TEA
3:00 Brain Games- TEA
5:30 Movie/TV Show - TV
10:00 SPCA Visit - LOB
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

25 26 27 28 29 30
10:00 TV Japan: Nodojiman - TV
11:00 Exercise w/Resident Asst-TMP
1:30 Sumo Highlights - TV
3:00 Crazy Pool - LOB
5:30 Movie/TV Show - TV
9:30 Calligraphy w/Emiko - TEA
11:15 Arm-Chair Aerobics w/Kaeko - TMP
2:00 Gate Ball - ACT
3:00 Sketch w/Sara - TEA
5:30 Movie/TV Show - TV
7:00 SF Choral Artists - TMP
9:45 Tai Chi w/Gail- ACT
11:00 Rajio Taiso - TMP
2:00 Bingo Bonanza - TEA
3:00 Brain Games - TEA
5:30 Movie /TV Show - TV
9:30 Knitting/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
9:00 Catholic Service -TEA
10:00 Brain Game - TEA
11:00 Stretch Bands w/Dick - TMP
2:00 Calendar Making -TEA
3:00 Special Visit by ESI Students - TEA
5:30 Movie/TV Show - TV
10:00 Carpet Bowling - ACT
11:00 Strength Train w/Dick-TMP
2:00 Resident Care Meeting w/Naoko -TEA
3:00 Japan Folklore - TV
5:30 Movie/TV Show - TV



Daily Escorted Walks

9:00AM & 1:30PM



Catholic Communion with Deacon Sandoval Each Thursday - 9:00am 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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