


















# JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1) New Years Day</b> 9:30 Morning Exercise MR 10:30 Horse Race MR 1:00 Group Puzzle L 2:00 Uno Card Game MR 3:00 Word Search MR 	2) 9:30 Tone Up MR 10:30 Social Interaction MR 12:45 Bingo MR 2:15 Meeting w/Chef DR 3:00 Rummikub MR 	3) 9:15 Tai Chi MR 10:30 Shanghai Rummy MR 1:30 Matinee TR 2:00 Visit w/Tucker MR 3:00 Water Color CR	4) <b>Table Mountain</b> 9:30 Exercise Time MR 10:30 Mary Kay Facial MR 12:45 Bingo MR 2:00 Group Dominoes MR 4:00 <b>Buddhist Church</b> MR	5) 9:30 Exercise w/Zoila MR 10:30 Manicure By Appt BS 1:00 Bingo MR 2:00 Word Search MR 3:00 <b>Seventh Day Adventist</b>
6) 9:30 Kickball MR 10:30 Card Game MR 1:00 Asian Film TR 2:00 Pokeno MR 3:00 <b>East Baptist Church</b> L	 7) 9:30 Exercise w/Kiyomoto MR 10:00 Sing Along w/Lillian MR 12:45 Bingo MR 2:00 Tai Chi w/Mario MR 3:00 Checkers MR	 8) 9:30 Exercise w/Luvena MR 10:30 Ceramic Class CR 1:00 Service w/Chaplain L 2:30 <b>Sweet Memories w/Jerre</b> 3:00 Hidden Item MR	 9) 9:30 Tone Up MR 10:30 Social Interaction MR 12:45 Bingo MR 2:00 Group Dominoes MR 3:00 Melody w/Danny MR	10) 9:30 Music & Motion MR 10:30 Pokeno MR 1:30 Matinee TR 2:00 Visit w/Tucker L 3:00 Hot Coco Social MR	11) <b>Banking &amp; Shopping</b> 9:30 Tone Up MR 10:30 Group Dominoes MR 12:45 Bingo MR 2:00 Shanghai MR 3:00 Ceramic Class CR	 12) 9:30 Exercise w/Zoila MR 10:30 Horse Race MR 1:00 Bingo MR 2:00 Stich & Knit MR 3:00 Parachute MR 
13) 9:30 Bean Bag Toss MR 10:30 Group Dominoes MR 1:00 Asian Film TR 2:00 Pokeno MR 3:00 Hot Coco Social MR	14) 9:30 Exercise w/Kiyomoto MR 10:00 Sing Along w/Lillian MR 12:45 Bingo MR 2:00 Chinese Checkers MR 3:00 Group Dominoes MR	 15) 9:30 Exercise w/ Luvena MR 10:30 Uno Card Game MR 1:00 Service w/Chaplain L 2:00 Shanghai MR 3:00 Water Color CR	 16) 9:30 Exercise w/Sylvia 10:30 Social Interaction MR 12:45 Bingo MR 2:00 Word Search MR 3:00 General Store CR	 17) 9:30 Tai Chi MR 10:30 Noodle Hockey MR 1:00 Group Puzzle MR 2:00 Visit w/Tucker L 3:00 Winter Scavenger Hunt MR	18) <b>Traders Joe</b> 9:30 Music & Motion MR 10:30 Mary Kay Facial MR 12:45 Bingo MR 2:00 Rummikub MR 3:00 Apples To Apples 	19) 9:30 Exercise w/Zoila MR 10:30 Manicure By Appt BS 1:00 Bingo MR 2:00 January Word Search 3:00 <b>Happy Hour w/Matt</b>
 20) 9:30 Balloon Volleyball MR 10:30 Pictionary MR 1:00 Asian Film MR 2:00 Pokeno MR 3:00 Word Search MR	 21) 9:30 Exercise w/Kiyomoto 10:30 Noodle Hockey MR 12:45 Bingo MR 2:00 Tai Chi w/Mario MR 6:00 <b>Back To The Bow</b> L	 22) 9:30 Exercise w/Luvena MR 10:30 Creative Writing MR 1:00 Service w/Chaplain L 2:30 <b>Remembering The Thirties</b> 3:30 Chinese Checkers MR	 23) 9:30 Sit & Stretch MR 10:30 Social Interaction MR 12:45 Bingo MR 2:00 Group Dominoes MR 3:00 <b>B-Day Party w/Steve</b> MR	24) 9:30 Exercise w/Lusine MR 10:15 <b>Blood Pressure Check</b> L 10:30 Pokeno MR 1:30 Sunshine Singing Group 2:00 Visit w/Tucker MR	25) <b>Banking &amp; Shopping</b> 9:30 Tone Up MR 10:30 Noodle Hockey MR 12:45 Bingo MR 2:00 Group Dominoes MR 3:00 Uno Card Game MR	26) 9:30 Exercise w/Zoila MR 10:30 Horse Race MR 1:00 Bingo MR 2:00 Stich & Knit MR 3:00 Parachute MR
27) 9:30 Kickball Toss MR 10:30 Twenty One MR 1:00 Asian Film TR 2:00 Pokeno MR 3:00 Group Puzzle MR	 28) 9:30 Exercise w/Kiyomoto MR 10:30 Pictionary MR 12:45 Bingo MR 2:00 Chinese Checkers MR 3:00 Dominoes MR	29) 9:30 Exercise w/Luvena MR 10:15 <b>Music w/Dee</b> MR 1:00 Service w/Chaplain L 2:00 Shanghai MR 3:00 Water Color CR	30) 9:30 Exercise w/Sylvia MR 10:30 Social Interaction MR 12:45 Bingo MR 2:00 Rummikub MR 3:00 Melody w/Danny MR	31) 9:30 Tone Up MR 10:30 Noodle Hockey CR 1:00 Group Puzzle MR 2:00 Shanghai Rummy MR 3:00 General Store CR	<b>January Birthdays</b> <b>James Hirotsu 1-05</b> <b>Alma Sunamoto 1-10</b> <b>Lloyd McClain 1-14</b> <b>Ikue Yonemitsu 1-25</b> 