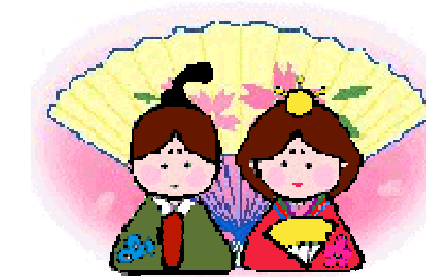




NIKKEI MANOR ACTIVITY MARCH 2009



Massage Therapy, Beauty Salon, Serenity Day Spa ← Please sign up at the front desk!

1 SUN.	2 MON.	3 TUE.	4 WED.	5 THURS.	6 FRI.	7 SAT.	
10:00 Craft (1F) 11:15 Exercise (2F) 1:30 Centennial Music Concert: Piano, Cello, Violin, Vocal (2F) 	10:00 Tea (1F) Games (1F/2F) 11:15 Exercise (1F/2F) 1:00 Music (1F) 1:45 Golf Putting (1F) Girl's Day Craft (2F)  6:00 Rummi Kub (2F/3F)	10:00 Outing: Ride Only 11:15 Exercise (2F) 12:00 Natto Club (1F) 1:30 Tuesday Movie (2F) 4:00 Uwajimaya Walk 6:00 Rummi Kub (2F/3F) 	10:00 Tea (1F) Games (1F/2F) 10:15 Drug Store Shopping 11:15 Exercise (1F/2F) 1:00 Singing (2F) UCDS (1F) 1:45 Table Games (2F)  6:00 Rummi Kub (2F/3F)	10:00 Fumi's Watercolor (1F)  11:15 Exercise (2F) 1:15 Craft with Connie (1F) 1:30 Howa Kai (2F) 2:30 Ice Cream Social (2F) 3:00 Japanese Story Reading (1F) 6:00 Rummi Kub (2/3F)	10:00 Tea (1F) Games (2F) 11:15 Exercise (2F) 1:30 Movie: "Hana" (3F) 4:00 Golf Putting (1F)  6:00 Rummi Kub (2&3F)	10:00 Singing(2F) 11:15 Exercise (2F) 1:30 <i>Hyakunin Isshu</i> (2F) 3:00 Bingo(1F)  5:30 Black Jack (2F)	
8 SUN. 10:00 Craft (1F) 11:15 Exercise (2F) 2:30 Children's Violin Concert (1F) 3:00 Ice Cream Social with the Children (1F)	9 MON. 10:00 Tea (1F) Games (1F/2F) 11:15 Exercise (1F/2F) 1:00 Music (1F) 1:45 Golf Putting (1F) Charades (2F)  6:00 Rummi Kub (2F/3F)	10 TUE. 10:00 Outing: Fred Meyer 11:15 Exercise (2F) 1:30 Tuesday Movie (2F) 4:00 Uwajimaya Walk 6:00 Rummi Kub (2/3F)	11 WED. 10:00 Tea (1F) Games (1F/2F) 11:15 Exercise (1F/2F) 1:00 Singing & Special Guest Harmonica Concert (1F)  6:00 Rummi Kub (2F/3F)	12 THURS. 10:00 Tea Party "Kumamoto Pr." (1F) 11:15 Exercise (2F) 1:15 Craft with Connie (1F) 2:30 Ice Cream Social (2F) 3:00 Japanese Story Reading (1F) 6:00 Rummi Kub (2/3F)	13 FRI. 10:00 Tea (1F) Games (1F/2F) 11:15 Exercise (1F/2F) 1:00 Video (1F) 1:40 Gentle Yoga (1F) Craft (3F)  6:00 Rummi Kub (2&3F)	14 SAT. 10:00 Singing(2F) 11:15 Exercise(2F) 1:30 <i>Haiku</i> (2F) 3:00 Bingo(1F) 5:30 Black Jack (2F)	
15 SUN. 10:00 Craft (1F) 11:15 Exercise (2F)  1:30 Abacus Club (1F) 3:00 Ice Cream Social & Japanese Movie (1F)	16 MON. 10:00 Tea (1F) Games (1F/2F) 11:15 Exercise (1F/2F) 1:00 Music (1F) 1:45 Shuji (Calligraphy) (1F) St. Patrick's Day Craft (2F) 6:00 Rummi Kub (2F/3F)	17 TUE. 10:00 Outing: Ride Only  11:15 Exercise (2F) 12:00 St. Patrick's Day Lunch (1F) 1:30 Tuesday Movie (2F) 4:00 Uwajimaya Walk 5:00 Natto Club (1F) 6:00 Rummi Kub (2F/3F) 	18 WED. 10:00 Tea (1F) Games (1F/2F) 10:15 Drug Store Shopping 11:15 Exercise (1F/2F) 1:00 Singing (2F) UCDS (1F) 6:00 Rummi Kub (2F/3F)	19 THURS. 10:00 Fumi's watercolor (1F) 11:15 Exercise (2F) 1:15 Craft with Connie (1F) 1:30 Howa Kai (2F) 2:30 Ice Cream Social (2F) 6:00 Rummi Kub (2/3F)	20 FRI. 10:00 Tea (1F) Games(1F/2F) 11:15 Exercise (1F/2F) 1:15 Mobile Library (1F) 1:50 Rainbow Chorus (1F)  6:00 Rummi Kub (2&3F)	21 SAT. 10:00 Singing(2F) 11:15 Exercise(2F) 1:30 <i>Hyakunin Isshu</i> (1F) 3:00 Bingo(1F) 5:30 Black Jack (2F)	
22 SUN. 10:00 Japanese Story Reading (1F) 11:15 Exercise (2F) 1:30 Sunday worship service (1F)  3:00 Ice Cream Social & Japanese Movie (1F)	23 MON. 10:00 Tea (1F) Games (1F/2F) 11:15 Exercise (1F/2F) 1:00 Music (1F) 1:45 Golf Putting (1F) Table Games (2F)  6:00 Rummi Kub (2F/3F)	24 TUE. 10:00 Outing: West Seattle & Maruta Store 11:15 Exercise (2F) 1:30 Tuesday Movie (2F) 4:00 Uwajimaya Walk 6:00 Rummi Kub(2F/3F)	25 WED. 10:00 Tea (1F) Games (1F/2F) 11:15 Exercise (1F/2F) 1:00 Sing along (1F) 1:15 Birthday Party (1)  6:00 Rummi Kub (2F/3F)	26 THURS. 10:00 Resident Council Meeting (3F)  11:15 Exercise (2F) 2:30 Ice Cream Social (2F) 3:00 Japanese Story Reading (1F) 6:00 Rummi Kub (2/3F)	27 FRI. 10:00 Tea (1F) Games(1F/2F) 11:15 Exercise (1F/2F) 1:00 Video (1F) 1:40 Gentle Yoga (1F) 6:00 Rummi Kub (2&3F)	28 SAT. 10:00 Singing(2F) 11:15 Exercise (2F) 1:30 <i>Hyakunin Isshu</i> (1F) 3:00 Bingo (1F) 5:30 Black Jack (2F) 	
29 SUN. 10:00 Craft (1F) 11:15 Exercise (2F) 1:30 Abacus Club (1F) 3:00 Ice Cream Social & Japanese Movie (1F)	30 MON. 10:00 Tea (1F) Games (2F) 11:15 Exercise (1F/2F) 1:00 Music (1F) 1:45 Word Game (1F) 6:00 Rummi Kub (2F/3F)	31 TUE. 10:00 Outing: UW Campus 11:15 Exercise (2F) 1:30 Tuesday Movie (2F) 1:45 Keiro Outing 4:00 Uwajimaya Walk 6:00 Rummi Kab (2F/3F)	Uwajimaya Walk: Every Tuesday 4:00pm Drug Store Shopping: 1st & 3rd Wednesday!			SIGN UP AT THE FRONT DESK FOR OUTINGS!! Tuesday Outings: 3/3: Ride only 3/10: Fred Meyer Shopping 3/17: Ride only 3/24: West Seattle and Maruta Store 3/31: UW Campus to see cherry blossom, Keiro (1:45 p.m.)	

