# ADULT DAY CENTER

## *Kokoro Kai*

*Attendance:206.726.6477*

KEIRO Northwest
Kokoro Kai

| | |
|---|---|
| **2 Monday** | **4 Wednesday** |
| Tea Time<br>Games<br>Exercise, Lunch<br>Blackjack<br>Ball workout  | Tea Time<br>Games<br>Exercise, Lunch<br>Card game<br>Music & Dance  |
| **9 Monday** | **11 Wednesday**  |
| Tea Time<br>Games<br>Exercise<br>Lunch<br>Card game<br>Brain exercise  | Tea Time<br>Games<br>Exercise<br>Lunch<br>Word game<br>**November Birthday party**<br>**Hula performance**  |
| **16 Monday** | **18 Wednesday** |
| Tea Time<br>Games<br>Exercise<br>Lunch<br>Blackjack<br>Sing along with rainbow ladies  | Tea Time<br>Games<br>Exercise<br>Lunch<br>Matching game<br>Autumn craft  |
| **23 Monday** | **25 Wednesday** |
| Tea Time<br>Games<br>Exercise<br>Lunch<br>Card game<br>Mini golf  | **No Kokoro Kai**  |
| **30 Monday** | **Wednesday** |
| Tea Time<br>Games<br>Exercise<br>Lunch<br>Memory game<br>Sing along with rainbow ladies  | **Day light saving time will end on 11/1 at 2am**<br>**Remember!!**<br>**Fall Back**   |