

Tonari Gumi

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Healthy Exercise 10:00am - 11:30am Japanese (Intermediate) 10:00am - 11:30am Homebound 10:30am - 2:30pm Lunch Program 11:45am - 12:45pm	2 Family Drop-in 10:30am - 11:50am Hula Dancing 12:30pm - 1:30pm Flower Arrangement 1:30pm - 3:00pm Thai Yoga 1:45pm - 2:45pm Poker 1:00pm-3:00pm	3 Lighthouse Iki Iki 9:30am - 3:00pm Fall Prevention Exercise 10:30am - 11:30am Lunch Program 11:45am - 12:45pm Japanese (Beginner) 1:30pm - 3:00pm	4 Aerobics for Seniors 10:00am - 11:00am Shako Club 10:00am - 11:30am Fall Prevention Exercise 11:30am - 12:30pm Calligraphy Club 12:45pm - 2:00pm Mahjong 1:00pm - 4:30pm Reader's Club 2:30pm - 3:30pm	5 ESL (Beginner/intermediate) 10:00am - 11:30am Tablet (Beginner) 10:00am - 11:30am Craft 10:00am - 3:00pm Lunch Program 11:45am -12:45pm Tablet (Intermediate) 1:30pm - 3:00pm	6
7	8 Healthy Exercise 10:00am - 11:30am Japanese (Intermediate) 10:00am - 11:30am Homebound 10:30am - 2:30pm Lunch Program 11:45am - 12:45pm Computer Seminars 1:30pm - 3:00pm	9 Tablet Club (Movies) 10:00am - 12:00pm Family Drop-in 10:30am - 11:50am Hula Dancing 12:30pm - 1:30pm Flower Arrangement 1:30pm - 3:00pm Thai Yoga 1:45pm - 2:45pm Poker 1:00pm-3:00pm	10 Lighthouse Iki Iki 9:30am - 3:00pm Pastel Art 10:00am - 12:00pm Fall Prevention Exercise 10:30am - 11:30am Lunch Program 11:45am - 12:45pm Japanese (Beginner) 1:30pm - 3:00pm Family Support Group 1:30pm - 3:00pm Gateball 10:00 am - 2:00pm	11 Brain Training 9:45am - 11:00am Aerobics for Seniors 10:00am - 11:00am Shako Club 10:00am - 11:30am Fall Prevention Exercise 11:30am - 12:30pm Calligraphy Club 12:45pm - 2:00pm Mahjong 1:00pm - 4:30pm Reader's Club 2:30pm - 3:30pm	12 ESL (Beginner/intermediate) 10:00am - 11:30am Tablet (Beginner) 10:00am - 11:30am Craft 10:00am - 3:00pm Lunch Program 11:45am -12:45pm Tablet (Intermediate) 1:30pm - 3:00pm Sing Along Piano 1:00pm - 2:30pm	13
14 Tonari Gumi & JCCA The 3rd Annual Joint Golf Tournament Meadow Gardens Golf Course	15 Healthy Exercise 10:00am - 11:30am Japanese (Intermediate) 10:00am - 11:30am Homebound 10:30am - 2:30pm Lunch Program 11:45am - 12:45pm Laughing Yoga 1:00 pm - 2:00 pm	16 Tablet Club (Movies) 10:00am - 12:00pm Family Drop-in 10:30am - 11:50am Hula Dancing 12:30pm - 1:30pm Flower Arrangement 1:30pm - 3:00pm Thai Yoga 1:45pm - 2:45pm Poker 1:00pm-3:00pm	17 Lighthouse Iki Iki 9:30am - 3:00pm Fall Prevention Exercise 10:30am - 11:30am Senior Life Seminar (Dementia prevention checkup) 11:00am - 1:00pm Lunch Program 11:45am - 12:45pm Japanese (Beginner) 1:30pm - 3:00pm Walking @ Stanley Park 1:00pm - 4:00pm Bowling 1:00pm	18 Seniors Aerobics for 10:00am - 11:00am Shako Club 10:00am - 11:30am Calligraphy Club 12:45pm - 2:00pm Mahjong 1:00pm - 4:30pm Reader's Club 2:30pm - 3:30pm	19 ESL (Beginner/intermediate) 10:00am - 11:30am Tablet (Beginner) 10:00am - 11:30am Craft 10:00am - 3:00pm Lunch Program 11:45am -12:45pm Tablet (Intermediate) 1:30pm - 3:00pm	20 Nikkei Plus Social Club Summer City Bus Tour 9:15 am - 3:45 pm
21	22 Healthy Exercise 10:00am - 11:30am Japanese (Intermediate) 10:00am - 11:30am Homebound 10:30am - 2:30pm Lunch Program 11:45am - 12:45pm	23 Tablet Club (Movies) 10:00am - 12:00pm Family Drop-in 10:30am - 11:50am Hula Dancing 12:30pm - 1:30pm Flower Arrangement 1:30pm - 3:00pm Thai Yoga 1:45pm - 2:45pm Poker 1:00pm-3:00pm	24 Senior Life Seminar (Dementia prevention checkup) 11:00am - 1:00pm Lunch Program 11:45am - 12:45pm Japanese (Beginner) 1:30pm - 3:00pm Gateball 10:00 am - 2:00pm	25 Brain Training free seminar 9:45am - 11:00am Shako Club 10:00am - 11:30am Calligraphy Club 12:45pm - 2:00pm Mahjong 1:00pm - 4:30pm Reader's Club 2:30pm - 3:30pm	26 ESL (Beginner/intermediate) 10:00am - 11:30am Craft 10:00am - 3:00pm Lunch Program 11:45am -12:45pm	27
28	29 No programs	30 Outreach Berry Picking 10:00pm - 2:00pm				