

Tonari Gumi

101-42 W. 8th Ave., Vancouver V5Y 1M7 (New Location)

Tel: 604-687-2172 Fax: 604-687-2168

www.tonarigumi.ca E-mail: info@tonarigumi.ca

Please make a reservation by Thursday for Monday lunch, Monday for Wednesday Lunch, Wednesday for Friday lunch.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Exercise (1/7) 10:00am - 11:30am Homebound 10:30am - 2:30pm Lunch Program 11:45am - 12:45pm Karaoke (1/7) 1:00pm - 4:00pm	3 Japanese (4/10) 10:00am - 11:30am Family Drop-in 10:30am - 12:00pm Hula for Seniors(4/6) 1:00pm - 2:00pm Yoga for Seniors(4/6) 2:15pm - 3:15pm Poker (4/11) 1:00pm-3:00pm	4 Iki Iki Program 9:30am - 3:00pm Fall Prevention Exercise 10:30am - 11:30am (4/10) Lunch Program 11:45am - 12:45pm Photo Club (1/6) 1:00pm - 2:30pm	5 Aerobics for Seniros 10:00am - 11:00am (4/10) Fall Prevention Exercise 11:30am - 12:30pm (4/10) Mahjong (4/10) 1:00pm - 4:30pm Calligraphy (4/10) 12:45pm-2:00pm	6 ESL(Intermediate) (4/10) 10:00am - 11:30am ESL(Beginner) (4/10) 10:00am - 11:30am Craft 10:00am - 3:00pm Lunch Program 11:45am - 12:45pm Tablet (Beginner) (4/5) 10:00am - 11:30am Tablet (Intermediate) (4/5) 1:30pm - 3:00pm	7
8	9 Family Day Closed	10 Japanese (5/10) 10:00am - 11:30am Tablet Club (Facebook) 10:00am - 12:00pm (1/3) Family Drop-in 10:30am - 12:00pm Hula for Seniors(5/6) 1:00pm - 2:00pm Yoga for Seniors(5/6) 2:15pm - 3:15pm Poker (5/11) 1:00pm-3:00pm	11 Iki Iki Program 9:30am - 3:00pm Fall Prevention Exercise 10:30am - 11:30am (5/10) Lunch Program 11:45am - 12:45pm Photo Club (2/6) 1:00pm - 2:30pm Family Support Group 1:30pm - 3:00pm Gateball	12 Brain Training 9:45am - 11:00am Aerobics for Seniros 10:00am - 11:00am (5/10) Fall Prevention Exercise 11:30am - 12:30pm (5/10) Mahjong (5/10) 1:00pm - 4:30pm Calligraphy (5/10) 12:45pm-2:00pm	13 ESL(Intermediate) (5/10) 10:00am - 11:30am ESL(Beginner) (5/10) 10:00am - 11:30am Craft 10:00am - 3:00pm Lunch Program 11:45am - 12:45pm Tablet (Beginner) (5/5) 10:00am - 11:30am Tablet (Intermediate) (5/5) 1:30pm - 3:00pm	14
15	16 Exercise (2/7) 10:00am - 11:30am Homebound 10:30am - 2:30pm Lunch Program 11:45am - 12:45pm Karaoke (2/7) 1:00pm - 4:00pm	17 Japanese (6/10) 10:00am - 11:30am Tablet Club (Facebook) 10:00am - 12:00pm (2/3) Family Drop-in 10:30am - 12:00pm Hula for Seniors(6/6) 1:00pm - 2:00pm Yoga for Seniors(6/6) 2:15pm - 3:15pm Poker (6/11) 1:00pm-3:00pm	18 Iki Iki Program 9:30am - 3:00pm Fall Prevention Exercise 10:30am - 11:30am (6/10) Lunch Program 11:45am - 12:45pm Photo Club (3/6) 1:00pm - 2:30pm Bowling	19 Aerobics for Seniros 10:00am - 11:00am (6/10) Fall Prevention Exercise 11:30am - 12:30pm (6/10) Mahjong (6/10) 1:00pm - 4:30pm Calligraphy (6/10) 12:45pm-2:00pm	20 ESL(Intermediate) (6/10) 10:00am - 11:30am ESL(Beginner) (6/10) 10:00am - 11:30am Craft 10:00am - 3:00pm Lunch Program 11:45am - 12:45pm	21
22	23 Exercise (3/7) 10:00am - 11:30am Homebound 10:30am - 2:30pm Lunch Program 11:45am - 12:45pm Karaoke (3/7) 1:00pm - 4:00pm	24 Japanese (7/10) 10:00am - 11:30am Tablet Club (Facebook) 10:00am - 12:00pm (3/3) Family Drop-in 10:30am - 12:00pm Hula for Seniors(1/3) 1:00pm - 2:00pm Yoga for Seniors(1/3) 2:15pm - 3:15pm Poker (7/11) 1:00pm-3:00pm	25 Iki Iki Program 9:30am - 3:00pm Fall Prevention Exercise 10:30am - 11:30am (7/10) Lunch Program 11:45am - 12:45pm Photo Club (4/6) 1:00pm - 2:30pm Senior Life Seminar (Healthy Meal) 1:30pm - 3:00pm Gateball	26 Brain Training 9:45am - 11:00am Aerobics for Seniros 10:00am - 11:00am (7/10) Fall Prevention Exercise 11:30am - 12:30pm (7/10) Mahjong (7/10) 1:00pm - 4:30pm Calligraphy (7/10) 12:45pm-2:00pm	27 ESL(Intermediate) (7/10) 10:00am - 11:30am ESL(Beginner) (7/10) 10:00am - 11:30am Craft 10:00am - 3:00pm Lunch Program 11:45am - 12:45pm	28 Nikkei Plus Social Club 11:00am start Admission by Donation
<p>← Harrison Hot Springs Trip →</p>						