

Tonari Gumi

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

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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 (4/7) 10:00am - 11:30am Homebound 10:30am - 2:30pm Lunch Program 11:45am - 12:45pm Karaoke (4/7) 1:00pm - 4:00pm	3 Japanese (8/10) 10:00am - 11:30am Family Drop-in 10:30am - 12:00pm Hula for Seniors(2/3) 1:00pm - 2:00pm Yoga for Seniors(2/3) 2:15pm - 3:15pm Poker (8/11) 1:00pm-3:00pm	4 Iki Iki Program 9:30am - 3:00pm Fall Prevention Exercise 10:30am - 11:30am (8/10) Lunch Program 11:45am - 12:45pm Photo Club (5/6) 1:00pm - 2:30pm	5 Aerobics for Seniors 10:00am - 11:00am (8/10) Fall Prevention Exercise 11:30am - 12:30pm (8/10) Mahjong (8/10) 1:00pm - 4:30pm Calligraphy (8/10) 12:45pm-2:00pm	6 ESL(Intermediate) (8/10) 10:00am - 11:30am ESL(Beginner) (8/10) 10:00am - 11:30am Craft 10:00am - 3:00pm Lunch Program 11:45am - 12:45pm	7
8	9 Exercise (5/7) 10:00am - 11:30am Homebound 10:30am - 2:30pm Lunch Program 11:45am - 12:45pm Karaoke (5/7) 1:00pm - 4:00pm	10 Japanese (9/10) 10:00am - 11:30am Tablet Club (Application software) 10:00am - 12:00pm (1/3) Family Drop-in 10:30am - 12:00pm Hula for Seniors(3/3) 1:00pm - 2:00pm Yoga for Seniors(3/3) 2:15pm - 3:15pm Poker (9/11) 1:00pm-3:00pm	11 Iki Iki Program 9:30am - 3:00pm Fall Prevention Exercise 10:30am - 11:30am (9/10) Lunch Program 11:45am - 12:45pm Photo Club (6/6) 1:00pm - 2:30pm Family Support Group 1:30pm - 3:00pm Gateball	12 Brain Training 9:45am - 11:00am Aerobics for Seniors 10:00am - 11:00am (9/10) Fall Prevention Exercise 11:30am - 12:30pm (9/10) Mahjong (9/10) 1:00pm - 4:30pm Calligraphy (9/10) 12:45pm-2:00pm	13 ESL(Intermediate) (9/10) 10:00am - 11:30am ESL(Beginner) (9/10) 10:00am - 11:30am Craft 10:00am - 3:00pm Lunch Program 11:45am - 12:45pm Piano Sing Along 1:00pm - 2:30pm	14
15	16 Exercise (6/7) 10:00am - 11:30am Homebound 10:30am - 2:30pm Lunch Program 11:45am - 12:45pm Karaoke (6/7) 1:00pm - 4:00pm	17 Japanese (10/10) 10:00am - 11:30am Tablet Club (Application software) 10:00am - 12:00pm (2/3) Family Drop-in 10:30am - 12:00pm Poker (10/11) 1:00pm-3:00pm	18 Iki Iki Program 9:30am - 3:00pm Fall Prevention Exercise 10:30am - 11:30am (10/10) Lunch Program 11:45am - 12:45pm Bowling	19 No Programs	20 No Programs	21 Tonari Gumi High Tea 11:30am 1:00pm 2:30pm
22	23 Exercise (7/7) 10:00am - 11:30am Homebound 10:30am - 2:30pm Lunch Program 11:45am - 12:45pm Karaoke (7/7) 1:00pm - 4:00pm	24 Tablet Club (Application software) 10:00am - 12:00pm (3/3) Family Drop-in 10:30am - 12:00pm Poker (11/11) 1:00pm-3:00pm Outreach (All you can eat lunch) 10:45am - 13:30pm	25 Iki Iki Program 9:30am - 3:00pm Lunch Program 11:45am - 12:45pm Senior Life Seminar (Laughter Yoga) 1:30pm - 3:00pm Gateball	26 Brain Training 9:45am - 11:00am Aerobics for Seniors 10:00am - 11:00am (10/10) Fall Prevention Exercise 11:30am - 12:30pm (10/10) Mahjong (10/10) 1:00pm - 4:30pm Calligraphy (10/10) 12:45pm-2:00pm Korin Style Drawing 2:15pm- 3:45pm	27 ESL(Intermediate) (10/10) 10:00am - 11:30am ESL(Beginner) (10/10) 10:00am - 11:30am Craft 10:00am - 3:00pm Lunch Program 11:45am - 12:45pm	28 Tonari Gumi AGM 2:00pm - 4:00pm
29	30 No Programs	31 No Programs				