Japanese Community Volunteers Association

Tonari Gumi

May 2015

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Tablet (Beginner) 10:00am - 11:30am ESL (Beginner/intermediate) 10:00am - 11:30am Craft 10:00am - 3:00pm Lunch Program 11:45am -12:45pm Tablet (Intermediate) 1:30pm - 3:00pm	**2**
3	**4** Exercise 10:00am - 11:30am Japanese (Intermediate) 10:00am - 11:30am Homebound 10:30am - 2:30pm Lunch Program 11:45am - 12:45pm Karaoke 1:00pm - 4:00pm	**5** Family Drop-in 10:30am - 11:50am Hula Dancing 12:30pm - 1:30pm Thai Yoga 1:45pm - 2:45pm Poker 1:00pm-3:00pm	**6** Lighthouse Iki Iki 9:30am - 3:00pm **Fall Prevention Excercise** 10:30am - 11:30am Lunch Program 11:45am - 12:45pm Japanese (Beginner) 1:30pm - 3:00pm	**7** Aerobics for Seniors 10:00am - 11:00am Shako Club 10:00am - 11:30am **Fall Prevention Excercise** 11:30am - 12:30pm Calligraphy Club 12:45pm - 2:00pm Mahjong 1:00pm - 4:30pm Korin Style Drawing 2:15pm- 4:15pm Reader's Club 2:30pm - 3:30pm	**8** Tablet (Beginner) 10:00am - 11:30am ESL (Beginner/intermediate) 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	**9**
10	**11** Exercise 10:00am - 11:30am Japanese (Intermediate) 10:00am - 11:30am Homebound 10:30am - 2:30pm Lunch Program 11:45am - 12:45pm Karaoke 1:00pm - 4:00pm Computer Seminars 1:30pm - 3:00pm	**12** Tablet Club (News) 10:00am - 12:00pm Family Drop-in 10:30am - 11:50am Hula Dancing 12:30pm - 1:30pm Thai Yoga 1:45pm - 2:45pm Poker 1:00pm-3:00pm	**13** Lighthouse Iki Iki 9:30am - 3:00pm Pastel Art 10:00am - 12:00pm **Fall Prevention Excercise** 10:30am - 11:30am Lunch Program 11:45am - 12:45pm Japanese (Beginner) 1:30pm - 3:00pm Family Support Group 1:30pm - 3:00pm Gateball	**14** Brain Training 9:45am - 11:00am Aerobics for Seniors 10:00am - 11:00am Shako Club 10:00am - 11:30am **Fall Prevention Excercise** 11:30am - 12:30pm Calligraphy Club 12:45pm - 2:00pm Mahjong 1:00pm - 4:30pm Reader's Club 2:30pm - 3:30pm	**15** Tablet (Beginner) 10:00am - 11:30am ESL (Beginner/intermediate) 10:00am - 11:30am Craft 10:00am - 3:00pm Lunch Program 11:45am -12:45pm Tablet (Intermediate) 1:30pm - 3:00pm	**16**
17	**18** Victoria Day Colsed	**19** Tablet Club (News) 10:00am - 12:00pm Family Drop-in 10:30am - 11:50am Hula Dancing 12:30pm - 1:30pm Thai Yoga 1:45pm - 2:45pm Poker 1:00pm-3:00pm	**20** Lighthouse Iki Iki 9:30am - 3:00pm **Fall Prevention Excercise** 10:30am - 11:30am Lunch Program 11:45am - 12:45pm Japanese (Beginner) 1:30pm - 3:00pm Walking @ False Creek 1:00pm - 4:00pm Bowling	**21** Aerobics for Seniors 10:00am - 11:00am Shako Club 10:00am - 11:30am **Fall Prevention Excercise** 11:30am - 12:30pm Calligraphy Club 12:45pm - 2:00pm Mahjong 1:00pm - 4:30pm Reader's Club 2:30pm - 3:30pm	**22** Tablet (Beginner) 10:00am - 11:30am ESL (Beginner/intermediate) 10:00am - 11:30am Craft 10:00am - 3:00pm Lunch Program 11:45am -12:45pm Tablet (Intermediate) 1:30pm - 3:00pm Birthday Party 2:00 pm - 3:15 pm	**23** Nikkei Plus Social Club 11:00 am start at Tonari Gumi by donation
24	**25** Exercise 10:00am - 11:30am Japanese (Intermediate) 10:00am - 11:30am Homebound 10:30am - 2:30pm Lunch Program 11:45am - 12:45pm Karaoke 1:00pm - 4:00pm	**26** Tablet Club (News) 10:00am - 12:00pm Family Drop-in 10:30am - 11:50am Hula Dancing 12:30pm - 1:30pm Thai Yoga 1:45pm - 2:45pm Poker 1:00pm-3:00pm	**27** Lighthouse Iki Iki 9:30am - 3:00pm **Fall Prevention Excercise** 10:30am - 11:30am Lunch Program 11:45am - 12:45pm Japanese (Beginner) 1:30pm - 3:00pm Senior Life Seminar (Senior Housing) 1:30pm - 3:00pm Gateball	**28** Brain Training 9:45am - 11:00am Aerobics for Seniors 10:00am - 11:00am Shako Club 10:00am - 11:30am **Fall Prevention Excercise** 11:30am - 12:30pm Calligraphy Club 12:45pm - 2:00pm Mahjong 1:00pm - 4:30pm Reader's Club 2:30pm - 3:30pm Outreach @ Yaletown 1:00pm - 4:00pm	**29** Tablet (Beginner) 10:00am - 11:30am ESL (Beginner/intermediate) 10:00am - 11:30am Craft 10:00am - 3:00pm Lunch Program 11:45am -12:45pm Tablet (Intermediate) 1:30pm - 3:00pm	**30** **31**