

Tonari Gumi

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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Fall Prevention Exercise 10:00am - 11:00am Aerobics for Seniors 11:30am - 12:30pm Mahjong 1:00pm - 4:30pm Outreach (Yaletown) 1:00pm - 4:00pm Chair Shiatsu Training 10:00am - 2:00pm	2 Craft 10:00am - 3:00pm English Conversation 10:00am - 11:30am English (Intermediate) 10:00am - 11:30am Lunch Program 11:45am - 12:45pm Tablet (Beginner) 10:00am - 11:30pm Tablet (Intermediate) 1:30pm - 3:00pm Dressmaking class 12:30pm - 3:00pm Calligraphy 2:00pm - 3:00pm	3
4	5 Lighthouse Iki Iki 10:00am - 3:00pm Tai Chi Exercises 10:00am - 11:30am Lunch Program 11:45am - 12:45pm	6 Ping Pong Club 10:00am - 12:00pm Poker Club 1:00pm - 3:00pm	7 Lighthouse Iki Iki 10:00am - 3:00pm Lunch Program 11:45am - 12:45pm Photo Club 1:00pm - 2:30pm Japanese (Beginner) 3:00pm - 4:30pm Caregiver Support Group 1:30pm - 3:00pm	8 Brain Training 9:45am - 11:00am Aerobics for Seniors 11:30am - 12:30pm Mahjong 1:00pm - 4:30pm Chair Shiatsu Training 10:00am - 2:00pm	9 Craft 10:00am - 3:00pm English Conversation 10:00am - 11:30am English (Intermediate) 10:00am - 11:30am Lunch Program 11:45am - 12:45pm Tablet (Beginner) 10:00am - 11:30pm Tablet (Intermediate) 1:30pm - 3:00pm Sing Along Piano 1:00pm - 2:30pm Dressmaking class 12:30pm - 3:00pm	10 Sake Tasting Night @ The Coast Coal Harbour Hotel Special VIP \$95 6:00pm - 7:00pm Tasting & Auction \$75 7:00pm - 9:30pm
11	12 Closed Thanksgiving Day	13 Tablet Club 10:00am - 12:00pm Ping Pong Club 10:00am - 12:00pm Poker Club 1:00pm - 3:00pm	14 Lighthouse Iki Iki 10:00am - 3:00pm Lunch Program 11:45am - 12:45pm Photo Club 1:00pm - 2:30pm Bon Odori Workshop 1:30pm - 2:30pm Japanese (Beginner) 3:00pm - 4:30pm Bowling	15 Android Tablet class 10:00am - 11:30am Pastel Art 10:00am - 12:00pm Fall Prevention Exercise 10:00am - 11:00am Aerobics for Seniors 11:30am - 12:30pm Creating homepage 1:00pm - 2:00pm Mahjong 1:00pm - 4:30pm Chair Shiatsu Training 10:00am - 2:00pm	16 Craft 10:00am - 3:00pm English Conversation 10:00am - 11:30am English (Intermediate) 10:00am - 11:30am Lunch Program 11:45am - 12:45pm Dressmaking class 12:30pm - 3:00pm Calligraphy 2:00pm - 3:00pm	17 Coffee House 1:30pm - 2:30pm at Tonari Gumi by donation
18	19 Lighthouse Iki Iki 10:00am - 3:00pm Tai Chi Exercises 10:00am - 11:30am Lunch Program 11:45am - 12:45pm Karaoke Workshop 1:00pm - 4:00pm	20 Tablet Club 10:00am - 12:00pm Ping Pong Club 10:00am - 12:00pm Poker Club 1:00pm - 3:00pm	21 Lighthouse Iki Iki 10:00am - 3:00pm Lunch Program 11:45am - 12:45pm Photo Club 1:00pm - 2:30pm Japanese (Beginner) 3:00pm - 4:30pm	22 Brain Training 9:45am - 11:00am Fall Prevention Exercise 10:00am - 11:00am Aerobics for Seniors 11:30am - 12:30pm Mahjong 1:00pm - 4:30pm Chair Shiatsu Training 10:00am - 2:00pm	23 Craft 10:00am - 3:00pm English Conversation 10:00am - 11:30am English (Intermediate) 10:00am - 11:30am Lunch Program 11:45am - 12:45pm Tablet (Beginner) 10:00am - 11:30pm Tablet (Intermediate) 1:30pm - 3:00pm Dressmaking class 12:30pm - 3:00pm	24 Nikkei Plus Social Club 11:00am start at Tonari Gumi by donation
25	26 Lighthouse Iki Iki 10:00am - 3:00pm Tai Chi Exercises 10:00am - 11:30am Lunch Program 11:45am - 12:45pm Computer Seminars 1:30pm - 3:00pm	27 Picture Letter Experience 10:00am - 11:30am Tablet Club 10:00am - 12:00pm Ping Pong Club 10:00am - 12:00pm Poker Club 1:00pm - 3:00pm Hula Dancing 12:30pm - 1:30pm Thai Yoga 1:45pm - 2:45pm	28 Lighthouse Iki Iki 10:00am - 3:00pm Lunch Program 11:45am - 12:45pm Photo Club 1:00pm - 2:30pm Japanese (Beginner) 3:00pm - 4:30pm	29 Android Tablet class 10:00am - 11:30am Fall Prevention Exercise 10:00am - 11:00am Aerobics for Seniors 11:30am - 12:30pm Mahjong 1:00pm - 4:30pm Chair Shiatsu Training 10:00am - 2:00pm	30 Craft 10:00am - 3:00pm English Conversation 10:00am - 11:30am English (Intermediate) 10:00am - 11:30am Lunch Program 11:45am - 12:45pm Tablet (Beginner) 10:00am - 11:30pm Tablet (Intermediate) 1:30pm - 3:00pm Dressmaking class 12:30pm - 3:00pm Calligraphy 2:00pm - 3:00pm	31