

# Tonari Gumi

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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		Open 9:00am - 5:00pm No Program	Open 9:00am - 5:00pm No Program	Open 9:00am - 5:00pm No Program	Open 9:00am - 5:00pm No Program	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	Closed Labour Day	Tablet Club 10:00am - 12:00pm Hula Dancing 12:30pm - 1:30pm Thai Yoga 1:45pm - 2:45pm Japanese Style Flower Arrangement 2:00pm - 3:30pm	Lighthouse Iki Iki 10:00am - 3:00pm Lunch Program 11:45am - 12:45pm Japanese (Beginner) 3:00pm - 4:30pm  Caregiver Support Group 1:30pm - 3:00pm  Gateball	Brain Training 9:45am - 11:00am 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	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 Info session 12:30pm - 3:00pm	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	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	Tablet Club 10:00am - 12:00pm Ping Pong Club 10:00am - 12:00pm Hula Dancing 12:30pm - 1:30pm Poker Club 1:00pm - 3:00pm Japanese (Upper Intermediate) 1:00pm - 3:00pm Thai Yoga 1:45pm - 2:45pm Japanese Style Flower Arrangement 2:00pm - 3:30pm	Lighthouse Iki Iki 10:00am - 3:00pm Lunch Program 11:45am - 12:45pm Japanese (Beginner) 3:00pm - 4:30pm  Outreach (Apple Farm) 10:00am - 4:00pm  Bowling	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	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	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	Lighthouse Iki Iki 10:00am - 3:00pm Tai Chi Exercises 10:00am - 11:30am Lunch Program 11:45am - 12:45pm Bon Odori Workshop 1:30pm - 2:30pm	Tablet Club 10:00am - 12:00pm Ping Pong Club 10:00am - 12:00pm Hula Dancing 12:30pm - 1:30pm Poker Club 1:00pm - 3:00pm Japanese (Upper Intermediate) 1:00pm - 3:00pm Thai Yoga 1:45pm - 2:45pm Japanese Style Flower Arrangement 2:00pm - 3:30pm	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  Senior Life Seminars (Elder Abuse Workshop) 1:30pm - 3:00pm  Gateball	Brain Training 9:45am - 11:00am 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	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	Nikkei Plus Social Club 11:00am start  at Tonari Gumi by donation
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			
	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	Ping Pong Club 10:00am - 12:00pm Hula Dancing 12:30pm - 1:30pm Poker Club 1:00pm - 3:00pm Japanese (Upper Intermediate) 1:00pm - 3:00pm Thai Yoga 1:45pm - 2:45pm Japanese Style Flower Arrangement 2:00pm - 3:30pm	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			