

Tonari Gumi

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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Lighthouse Iki Iki 10:00am - 3:00pm Tai Chi Exercises 10:00am - 11:30am Lunch Program 11:45am - 12:45pm	3 Ping Pong Club 10:00am - 12:00pm Hula Dancing 12:30pm - 1:30pm Thai Yoga 1:45pm - 2:45pm Poker Club 1:00pm - 3:00pm	4 Lighthouse Iki Iki 10:00am - 3:00pm Lunch Program 11:45am - 12:45pm Japanese for beginners 3:00pm - 4:30pm Senior Life Seminars 1:30pm - 3:00pm	5 Open 9:00am - 5:00pm No Program Bazaar Preparation	6 Open 9:00am - 5:00pm No Program Bazaar Preparation	7 Tonari Gumi Bazaar 11:30am - 3:00pm
8	9 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	10 Ping Pong Club 10:00am - 12:00pm Tablet Club 10:00am - 12:00pm Hula Dancing 12:30pm - 1:30pm Thai Yoga 1:45pm - 2:45pm Poker Club 1:00pm - 3:00pm	11 Closed Remembrance Day	12 Android Tablet class 10:00am - 11:30am Brain Training 10:00am - 11:15am 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	13 Craft 10:00am - 3:00pm English (Beginner) 10:00am - 11:30am Tablet (Beginner) 10:00am - 11:30pm Lunch Program 11:45am - 12:45pm Tablet (Intermediate) 1:30pm - 3:00pm Dressmaking class 12:30pm - 3:00pm Sing Along Piano 1:00pm - 2:30pm	14
15	16 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	17 Ping Pong Club 10:00am - 12:00pm Tablet Club 10:00am - 12:00pm Hula Dancing 12:30pm - 1:30pm Thai Yoga 1:45pm - 2:45pm Poker Club 1:00pm - 3:00pm Outreach (JJ's) 10:30am - 1:30pm	18 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 Bowling 1:00pm -	19 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	20 Craft 10:00am - 3:00pm Tablet (Beginner) 10:00am - 11:30am English (Beginner) 10:00am - 11:30am English Pronunciation 10:00am - 11:30am Lunch Program 11:45am - 12:45pm Dressmaking class 12:30pm - 3:00pm Tablet (Intermediate) 1:30pm - 3:00pm Calligraphy 2:00pm - 3:00pm	21
22	23 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	24 Ping Pong Club 10:00am - 12:00pm Tablet Club 10:00am - 12:00pm Hula Dancing 12:30pm - 1:30pm Thai Yoga 1:45pm - 2:45pm Poker Club 1:00pm - 3:00pm	25 Lighthouse Iki Iki 10:00am - 3:00pm Lunch Program 11:45am - 12:45pm Japanese (Beginner) 3:00pm - 4:30pm Senior Life Seminars 1:30pm - 3:00pm Gateball 10:00am - 2:00pm	26 Android Tablet class 10:00am - 11:30am Brain Training 10:00am - 11:15am Fall Prevention Exercise 10:00am - 11:00am Aerobics for Seniors 11:30am - 12:30pm Mahjong 1:00pm - 4:30pm Creating homepage 1:00pm - 2:00pm Chair Shiatsu Training 10:00am - 2:00pm	27 Craft 10:00pm - 3:00pm English (Beginner) 10:00am - 11:30pm Tablet (Beginner) 10:00am - 11:30am English Pronunciation 10:00am - 11:30am Lunch Program 11:45am - 12:45pm Dressmaking class 12:30pm - 3:00pm Tablet (Intermediate) 1:30pm - 3:00pm Calligraphy 2:00pm - 3:00pm	28 Nikkei Plus Social Club 11:00am start at Tonari Gumi by donation
29 Tonari Gumi Christmas Concert 2:30pm - 5:00pm St. Mattias & St. Luke Anglican Church Adult \$20.00 Child 3-12 yrs \$12.00	30 Lighthouse Iki Iki 10:00am - 3:00pm Tai Chi Exercises 10:00am - 11:30am Lunch Program 11:45am - 12:45pm					