

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	3	4	5
		Ping Pong Club 10:00 am - 12:00 pm Hula for Seniors 12:30 pm - 1:30 pm Yoga for Seniors 1:45 pm - 2:45 pm Poker 1:00 pm - 3:00 pm	iki iki Program 10:00 am - 3:00pm Lunch Program 11:45 am - 12:45pm Japanese (Beginners) 3:00 pm - 4:30 pm	Fall Prevention Exercise 10:00 am - 11:00 am Aerobics for Seniors 11:30 am - 12:30 pm Mahjong 1:00 pm - 4:30 pm Chair Shiatsu Training 10:00 am - 2:00 pm	Craft 10:00 am - 3:00 pm ESL(Beginner) 10:00 am - 11:30 am Calligraphy 2:00 pm - 3:00 pm Lunch Program 11:45 am -12:45 pm Dressmaking class 12:30 pm - 3:00 pm	
6	7	8	9	10	11	12
	iki iki Program 10:00 am - 3:00pm Lunch Program 11:45 am - 12:45pm	Ping Pong Club 10:00 am - 12:00 pm Hula for Seniors 12:30 pm - 1:30 pm Yoga for Seniors 1:45 pm - 2:45 pm Poker 1:00 pm - 3:00 pm	iki iki Program 10:00 am - 3:00pm Lunch Program 11:45 am - 12:45pm Japanese (Beginners) 3:00 pm - 4:30 pm Caregiver Support Group 1:30 pm - 3:00 pm Gateball 10:00 am - 2:00 pm	Brain Training 10:00 am - 11:15 am Aerobics for Seniors 11:30 am - 12:30 pm Mahjong 1:00 pm - 4:30 pm Chair Shiatsu Training 10:00 am - 2:00 pm	Craft 10:00 am - 3:00 pm ESL(Beginner) 10:00 am - 11:30 am Lunch Program 11:45 am -12:45 pm	
13	14	15	16	17	18	19
	iki iki Program 10:00 am - 3:00pm Lunch Program 11:45 am - 12:45pm	Hula for Seniors 12:30 pm - 1:30 pm Yoga for Seniors 1:45 pm - 2:45 pm	iki iki Program 10:00 am - 3:00pm Lunch Program 11:45 am - 12:45pm Bowling 1:00 pm -	Open 9:00am - 5:00pm Preparation for X'mas Party No Program	X'mas Party for Tonari Gumi Senior 12:00pm~3:00pm \$ 12 / Senior Please sign up & pay by 11th (Fri)	
20	21	22	23	24	25	26
	Open 9:00am - 5:00pm Cleaning Day No Program	Open 9:00am - 5:00pm Cleaning Day No Program	Open 9:00 am - 3:00 pm No Program	Closed	Closed	
27	28	29	30	31	1	2
	Closed	Closed	Closed	Closed	Closed	
<div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> The programs start from Jan11th for next term. Programs may be cancelled due to snow. In cases of bad weather, please call the Tonari Gumi office to confirm whether your program has been cancelled or not. </div>						
3	4	5	6	7	8	9
	Open 9:00 am - 3:00 pm No Program The registraion will be started from 10:00 am	Open 9:00 am - 3:00 pm No Program	Open 9:00 am - 3:00 pm No Program	Open 9:00 am - 3:00 pm No Program	Open 9:00 am - 3:00 pm No Program	