

Tonari Gumi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Closed	2
3	4 Open 9:00 am - 3:00 pm No Program The registration will be started from 10:00am	5 Open 9:00 am - 3:00 pm No Program	6 Open 9:00 am - 3:00 pm No Program	7 Open 9:00 am - 3:00 pm No Program	8 Open 9:00 am - 3:00 pm No Program	9
10 Iki Iki Program 10:00 am - 3:00 pm Bon Odori Workshop 10:00 am - 11:30am Lunch Program 11:45 am - 12:45 pm Laptop Computer Seminar 1:30 pm - 3:00 pm Sign 1:30 pm - 3:00 pm	11	12 Tablet Club A 10:00 am - 12:00 pm Ping Pong Club 10:00 am - 12:00 pm Poker Club 1:00 pm - 3:00 pm Beginners' Level Japanese 1:30 pm - 3:00 pm	13 Iki Iki Program 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Intm/Upper level Japanese 1:00 pm - 3:00 pm Family Support Group for Caregivers of Individuals Suffering from Dementia 1:30 pm - 3:00 pm	14 Fall Prevention 10:00 am - 11:00 am Brain Training 10:00 am - 11:15 am Introductory Talet Class 10:00 am - 11:30 am Chair Shiatsu Training Course 10:00 am - 2:00 pm Aerobics for Seniors 11:30 am - 12:30 pm Creating Your Own Homepage 1:00 pm - 2:00 pm Let's Learn Spanish! 1:00 pm - 2:00 pm Mah-Jong Club 1:00 pm - 4:00 pm Intermediate Talet Class 1:30 pm - 3:00 pm	15 English (Beginners) 10:00 am - 11:30 am English (Intermediate) 10:00 am - 11:30 am Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Calligraphy Class 2:00 pm - 3:00 pm	16 Keiro-kai 12:00-3:00pm at Nikkei Centre Fee: \$5 (for Japanese Canadian, age 70 or above) Register at Tnari Gumi by Jan 8
17 Iki Iki Program 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Karaoke Club 12:30 pm - 3:30 pm Sign 1:30 pm - 3:00 pm	18	19 Tablet Club A 10:00 am - 12:00 pm Ping Pong Club 10:00 am - 12:00 pm Senior Outreach (Hitoe Sushi) 10:30 pm - (3 hrs) Poker Club 1:00 pm - 3:00 pm Beginners' Level Japanese 1:30 pm - 3:00 pm	20 Iki Iki Program 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Intm/Upper level Japanese 1:00 pm - 3:00 pm Bowling 1:00 pm -	21 Fall Prevention 10:00 am - 11:00 am Introductory Talet Class 10:00 am - 11:30 am Chair Shiatsu Training Course 10:00 am - 2:00 pm Aerobics for Seniors 11:30 am - 12:30 pm Mah-Jong Club 1:00 pm - 4:00 pm Intermediate Talet Class 1:30 pm - 3:00 pm	22 English (Beginners) 10:00 am - 11:30 am English (Intermediate) 10:00 am - 11:30 am Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm	23
24 Iki Iki Program 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Laptop Computer Seminar 1:30 pm - 3:00 pm Sign 1:30 pm - 3:00 pm	25	26 Tablet Club A 10:00 am - 12:00 pm Ping Pong Club 10:00 am - 12:00 pm Poker Club 1:00 pm - 3:00 pm Beginners' Level Japanese 1:30 pm - 3:00 pm	27 Iki Iki Program 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Intm/Upper level Japanese 1:00 pm - 3:00 pm Senior Life Seminar (Advanced Care Planning 1) 1:30 pm - 3:00 pm	28 Fall Prevention 10:00 am - 11:00 am Brain Training 10:00 am - 11:15 am Introductory Talet Class 10:00 am - 11:30 am Chair Shiatsu Training Course 10:00 am - 2:00 pm Aerobics for Seniors 11:30 am - 12:30 pm Mah-Jong Club 1:00 pm - 4:00 pm Intermediate Talet Class 1:30 pm - 3:00 pm	29 English (Beginners) 10:00 am - 11:30 am English (Intermediate) 10:00 am - 11:30 am Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Calligraphy Class 2:00 pm - 3:00 pm	30
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