

Tonari Gumi

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 Ping Pong Club 10:00 am - 12:00 pm Flower Arranging 10:00 am - 11:30 am Hura Dancing for Seniors 12:30 pm - 1:30 pm Thai Yoga for Seniors 12:30 pm - 1:30 pm Poker Club 1:00 pm - 3:00 pm Beginners' Level Japanese 1:30 pm - 3:00 pm	2 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	3 Fall Prevention Exercises 10:00 am - 11:00 am Introductory Talet Class B 10:00 am - 11:30 am Chair Shiatsu Training Course 10:00am - 2:00pm (til.Apr21) Aerobics for Seniors 11:30 am - 12:30 pm Mah-Jong Club 1:00 pm - 4:00 pm Intermediate Talet Class B 1:30 pm - 3:00 pm	4 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	5
6	7 Iki Iki Program 10:00 am - 3:00 pm Tai Chi Exercises 10:00 am - 11:30am Lunch Program 11:45 am - 12:45 pm Karaoke Workshop 12:30 pm - 3:30 pm	8 Tablet Club C 10:00 am - 12:00 pm Ping Pong Club 10:00 am - 12:00 pm Flower Arranging 10:00 am - 11:30 am Hura Dancing for Seniors 12:30 pm - 1:30 pm Thai Yoga for Seniors 12:30 pm - 1:30 pm Poker Club 1:00 pm - 3:00 pm Beginners' Level Japanese 1:30 pm - 3:00 pm	9 Iki Iki Program 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Young Craft Club 1:00pm - 3:00pm 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	10 Fall Prevention Exercises 10:00 am - 11:00 am Introductory Talet Class B 10:00 am - 11:30 am Chair Shiatsu Training Course 10:00am - 2:00pm (til.Apr21) Aerobics for Seniors 11:30 am - 12:30 pm Mah-Jong Club 1:00 pm - 4:00 pm Intermediate Talet Class B 1:30 pm - 3:00 pm Outing-Vancouver Aquarium 10am~ (4hrs)	11 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 Piano Sing-a-long 1:00 pm - 2:30 pm	12
13	14 Iki Iki Program 10:00 am - 3:00 pm Tai Chi Exercises 10:00 am - 11:30am Lunch Program 11:45 am - 12:45 pm Laptop Computer Seminors 1:30 pm - 3:00 pm	15 Tablet Club C 10:00 am - 12:00 pm Ping Pong Club 10:00 am - 12:00 pm Flower Arranging 10:00 am - 11:30 am Hura Dancing for Seniors 12:30 pm - 1:30 pm Thai Yoga for Seniors 12:30 pm - 1:30 pm Poker Club 1:00 pm - 3:00 pm Beginners' Level Japanese 1:30 pm - 3:00 pm	16 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 Appreciation Group 1:00 pm - (3 games) ** Dance Showcase ** Line Dance for Seniors 1:30pm—2:30pm Zumba for Seniors 2:45pm—3:15pm	17 Chair Shiatsu Training Course 10:00 am - 2:00 pm (til.Apr21) Brain Training 10:15 am - 11:15 am	18 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 ** Ostiofit Workshop ** Ostiofit 1:15pm—2:00pm Stretching & Relaxsation 2:15pm—3:00pm	19 AGM 2pm-4pm
20	21 Iki Iki Program 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Karaoke Workshop 12:30 pm - 3:30 pm	22 Tablet Club C 10:00 am - 12:00 pm Ping Pong Club 10:00 am - 12:00 pm Flower Arranging 10:00 am - 11:30 am Poker Club 1:00 pm - 3:00 pm	23 Iki Iki Program 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Young Craft Club 1:00pm - 11:30am Seminar: Preparedness for natural disasters 1:30 pm - 3:00 pm	24 Chair Shiatsu Training Course 10:00 am - 2:00 pm (til.Apr21) Brain Training 10:15 am - 11:15 am	25 Good Friday CLOSED	26
27	28 (Lieu 3/19) CLOSED	29 OPEN 9:00 am - 4:30 pm No Program	30 OPEN 9:00 am - 4:30 pm No Program	31 Chair Shiatsu Training Course 10:00am - 2:00pm (til.Apr21)		