

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<b>3/28</b> Ester Monday  CLOSED	<b>3/29</b> OPEN  9:00 am - 4:30 pm No Program	<b>3/30</b> OPEN  9:00 am - 4:30 pm No Program	<b>3/31</b> Chair Shiatsu Training Course 10:00am - 2:00pm (til.Apr21)  (No Another program)	<b>1</b> OPEN  9:00 am - 4:30 pm No Program ☐	<b>2</b>
***** April - July mid program registration *****						
<b>3</b>	<b>4</b> 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 club 12:45 pm - 3:45 pm	<b>5</b> Ping Pong Club 10:00 am - 12:00 pm Poker Club 1:00 pm - 3:00 pm  ** Chiar/Table Shiats ** Show Case (Detailes: be comfirmed)	<b>6</b> Iki Iki Program 10:00 am - 3:00 pm Senior LineDance/Zumba 10:00 am - 11:30 pm Japanese Class (Beginners) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am Japanese Class (Intrm/Adv) 1:00 pm - 3:00 pm	<b>7</b> Fall Prevention Excercises 10:00 am - 11:00 am Aerobics for seniors 11:30 am - 12:30 pm Chair Shiatsu Training Course 10:00am - 2:00pm Mah-Jong Club 1:00 pm - 4:00 pm Shogi·Go Club 1:00 pm - 4:00 pm	<b>8</b> English (Beginners) 10:00 am - 11:30 am  Craft Club 10:00 am - 3:00 pm  NOTE: <u>Lunch and all afternoon programs are not provided due to high tea preparation</u>	<b>9</b> High Tea 12:00 pm - 1:30 pm - \$20/person  (Need reservation)
***** High Tea Prep *****						
<b>10</b>	<b>11</b> Iki Iki Program 10:00 am - 3:00 pm Tai Chi Exercises 10:00 am - 11:30am Laptop Computer Seminars 10:00 pm - 11:30 am Lunch Program 11:45 am - 12:45 pm Photo Club 1:00 pm -3:00 pm Shigin 1:30 pm -3:00 pm	<b>12</b> Tablet Club - April 10:00 am - 12:00 pm English (Intermediate) 10:00 am - 11:30 amPing Pong Club 10:00 am - 12:00 pm Poker Club 1:00 pm - 3:00 pm  ** Walking ** @ Stanley Park & English Bay 2:00 pm - 5:00 pm	<b>13</b> Iki Iki Program 10:00 am - 3:00 pm Senior LineDance/Zumba 10:00 am - 11:30 pm Japanese Class (Beginners) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am Japanese Class (Intm/Adv) 1:00 pm - 3:00 pm Young Craft Club 1:00pm - 3:00pm Family Support Group for Caregivers of Individuals Suffering from Dementia 1:30 pm - 3:00 pm ☐	<b>14</b> Fall Prevention Excercises 10:00 am - 11:00 am Brain Training 10:00 am - 11:15 am Andoroid Tablet Class (Bigin.) A 10:00 am - 11:30 am Aerobics for seniors 11:30 am - 12:30 pm Chair Shiatsu Training Course 10:00am - 2:00pm Shogi·Go Club 1:00 pm - 4:00 pm Mah-Jong Club 1:00 pm - 4:00 pm iPad Tablet Class (Biginners) A 1:30 pm - 3:00 pm	<b>15</b> English (Beginners) 10:00 am - 11:30 am Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Calligraphy 2:00 pm - 3:00 pm  ** Senior Life ** Seminar 1:30 pm - 2:30 pm	<b>16</b>
<b>17</b> Sun Run	<b>18</b> Iki Iki Program 10:00 am - 3:00 pm Tai Chi Exercises 10:00 am - 11:30am Laptop Computer Seminars 10:00 pm - 11:30 am Lunch Program 11:45 am - 12:45 pm Karaoke club 12:45 pm - 3:45 pm Shigin 1:30 pm -3:00 pm	<b>19</b> Tablet Club April 10:00 am - 12:00 pm English (Intermediate) 10:00 am - 11:30 amPing Pong Club 10:00 am - 12:00 pm Hula Dace for Seniors 12:30 pm - 1:30 pm Thai Yoga for Seniors 1:45 pm - 2:45 pm Poker Club 1:00 pm - 3:00 pm	<b>20</b> Iki Iki Program 10:00 am - 3:00 pm Senior LineDance/Zumba 10:00 am - 11:30 pm Japanese Class (Beginners) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am Japanese Class (Intm/Adv) 1:00 pm - 3:00 pm  Bowling Appreciation Group	<b>21</b> Fall Prevention Excercises 10:00 am - 11:00 am Andoroid Tablet Class (Bigin.) A 10:00 am - 11:30 am Aerobics for seniors 11:30 am - 12:30 pm Chair Shiatsu Training Course 10:00am - 2:00pm Mah-Jong Club 1:00 pm - 4:00 pm Shogi·Go Club 1:00 pm - 4:00 pm iPad Tablet Class (Bigin.) A 1:30 pm - 3:00 pm	<b>22</b> English (Beginners) 10:00 am - 11:30 am Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm  ** Shigin Master ** Performance 1:30 pm - 2:30 pm	<b>23</b>
<b>24</b>	<b>25</b> (Lieu 4/9)  CLOSED	<b>26</b> Tablet Club April 10:00 am - 12:00 pm English (Intermediate) 10:00 am - 11:30 amPing Pong Club 10:00 am - 12:00 pm Hula Dace for Seniors 12:30 pm - 1:30 pm Thai Yoga for Seniors 1:45 pm - 2:45 pm Poker Club 1:00 pm - 3:00 pm *** Outreach *** @ Vancouver Mumuseum 10:00am~2:00pm	<b>27</b> Iki Iki Program 10:00 am - 3:00 pm Bon-odori 10:00 am - 11:30 pm Japanese Class (Beginners) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am Japanese Class (Intm/Adv) 1:00 pm - 3:00 pm Young Craft Club 1:00pm - 3:00pm	<b>28</b> Fall Prevention Excercises 10:00 am - 11:00 am Brain Training 10:00 am - 11:15 am Andoroid Tablet Class (Biginners A) 10:00 am - 11:30 am Aerobics for seniors 11:30 am - 12:30 pm Chair Shiatsu Training Course 10:00am - 2:00pm Mah-Jong Club 1:00 pm - 4:00 pm Spanish 1:00 pm - 2:00 pm Shogi·Go Club 1:00 pm - 4:00 pm iPad Tablet Class (Biginners) A 1:30 pm - 3:00 pm	<b>29</b> English (Beginners) 10:00 am - 11:30 am Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Calligraphy 2:00 pm - 3:00 pm	<b>30</b> Social Club 11:00 am start (Donation)