

Tonari Gumi

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3	4	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 club 12:45 pm - 3:45 pm Shigin 1:30 pm -3:00 pm	English (Intermediate) 10:00 am - 11:30 am Ping 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	Iki Iki Program 10:00 am - 3:00 pm Japanese Class (Beginners) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am	Fall Prevention Exercises 10:00 am - 11:00 am Andoroid Tablet Class (Beg.) 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 (Beg.) A 1:30 pm - 3:00 pm	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		
8	9	10	11	12	13	14
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 Shigin 1:30 pm -3:00 pm	Tablet Club - May 10:00 am - 12:00 pm English (Intermediate) 10:00 am - 11:30 am Ping 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	Iki Iki Program 10:00 am - 3:00 pm Japanese Class (Beginners) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am Young Craft Club 1:00pm - 3:00pm Family Support Group for Caregivers of Individuals Suffering from Dementia 1:30 pm - 3:00 pm	Fall Prevention Exercises 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 (Beginners) A 1:30 pm - 3:00 pm	Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Sing-Along 1:00 pm - 2:30 pm *** Walking *** Granvill Island&False Creek 10:00am-2:00pm		
15	16	17	18	19	20	21
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	Tablet Club - May 10:00 am - 12:00 pm English (Intermediate) 10:00 am - 11:30 am Ping 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	Iki Iki Program 10:00 am - 3:00 pm Japanese Class (Beginners) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am Bowling Appreciation Group	Fall Prevention Exercises 10:00 am - 11:00 am Aerobics for seniors 11:30 am - 12:30 pm Chair Shiatsu Training Course 10:00am - 2:00pm *** BirthdayParty *** for (Apr-Jun) 1:15pm-2:30pm	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		
22	23	24	25	26	27	28
Holiday CLOSED	Tablet Club - May 10:00 am - 12:00 pm English (Intermediate) 10:00 am - 11:30 am Ping 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	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 Young Craft Club 1:00pm - 3:00pm	Fall Prevention Exercises 10:00 am - 11:00 am Brain Training 10:00 am - 11:15 am Aerobics for seniors 11:30 am - 12:30 pm Chair Shiatsu Training Course 10:00am - 2:00pm Spanish 1:00 pm - 2:00 pm Mah-Jong Club 1:00 pm - 4:00 pm Shogi·Go Club 1:00 pm - 4:00 pm	English (Beginners) 10:00 am - 11:30 am Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Ostiofit 1:30 pm - 2:15 pm ** Senior Life Seminar ** 11:00 am - 1:00 pm	Social + Club 11:00 am start (Donation)	
29	30	31	6/1	6/2	6/3	6/4
No Programs for Winter Plan Meeting OPEN 9:00am-4:30pm	English (Intermediate) 10:00 am - 11:30 am Ping 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 *** VanDusen Botanical Garden 10:00am-2:00pm	Iki Iki Program 10:00 am - 3:00 pm Japanese Class (Beginners) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am	Fall Prevention Exercises 10:00 am - 11:00 am Andoroid Tablet Class (Bigin.) B 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 (Biginners) B 1:30 pm - 3:00 pm	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		