

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
5/29	5/30	5/31	1	2	3	4
	<p>OPEN</p> <p>9:00am~4:30pm</p> <p>No Program for plan meeting</p>	<p>English (Intermediate)</p> <p>10:00 am - 11:30 am</p> <p>Ping Pong Club</p> <p>10:00 am - 12:00 pm</p> <p>Hula Dace for Seniors</p> <p>12:30 pm - 1:30 pm</p> <p>Thai Yoga for Seniors</p> <p>1:45 pm - 2:45 pm</p> <p>Poker Club</p> <p>1:00 pm - 3:00 pm</p>	<p>Iki Iki Program</p> <p>10:00 am - 3:00 pm</p> <p>Japanese Class (Beginners)</p> <p>10:00 am - 11:30 am</p> <p>Lunch Program</p> <p>11:45 am - 12:45 am</p>	<p>Fall Prevention Exercises</p> <p>10:00 am - 11:00 am</p> <p>Android Tablet Class (Beg.) B</p> <p>10:00 am - 11:30 am</p> <p>Aerobics for seniors</p> <p>11:30 am - 12:30 pm</p> <p>Shiatsu Training Course</p> <p>10:00am - 2:00pm</p> <p>Mah-Jong/ Shogi·Go Club</p> <p>1:00 pm - 4:00 pm</p> <p>iPad Tablet Class (Beg.) B</p> <p>1:30 pm - 3:00 pm</p>	<p>English (Beginners)</p> <p>10:00 am - 11:30 am</p> <p>Craft Club</p> <p>10:00 am - 3:00 pm</p> <p>Lunch Program</p> <p>11:45 am - 12:45 pm</p> <p>Calligraphy</p> <p>2:00 pm - 3:00 pm</p>	
5	6	7	8	9	10	11
<p>Iki Iki Program</p> <p>10:00 am - 3:00 pm</p> <p>Tai Chi Exercises</p> <p>10:00 am - 11:30am</p> <p>Laptop Computer Seminars</p> <p>10:00 pm - 11:30 am</p> <p>Lunch Program</p> <p>11:45 am - 12:45 pm</p> <p>Photo Club</p> <p>1:00 pm -3:00 pm</p> <p>Shigin</p> <p>1:30 pm -3:00 pm</p>	<p>Tablet Club June</p> <p>10:00 am - 12:00 pm</p> <p>English (Intermediate)</p> <p>10:00 am - 11:30 am</p> <p>Ping Pong Club</p> <p>10:00 am - 12:00 pm</p> <p>Hula Dace for Seniors</p> <p>12:30 pm - 1:30 pm</p> <p>Thai Yoga for Seniors</p> <p>1:45 pm - 2:45 pm</p> <p>Poker Club</p> <p>1:00 pm - 3:00 pm</p>	<p>Iki Iki Program</p> <p>10:00 am - 3:00 pm</p> <p>Japanese Class (Beginners)</p> <p>10:00 am - 11:30 am</p> <p>Lunch Program</p> <p>11:45 am - 12:45 am</p> <p>Young Craft Club</p> <p>1:00pm - 3:00pm</p> <p>Family Support Group for Caregivers of Individuals Suffering from Dementia</p> <p>1:30 pm - 3:00 pm</p>	<p>Fall Prevention Exercises</p> <p>10:00 am - 11:00 am</p> <p>Brain Training</p> <p>10:00 am - 11:15 am</p> <p>Android Tablet Class (Beg.) B</p> <p>10:00 am - 11:30 am</p> <p>Aerobics for seniors</p> <p>11:30 am - 12:30 pm</p> <p>Shiatsu Training Course</p> <p>10:00am - 2:00pm</p> <p>Mah-Jong / Shogi·Go Club</p> <p>1:00 pm - 4:00 pm</p> <p>iPad Tablet Class (Beg.) B</p> <p>1:30 pm - 3:00 pm</p> <p>** Walking **</p> <p>Deer Lake</p> <p>10:00am - 2:00 pm</p>	<p>English (Beginners)</p> <p>10:00 am - 11:30 am</p> <p>Craft Club</p> <p>10:00 am - 3:00 pm</p> <p>Lunch Program</p> <p>11:45 am - 12:45 pm</p> <p>Piano Sing Along</p> <p>1:00 pm - 2:30 pm</p> <p>** Senior Life **</p> <p>Seminar</p> <p>11:00am - 1:00 pm</p>	<p>Kumamoto Support Report</p>	
12	13	14	15	16	17	18
	<p>OPEN</p> <p>9:00am~4:30pm</p> <p>No Program for plan meeting</p>	<p>Tablet Club June</p> <p>10:00 am - 12:00 pm</p> <p>English (Intermediate)</p> <p>10:00 am - 11:30 am</p> <p>Ping Pong Club</p> <p>10:00 am - 12:00 pm</p> <p>Hula Dace for Seniors</p> <p>12:30 pm - 1:30 pm</p> <p>Thai Yoga for Seniors</p> <p>1:45 pm - 2:45 pm</p> <p>Poker Club</p> <p>1:00 pm - 3:00 pm</p>	<p>Iki Iki Program</p> <p>10:00 am - 3:00 pm</p> <p>Japanese Class (Beginners)</p> <p>10:00 am - 11:30 am</p> <p>Lunch Program</p> <p>11:45 am - 12:45 am</p> <p>Bowling Appreciation Group</p>	<p>Fall Prevention Exercises</p> <p>10:00 am - 11:00 am</p> <p>Android Tablet Class (Beg.) B</p> <p>10:00 am - 11:30 am</p> <p>Aerobics for seniors</p> <p>11:30 am - 12:30 pm</p> <p>Shiatsu Training Course</p> <p>10:00am - 2:00pm</p> <p>Mah-Jong / Shogi·Go Club</p> <p>1:00 pm - 4:00 pm</p> <p>iPad Tablet Class (Beg.) B</p> <p>1:30 pm - 3:00 pm</p>	<p>English (Beginners)</p> <p>10:00 am - 11:30 am</p> <p>Craft Club</p> <p>10:00 am - 3:00 pm</p> <p>Lunch Program</p> <p>11:45 am - 12:45 pm</p> <p>Calligraphy</p> <p>2:00 pm - 3:00 pm</p> <p>** Senior Life Seminar **</p> <p>Osteoporosis prevention</p> <p>11:00am - 1:00 pm</p>	<p>Nikkei+ Social Club 6/18-19 (TBC)</p>
19	20	21	22	23	24	25
<p>Iki Iki Program</p> <p>10:00 am - 3:00 pm</p> <p>Tai Chi Exercises</p> <p>10:00 am - 11:30am</p> <p>Lunch Program</p> <p>11:45 am - 12:45 pm</p> <p>Karaoke club</p> <p>12:45 pm - 3:45 pm</p> <p>Shigin</p> <p>1:30 pm -3:00 pm</p>	<p>Tablet Club June</p> <p>10:00 am - 12:00 pm</p> <p>English (Intermediate)</p> <p>10:00 am - 11:30 am</p> <p>Ping Pong Club</p> <p>10:00 am - 12:00 pm</p> <p>Hula Dace for Seniors</p> <p>12:30 pm - 1:30 pm</p> <p>Thai Yoga for Seniors</p> <p>1:45 pm - 2:45 pm</p> <p>Poker Club</p> <p>1:00 pm - 3:00 pm</p>	<p>Iki Iki Program</p> <p>10:00 am - 3:00 pm</p> <p>Bon-odori</p> <p>10:00 am - 11:30 pm</p> <p>Japanese Class (Beginners)</p> <p>10:00 am - 11:30 am</p> <p>Lunch Program</p> <p>11:45 am - 12:45 am</p> <p>Young Craft Club</p> <p>1:00pm - 3:00pm</p> <p>** Senior Life Seminar **</p> <p>BC Senior Guide</p> <p>11:00am - 1:00 pm</p>	<p>Fall Prevention Exercises</p> <p>10:00 am - 11:00 am</p> <p>Brain Training</p> <p>10:00 am - 11:15 am</p> <p>Android Tablet Class (Beg.) B</p> <p>10:00 am - 11:30 am</p> <p>Aerobics for seniors</p> <p>11:30 am - 12:30 pm</p> <p>Shiatsu Training Course</p> <p>10:00am - 2:00pm</p> <p>Mah-Jong Club / Shogi·Go Club</p> <p>1:00 pm - 4:00 pm</p> <p>Spanish</p> <p>1:00 pm - 2:00 pm</p> <p>iPad Tablet Class (Beg.) B</p> <p>1:30 pm - 3:00 pm</p>	<p>English (Beginners)</p> <p>10:00 am - 11:30 am</p> <p>Craft Club</p> <p>10:00 am - 3:00 pm</p> <p>Lunch Program</p> <p>11:45 am - 12:45 pm</p> <p>Calligraphy</p> <p>2:00 pm - 3:00 pm</p>		
26	27	28	29	30	7/1	7/2
<p>Iki Iki Program</p> <p>10:00 am - 3:00 pm</p> <p>Tai Chi Exercises</p> <p>10:00 am - 11:30am</p> <p>Laptop Computer Seminars</p> <p>10:00 pm - 11:30 am</p> <p>Lunch Program</p> <p>11:45 am - 12:45 pm</p> <p>Shigin</p> <p>1:30 pm -3:00 pm</p> <p>** Outreach**</p> <p>Kraus Firm Berry Pickig</p> <p>10:00am - 2:00 pm</p>	<p>OPEN</p> <p>9:00am~4:30pm</p> <p>No Program for Summer Cleaning</p> <p>** Food Safe **</p> <p>Level 1 Work Shop</p> <p>9:30am - 3:30 pm</p>	<p>OPEN</p> <p>9:00am~4:30pm</p> <p>No Program for Summer Cleaning</p>	<p>Fall Prevention Exercises</p> <p>10:00 am - 11:00 am</p> <p>Android Tablet Class (Beg.) B</p> <p>10:00 am - 11:30 am</p> <p>Aerobics for seniors</p> <p>11:30 am - 12:30 pm</p> <p>Mah-Jong / Shogi·Go Club</p> <p>1:00 pm - 4:00 pm</p> <p>iPad Tablet Class (Beg.) B</p> <p>1:30 pm - 3:00 pm</p>	<p>Holiday</p> <p>CLOSED</p>		