

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
8/28	8/29	8/30	8/31	1	2	3
	(Planning) CLOSED	OPEN 9:00am~4:30pm No Program	OPEN 9:00am~4:30pm No Program	OPEN 9:00am~4:30pm No Program	(Lieu 8/27) CLOSED	
***** Sep - Dec Program Registration ***** August 22 (Mon) 10am - August 31st (Wed) Programs do not reach minimum registration will be cancelled. Please ensure to register during the registration week.						
4	5	6	7	8	9	10
	Holiday CLOSED Labour Day	OPEN 9:00am~4:30pm No Program	TG Lighthouse Program 10:00 am - 3:00 Japanese Class (Beginners) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am Shogi/Go Club 1:00 pm - 3:00 pm	Fall Prevention Excercises 10:00 am - 11:00 am Aerobics for seniors 11:30 am - 12:30 pm Mah-Jong Club (D/I \$4, NonM \$5) 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 Piano Sing Along 1:00 pm - 2:30 pm ** Event Volunteer ** Wanted !!	~Book Sale~ & Flea Market Vender wanted (Table fee: \$5) 10:00am-2:00pm
11	12	13	14	15	16	17
	(Lieu 9/10) CLOSED	Ping Pong Club 10:00 am - 12:00 pm iPad Class (Beginner) 10:00 am - 11:30 am Hula Dace for Seniors 12:30 pm - 1:30 pm Thai Yoga for Seniors 1:45 pm - 2:45 pm Andoroid Tablet Class (Beg.) 1:00 pm - 2:30 pm Family Support Group for Caregivers of Individuals Suffering from Dementia 6:30 pm - 8:00 pm	TG Lighthouse Program 10:00 am - 3:00 Japanese Class (Beginners) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am Shogi/Go Club 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	Fall Prevention Excercises 10:00 am - 11:00 am Brain Training 10:00 am - 11:15 am Aerobics for seniors 11:30 am - 12:30 pm Mah-Jong Club (D/I \$4, NonM \$5) 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 Sewing Class 12:30 pm - 3:00 pm Calligraphy 2:00 pm - 3:00 pm DiabetePrevension ~ follow up ~ 11:00am-1:00pm	TG ACTIVE CLUB 10am-12pm (by Donation)
18	19	20	21	22	23	24
	Laptop Computer Seminars 10:00 am - 11:30am Karaoke club ** Cancelled ** *** Outreach *** Applefarm 9:30am-3:30pm	Ping Pong Club 10:00 am - 12:00 pm iPad Tablet Class (Beginner) 10:00 am - 11:30 am Hula Dace for Seniors 12:30 pm - 1:30 pm Thai Yoga for Seniors 1:45 pm - 2:45 pm Andoroid Tablet Class (Beginners) 1:00 pm - 2:30 pm	TG Lighthouse Program 10:00 am - 3:00 Japanese Class (Beginners) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am Shogi/Go Club 1:00 pm - 3:00 pm Bowling Appreciation Group	Fall Prevention Excercises 10:00 am - 11:00 am Brain Training 10:00 am - 11:15 am Aerobics for seniors 11:30 am - 12:30 pm Mah-Jong Club (D/I \$4, NonM \$5) 1:00 pm - 4:00 pm	English (Beginners)(1F) 10:00 am - 11:30 am Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Sewing Class 12:30 pm - 3:00 pm Osteofit for senior 1:30 pm - 2:15 pm	Social + Club 11:00 am start (by Donation)
25	26	27	28	29	30	
	Fitness & Stretch 10:00 am - 11:00am ** Senior Life Seminar ** Breast Cancer & Seniors 1:30pm-3:00pm	English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm iPad/Android Tablet SpecialSeminar•AM (1F) 10:00 am - 11:30 am Hula Dace for Seniors 12:30 pm - 1:30 pm Thai Yoga for Seniors 1:45 pm - 2:45 pm iPad/Android Tablet SpecialSemino•PM(2R) 1:00 pm - 2:30 pm	TG Lighthouse Program 10:00 am - 3:00 Bon-odori 10:30 am - 11:30 am Japanese Class (Beginners) 10:00 am - 11:30 am Lunch Program(予約制) 11:45 am - 12:45 am Shogi/Go Club 1:00 pm - 3:00 pm Young Craft Club 1:00pm - 3:00pm *** Walking *** Explore Nighbours 8:30am-4:30pm	Fall Prevention Excercises 10:00 am - 11:00 am Shiatsu Training Course 10:00am - 2:00pm Aerobics for seniors 11:30 am - 12:30 pm Spanish Class 1:00 pm - 2:00 pm Mah-Jong Club (D/I \$4, NonM \$5) 1:00 pm - 4:00 pm	English (Beginners)(1F) 10:00 am - 11:30 am Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Sewing Class 12:30 pm - 3:00 pm Calligraphy 2:00 pm - 3:00 pm	

Notes:

**** Sep - Dec Program Registration August 22 (Mon) 10am - August 31st (Wed) ****

→ Programs do not reach minimum registration will be cancelled. Please ensure to register during the registration week.

Event Volunteer Wanted ! !

→ September 10 (Sat) : Event setup Sep 9 (Fri) 2:30pm~ · Event Cleanup Sep 10 (Sat)2:00pm~

SHIATU Room Open

Opens Monday to Friday 10:00am~1:00pm (by Donation). Reservation only. Ask: slp@tonarigumi.ca