

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1	2	3	4	5
		English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm iPad Class (Beginner) 10:00 am - 11:30 am iPad Class AM (Intermediate) 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 Android Tablet Class (Beg.) 1:00 pm - 2:30 pm iPad Class PM (Intermediate) 1:00 pm - 2:30 pm	TG Lighthouse Program 10:00 am - 3:00 Japanese Class (Beginners) 10:00 am - 11:30 am Family Drop-In 10:00 am - 12:00 pm Lunch Program 11:45 am - 12:45 am Shogi/Go Club 1:00 pm - 3:00 pm	Fall Prevention Exercises 10:00 am - 11:00 am Shiatsu Training Course 10:00am - 2:00pm Aerobics for seniors 11:30 am - 12:30 pm Go Shin Jyutu (2F) 1:00 pm - 2:00 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	
6	7	8	9	10	11	12
	Fitness & Stretch 10:00 am - 11:00am Laptop Computer Seminars 10:00 am - 11:30am Karaoke club (TBC) 12:45 pm - 3:45 pm ~Flu Shot~ 12:00pm-2:00pm	English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm iPad Class (Beginner) 10:00 am - 11:30 am iPad Class AM (Intermediate) 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 Android Tablet Class (Beg.) 1:00 pm - 2:30 pm iPad Class PM (Intermediate) 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 Exercises 10:00 am - 11:00 am Shiatsu Training Course 10:00am - 2:00pm Brain Training 11:15 am - 12:30 pm Aerobics for seniors 11:30 am - 12:30 pm Mah-Jong Club (D/I \$4, NonM \$5) 1:00 pm - 4:00 pm	Holiday Closed Remenbarance Day	
13	14	15	16	17	18	19
	Fitness & Stretch 10:00 am - 11:00am	English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm iPad Class (Beginner) 10:00 am - 11:30 am iPad Class AM (Intermediate) 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 Android Tablet Class (Beg.) 1:00 pm - 2:30 pm iPad Class PM (Intermediate) 1:00 pm - 2:30 pm	TG Lighthouse Program 10:00 am - 3:00 Japanese Class (Beginners) 10:00 am - 11:30 am Family Drop-In 10:00 am - 12:00 pm Lunch Program 11:45 am - 12:45 am Shogi/Go Club 1:00 pm - 3:00 pm (11/19 event Prep) **Volunteer wanted **	Fall Prevention Exercises 10:00 am - 11:00 am Shiatsu Training Course 10:00am - 2:00pm Aerobics for seniors 11:30 am - 12:30 pm Mah-Jong Club *no club* 1:00 pm - 4:00 pm (11/19 event Prep) **Volunteer wanted **	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 (11/19 event Prep) **Volunteer wanted **	TG ~Bazaar~ 10:00am-3:00 pm
20	21	22	23	24	25	26
	Laptop Computer Seminars 10:00 am - 11:30am Karaoke club 12:45 pm - 3:45 pm ***Quoting*** X'mas Shopping 10:00am-3:00pm Senior Life Seminar ~Depression~ 1:30pm-3:00pm	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 SpecialSeminar-AM (1F) 10:00 am - 11:30 am iPad/Android Tablet SpecialSeminar-PM(1F) 1:00 pm - 2:30 pm	TG Lighthouse Program 10:00 am - 3:00 Bon-odori 10:30 am - 11:30 am Japanese Class ***No class** Lunch Program 11:45 am - 12:45 am Shogi/Go Club 1:00 pm - 3:00 pm Young Craft Club 1:00pm - 3:00pm	Fall Prevention Exercises 10:00 am - 11:00 am Brain Training 11:15 am - 12:30 pm 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) 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 Calligraphy 2:30 pm - 3:30 pm	Social + Club 11:00 am start (by Donation)
27	28	29	30			
	(Lieu11/19) Closed	English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm Hula Dace for Seniors **NoClass** Thai Yoga for Seniors **NoClass** iPad/Android Tablet SpecialSeminar-AM (1F) 10:00 am - 11:30 am SpecialSeminar-PM(1F) 1:00 pm - 2:30 pm	TG Lighthouse Program 10:00 am - 3:00 Japanese Class (Beginners) ***No class*** Lunch Program 11:45 am - 12:45 am Shogi/Go Club 1:00 pm - 3:00 pm			

Notes:

EVENT VOLUNTEER NEEDED ! !

→ Nov 18 (Fri) : Tonarigumi Bazaar Event Prep 1:00pm ~

→ Nov 19 (Sat) : Tonarigumi Bazaar Event Support 9:00am~ / Clean up 3:00pm~