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| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|---|--|--|---|--|--|-----|
| | | | | 1 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 Goshinjitsu 1:00 pm - 2:00 pm Mah-Jong Club (D/1 \$4, NonM \$5) 1:00 pm - 4:00 pm | 2 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 | 3 |
| | | | |  | | |
| 4 | 5 Fitness & Stretch 10:00 am - 11:00am Laptop Computer Seminars 10:00 am - 11:30am Karaoke club (CXL) | 6 English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm Hula Dace for seniors **No class** Thai Yoga for seniors **No class** | 7 TG Lighthouse Program 10:00 am - 3:00 Family Drop-In 10:00 am - 12:00 pm Japanese Class **No class** Lunch Program 11:45 am - 12:45 am Shogi/Go Club 1:00 pm - 3:00 pm | 8 Fall Prevention Exercises 10:00 am - 11:00 am Brain Training 11:15 am - 12:30 pm Aerobics for seniors 11:30 am - 12:30 pm Mah-Jong Club (D/1 \$4, NonM \$5) 1:00 pm - 4:00 pm | 9 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 **added** 12:30 pm - 3:00 pm Piano Sing Along 1:00 pm - 2:30 pm | 10 |
| 11 | 12 Fitness & Stretch 10:00 am - 11:00am Senior Life Seminar ~Lymph Care~ Anti Aging | 13 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 Family Support Group 6:30 pm - 8:00 pm | 14 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 1:30 pm - 3:00 pm | 15 Fall Prevention Exercises 10:00 am - 11:00 am Mah-Jong Club (D/1 \$4, NonM \$5) 1:00 pm - 4:00 pm (Event Prep) ** Volunteer needed ** | 16 ~ TG ~ X'mas Party Potluck / Donation \$12 (Event Setup/Cleanup) ** Volunteer needed ** | 17 |
| ***** Jan - Mar Program Registration: Dec 12 (Mon) 10am - Dec 23 (Wed) ***** Programs do not reach minimum registration <u>will be cancelled.</u> Please ensure to register during the registration week. | | | | | | |
| 18 | 19 CLOSED for Public for Plan Meeting | 20 OPEN 9:00am~4:30pm No Program ~ Winter Cleaning ~ **Volunteer needed ! ** | 21 OPEN 9:00am~4:30pm No Program ~ Winter Cleaning ~ **Volunteer needed ! ** | 22 OPEN 9:00am~4:30pm No Program Prep for next term | 23 OPEN 9:00am~4:30pm No Program Prep for next term | 24 |
| ***** Jan - Mar Program Registration: Dec 12 (Mon) 10am - Dec 23 (Wed) ***** Programs do not reach minimum registration <u>will be cancelled.</u> Please ensure to register during the registration week. | | | | | | |
| 25 | 26 Holiday Lieu CLOSED X'mas | 27 Winter Break CLOSED | 28 Winter Break CLOSED | 29 Winter Break CLOSED | 30 Winter Break CLOSED | 31 |
| Notes: Volunteer needed ! ! → Dec 15 (Thu) X'mas party prep 10am~ → Dec 16 (Fri) : X'mas party Set up 10am~ → Dec 16 (Fri) : X'mas party clean up 2pm~ Cleaning Volunteer needed ! ! ! ! → Dec 20 (Tue) 2F & 2R 10am~2pm → Dec 21 (Wed) 1F & Kitchen 10am~2pm | | | | | | |