

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1	2	3
				Fall Prevention Excer. 10:00 am - 11:00 am Aerobics for seniors 11:30 am - 12:45 pm Yoga-Goshin Jitsu (2F) 1:00 pm - 1:45 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 Calligraphy 2:00 pm - 3:00 pm (Manjyu Club) 1am-3pm TBD	
4	5	6	7	8	9	10
Meditation 10:00 am - 11:30am Tablet Beginners 10:00 am - 11:30am Karaoke club 12:45 pm - 3:45 pm Monday Lighthouse 1:00pm - 3:30pm (2R)	English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm iPad Try-out for 1st timer 10:00 am - 11:30 am iPad Private Lesson 1:00 pm - 2:30 pm	TG Lighthouse Program 10:00 am - 3:00pm Japanese Class (Beg.) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am Aikido 2:00pm -3:00pm (or 3:15pm~4:15pm tbc)	Fall Prevention Excer. 10:00 am - 11:00 am Brain Training 10:30 am - 11:45 am Aerobics for seniors 11:30 am - 12:45 pm Yoga-Goshin Jitsu (2F) 1:00 pm - 1:45 pm Mah-Jong Club 1:00 pm - 4:00 pm Cutting Paper Art Workshop 1:30pm-3:00pm Senior Life Seminar ~Nortary Public ~ 6:00pm-8:00pm	Fall Prevention Excer. 10:00 am - 11:00 am Aerobics for seniors 11:30 am - 12:45 pm Yoga-Goshin Jitsu (2F) 1:00 pm - 1:45 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 (Manjyu Club) 1am-3pm TBD	
11	12	13	14	15	16	17
Meditation 10:00 am - 11:30am Monday Lighthouse 1:00 pm - 3:30pm (2R)	English ** No Class ** Ping Pong Club 10:00 am - 12:00 pm iPad Try-out for 1st timer 10:00 am - 11:30 am iPad Private Lesson 1:00 pm - 2:30 pm *** Walking *** ~ Jazz & Granville Island~	TG Lighthouse Program 10:00 am - 3:00pm Japanese Class (Beg.) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am Young Craft Club 1:00pm - 3:00pm Family Support Group 1:30 pm - 3:00 pm Aikido 2:00pm -3:00pm (or 3:15pm~4:15pm tbc)	Fall Prevention Excer. 10:00 am - 11:00 am Aerobics for seniors 11:30 am - 12:45 pm Yoga-Goshin Jitsu (2F) 1:00 pm - 1:45 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 Calligraphy 2:00 pm - 3:00 pm (Manjyu Club) 1am-3pm TBD	TG Coffee House 1:30pm-3:45pm (by Donation)	
18	19	20	21	22	23	24
Tablet Beginners 10:00 am - 11:30am Karaoke club 12:45 pm - 3:45 pm Monday Lighthouse 1:00pm - 3:30pm (2R) *** Outreach *** ~ Berry Picking ~ @Kraus Berry Farm 9:30am-3:00pm	English ** No Class ** Ping Pong Club 10:00 am - 12:00 pm iPad Private Lesson 10:00 am - 11:30 am	TG Lighthouse Program 10:00 am - 3:00pm Japanese Class (Beg.) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am Aikido 2:00pm -3:00pm	Fall Prevention Excer. 10:00 am - 11:00 am Brain Training 10:30 am - 11:45 am Yoga-Goshin Jitsu (2F) 1:00 pm - 1:45 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 (Manjyu Club) 1am-3pm TBD	Nikkei+ Social Club 11:00 am - (by Donation)	
25	26	27	28	29	30	
Monday Lighthouse 1:00 pm - 3:30pm (2R) Summer Cleaning 10:00am-2:00pm (Kitchen, 1F)	English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm iPad Private Lesson 10:00 am - 11:30 am Summer Cleaning 12:00pm-2:00pm (2R)	TG Lighthouse Program 10:00 am - 3:00 Japanese Class (Beg.) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am Young Craft Club 1:00pm - 3:00pm Aikido 2:00pm -3:00pm	Fall Prevention Excer. 10:00 am - 11:00 am Yoga-Goshin Jitsu (2F) 1:00 pm - 1:45 pm Mah-Jong Club (D/I \$4, NonM \$5) 1:00 pm - 4:00 pm	English ** NO Class ** 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 (Manjyu Club) 1am-3pm TBD		

Notes:

Volunteer wanted!!

→ TG Caffee House: June 17 (Sat) 2:00pm ~3:30pm

EVENT Support: June 17 (Sat) 10:00am~ (Reception, Setup, Cleaning)

→ Summer Cleaning: June 26 (Mon) / June 27 (Tue)

Cleaning Help: June 26 (Mon) 10:00am~ (Kitchen, 1F, 2F Library)

Cleaning Help: June 27 (Tue) 12:00pm~ (2R Storage)

SPA Room Reservation

Tel: 604-765-2210

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(Masako)