

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 OPEN 9:00am~4:30pm	2
***** Sep-Dec Program Registration : Aug 22 (Tue) 10am - Sep 1st (Fri) ***** Programs do not reach minimum registration <u>will be cancelled.</u> Please ensure to register during the registration week.						
3	4 Labour Day CLOSED	5 OPEN 9:00am~4:30pm No Program. Prep for next term	6 OPEN 9:00am~4:30pm No Program. Prep for next term	7 OPEN 9:00am~4:30pm No Program. Prep for next term	8 Piano Sing Along 1:00pm~2:30pm	9
10	11 Meditation (2R) 10:00 am - 11:30am Monday Lighthouse 1:00 pm - 3:30pm (2R)	12 English (Interm.) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm iPad ** no class** Hula Dace for Seniors 12:30 pm - 1:30 pm Yoga ** no class**	13 TG Lighthouse Program 10:00 am - 3:00pm Rythmique (2R) 10:00 am - 12:00 pm 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	14 Fall Prevention Excer. 10:00 am - 11:00 am Brain Training 10:30 am - 11:45 am Aerobics ** no class** Mah-Jong Club 1:00 pm - 4:00 pm	15 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	16
17	18 Meditation (2R) 10:00 am - 11:30am OGOJO (1F) 10:00 am - 11:30am Tablet Beginners (2F) 10:00 am - 11:30am Karaoke club (1F) 12:45 pm - 3:45 pm Monday Lighthouse (2R) 1:00pm - 3:30pm	19 English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm (Added) iPad Workshop 10:00 am - 11:30 am 1:00 pm - 2:30 pm Hula Dace for Seniors 12:30 pm - 1:30 pm Yoga ** no class**	20 TG Lighthouse Program 10:00 am - 3:00pm Japanese Folk Dance 10:30 am - 11:30 pm Rythmique (2R) 10:00 am - 12:00 pm Japanese Class (Beg.) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am	21 Fall Prevention Excer. 10:00 am - 11:00 am Aerobics ** no class** Yoga/Goshin Jitsu 1:00 pm - 1:45 pm Haiku Club 1:00 pm - 3:00 pm Mah-Jong Club 1:00 pm - 4:00 pm *** Outreach *** Mini histrical tour & Local Beer Tasting 11:00am-3:00pm	22 English (Beginners) 10:00 am-11:30 am Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm	23
24	25 Meditation (2R) 10:00 am - 11:30am Monday Lighthouse (2R) 1:00pm - 3:30pm PC Seminar 12:30pm - 3:00pm	26 English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm iPad ** no class** Hula Dace for Seniors 12:30 pm - 1:30 pm Yoga ** no class** *** Outreach *** Local Beer Tasting >> Change to Sep 21 (Thr)	27 TG Lighthouse Program 10:00 am - 3:00 Rythmique (2R) 10:00 am - 12:00 pm Japanese Class (Beg.) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am Young Craft Club 1:00pm - 3:00pm	28 Fall Prevention Excer. 10:00 am - 11:00 am Brain Training 10:30 am - 11:45 am Cutting Paper Art 1:30 pm - 3:00 pm Aerobics ** no class** Yoga/Goshin Jitsu 1:00 pm - 1:30 pm Mah-Jong Club 1:00 pm - 4:00 pm	29 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 ** Senior Life Seminar ** Nutritional Larning Workshop	30 Nikkei+ Social Club -Outing- TBC

Notes:

SPA Room
Tel: 604-368-8413
 (Rie)