

Japanese Community Volunteers Association

101-42 W. 8th Vancouver V5Y 1M7 (New Location)
 Tel: 604-687-2172 Fax: 604-687-2168
 www.tonarigumi.ca Email: info@tonarigumi.ca

November 2017

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Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2	3	4
			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	Fall Prevention Excer. tbc 10:00 am - 11:00 am Aerobics for seniors 11:30 am - 12:30 pm Goshin Jitsu 1:00 pm - 1:30 pm Haiku Club 1:00 pm - 3:00 pm Mah-Jong Club (D/I \$4, NonM \$5) 1:00 pm - 4:00 pm	English (Beginners) 10:00 am - 11:30 am *** No PM Programs *** due to Event prep	Tonarigumi Fall Bazaar 11am-3pm
5	6	7	8	9	10	11
	Laptop Computer Seminars 10:00 am - 11:30am Karaoke club 12:45 pm - 3:45 pm TG Lighthouse Program 1:00 pm - 3:30pm (2R)	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(Intermediate) 1:00 pm - 2:30 pm Hula Dace for Seniors 12:30 pm - 1:30 pm Thai Yoga for Seniors 1:45 pm - 2:45 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 Young Craft Club 1:00pm - 3:00pm Family Support Group 1:30 pm - 3:00 pm	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 Chair Yoga Strtch 1:00 pm - 1:30 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 12:45 pm - 2:15 pm Calligraphy 2:30 pm - 2:30 pm	
12	13	14	15	16	17	18
	Remembrance Day CLOSED	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(Intermediate) 1:00 pm - 2:30 pm Hula Dace for Seniors 12:30 pm - 1:30 pm Thai Yoga for Seniors 1:45 pm - 2:45 pm	TG Lighthouse Program 10:00 am - 3:00pm Japanese Folk Dance 10:30 am - 11:30 pm Japanese Class (Beg.) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am	Fall Prevention Excer. 10:00 am - 11:00 am Aerobics for seniors 11:30 am - 12:45 pm Chair Yoga Strtch 1:00 pm - 1:30 pm Haiku Club 1:00 pm - 3:00 pm Mah-Jong Club (D/I \$4, NonM \$5) 1:00 pm - 4:00 pm Birthday Party Sep-Dec born 12:45pm-2:30pm	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 (1F-3) 2:00 pm - 3:00 pm	
19	20	21	22	23	24	25
	Laptop Computer Seminars 10:00 am - 11:30am Karaoke club 12:45 pm - 3:45 pm TG Lighthouse Program 1:00pm - 3:30pm (2R)	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(Intermediate) 1:00 pm - 2:30 pm Hula Dace for Seniors 12:30 pm - 1:30 pm Thai Yoga for Seniors 1:45 pm - 2:45 pm	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	Fall Prevention Excer. tbc 10:00 am - 11:00 am Brain Training 10:30 am - 11:45 am Cutting Paper Art 1:30 pm - 3:00 pm Aerobics for seniors 11:30 am - 12:30 pm Chair Yoga Strtch 1:00 pm - 1:30 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 Senior Life Seminar ~Nortary Public~ 1:30pm-3:00pm	Nikkei+ Social Club 11:00 am - (by Donation) - TBC
26	27	28	29	30		
	TG Lighthouse Program 1:00 pm - 3:30pm (2R)	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(Intermediate) 1:00 pm - 2:30 pm Hula Dace for Seniors 12:30 pm - 1:30 pm Thai Yoga for Seniors 1:45 pm - 2:45 pm *** Outreach *** ~ X'mas Shopping~ 10:00am-2:00pm	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	Fall Prevention Excer. 10:00 am - 11:00 am Aerobics for seniors 11:30 am - 12:30 pm Chair Yoga Strtch 1:00 pm - 1:30 pm Mah-Jong Club (D/I \$4, NonM \$5) 1:00 pm - 4:00 pm		

Notes:
 Volunteers Needed for
 - TG Bazaar Nov 4 (Sat), Birthday Party Nov 16 (Thu), Donor Appricion Party Nov 24 (Fri)