

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
				1	2	3	
				Fall Prevention Exercises 10:00 am - 11:00 am Aerobics for seniors 11:30 am - 12:30 pm ChairYoga/GoshinJitsu 1:00 pm - 1:45 pm Mah-Jong Club (D/1 \$4, NonM \$5) 1:00 pm - 4:00 pm *** Outreach*** ~YVR (TBD)~ 11:30am-3:30pm	English (Beginners) 10:00 am - 11:30 am Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm		
4	5	6	7	8	9	10	
	Meditation (2R) 10:00 am - 11:30am OHANASHI (1F) 10:00 am - 11:30am SmartPhon Begin. (2F) 10:00 am - 11:30am Karaoke club (1F) 12:45 pm - 3:45 pm Monday Lighthouse (2R) 1:00pm - 3:30pm	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 Rythmique (2R) 10:00 am - 12:00 pm Japanese Class (Beginners) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am	Fall Prevention Exercises 10:00 am - 11:00 am Brain Training 10:30 am - 11:45 am Aerobics for seniors 11:30 am - 12:30 pm ChairYoga/GoshinJitsu 1:00 pm - 1:45 pm Mah-Jong Club 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		
11	12	13	14	15	16	17	
	Family 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 Rythmique (2R) 10:30 am - 12:00 pm Japanese Class (Beginners) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 pm Young Craft Club 1:00pm - 3:00pm Family Support Group 1:30 pm - 3:00 pm	Fall Prevention Exercises 10:00 am - 11:00 am Aerobics for seniors 11:30 am - 12:30 pm ChairYoga/GoshinJitsu 1:00 pm - 1:45 pm Mah-Jong Club *No Club* Birthday Party Jan-Mar born 1:00pm-2:45pm	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		
18	19	20	21	22	23	24	
	OHANASHI (1F) 10:00 am - 11:30am SmartPhon Begin. (2F) 10:00 am - 11:30am Karaoke club (1F) 12:45 pm - 3:45 pm Monday Lighthouse (2R) 1:00pm - 3:30pm	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 BonOdori 10:30 am - 11:30 am Rythmique (2R) 10:30 am - 12:00 pm Japanese Class (Beginners) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 pm	Fall Prevention Exercises 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 ChairYoga/GoshinJitsu 1:00 pm - 1:45 pm Mah-Jong Club 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 ~TBD~ 1:00pm-2:30pm		
25	26	27	28				
	Meditation (2R) 10:00 am - 11:30am OHANASHI (1F) 10:00 am - 11:30am SmartPhon Begin. (2F) 10:00 am - 11:30am Karaoke club (1F) 12:45 pm - 3:45 pm Monday Lighthouse (2R) 1:00pm - 3:30pm	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					

Notes:

Volunteer wanted!!

→ TG Birthday Party Feb 16 (Thr) 1:00pm ~2:45pm

EVENT Support: Feb 16 (Thr) 11:00am~ (Reception, Setup, Cleaning)