

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Open 9:00 am - 3:00 pm No Program	Open 9:00 am - 3:00 pm No Program	Open 9:00 am - 3:00 pm *** Outreach*** ~HANAMI @VanDsen~ 10:00am—2:00pm	Mah-Jong Club 1:00 pm - 4:00 pm	Open 9:00 am - 3:00 pm No Program	
8	9	10	11	12	13	14
	Meditation (2R) 10:00 am - 11:30am OHANASHI (1F) 10:00 am - 11:30am 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 AM 10:00 am - 11:30 am iPad Class PM 1:00 pm - 2:30 pm	Wednesday Lighthouse 10:00 am - 3:00 Rythmique (2R) 10:00 am - 12:00 pm Japanese Class (Begin.) 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 Excercises 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 Mah-Jong Club 1:00 pm - 4:00 pm	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	Sakura Days Japan Fair (Day1) 11am~7pm
15	16	17	18	19	20	21
Sakura Fair (Day2) 11am~5pm @VanDusen	Meditation (2R) 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 AM 10:00 am - 11:30 am iPad Class PM 1:00 pm - 2:30 pm	Wednesday Lighthouse 10:00 am - 3:00pm BonOdori 10:30 am - 11:30 am Rythmique (2R) 10:00 am - 12:00 pm Japanese Class (Begin.) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am	Fall Prevention Excercises 10:00 am - 11:00 am Aerobics for seniors 11:30 am - 12:30 pm Mah-Jong Club 1:00 pm - 4:00 pm Haiku Club 1:00 pm - 3:00 pm	Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm English (Beginners) 1:00 pm - 2:00 pm Calligraphy 2:00 pm - 3:00 pm	
22	23	24	25	26	27	28
	Meditation **NoClass** SmartPhon Begin. 10:00 am - 11:30am Monday Lighthouse 1:00pm - 3:30pm	English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm iPad Class AM 10:00 am - 11:30 am iPad Class PM 1:00 pm - 2:30 pm Hula Dace for Seniors 12:30 pm - 1:30 pm Yoga for Seniors 1:45 pm - 2:45 pm	Wednesday Lighthouse 10:00 am - 3:00om Rythmique (2R) 10:30 am - 12:00 pm Japanese Class (Begin.) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 pm Young Craft Club 1:00pm - 3:00pm	Fall Prevention Excercises 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 Mah-Jong Club 1:00 pm - 4:00 pm	Craft Club 10:00 am - 3:00 pm English (Beginners) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 pm Senior Life Seminar ~TBD~ 1:00pm—2:30pm	
29	30					
	Meditation **NoClass** OHANASHI (1F) 10:00 am - 11:30am PC Seminar (1F) 10:00 am - 11:30am Monday Lighthouse 1:00 pm - 3:30pm (2R)					

Notes:

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