

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<b>1</b> English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm iPad - Workshop AM 10:00 am - 11:30 am iPad - Workshop PM 1:00 pm - 2:30 pm Hula Dance for Seniors 12:30 pm - 1:30 pm Thai Yoga for Seniors 1:45 pm - 2:45 pm	<b>2</b> TG Lighthouse Program 10:00 am - 3:00pm Rythmique (2R) 10:30 am - 12:00pm Japanese Class (Beg.) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am	<b>3</b> Fall Prevention Excer. 10:00 am - 11:00 am Chair Yoga-Goshin Jitsu 11:00 am - 11:45 pm Aerobics for seniors 11:30 am - 12:45 pm Haiku Club 1:00 pm - 3:00 pm Mah-Jong Club (D/I \$4, NonM \$5) 1:00 pm - 4:00 pm	<b>4</b> English (Beginners) 1:00 pm - 2:30 pm  *** No Lunch program No afternoon class Prep for event ***	<b>5</b> <b>High Tea</b> 12:00~, or 13:50pm~  Fee: \$25
<b>6</b>	<b>7</b> 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	<b>8</b> English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm iPad Class(Interm.) AM 10:00 am - 11:30 am iPad Class(Interm.) PM 1:00 pm - 2:30 pm Hula Dance for Seniors 12:30 pm - 1:30 pm Thai Yoga for Seniors 1:45 pm - 2:45 pm  *** Outreach *** ~QE Garden Walk(TBD)	<b>9</b> Wednesday Lighthouse 10:00 am - 3:00 Rythmique (2R) 10:30 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	<b>10</b> Fall Prevention Excer. 10:00 am - 11:00 am Chair Yoga-Goshin Jitsu 11:00 am - 11:45 pm Aerobics for seniors 11:30 am - 12:45 pm Brain Training 10:30 am - 11:45 am Paper Art 1:30 pm - 3:00 pm Mah-Jong Club (D/I \$4, NonM \$5) 1:00 pm - 4:00 pm	<b>11</b> English (Beginners) 1:00 pm - 2:30 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	<b>12</b>
<b>13</b>	<b>14</b> Meditation (2R) 10:00 am - 11:30am OHANASHI (1F) 10:00 am - 11:30am SmartPhon Begin. (2F) 10:00 am - 11:30am  Monday Lighthouse (2R) 1:00pm - 3:30pm	<b>15</b> English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm Hula Dance for Seniors 12:30 pm - 1:30 pm Thai Yoga for Seniors 1:45 pm - 2:45 pm  iPad Workshop with special guest 10:00am~11:30am	<b>16</b> TG Lighthouse Program 10:00 am - 3:00pm BonOdori 10:30 am - 11:30 am Rythmique (2R) 10:30 am - 12:00pm Japanese Class (Rd./Wr.) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am	<b>17</b> Fall Prevention Excer. 10:00 am - 11:00 am Chair Yoga-Goshin Jitsu 11:00 am - 11:45 pm Aerobics for seniors 11:30 am - 12:45 pm Haiku Club 1:00 pm - 3:00 pm Mah-Jong Club **N/A**  Birthday Party Apr - Jun born 12:45pm-2:30pm	<b>18</b> English (Beginners) 1:00 pm - 2:30 pm Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Calligraphy 2:00 pm - 3:00 pm	<b>19</b>
<b>20</b>	<b>21</b> <b>Victoria Day</b>  <b>CLOSED</b>	<b>22</b> English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm  Hula Dnace for Seniors 12:30 pm - 1:30 pm Thai Yoga for Seniors 1:45 pm - 2:45 pm	<b>23</b> Wednesday Lighthouse 10:00 am - 3:00 Rythmique (2R) 10:30 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	<b>24</b> Fall Prevention Excer. 10:00 am - 11:00 am Chair Yoga-Goshin Jitsu 11:00 am - 11:45 pm Aerobics for seniors 11:30 am - 12:45 pm Brain Training 10:30 am - 11:45 am Paper Art 1:30 pm - 3:00 pm Mah-Jong Club (D/I \$4, NonM \$5) 1:00 pm - 4:00 pm	<b>25</b> English (Beginners) 1:00 pm - 2:30 pm Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm  Senior Life Seminar TBD ~ 1:30pm-3:00pm	<b>26</b> <b>AGM</b> 11:00 am~ (Details: TBD)
<b>27</b>	<b>28</b> Meditation (2R) 10:00 am - 11:30amPC Seminar (1F) 10:00 am - 11:30am  Monday Lighthouse 1:00 pm - 3:30pm (2R)  ( Food Safe) 9:30am~3:30pm	<b>29</b> English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm  Hula Dance for Seniors 12:30 pm - 1:30 pm Thai Yoga for Seniors 1:45 pm - 2:45 pm	<b>30</b> TG Lighthouse Program 10:00 am - 3:00 Japanese Class (Beg.) 10:00 am - 11:30 am Rythmique (2R) 10:30 am - 12:00 pm Lunch Program 11:45 am - 12:45 am	<b>31</b> Chair Yoga-Goshin Jitsu 11:00 am - 11:45 pm Aerobics for seniors 11:30 am - 12:45 pm  Mah-Jong Club (D/I \$4, NonM \$5) 1:00 pm - 4:00 pm  Mini Workshop Magic class 1:00pm-1:30pm (Fee: Free)		

**Notes:**

Volunteer wanted!!

→ AGM, Potluck Lunch May 13 (Sat) 11:30am ~1:30pm  
EVENT Support: May13 (Sat) 10:00am~ (Reception, Setup, Cleaning)

→ TG Birthday Party May 18 (Thr) 12:30pm ~1:30pm  
EVENT Support: May18 (Thr) 10:00am~ (Reception, Setup, Cleaning)

**SPA Room Reservation**  
Tel: 604-765-2210  
masakoarima@hotmail.com  
(Masako)