

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1	2
					Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm English (Beginners) 1:00 am - 2:30 pm  Calligraphy 2:00 pm - 3:00 pm	
3	4	5	6	7	8	9
	Event (5/26) Lieu  CLOSED	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 Yoga for Seniors 1:45 pm - 2:45 pm	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 pm	Aerobics for seniors 11:30 am - 12:45 pm Haiku Club 1:00 pm - 3:00 pm Mah-Jong Club 1:00 pm - 4:00 pm  *** Outreach *** Burnaby Village 10:00am-3:00pm	Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm English (Beginners) 1:00 pm - 2:30 pm  Piano Sing Along 1:00 pm - 2:30 pm	
10	11	12	13	14	15	16
Meditation (2R) 10:00 am - 11:30am  SmartPhon Begin. (2F) 10:00 am - 11:30am  Monday Lighthouse (1F) 1:00pm - 3:30pm	English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm iPad (Intermed.) - AM 10:00 am - 11:30 am iPad (Intermed.) - PM 1:00 pm - 2:30 pm Hula Dance for Seniors 12:30 pm - 1:30 pm Yoga for Seniors 1:45 pm - 2:45 pm	TG Lighthouse Program 10:00 am - 3:00pm Rythmique (2R) 10:30 am - 12:00pm  Japanese *** No Class***  Lunch Program 11:45 am - 12:45 pm  Young Craft Club 1:00 pm - 3:00 pm	Aerobics for seniors 11:30 am - 12:45 pm Brain Training 10:30 am - 11:45 am Mah-Jong Club 1:00 pm - 4:00 pm Kirigami Paper Art 1:30 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 - 2:30 pm Calligraphy 2:00 pm - 3:00 pm	<b>TG Golf Tournament</b>  1:00 pm Game start  6:00 pm Dinner  \$175 /ppl (\$165 EarlyBard)	
17	18	19	20	21	22	23
Meditation (2R) 10:00 am - 11:30 am OHANASHI (1F) 10:00 am - 11:30 am SmartPhon Begin. (2F) 10:00 am - 11:30 am Karaoke Club (1F) 12:30 pm - 3:0 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 (Intermed.) - AM 10:00 am - 11:30 am iPad (Intermed.) - PM 1:00 pm - 2:30 pm Hula Dance for Seniors 12:30 pm - 1:30 pm Yoga for Seniors 1:45 pm - 2:45 pm	TG Lighthouse Program 10:00 am - 3:00pm Bon-odori Workshop 10:30 am - 10:30 am Rythmique (2R) 10:30 am - 12:00pm Japanese Class (Beg.) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am	Ostiofit Exercise 11:45 am - 12:45 pm Yoga-Goshin Jitsu (2F) *** No Class Today *** Haiku Club 1:00 pm - 3:00 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 English (Beginners) 1:00 pm-2:30 pm  Senior Life Seminar ~ Safe Tripfor Seniors ~ 1:30 pm - 3:00 pm		
24	25	26	27	28	29	30
Meditation (2R) 10:00 am - 11:30 am  PC Q&A seminar (2F) 10:00 am - 11:30 am  Monday Lighthouse 1:00 pm - 3:30pm (1F)	English (Inte.)**NoClass**  Ping Pong Club 10:00 am - 12:00 pm iPad (Intermed.) - AM 10:00 am - 11:30 am iPad (Intermed.) - PM 1:00 pm - 2:30 pm Hula Dance for Seniors 12:30 pm - 1:30 pm Yoga for Seniors 1:45 pm - 2:45 pm	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 pm  Young Craft Club 1:00 pm - 3:00 pm	Ostiofit Exercise 11:45 am - 12:45 pm Brain Training (2F) 10:30 am - 11:45 am Mah-Jong Club 1:00 pm - 4:00 pm Kirigami Paper Art 1:30 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 - 2:30 pm  Calligraphy 2:00 pm - 3:00 pm		

Notes:

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